



ANANTARA  
SPA



A TROPICAL LAGOON SANCTUARY  
OF BEAUTIFUL WELLNESS JOURNEYS.

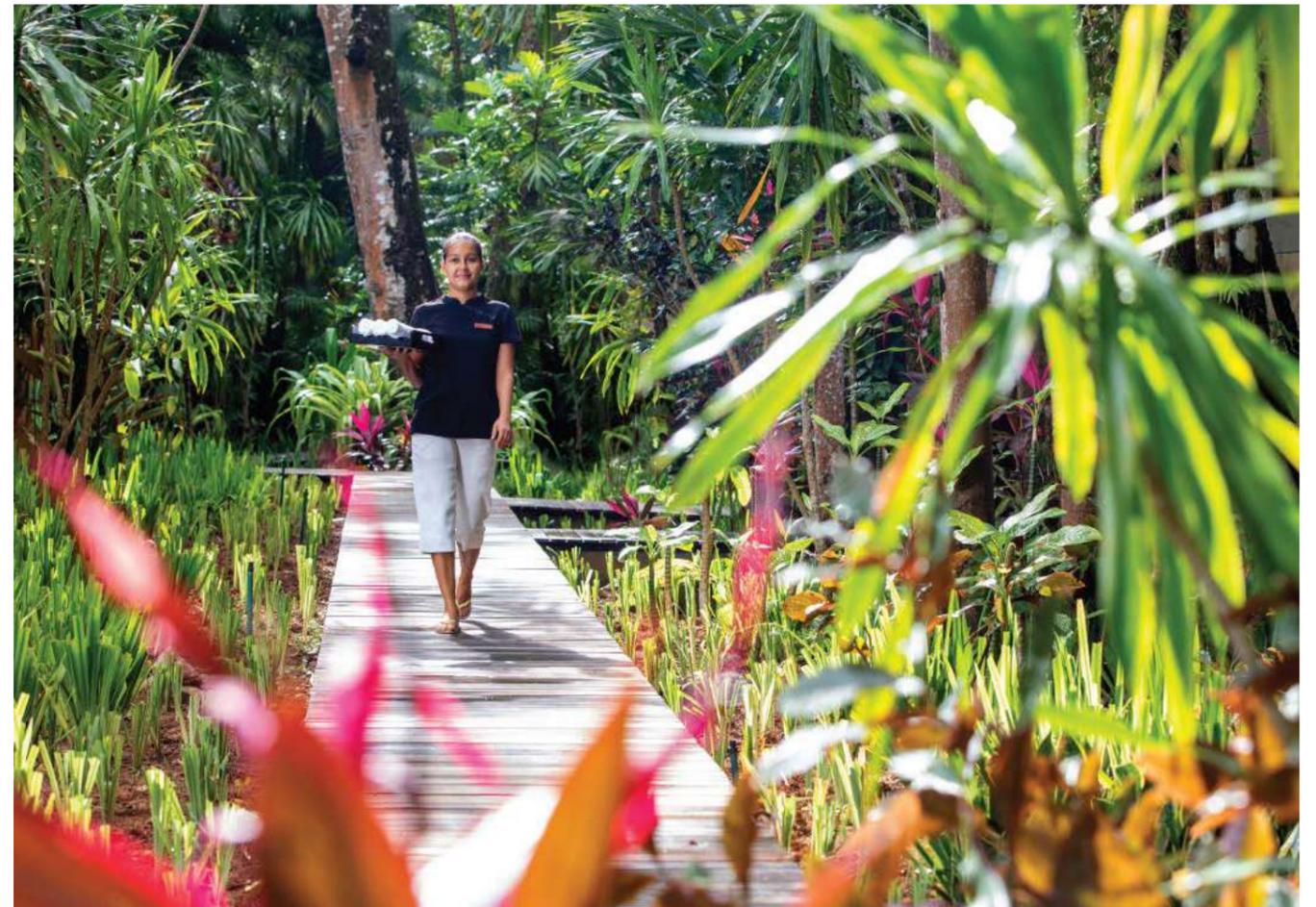


## ANANTARA SPA

Rooted in the beautiful country of Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins. At Anantara Maia Seychelles Villas, this principle is sensually expressed by our talented therapists through the abundant natural resources of the archipelago.

Indulge in luxurious spa therapies that combine the spa wisdom of both East and West in a quiet sanctuary nestled on the hillside. This stunning setting complements our therapies in easing away the tensions of modern life. Feel in harmony with nature as you experience healing therapies that replenish body and mind and nourish you holistically. Innovative rituals using natural ingredients will leave you feeling cleansed and relaxed.

At Anantara Spa, the greatest journeys are felt, not told...



## VICHY RITUALS

Welcome to our hydrotherapy treatment that invigorates the entire body by the gentle massaging of cascading water. Vichy showers are incredibly relaxing and refreshing, creating a state of complete relaxation.

### MAIA VICHY RITUAL

(60 / 90 minutes)

Relax, recline and let the hydrotherapy improve blood circulation, hydrate the skin and bring the body back in balance.

