



INTERCONTINENTAL®
MALDIVES MAAMUNAGAU RESORT



SPA MENU



**AVI is sunshine in the language
of our island home.
A synonym for happiness, joy, and pleasure.**

A stunning over water escape, AVI Spa is inspired by raw nature, the whimsy of water, the psychology of natural light and sound play and a touch of the colors of sunshine.

We believe in a hopeful, inspirational world where innovating with natural materials connects people with nature.

Our goal at AVI is to provide more than a physical experience. We seek to deliver a profound and transformational experience with a synergy of global indigenous health principles, and European organic botanicals with a good dose of heart felt attention.

Shredded coconut swirled with mango, warming spices, wildflowers, berries and fresh herbs. *Eminence Organics* the signature brand of AVI Spa is one of the global leaders in organic skin products, using sustainable farming and green practices to create natural, organic and Biodynamic® products since 1958.

Like food for the skin, seeds, pulps and peels impart regenerative and healing powers that only nature can produce, combined with pure waters drawn from a thermal hot spring lake containing minerals and trace elements found nowhere else on earth.

AVI presents pure, premium, all natural treatments in a menu designed with focus on our guests' individual needs.

We invite all Spa guests to enjoy our thermal suites including steam rooms, ice fountains and an outdoor vitality massage pool.

All treatments begin with a mineral rich detoxifying grapefruit and lavender foot cleanse, yogic breathing and a meridian tapping ritual to slow the mind and prepare for the treatment.

MASSAGE by AVI

A consultation will take place prior to the massage to establish which of the 4 *Eminence Organics* massage mediums will be best suited to your skin.

- **Stone Crop Body Oil**

Soothe your skin and tired muscles with this lightweight body oil. Combining the healing succulent stone crop and relaxing arnica this oil is ideal to soothe and calm.

- **Apricot Body Oil**

Ultra-hydrating apricot oil is blended with grape seed and jojoba, to create a luscious massage oil that leaves skin feeling irresistibly soft and supple.

- **Pear & Green Apple Massage Soufflé**

This massage soufflé contains essential vitamins and nutrients. Rooibos tea and jojoba oil also soothe and rehydrate your skin's appearance to leave you feeling refreshed.

- **Citron Age-Defying Massage Soufflé**

Visibly lift and firm the look of skin with this massage cream, containing lemon juice to tone and refresh the skin; jojoba oil to rehydrate; and shea butter and avocado oil to repair the appearance of damaged skin.

AVI Signature *Jade Stone and Lomi Lomi* | 90 minutes

Our energizing signature massage is a synergistic blend of muscle melting warm jade stone massage and rhythmic wave like movements of Hawaiian Lomi Lomi to release tension and restore energy.

Deep Tissue *highlighted with warming Cinnamon & Paprika* | 60/90 minutes

A stimulating massage performed on the deeper layer of muscles and highlighted with warm spices on the shoulders and areas of tension. Specialized techniques and hot towel compresses relieve stress and pain and encourage the body's circulation. Perfect for the sports person or anyone holding stress in their bodies.

Thai | 75/90 minutes

Unique to Thailand this massage style incorporates yogic stretches and deep acupressure point therapy. Designed to loosen muscles and to encourage energy flow, promoting a feeling of calm and optimum well-being.

Balinese | 60/90 minutes

The world renowned Balinese massage is performed using long strokes, skin rolling and thumb pressure. A rhythmic experience promising deep relaxation and a profound sense of serenity.

Mother to Be | 75 minutes

Designed to relieve back pain and improve sleep and mood, as well as decrease stress. Our therapists will ensure your comfort whichever part of your pregnancy you are in. Using a gentle and safe blend of grapeseed, jojoba, apricot kernel extract and seabuckthorn oils to deeply nourish and replenish the skin with moisture, and ease the feel of stretching skin.

Reflexology *with Gua Sha crystal stones* | 60 minutes

Based on ancient Chinese techniques utilizing pressure point stimulation on the feet. This therapy is designed to encourage energy flow to all vital organs and promote a sense of well-being. Combined with Gua Sha crystal stones to relieve tension and boost circulation.

