balance

WELLNESS BY ANANTARA





WELCOME TO
BALANCE WELLNESS BY ANANTARA

Bespoke spa experiences. Personalised wellness. Revitalising fitness. Choose from a wealth of programmes designed to rejuvenate, restore and invigorate.

Located at the heart of the island, Balance Wellness by Anantara invites you into a lush and tranquil space. With five luxurious treatment suites with a soaking bath and a relaxation garden by a waterfall inclusive of a steam room, sauna and with hot and cold plunge pools, we offer a complete mind and body escape.

Choose from a comprehensive range of treatments, from healing Ayurvedic massage to the latest in European beauty therapies. Relax with a restorative treatment by the ocean or reveal a radiant glow with one of our signature Biologique Recherche facials.

Make the most of each day with exercise sessions, healthy meal choices, Spa treatments and mindful moments, tailored to each individual. Guided meditation to the sound of lapping seas to the sounds of the ocean. Yoga to welcome sunrise. Pulse-racing cardio sessions with unforgettable views.

Your own holistic path to wellbeing.
Opening hours: 10.00 am – 10.00 pm

** For more journeys into relaxation, guests of Anantara Veli Maldives are welcome to cross the boardwalk and discover Anantara Spa at Dhigu.*



PERSONALISED SPA JOURNEYS

No matter what your goals, Balance Wellness by Anantara can help you reach them with customised programmes tailored to your needs.

Detox and Destress your way to a better night's sleep and increased longevity with our extensive selection of holistic Spa Journeys.

Our consultants will design a programme unique to you, with 3-, 5- and 7-day packages customised to your stay.

SLEEP OPTIMISATION

CELLULAR REJUVENATION

MOVEMENT THERAPY

MODERN DAY DETOX

SLEEP OPTIMISATION

Modern day stress and the accumulation of toxins in our environment and diets is increasingly impairing our ability to have a restful night's sleep. Our Sleep Specialist shall personalize a course of ancient healing rituals, movement sessions and mindful practices to balance your nervous system, reduce brain hyperactivity and begin your journey to a more regenerative sleep habit.

	TREATMENT OPTION	DURATION
Treatment	Bodu Beru Drum Lessons	60
	Canvas Painting	60
	Reflexology	60
	Shirodhara	60
	Abhyanga	60 / 90
	Lotus Indulgence Massage	90
	Pinda Swedena	90
	Maldivian Aqua Therapy Massage / Sand Scrub	90
	Cloud9 Sleep Ritual	90
Bath	Aroma Steam Bath	30
	Milky Bath	30
	Lavendar Bath	30
Fitness	Aqua Aerobics	60
	Circuit Training	60
	Core Stability Training	60
Yoga	Restorative Yoga	60
	Sleep & Relaxation Yoga	60
	Meditation & Pranayama	45

CELLULAR REJUVENATION

The results of living in this fast paced world can place strain on the body and mind. Allow yourself time to push the restart button and rejuvenate your metabolism, your skin and your mindset. Working with the clinical Biologique Recherche to rediscover a youthful glow will complement the movement sessions designed to increase your energy levels. Learn healing breathe techniques and how to be truly present under the guidance of our Yoga and Meditation Guru.

	TREATMENT OPTION	DURATION
Treatment	Essence of Youthfulness Facial - Lift CVS	60
	Plump and Renew Facial	60
	Sunrise Ritual - UV Protection	45
	Sunset Ritual - UV Repair	60
	Firming Body Lift Treatment	90
	Abhyanga	60 / 90
Bath	Green Tea Bath	30
	Steam Bath Treatment	30
Fitness	Core Stability Training	60
	Cardio Training	60
	Boot Camp	60
Yoga	Hot Yoga	60
	Power Yoga	60

MOVEMENT THERAPY

The only workout you will ever regret is the one you did not do. Whether your goal is to train for a specialized event or increase general cardiovascular ability, our Fitness Expert will prescribe the perfect programme for you. To balance all the hard work, we also focus on post workout recovery with a variety of restorative Ayurveda and massage therapies.