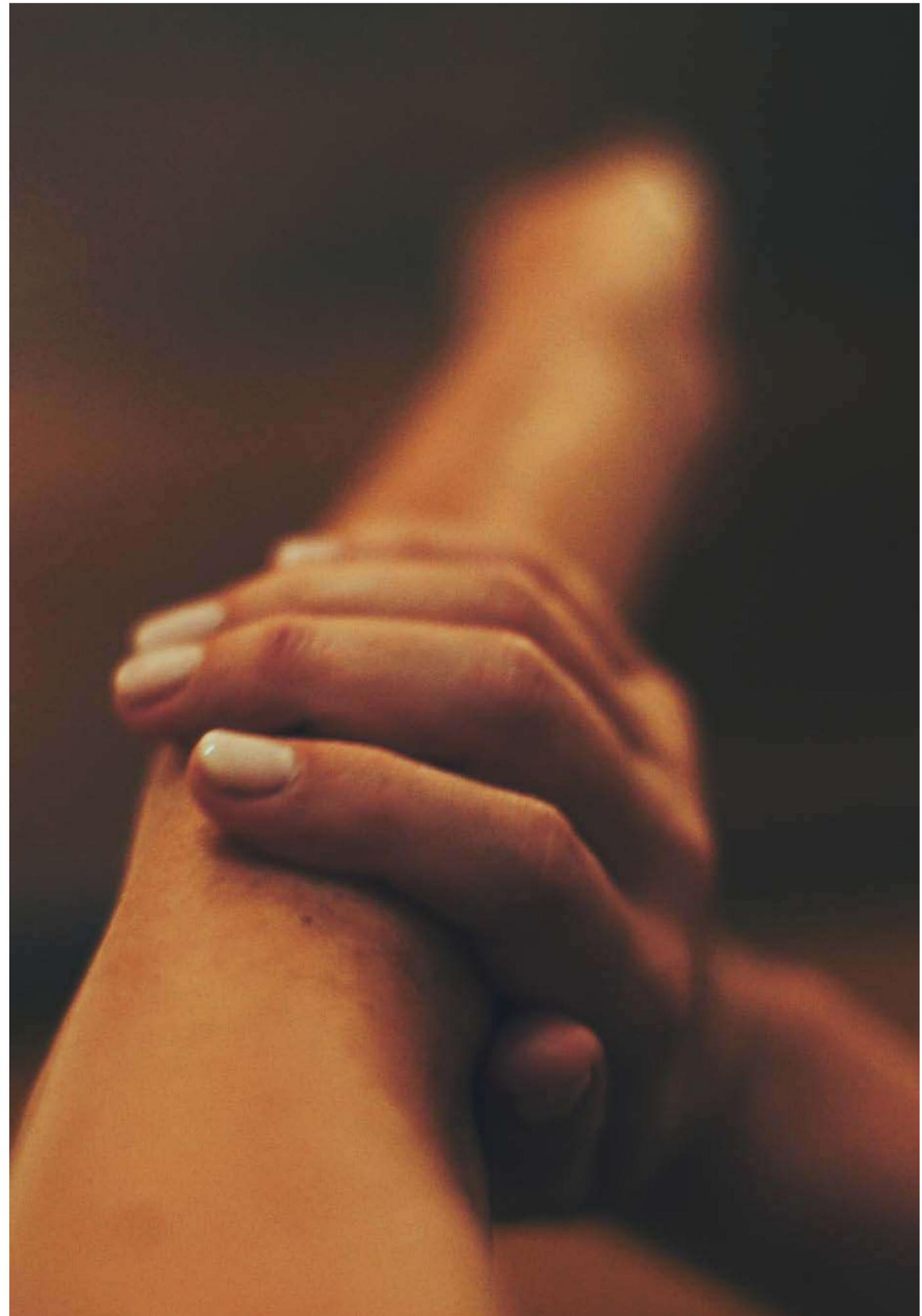
Your journey begins with VOYA's Luscious Salt scrub which leaves the skin nourished and glowing, followed by an Angelicus Serratus Body Oil Massage loosening tension and reaching knots and areas of stress at a profound level. The result is radiant vitality, restored muscles and intensely hydrated skin. Vichy showers are incredibly relaxing and refreshing, creating a state of complete relaxation.

### WAVES OF RELAXATION

(60 / 90 minutes)

Let your stresses float away while indulging in this head-to-toe revitalizing ritual. The treatment begins with all over body brush to soften and remove any dull, lacklustre skin.

Followed by a warm ocean-inspired detoxifying wrap, all whilst escaping reality during your deeply hydrating scalp massage. You will then be invigorated by the power of water as it washes away any left-over tension.





## BODY TREATMENTS

### SCRUBS

#### MINERAL GLOW

(60 minutes)

Infused with Dead Sea salts and organic seaweed oil, a combination which hydrates the skin, stimulates blood and lymph flow whilst firming skin tone and increasing lustre. It can remove dull skin and refine skin texture.

#### UPLIFTING POLISH

(60 minutes)

This refreshing and all over exfoliation treatment awakens the skin and body. It features a mixture of organic peppermint leaf, seaweed and sugar all whilst performing the double action of gently removing dry skin cells and uplifting the senses.

#### HYDRATING BODY SCRUB

(30 minutes)

The dual action lathering body scrub exfoliates with finely ground walnut shells and nourishes your skin with a blend of almond oil, seaweed and ginger extracts. The gentle yet effective combination removes rough and lifeless looking skin, to reveal soft, silk-smooth skin.

#### MAGNESIUM GLOW

(30 minutes)

This exfoliating treatment will remove dead cells to reveal bright new skin beneath. Detox and rejuvenate your whole body with this naturally healing therapy.



## BODY TREATMENTS

### WRAPS

#### ALOE AFTER SUN WRAP

(45 minutes)

Cooling aloe vera gel is applied on to your skin whilst using cold stones to soothe specific areas after being over exposed to the sun. Wrapped in a banana leaf to help lock in the hydration and benefits of aloe vera which helps to relieve pain and redness by reducing inflammation.

#### OCEAN ESSENCE WRAP

(60 minutes)

Combining the detoxifying power of Fucus Vesiculosus and Laminaria Digitata leaves, this treatment stimulates the blood and lymph flow, detoxifies, and hydrates the skin. It is an excellent skin rejuvenator, combating fatigue whilst deeply nourishing your skin.