AVI Global Specialist Therapy | 60 minutes

The AVI Spa team members have been carefully selected from all over the Globe celebrating the diversity and beauty in the healing traditions of ancient cultures. Each of our therapists brings a unique therapy from their own culture to AVI Spa and it is our desire that you experience that in its greatest authenticity. Please contact our Spa representative for more information, advanced bookings suggested.

BODY THERAPY by AVI**Coconut & Mango Body Polish** | 60 minutes

Reveal smooth and glowing soft skin with a tropical cocktail of super foods, gently exfoliate with a coconut sugar scrub followed by a mango enzyme peel, nourish with firming coconut body lotion.

Mixed Berry Body Scrub | 60 minutes

Effectively remove rough and dry skin with our cranberry & pomegranate body scrub, follow with a blueberry soy slimming body wrap to refine and firm the complexion. Finish with an application of vitamin packed honeydew lotion for silky skin.

Pear & Apple Body Nourish | 60 minutes

With the freshness of juicy pear and green apple combined with cleansing green tea, this antioxidant rich body treat is moisturizing and rejuvenating, increasing elasticity and improving the texture of the skin.

Stone Crop Body Firming Utilizing | 60 minutes

Featuring one of the globe's great super plants stone crop, this treatment ritual unique to *Eminence Organics* promises to smooth and firm, correct pigmentation and heal skin conditions, ideal for uneven complexions.

Sun Kissed Skin Cooler | 60 minutes

Begin with a cool compress followed by a healing and soothing aloe vera and lavender wrap, whilst the aloe goes to work you will receive a gentle scalp massage. Finish off with an application of healing stone crop lotion with germ oil to enrich and increase moisture levels within the skin.

FACIAL THERAPY by AVI

All facials incorporate crystal rolling and an acupressure facial massage to stimulate lymphatic drainage, reduce puffiness and encourage microcirculation.

Firm Skin Ultra Lift Facial | 60 minutes

Eliminate the signs of aging, bringing youth and vitality back to the skin, with our complete firming solution. This facial helps to prevent dehydration, reduce wrinkle depth, and protect against future damage from free radicals.

Mangosteen Resurfacing Facial | 60 minutes

Pore-refining, revitalizing, and skin resurfacing diminishing signs of aging. *Eminence Organics'* proprietary Lactic Acid Complex paired with antioxidant-rich “super fruit” Mangosteen resurfaces dull skin, minimizes pores and refines skin tone, unveiling a fresh, luminous complexion.

Microgreens Mens' Detox Facial | 60 minutes

This facial is detoxifying, oxygenating, hydrating and brimming with vital antioxidants combating early signs of aging caused by pollution and other environmental stressors. This truly rejuvenating-yet-relaxing facial is tailored specifically for a gentleman's needs.

Vitaskin Clear Skin Facial *for oily/acne prone skin* | 60 minutes

The complete Clear Skin solution detoxifies and revitalizes acne prone or oily skin types with gentle, effective ingredients that provide essential vitamins and antioxidants to soothe inflammation purify the skin and reduce the formation of sebum and bacteria.

Vitaskin Calm Skin Facial *for sensitive skin* | 60 minutes

Designed especially for sensitive and rosacea skins, sensitive skin has never felt calmer. Utilizing healing and calming ingredients such as arnica, horse chestnut, and rosemary this facial dramatically reduces redness and calms irritation, even for the most sensitive skins.

Bright Eye Enhancement | 15 minutes

For beautiful bright and fresh eyes this treatment targets fine lines, wrinkles, crow's feet, puffiness, dark circles, and lack of skin tone.

Luscious Lip Enhancement | 15 minutes

This treatment diminishes fine, vertical lip lines, removes dryness, and dramatically increases collagen production to create fuller, more voluptuous lips.

SPA EXPERIENCES by AVI

Energize | 70 minutes*foot cleanse – coconut back scrub – back mask & massage – hot compress application*

Designed to ease away aches and pains in the back and shoulder area, where most people carry their stress. Enjoy a refreshing scrub, cleansing mask and massage followed by the application of heated compresses.

Heaven's Realm | 120 minutes*foot cleanse – coconut body scrub – stone crop body mask – reflexology with gua sha crystals – purifying bath*

Specifically created for body regeneration. Begin with a foot cleanse followed by an invigorating coconut body scrub, follow with the application of a cleansing body mask. Next experience foot reflexology to stimulate the body's natural healing processes and finish off with a purifying bath soak.

