

Welcome to Naladhū In-House Spa

Naladhū
PRIVATE ISLAND
MALDIVES

Welcome to Naladhu In-House Spa

Personalised spa experiences that encompass the essence of the island boasting an exclusive and luxurious journey.

HOW TO SPA

All our spa experiences will be carried out in the comfort of our Spa House on Naladhu Private Island.

Reservations

We recommend making an advanced reservation for your spa treatments through your House Master or Personal Spa Specialist. • Your reservation will be reconfirmed a day in advance. Please let your House Master know the most convenient time to meet with your Personal Spa Specialist. We always try our best to accommodate requests for individual therapists/specialists based upon their availability.

Preparation

For ladies, no preparation is necessary.

For men, we recommend shaving prior to a facial treatment to reduce skin irritation and maximise comfort. Other treatments require no preparation.

Spa Attire

If required for the treatment, disposable underwear will be provided.

Health Concerns

If you are pregnant or have any pre-existing conditions or allergies, please inform our team before booking any spa treatments or using the spa facilities. Kindly advise your therapist before your treatment commences. This will ensure your safety before having any treatments.

CANCELLATION POLICY

Should you need to cancel or reschedule your treatment, we do require a minimum of 24 hours' notice to avoid being charged 50% of the treatment fee. No shows will be charged 100% of the treatment fee.

Conscious of global changes we have amended our operating procedures in response to COVID 19 and these procedures have been implemented to ensure your comfort and safety throughout your spa experience.

Please feel free to contact us on ext. 3043/3045 or spamaldives@anantara.com if you have any questions or concerns, we are here to assist.



SIGNATURE EXPERIENCES

Naladhu Signature Massage

(90 minutes)

Evoking a profound state of relaxation this massage experience involves an intuitive sense of connection. Your therapist will use carefully seasoned aroma oils and a signature sequence of Eastern and Western techniques to re-open the body's natural energy flow. A personalised approach that focuses on your physical and emotional wellbeing.

Essence of Naladhu

(120 minutes)

This signature experience encapsulates the essence of Naladhu Island, an exclusive intimate retreat enriched with luxurious gems. Your spa journey begins with a Lingzhi and Shitake body scrub using oriental herbs rich in minerals, amino acids, and vitamins with aromas of lavender and chamomile. Further indulge in a truly unique healing massage using moisturizing body butters to rejuvenate dull and tired skins. An aromatic blend of lavender and sandalwood are perfectly complemented to enhance stress relief, reduce tension, and fatigue.

Includes: Foot Ritual • Invigorating Body Scrub e³ Body Massage

MASSAGE EXPERIENCES

Naladhu Healing Massage

(60/90 minutes)

Our signature massage is a gateway to calming the mind and rejuvenating the body. A blend of warm oils specifically designed to uplift your senses and a traditional western massage modality using medium pressure and stimulating movements to transition into mental calmness and physical prosperity.

Stress Release Massage

(75 minutes)

A customised massage to help alleviate tension in the most stress-prone areas. Your therapist targets your areas of concern with a massage that instantly relieves discomfort and tension. Complemented with a mini foot and hand reflexology fusion to create a perfect balance leaving you centred and connected.

Deep Tissue Massage

(60/90 minutes)

A restorative deep tissue massage designed to ease aching muscles and alleviate stress. Choose your preferred massage blend from a variety of sweet, sensually sharp, and floral aromas.

Thai Massage

(60 minutes)

Enhance your movement and flexibility with this passive yoga-like massage. Explore a combination of stretching, acupressure, joint mobilization, and muscle compression. Therapists use hands, knees, legs, and feet to stretch and energise your muscles.

Naladhu Ocean Massage

(60/90 minutes)

Tucked away and perched above the waters in your own private ocean cabana. Let all your troubles melt away; relax to the natural rhythm of waves with a bespoke massage experience exclusively developed by our spa team, to restore an overall sense of well-being.

Hot Stone Massage

(75 minutes)

Heated volcanic stones and a stunning blend of essential oils are used in this massage. Heat from the stones help to relieve muscle or joint tension and increase blood circulation creating a balance of calm and wellbeing. This treatment is perfectly designed to promote a profound state of relaxation.