#### PURIFYING MUD WRAP

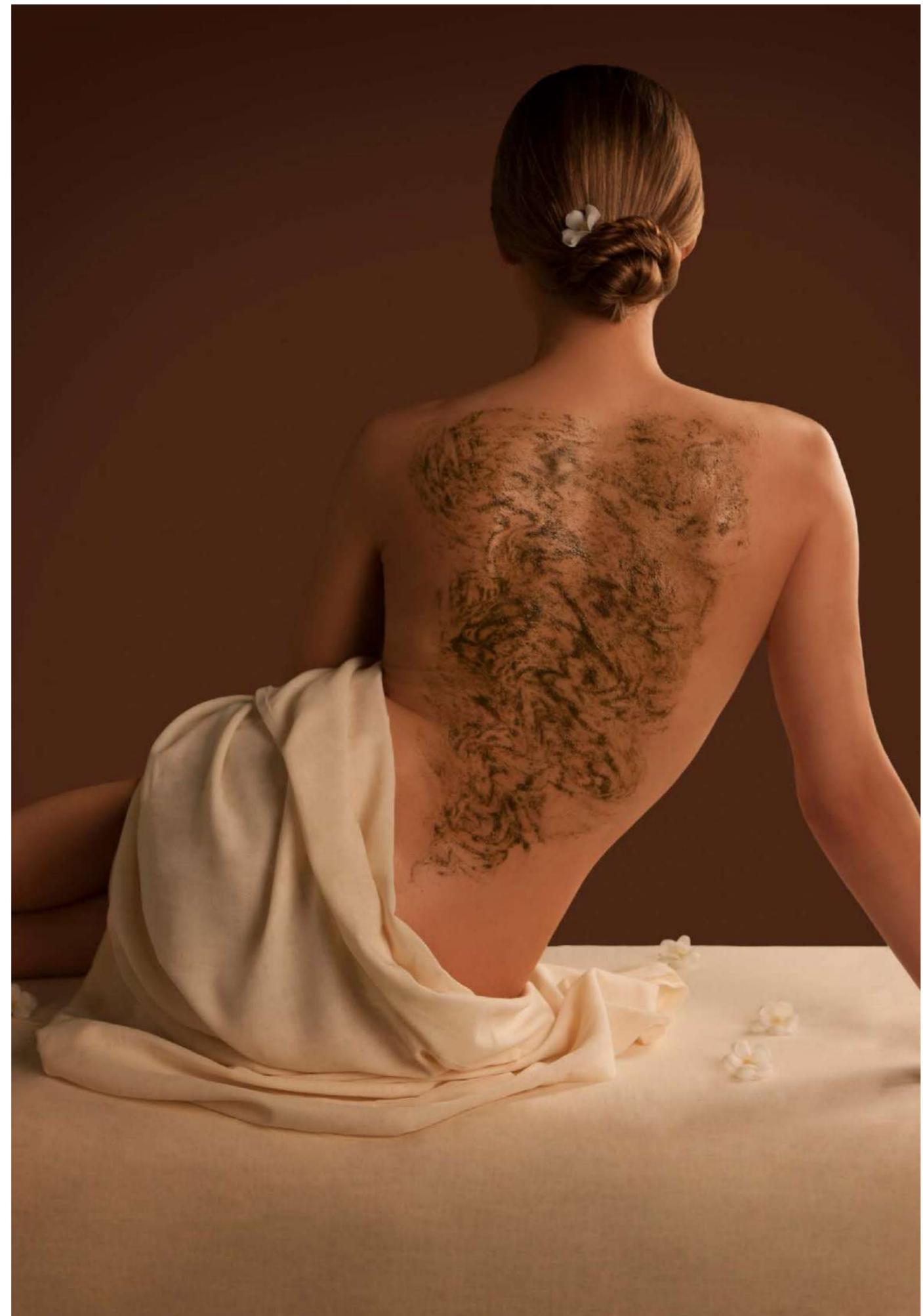
(60 minutes)

Indulge yourself with immediate and noticeable effects to the skin. This is a powerful metabolism booster which provides a stimulating natural anti-ageing boost. Infused with aromatic spices of ginger and orange which also revives the senses and calms the mind.

#### ULTIMATE REVIVER

(60 / 90 minutes)

Unlike any other VOYA seaweed treatment, this truly grounding therapy uses real organic seaweed leaves to scrub and wrap your body. Beginning with a Bladder wrack Body Buff, the whole body is then covered in Laminaria Seaweed leaving you feeling truly revitalised, and your skin will appear bright, smooth and silky soft. Scrub treatment is not included in the 60 minutes treatment.





## BATHING RITUALS

These rituals can be enjoyed in the serenity of Anantara Spa, or in the privacy of your villa.

### MAGNESIUM BATH (30 minutes)

Boost your immunity as you indulge in a magnesium bath that will help you drift off while it re-mineralizes your body.

### MAIA ROMANTIC BATH (30 minutes)

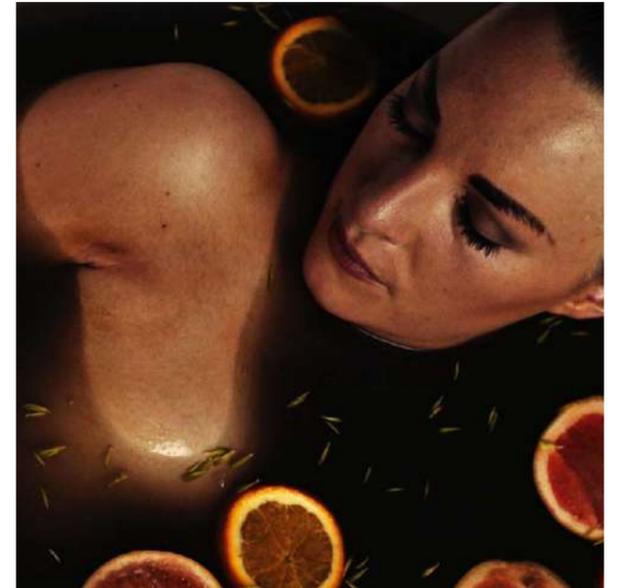
Share some time in the bubbles with you loved one, inhaling the sensual blend of ylang-ylang, sandalwood and bergamot that gently caresses you both

### WARMED SPICED MUD BATH (45 minutes)

This deep dark relaxing bath will soothe muscular aches and pains, relieve stress and fatigue and energise the mind and soul.

### LAZY DAYS DETOX SEAWEED BATH (45 minutes)

Submerge yourself into a bath of organic, hand-harvested seaweed to remove unwanted toxins and re-mineralizing the body.



## MASSAGES

Anantara's therapeutic and stress-relieving massages use authentic techniques inspired by Thai, Indian and Western traditions combined with infusions of exotic, rare ingredients to lead you on a path to ultimate relaxation.

### MAIA SIGNATURE MASSAGE

(60 / 90 minutes)

Created exclusively for Maia, this massage is a unique fusion of consistent pressure, long strokes and gentle stretching to ease muscle tension. These are delivered with a soothing, rhythmical flow leaving you feeling refreshed and completely relaxed.

### ANANTARA SIGNATURE MASSAGE

(60 / 90 minutes)

Combining revered Eastern and Western techniques with the expertise of Anantara, purpose designed movements and a signature oil blend stimulate the circulation and deeply relax muscles, while restoring the flow of energy along the meridian lines.

### HARMONY / FOUR-HAND MASSAGE

(60 minutes)

A firm favorite with spa visitors, this dancing fingers massage is one of the best gifts you can give your body and soul. Two skilled therapists work in harmony, using even consistent pressure to apply long strokes and gentle stretch out your entire body.

### MAGNESIUM DEEP TISSUE MASSAGE

(60 / 90 minutes)

A powerful massage designed to relieve deep-seated muscle fatigue, detox and improve sleep. This deep aromatherapy is reinforced by the healing properties of magnesium and promotes overall wellbeing.