Yin & Yang | 140 minutes*foot cleanse – chocolate truffle body wrap – petal bath – AVI massage*

At AVI Spa indulge in pure luxury with this romantic body ritual. In a candlelit couples suite with sensual sounds playing synergize your energies with side by side indulgence; begin with an aromatic chocolate truffle body wrap followed by a romantic soak in a petal-strewn bath where we serve you your choice of tea or hot chocolate and delectable chocolate truffles. Finish with a relaxing massage with apricot body oil.

Clarity | 150 minutes*foot cleanse – stone crop body scrub and body mask – purifying bath – Thai massage*

Experience this purifying body treatment designed to heal the body, calm the mind and soothe the soul. Begin with a detoxifying foot cleanse and invigorating stone crop scrub, a body mask is then applied to the skin to purge impurities. Next relax into a healing bath infusion and finish off with a Thai massage.

Illuminate | 170 minutes*foot cleanse – mixed berry body scrub – AVI bath – Balinese massage – 60 minute facial of choice*

Begin with a footbath infused with lavender followed by a mixed berry body polish and an indulgent soak in a luxurious petal strewn bath. Next enjoy a Balinese massage with apricot oil to relieve tension, improve blood flow, ease stress and calm the mind and finish with a revitalizing facial treatment. This journey will leave your soul renewed and your complexion radiant and luminous.

Sanctum for Men | 170 minutes*foot cleanse – pear and apple body scrub – healing bath – deep tissue massage – Microgreens Mens' Detox Facial*

This special treatment package is created with Men's skin and body needs in mind. After a cleansing foot ritual, enjoy a deeply exfoliating body scrub followed by a soothing bath, deep tissue massage and finish off with a facial treatment.

SPA MENU

TEEN SPA by AVI

We've got you covered with a selection of deliciously chilled out Spa treatments that will make any adult jealous. Curated especially for Teens' skin, bodies and minds.

FACE

Fresh | 50 minutes

If bumps and spots are getting you down we have the solution, this *Eminence Organics* facial will deeply clean the skin, soothe angry red complexions and reduce oiliness. Designed for oily skin types.

Chill | 50 minutes

When your face is super delicate and one wrong move can make you tomato red its time for our Chill facial. Organic herbs known for their calming and healing abilities will be applied to clean soothe and nourish the most sensitive skins.

BODY

Bliss | 50 minutes

This massage focuses on your stress points and is good enough to erase all memories of exam time. Using Pear and Apple Massage Souffle your therapist will use long strokes and kneading to loosen up and relax the shoulders and back, finishing up with a foot massage, you'll be dancing out the door.

Buff | 50 minutes

Good enough to eat our Coconut, Chocolate, Sugar body treatment focuses on the back, arms and legs to remove rough spots and smooth you out, follow with a chocolate truffle body wrap to give you that outer glow.

HANDS & FEET

Nailed it | 45 minutes

This super chic Mani includes cuticle trimming, filing, shaping and your fave color or buffing for the guys. Finish off with a choice of lotion from the Eminence fruit bowl of skin products.

Sole 2 Sole | 45 minutes

In the Maldives we encourage you to go shoe free, so get your feet into gear with our Sole 2 Sole pedi. Includes cuticle trimming, filing, shaping and your fave color or buffing for the guys. Finish with a fruity lotion nourishment.

SPA MENU

BEAUTY by AVI

Waxing | 30/60 minutes

BATH SOAKS by AVI | 20 minutes

Our bath soaks are brimming with natural ingredients including floral and herbal extracts for glowing skin.

Available in Spa with treatments and in Villa at your leisure, please reserve 6 hours in advance.

AVI

Nourishing coconut cream blended with AVI essential oil blend to soften the skin and leave you with a glowing complexion. Served with your choice of chai or hot cocoa.

Sensuality

A sensual soak created for 2, utilizing the aphrodisiac qualities of pure organic flower essences of rose otto and ylang ylang and a sprinkle of petals, served with champagne and handmade chocolate truffles.