	TREATMENT OPTION	DURATION
Treatment	Energizing and Recharging P50 Scrub	45
	Reflexology	60
	Relaxation Treatment for Heavy Legs	60
	Energizing Slimming and Firming	60
	Pinda Swedena	60 / 90
	Firming Body Lift Treatment	90
Bath	Aching Muscle Super Soak	30
	Steam Bath Treatment	30
Fitness	Core Stability Training	60
	Cardio Training	60
	Boot Camp	60
Yoga	Power Yoga	60
	Yoga - Weight Loss and Flexibility	60
	Yoga for Strength	45

MODERN DAY DETOX

Urban toxicity is a real thing and more people than ever are suffering from over-exposure to pollution, stress and chemicals. We focus on detoxing the body from the inside and out to ensure increased vitality, radiant skin and longevity of health. Combining a selection of invigorating movement sessions with some ancient healing therapies provides ultimate relief from the toxins of modern living.

	TREATMENT OPTION	DURATION
Treatment	Reflexology	60
	Pinda Swedena	60 / 90
	Skin Healing Treatment For Stretch Marks	60
	Slimming Algae Treatment	90
	Cellulite Smoothing Treatment	90
	Firming Body Lift Treatment	90
Bath	Green Tea Bath	30
	Steam Bath Treatment	30
Fitness	Core Stability Training	60
	Cardio Training	60
	Boot Camp	60
Yoga	Hot Yoga	60
	Power Yoga	60





SIGNATURE EXPERIENCES

Divine Caviar Facial Soin Caviar Intégral
90 mins

Hydrate your skin for a revitalised look with this exquisite firming facial. Smooth pores and replenish moisture in sun-kissed skin by tapping into the regenerating properties of caviar. A decadent treatment that promotes a youthful, radiant glow.

Lotus Indulgence Massage
90 mins

Balance body and mind with this harmonising Ayurvedic treatment. Shirodhara head massage is combined with Abyanga oil massage to uplift and soothe from the outside in. A profoundly relaxing experience that eases the mind and promotes emotional wellbeing.

Maldivian Aqua Therapy Massage / Sand Scrub
90 mins

Harness the healing properties of the Indian Ocean with this invigorating signature ritual. A series of treatments calms the mind while delighting the senses: start with a nourishing full-body application of Maldivian coconut oil, followed by an exfoliating scrub using natural sand. Finally, a soothing massage improves circulation as you float weightlessly in the ocean. The ultimate in mind and body balance.

FACIAL EXPERIENCES

Biologique Recherche, is a leader in French skincare for more than 40 years. Formulations are fragrance-free and contain high concentrations of active vitamins, minerals, botanicals, marine and biological extracts for immediate and lasting results.

Skin Instant Lab — 20 mins
The first step of Biologique Recherche Methodology, this unique analysis allows us to identify your Skin Instant.

Essence of Youthfulness Facial Soin Lift CVS — 60 mins
Enjoy a glowing, youthful visage with this indulging all-round treatment. A multi-faceted approach to revitalising skin, it exfoliates, lifts, restructures, firms, hydrates and protects against external aggressors. Recommended for most skin types – ask our consultants for more advice.

Plump and Renew Facial Soin MC110 — 60 mins
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.

Smooth and Repair Facial Soin Restructurant Lissant — 60 mins
You'll see an instant improvement in your skin with this nourishing, reconditioning treatment. Soothe thin, sensitive or reactive skin types and hydrate and smooth more mature skin. This facial is perfect for counteracting the effects of sun and sea, protecting the skin and calming any environmental irritations.

Sunrise or Sunset Ritual –Soin UV Protection or Soin UV Repair — 60 mins
Protect or repair your skin from the damaging effects of the sun with these indulgent rituals. Suitable for all skin types, these treatments will guard your skin from UVA and UVB light, and can help soothe, nourish and repair skin after sun exposure.



MASSAGE EXPERIENCES

Bespoke Massage
60/90 mins

Enjoy the ultimate in personalised relaxation with a tailor-made treatment by our Balance Wellness Spa. Select from a range of luxurious products and aromatic healing oils, paired with techniques designed specifically for your relaxation. Our expert practitioners are on hand to advise.