### TRADITIONAL THAI MASSAGE

(60 / 90 minutes)

Also known as passive yoga, this centuries-old therapy has been passed down through generations. Enjoy the benefits of a workout whilst your therapist does all the work. By using pressure point and stretching techniques on a solid oak Thai massage bed, tension is released, flexibility is improved and vitality increased.

### HOT STONE MASSAGE

(75 / 90 minutes)

A unique combination of warm essential oils and heated mineral stones ease away deep muscular tension and encourage optimum circulation. The stones are an extension of the therapist's hands soothing away stress and transporting the mind.

### FOOT REFLEXOLOGY

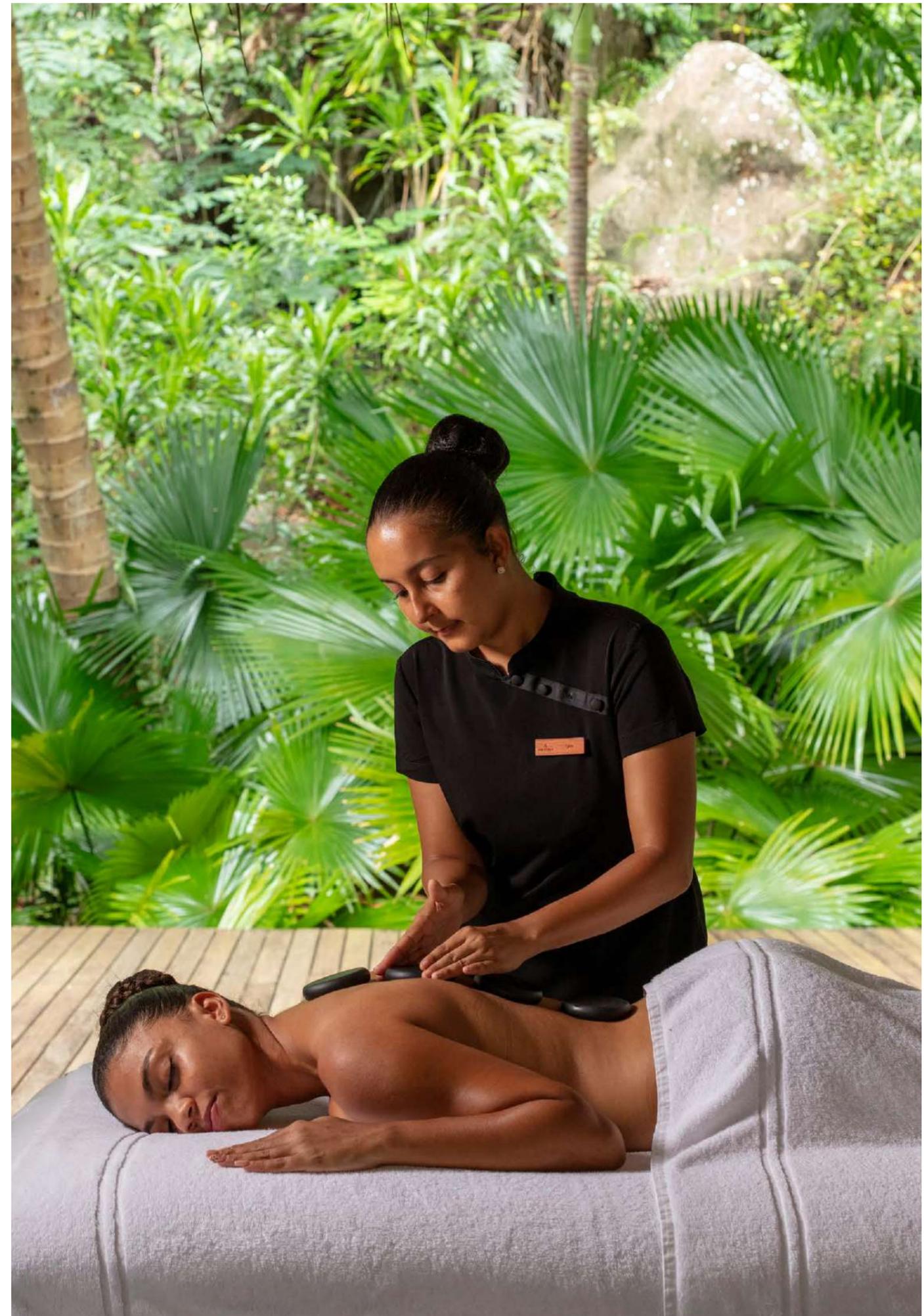
(60 minutes)

Pamper tired feet with a skilled therapist working on reflex points to relieve stiffness and target problem areas. This stimulates blood circulation and improves your overall health.

### BUMPS A DAISY PRE AND POST-NATAL NURTURE

(60 minutes)

A real treat for Mum and baby. This comforting massage where the therapist uses neroli and mandarin to massage, easing the effects of water retention and promote a better night's sleep. This therapy helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while calming the mind and uplifting the spirit. Please note that this massage is not recommended during the first trimester.



## COUPLE'S QUALITY TIME

Spend blissful moments together with a series of wonderfully restorative treatments to promote deep relaxation and harmony between you both.

### ESCAPE TOGETHER

(90 / 120 minutes)

Experience the power of deep relaxation. Starting with a fragrant Lavender and Seaweed Sugar glow and followed by a Mindful Dreams Ritual that offers a heightened sense of relaxation.

This ritual offers a meditation and chakra balance before indulging the senses in a light massage mimicking the movement of water.

(Face and Scalp Massage included in 120 minutes)