Healing

A soothing combination of cool water, green tea, nourishing apricot and lavender essential oil to cool and soothe sun kissed skins. Served with a electrolyte beverage.

Purifying

A cleansing and purifying combination of grapefruit oil and sea salts, this mineral rich combination of citrus and sea, encourages detoxification leaving the body refreshed and cleansed. Served with a cleansing green juice.

HANDS & FEET by MARGARET DABBS LONDON

Margaret Dabbs London is the globally recognized brand specializing in both credible, results driven feet, hands and leg products and also manicure, pedicure and leg treatments for both men and women. Margaret is a celebrity podiatrist and has created treatments and products that are as much therapeutic as they are beauty focused.

AVI Spa features the Marget Dabbs revolutionary botanical Vegan range P U R E .

Supreme Manicure | 60 minutes

Our outstanding anti-ageing luxury manicure treatment gives exceptional results, with the indulgence of the full range of Margaret Dabbs London Fabulous Hands products. The treatment includes a wonderful creamy scrub, hand and lower arm massage and finishes off with a polish, buffing for men.

Total Manicure | 45 minutes

A thorough Manicure, to the point and hugely effective including cuticle work, nail shape and nail polish application, buffing for Men.

Supreme Pedicure | 60 minutes

Our outstanding luxury pedicure treatment gives long lasting results, with the indulgence of the full range of Margaret Dabbs London Fabulous Feet products. The treatment includes exfoliation, a soothing foot bath, revitalising foot massage and finishes off with a polish for transformative results, buffing for Men.

Total Pedicure | 45 minutes

A thorough pedicure, to the point and hugely effective including cuticle work, hard skin removal with foot filing and nail polish application, buffing for Men.

LEGS by MARGARET DABBS LONDON

Leg Therapies by Margaret Dabbs London have medical and beauty benefits and contain key ingredients of Legance™ and V-Tonic complex focusing on venous de-congestion and foot and lower leg swelling whilst at the same time transforming legs leaving them feeling smooth, visibly more slender, silky and light.

Illuminating and Refining Yellow Leg Masque Treatment | 60 minutes

This luxurious and results-driven leg treatment refreshes and lightens the legs whilst also improving circulation and skin elasticity. This treatment leaves your legs looking visibly silky, slender and illuminated with firmness and tone improved.

Relieving and Toning Black Leg Masque Treatment | 60 minutes

This outstanding Black Leg Masque Treatment is designed to relieve the feeling of heavy legs. It works to help stimulate the circulation, as well as soothing, firming and cooling the skin and lightening the legs. This fabulous treatment leaves your legs feeling lighter, sleeker and slender.

THERMAL SUITES | 60 minutes**HOLISTIC ACTIVITIES** see Wellness Calendar**AVI TCM master in residence program**

In addition to our highly trained international Spa team, throughout the year AVI Spa welcomes our Traditional Chinese Practitioner offering holistic pathways to health and harmony through Acupuncture, Body Therapies, Dietary Plans, Herbal Medicine and Anti-ageing facial Acupuncture. Please contact our Spa representative for more information.

SPA MENU



HOW TO SPA

AVI Spa is open from 9am – 9pm, please arrive 15 minutes prior to your appointment and allow time after to enjoy the Thermal Suites.

APPOINTMENTS We recommend booking ahead. To make a reservation, simply call our SPA extension or visit us in person.

CANCELLATIONS If you need to cancel or reschedule your appointment, please give us at least 24 hours' notice. A cancellation fee does apply to cancellations with less notice.

HEALTH CONDITIONS Your health is our priority, please let our team know about any existing health conditions when booking your appointment, including high blood pressure, heart conditions, allergies, any recent surgeries or pregnancy.

SPA ATTIRE Wear what makes you feel comfortable, we provide a robe, disposable panties and draping techniques, swimwear is required in the Thermal Suites.

AMBIENCE Our spa is a whisper zone and smoke free. Please assist us to speak in a lowered voice, and to silence your phone.

VALUABLES Keep your valuables in your in-room safe. We do not assume any liability for the loss or damage to items of any kind.

AGE REQUIREMENTS We welcome guests to the Spa between 12-18 years when accompanied by an adult.

GIFT VOUCHERS Our reception team will be happy to help you gift your loved ones their dream treatment.



AVISPA

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