Energising Slimming and Firming Massage
60 mins

A personalised treatment that targets the individual's needs, this full-body treatment will leave you feeling completely renewed. Specialised massage techniques stimulate circulation, reduce oedema, speed up metabolism and boost lymphatic drainage. Feel cleansed and detoxed, with a noticeably more sculpted silhouette.

Reflexology
60 mins

Put your feet up and relax with a therapeutic acupressure massage. This ancient therapy aims to ease pain and improve energy flow by stimulating pressure points on the hands and feet. Perfect for relieving tired leg muscles after a day of beach activity.

BODY EXPERIENCES

Skin Healing for Stretch Marks Soin Anti Vergetures Rouges & Blanches — 60 mins

Stimulate epi-dermic renewal and reduce the appearance of white stretch marks with this targeted treatment. A scrub prepares the skin, while a firming serum acts to improve dermal structures. The formulated Creme B Stria is applied to reconstruct and smooth skin, with a conditioning blend massaged in to instantly firm and tone.

Cloud 9 Sleep Ritual — 90 mins

Invite restorative slumber with this full-body ritual. A gentle body exfoliation with a massage glove promotes energy flow, followed by a stomach massage to boost digestive function. Next, an auto-heating algae body wrap detoxifies as it relaxes, while a deeply hydrating formulation – Émulsion Originelle Régénérante or Crème MSR-H Corps – locks in moisture. A light vanilla scent aids in naturally facilitating sleep.

Energising and Recharging P50 Scrub Gommage P50 New Skin — 45 mins

Keep your skin healthy and beautiful while on holiday. The Gommage P50 is a luxurious gel that exfoliates and replenishes. A full-body scrub and moisturising massage work to restore the outer layer of the skin, helping to protect against sun exposure. This treatment is ideal for priming skin and is highly recommended as a precursor to other body treatments.

Relaxation Treatment for Heavy Legs Soin Jambes Lourdes — 60 mins

Shake off the effects of long-haul air travel with a treatment that freshens and tightens. Recommended for tired, 'heavy' legs, this treatment reinforces the dermis, stimulates blood circulation and has a thermal effect that energises the skin, resulting in a taut, toned look.

Slimming Algae Treatment Soin Minceur Aux Algues — 90 mins

Feel energised and detoxified with this combined massage/wrap treatment. Thermal effects release bio-active marine ingredients that re-mineralise and purify the body, leaving you invigorated and filled with a sense of wellbeing.

Cellulite Smoothing Treatment Soin Booster Minceur — 90 mins

Look your best on the beach with a skin-boosting treatment that transforms the skin. Targeted to improve drainage and circulation in trouble spots, this treatment reduces the appearance of cellulite and smooths uneven skin textures, leaving skin looking firmed and toned.

Firming Body-Lift Treatment Soin Lift Corps Matriciel — 60/90 mins

This multi-step treatment combines proven techniques to improve elasticity and tighten skin tissue. First, an invigorating exfoliating session removes dead skin cells. Next, a bio-reflex massage is applied using a moisturising complex that nourishes and protects. A serum or firming oil is then massaged into skin to prevent slackening and refine skin texture. This treatment is the ideal follow-up to a slimming treatment, working to firm up any softer zones.





AYURVEDIC EXPERIENCES

Abhyanga
60/90 mins

A treatment that draws healing wisdom from ancient Ayurvedic tradition. Warm oils are blended with medicinal herbs to address a wide range of ailments. Benefits include stress relief, improved circulation, detoxification, enhanced mental alertness, softer skin, boosted stamina and an overall uplifted sense of wellbeing.

Pinda Swedana
90 mins

An Ayurvedic massage therapy where warm herbal pouches are applied to the body to open energy channels. Medicinal herbs are absorbed into the underlying tissues, improving blood circulation and repairing neuromuscular conditions to ease joint pain and leave the body feeling revitalised.

Shirodhara
45 mins

Calm the mind and spirit with this gentle Ayurvedic treatment. Warm oils are poured over the forehead in a soothing flow, while a head massage enhances blood circulation to the brain to synchronise mind, body and spirit. Improve memory, relieve insomnia and nourish the hair and scalp with this profoundly relaxing therapy.