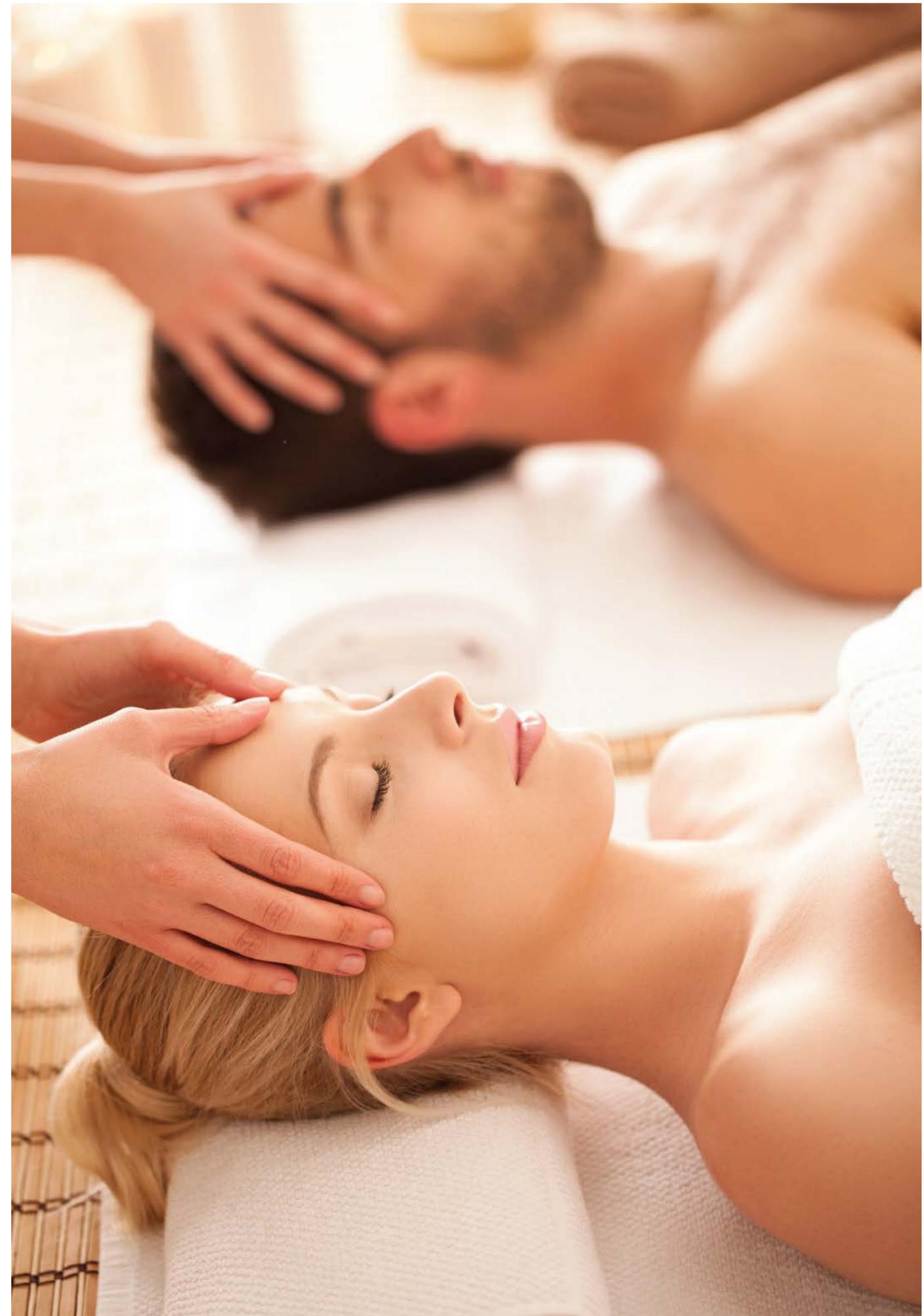
### TIME FOR TWO

(90 / 120 minutes)

Dive into detoxing with the Seaweed Body Buff, accompanied with a peat moss rich Mud Wrap for purifying the skin and muscles.

Whilst enveloped in mud your therapist will indulge you with a Vitamin and Mineral rich scalp massage.

A mini-facial is included in our treatment of 120 minutes.





## FACIALS

### DEEP CLEANSING AND PORE REFINING FACIAL

(60 / 90 minutes)

This mineral-rich moor mud facial draws out impurities to ensure deep cleansing. Thorough exfoliation encourages sensitive skin to appear smoother and brighter while natural ingredients reduce pores. A classic Omorovicza massage firms and lifts the skin to finish.

### ILLUMINATING C FACIAL

(60 / 90 minutes)

Brighten up your skin for a special occasion. Relax as a mild lactic acid and copper peel is applied, along with Vitamin C products suitable for all skin types. Enjoy the results of luminous skin.

### GOLD HYDRALIFT AFTER-SUN FACIAL

(60 / 90 minutes)

Sooth and repair sun burnt skin with a colloidal gold treatment that harnesses the anti-inflammatory properties of colloidal gold. Nourishing hyaluronic acid reduces damage and restores plumpness to the skin.

### BLUE DIAMOND FACIAL

(60 / 90 minutes)

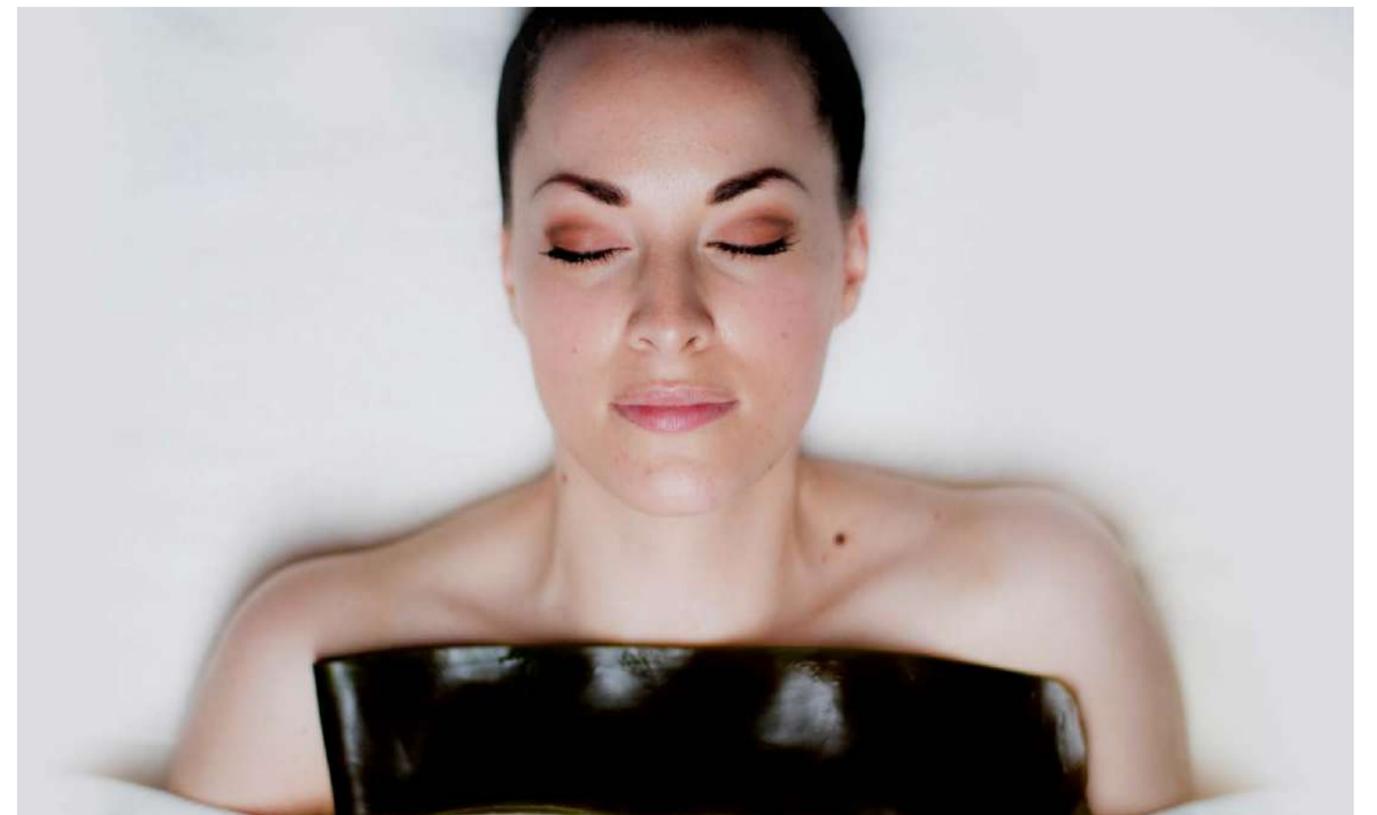
A firming and brightening facial designed to renew the skin, containing key Blue Diamond ingredients that increase elasticity, along with copper and amino acids to revive tired skin cells.