Abhyanga

(60 minutes)

A treatment that draws healing wisdom from ancient Ayurvedic tradition. Warm oils are blended with medicinal herbs for healing and detoxifying the body. Rhythmic massage techniques are applied to work along the meridian lines and restore the flow of vital energy.

COUPLES EXPERIENCES

Beautiful Island Couples Massage

(75 minutes)

Your journey commences with a delicate hand and foot ritual. A Naladhu Healing Massage is the perfect addition to your getaway restoring the flow of energy, complemented with Thai body stretches and an uplifting scalp massage.

Includes: Foot & Hand Ritual • Body Massage • Stretch & Scalp Massage

Timeless Moments

(120 minutes)

Find balance with our Thai Four Elements Massage; stimulating massage techniques to awaken energies and heighten senses. Achieve ultimate serenity with a deep cleansing facial providing hydration, nutrition, and repair to your skin—resulting in a radiant complexion.

Includes: Foot Ritual • Body Massage • Facial

Island Hideaway

(75 minutes) * Treatment Duration

Revel in the comforting sensation of warm volcanic stones and powerful essential oils to ease tension and dissolve muscular stress. A pressure point massage of the head, ears, and neck enhances the experience. Your island journey is made perfect with a lunch / dinner from a selection of mindful offerings and a bottle of Champagne.

Includes: Foot Ritual • Body Massage • Lunch

Maldivian Night Spa Ritual

(150 minutes)

A truly inspiring and unforgettable spa experience. Begin your journey with a refreshing mini- exfoliation further surrender to restorative waves of relaxation as your therapist teases out tension, rebalances energy flow and restores harmonious equilibrium with a full body massage (90 min). Slip into a couple's bath- a twist of fresh and a touch of sweet with lavender and ylang ylang perfectly blended to encourage love and laughter. A glass of bubbly compliments your spa ritual.

Available for guests from 10.00 pm – 1.00 am. Must be booked a minimum of 24 hours in advance.

Includes: Foot Ritual • Body Scrub • Body Massage • Bath





BODY EXPERIENCES

Choose from a variety of body scrubs and wraps designed to regenerate skin cells, boost the lymphatic and immune system, improve the tone and texture of the skin, and help with balancing stress and anxiety.

BODY COCOON

Purify your body and deeply replenish your skin with this personalised body scrub and wrap combination. Start your journey with a full body exfoliation to help rid of dry skin and stimulate blood circulation. Your journey will continue with a delicate wrap experience - enriched with minerals and antioxidants to help with hydrating, firming, and detoxing. A scalp and foot massage will compliment your body cocoon.

Includes: Foot Ritual • Body Scrub • Body Wrap

BODY SCRUBS

Elemis Intensely Cleansing Salt Scrubs

(60 minutes)

Fragranced salt gently sloughs away dead skin and encourages the regeneration of new cells, leaving a smooth and responsive canvas to absorb a deeply nourishing body oil.

Includes: Foot Ritual • Body Scrub • Foot Massage

BODY WRAPS

Essence White Coconut

(60 minutes)

Indulgently rich and gloriously fragranced, this clay-based wrap rejuvenates the skin and combats the effects of modern life with the healing benefits of coconut.

Elemis Thousand Flower Detox Wrap

(60 minutes)

Relax in a cocoon of deeply nourishing green tea balm that stimulates the elimination process for powerful detoxification and naturally healthy skin.

Includes: Foot Ritual • Body Wrap • Scalp Massage

FACIAL EXPERIENCES

Face Touch By Elemis

Experience a healing fusion, where touch and technology are turbo-charged by the power of minerals, plants and active natural aromatics. Defy the hands of time with clinically proven anti-wrinkle, radiance and resurfacing facials for instant results.

Pro-Collagen Age Defy

(70 minutes)

Tackle fine lines and wrinkles with the clinically proven age defying benefits of marine charged padina pavonica and red corals. Targeted massage encourages optimum cellular function for nourished, younger looking skin. An additional scalp ritual compliments your facial.