YOGA EXPERIENCES

Meditation and Pranayama — 45 mins
Practice mindfulness with breath work and guided meditation. Just 45 minutes will cultivate mental alertness and clarity, leaving you feeling grounded, calm and present.

Hot Yoga — 60 mins
Sweat it out with this yoga class – a guided session in hot, humid conditions. The heated environment promotes flexibility and improves range of movement, with increased sweating to boost blood circulation and expel toxins.

Power Yoga — 60 mins
Challenge yourself with this fitness-based yoga class. Individual poses flow into full sequences, strengthening core muscles and increasing overall strength and cardio ability. A powerful class that focuses on the conditioning aspects of yoga.

Restorative Yoga — 60 mins
A class that restores through fully supported poses. Muscle tension is released with a simple sequence of only five or six poses using props. Light twisting, seated folds and other passive poses allow complete relaxation.

Sleep & Relaxation Yoga — 60 mins
Prepare for a deep, restorative sleep. This class will lead you through six different poses that facilitate a peaceful night's slumber.

Yoga – Weight Loss and Flexibility — 60 mins
Increase fitness, burn calories and improve your range of movement all at the same time. This class strengthens and elongates muscles while elevating the heart rate. Feel stronger, slimmer and more flexible.

Yoga for Strength — 60 mins
Strengthen body and mind with this class designed for yoga students. Perfect for building strength in beginners, this session incorporates body-weight poses to improve core control, muscle tone and flexibility.



FITNESS EXPERIENCES

Core Stability Training 60 mins
Strengthen your core with targeted stability training. Controlled movements condition abdominal, oblique and back muscles to improve posture and balance, with no equipment required. These core-strengthening exercises are most effective when performed regularly as part of a complete exercise programme.

Cardio Training 60 mins
Get the heart pumping with a high-intensity workout. A personal trainer will lead you through a challenging 60-minute session that mixes aerobic movement with body-weight exercises to improve overall strength and cardiovascular performance.

Boot Camp 60 mins
This intensive workout will have you ready to take on the world. Strength and cardio movements combine to increase circulation and build muscle. Push-ups, squats, sprints and sit-ups will take you inside and outside the gym for a boot camp session with extraordinary views.



ADDITIONAL WELLNESS ACTIVITIES

Boduberu Drum Lessons 60 mins
Dynamic and expressive, this lively drumming class introduces you to the most popular form of traditional Maldivian music. Discover the therapeutic qualities of self-expression through rhythm.

Canvas Painting 60 mins
Unleash your imagination with a painting session that channels creative energies. Awaken latent talents by letting inspiration flow freely from mind to canvas as you paint the island's most spectacular scenes.





NAIL SPA

Anantara Spa's luxury nail services use the professional OPI brand. Enjoy a flawless finish after your hands and feet are lavishly neatened and pampered.

Deluxe Manicure and Pedicure (120 mins)

Deluxe Manicure or Pedicure (60 mins)

- Nail Preparation
- Scrub
- Regular Polish
- Cuticle Care
- Mask

Express Manicure or Pedicure (45 mins)

- Nail Preparation
- Regular Polish
- Cuticle Care

Nail Re-Polish Regular/Gel (30 mins)

Gel Removal Only (15 mins)

ADD ON SERVICES:

OPI Gel Hands or Feet (15 mins)

French Polish (15 mins)



ETIQUETTE

- Please arrive 15-minutes prior to your treatment in order to complete your health assessment form.
- Please take time to relax in our tranquil surroundings before and after your therapy session, and enjoy a nourishing tea after your treatment.
- We recommend that you leave all jewelry in the safe of your villa before coming to the spa.
- Please give 4 hours' notice when cancelling a pre-booked appointment, otherwise 100% of the price may be charged to your account.
- We recommend that you do not sunbathe after oil treatments.
- For men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones is not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications are advised to consult the doctor before signing up for any treatments.
- Please notify the spa receptionist of any existing medical conditions.
- Treatment bookings are available from 10.00 am – 9.00 pm.

For reservations, please call Anantara Spa at Ext. 3043/3045 or email spamaldives@anantara.com

BALANCE WELLNESS BY ANANTARA SPA
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