### VOYA SIGNATURE VEGAN FACIAL

The ultimate VOYA facial experience, this treatment allows guests to experience the best of both worlds. The treatment starts with a back massage to induce relaxation and gently melt away muscular pain.

The facial contains a 20-minute massage to deeply restore and recondition the skin followed by a dual action facial mask utilizing the exclusive re-mineralizing Mermaid's Purse face mask and laminaria leaves.

This indulgent facial leaves the skin rejuvenated and hydrated, softening the appearance of fine lines and reducing the skin's texture leaving the skin supple and plumped. Our 90 minutes treatment is inclusive of a back massage.



## BEAUTY

### MEDIHAND BY ELIM

(30 / 60 / 75 minutes)

Manicure / Polish / French-Polish

By utilising cutting-edge technology, Medihand is an anti-ageing, anti-pigmentation and UV-protecting manicure that uses active ingredients to deliver consistent results. Commencing with an illuminating nail cleanser, this manicure also includes a hydrothermal exfoliate, dark spot serum and anti-bacterial cuticle rescue blend with 10 oils.

### MEDIHEEL BY ELIM

(45 / 75 / 90 minutes)

Pedicure / Polish / French-Polish

This restorative treatment has been tailored for compromised feet and addresses dry areas, calluses as well as cracked heels. Utilising tonic, PH neutralisers, alpha hydroxyl foot exfoliants, cuticle blends and a vitamin-rich foot perfecter, it may also be enjoyed as a preventative measure.

### GEL POLISH

(30 / 45 minutes)

### WAXING

A full range of waxing treatments using premier brand products are available.

LEGS (45 minutes)

BACK (45 minutes)

HALF LEGS / ARMS / CHEST (30 minutes)

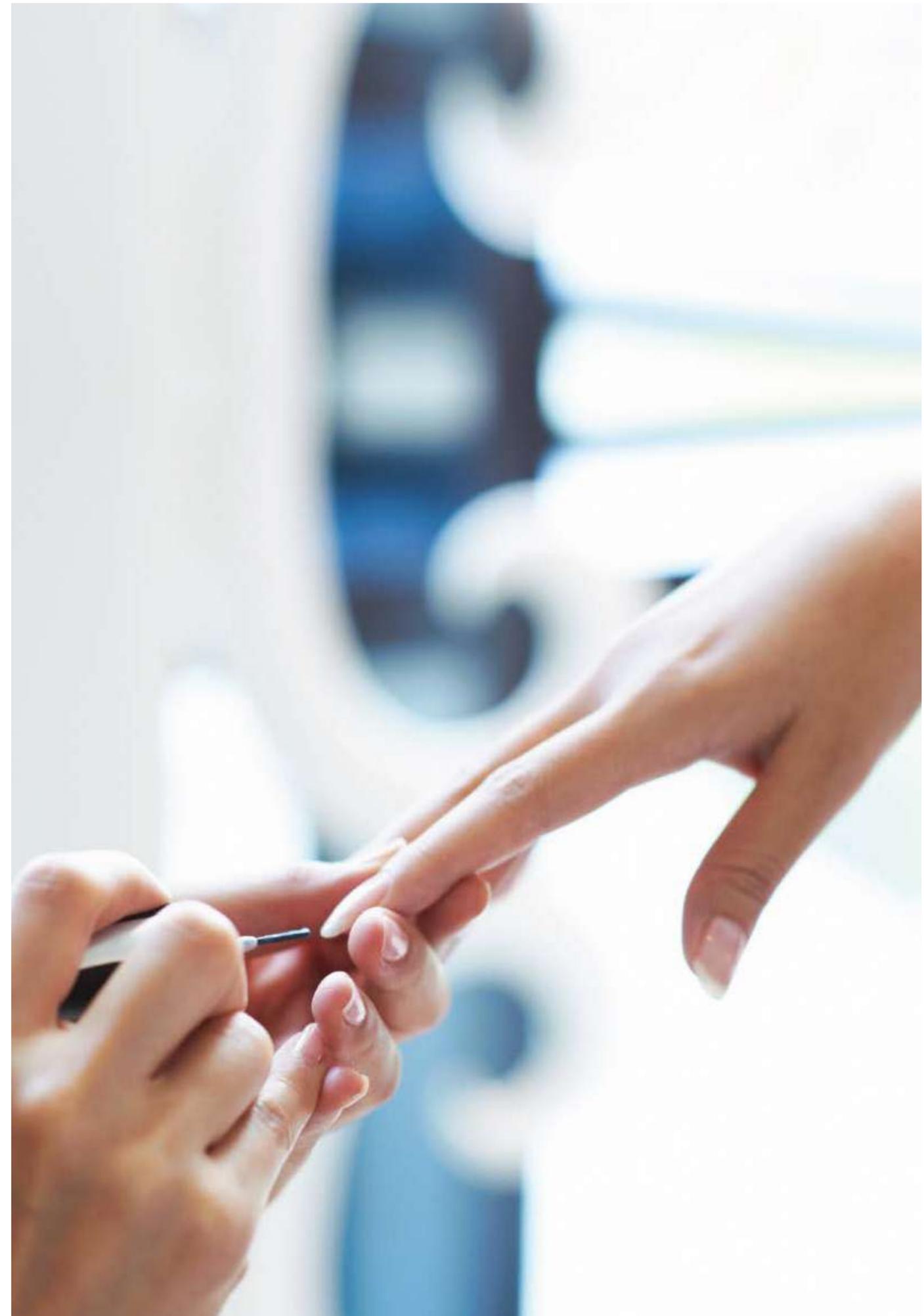
UNDERARMS (20 minutes)