Benefits: Soothes, Nourishes, Refines

Superfood Pro Radiance

(70 minutes)

Energise and detoxify stressed, dull skin with a nutritional superfood boost. Leaves skin plumper, radiant, and lit up with good health. An additional scalp ritual compliments your facial.

Benefits: Revitalises, Brightens, Nourishes

Pro-Definition Lift And Contour

(70 minutes)

Powered by breakthrough technology, this facial helps restore the architecture of the face using the protein nutrients in plant actives which help the extra cellular matrix, creating a profoundly sculpted and youthful effect. An additional scalp ritual compliments your facial.

Benefits: Lifts, Contours, Sculpts

BIOLOGIQUE RECHERCHE

The Biologique Recherche skincare program is formulated with highly active botanical ingredients that deliver immediate and visible results. Each facial is customized to your individualized skin type and condition.

Essence of Youth

Soin Lift CVS

(75 minutes)

Enjoy a glowing, youthful visage with this pampering all-round treatment. A multi-faceted approach to revitalising skin. Exfoliates, lifts, restructures, firms, hydrates and protects against external aggressors. Recommended for most skin types. An additional foot ritual compliments your facial.

Plump and Renew

Soin MC110

(75 minutes)

This restorative treatment plumps up facial volume and reduces the appearance of fine lines. Firming strokes improve blood circulation as they lift and tighten the skin, while a deep cleansing treatment, oxygenating spray and formulated serums restructure the underlying epidermis. An additional foot ritual compliments your facial.

Deluxe Caviar

Soin Caviar Intégral

(100 minutes)

A gorgeous facial journey hydrating and firming your skin for a revitalised look. Refine pores and replenish moisture in sun-kissed skin by tapping into the regenerating properties of caviar. A pampering treatment that promotes a youthful, radiant glow. An additional foot and scalp ritual compliments your facial.





BEAUTY EXPERIENCES

Naladhu Manicure

(60 minutes)

Classic Manicure A cuticle and nail treatment include filing, gentle buffing and a hand exfoliation to encourage a natural beautiful finish to the nail.

Naladhu Pedicure

(60 minutes)

Classic Pedicure A cuticle and nail treatment include filing, gentle buffing and a foot exfoliation to encourage a natural beautiful finish to the nail.

SALON SERVICES AVAILBALE IN HOUSE, PLEASE CALL US FOR ANY REQUESTS.

LITTLE INDULGENCES

A few add-on services to complement your spa treatment.

Add-on Massage

(30 minutes)

Add-on Body Scrub

(30 minutes)

Add-on Hair Treatment

(30 minutes)



NALADHU TREATMENT PRICE LIST

Naladhu Signature Massage (90)	330
Essence of Naladhu (120)	430
Naladhu Healing Massage (60 / 90)	245 / 305
Stress Release Massage (75)	305
Deep Tissue Massage (60 / 90)	270 / 330
Thai Massage (60)	270
Hot Stone Massage (75)	305
Abhyanga Massage (60)	270
Naladhu Ocean Massage (60 / 90)	305 / 330
Beautiful Island Couples Massage (75)	490
Timeless Moments (120)	735
Island Hideaway (75)	<i>* Prices Available Upon Request</i>
Maldivian Night Spa Ritual (150)	855
Body Cocoon	365
Elemis Salt Scrub Lime And Ginger (60)	185
Elemis Salt Scrub Frangipani (60)	185
Essence White Coconut Wrap (60)	195
Elemis Thousand Flower Detox Wrap (60)	195
Pro-Collagen Age Defy (70)	220
Superfood Pro Radiance (70)	220
Pro-Definition Lift And Contour (70)	220
Essence of Youth (75)	245
Plump and Renew (75)	245
Deluxe Caviar (100)	295
Naladhu Manicure (60)	80
Naladhu Pedicure (60)	90
Little Indulgences (30)	125

All prices are in US dollars and inclusive of 10% Service Charge and 12% GST.

Naladhu Private Island Maldives

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