EYEBROWS (20 minutes)

CHIN / UPPER LIP (15 minutes)

BIKINI (30 minutes)

BRAZILIAN (45 minutes)





## ADDITIONAL TOUCHES

This treatment targets the delicate area around the eyes and lips, which needs extra special care. Fill in the fine lines and wrinkles, brighten and tighten the eye area with the help of a powerhouse cocktail made of anti-oxidants and regenerating ingredients.

### EXPRESS FACIAL

(30 minutes)

A total face solution for a perfect skin. Simple, ready to use, clean, practical protocol with visible results after the first session. Also available as a Home Care Kit.

### BACK, NECK AND SHOULDER MASSAGE

(30 minutes)

Unwind with a massage that combines rhythmic pressure and a blend of oils to alleviate tension and stress and provide immediate relief and relaxation.

### FOOT MASSAGE

(30 minutes)

Pamper your tired feet with a combination of reflex point movements to relieve stiffness and stimulate blood circulation, whilst improving energy flow throughout the body.

### THAI HERBAL COMPRESS

(30 minutes)

A classic massage using an herbal poultice to soothe joint pain, muscle cramps, stress and arthritis. The poultices are warmed in therapeutic oils and used to massage the entire body. The massage promotes better circulation within the affected area, leading to increased perspiration, which helps the skin to eliminate

### REVITALISING HEAD AND SCALP MASSAGE

(30 minutes)

This enchanting add on begins with acupressure that releases fatigue and tension from neck and head, whilst at the same time nourishing the hair with vital minerals and oils. A refreshing menthol and moor mud mask application on the scalp is followed by a stimulating scalp massage.

### MARINE EYE TREATMENT

(15 minutes)

Using organic laminaria digitate, seaweed eye compresses for refreshing and rejuvenating tired eyes. Combining both relaxing and decongesting lymphatic massage to banish puffiness and dark shadows.



## V.I.K (Very Important Kids) SPA

### LITTLE ONES FACIAL

(30 minutes)

Experience an aromatic facial that supplies young skin with the nutrients needed. This treatment uses cleansing techniques, exfoliation and hydrates the skin.

### HAPPY FEET

(30 / 45 minutes)

Pamper those dancing feet with a soothing combination of foot scrub and foot massage.

### HEAVENLY HANDS

(30 / 45 minutes)

Enjoy a gentle hand scrub and massage to leave skin feeling beautifully soft to the touch.

### GOLDBLOCKS AND THE BEAR

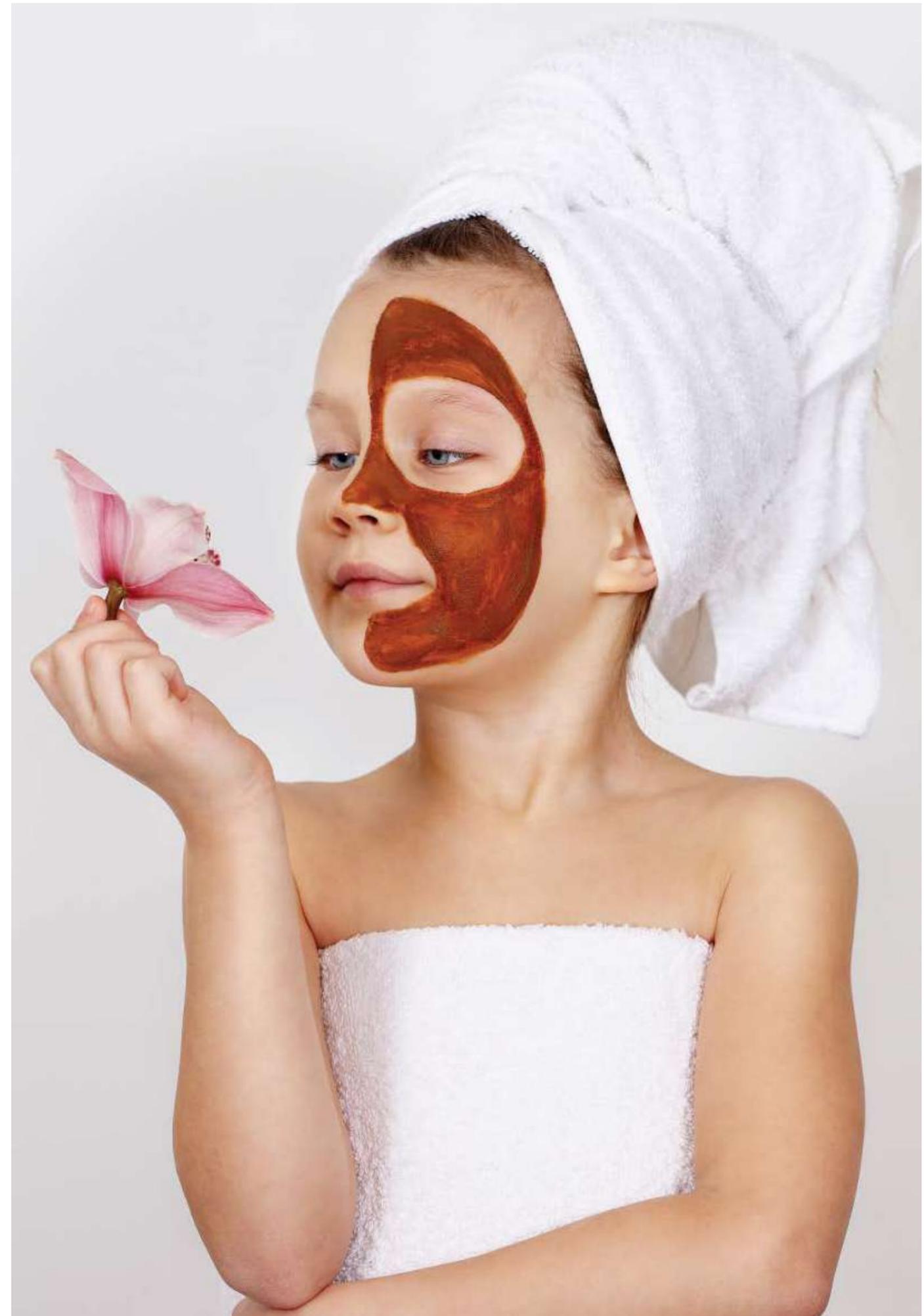
(30 minutes)

This conditioning treatment detangles hair and delivers replenishment after an active day in the sun. We further pamper our young guests with a shoulder, neck and head massage.

### FAMILY TIME

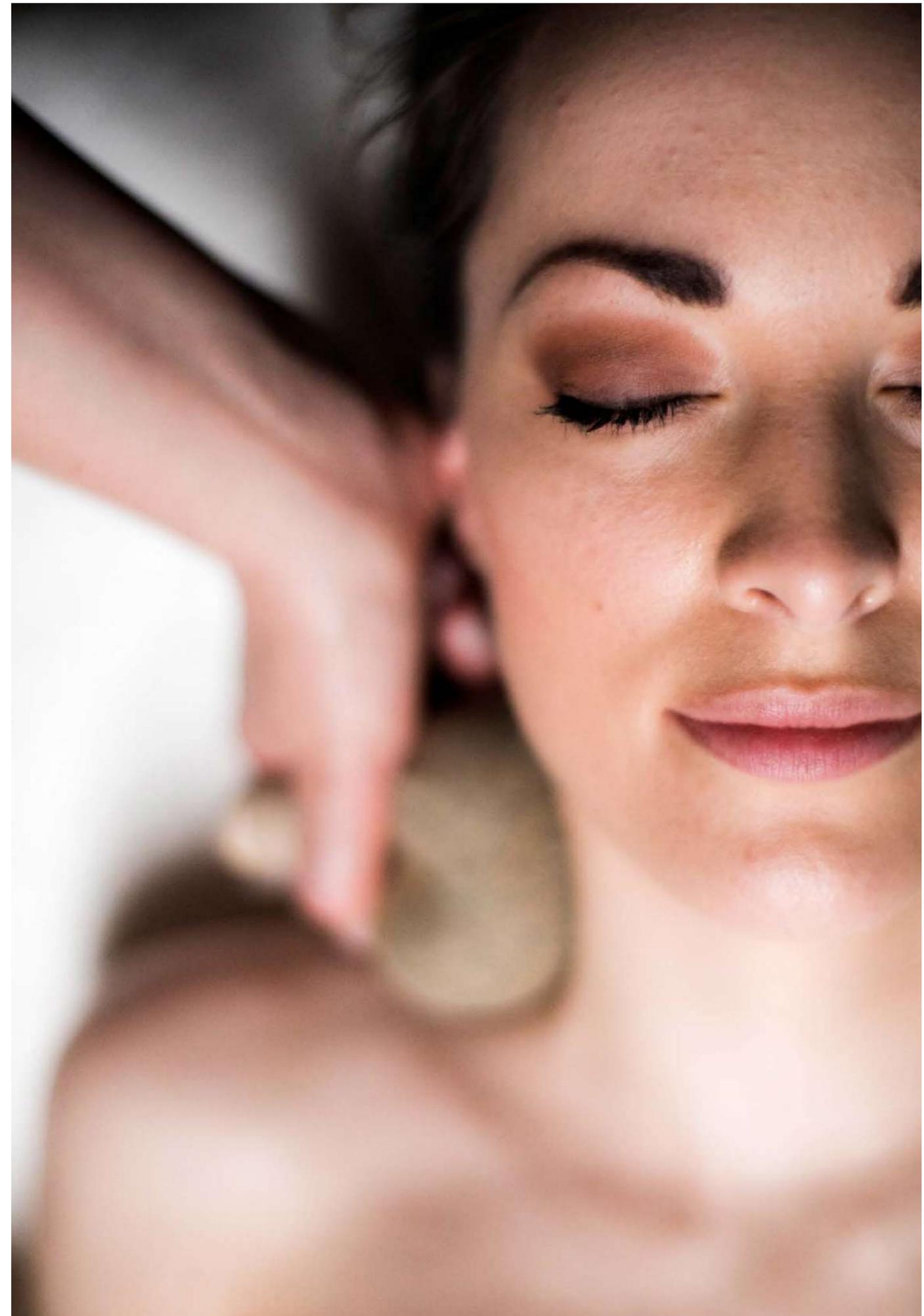
(60 minutes)

Spend quality time with your child as you unwind with any 60 minutes massage or treatments of your choice, while your child can mix and match any 2 specially crafted treatments from our Anantara Spa V.I.K Menu.



## ETIQUETTE

- Anantara Spa is open from 11.00 am – 8.00 pm daily. Treatments can be arranged outside of these times; however extra charges will apply.
- Your Villa Host can assist with bookings.
- Yoga is offered to all guests that wish to participate from 08.00 am – 09.00 am
- Please book in advance to ensure that your preferred time is available.
- We request that you arrive 5 – 10 minutes prior to your treatment for your utmost comfort and so there are no delays for later guests.
- Should you need to cancel, please do so at least three hours in advance, if it is less than three hours, a cancellation fee of 50% is applicable. No shows are charged at 50%.
- We will provide you with Spa attire including a choice of disposable underwear and robes or sarongs. Alternatively, should you prefer to choose your own, choose what is most comfortable. Our therapists will always use draping techniques to respect your privacy. We recommend you leave all valuables in your Villa, as Anantara Maia cannot assume responsibility for lost items.
- Please communicate any health conditions such as allergies, high blood pressure, pregnancy or other health-related concerns you may have when making your reservation. We do not recommend the consumption of alcohol before or directly after spa treatments.
- We do not tolerate any sexual harassment or aggressive behavior towards our team members; any form of verbal, physical or sexual harassment will result in legal action.
- Anantara Spa offers gift vouchers which are the ideal gift for that special someone. Our receptionists will gladly assist you with creating the perfect spa treatment gift. All gift vouchers must be presented at the time of the booking are non-refundable and cannot be exchanged for cash value.
- Anantara Spa offers a number of internationally respected brands. Your spa care professional will recommend the product range most suited to your specific requirements.
- Kindly note that products purchased are non-refundable.





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