



TREATMENT MENU



WELCOME

Disconnect and escape the noise of everyday life. Reconnect with nature. Refresh in an oasis of serenity and blissful indulgence exclusively reserved for you.

Waldorf Astoria Spa is a lifestyle spa and wellness sanctuary complemented by the Maldives first-ever Wellness Concierge service. Offering a personalized approach with a unique consultation process, we deliver crafted solutions for guests to discover equilibrium in mind, body and soul.

Waldorf Astoria Spa invites you to create your spa experience of your own.

A SELECTION OF SPA THERAPIES AND TREATMENTS CATEGORISED BY THREE JOURNEYS:

 Relaxation  Rebalancing  Results

Resident and visiting wellness practitioners offer bespoke holistic treatment and exercise programs focused on creating a positive effect on your health and wellbeing with every session.

At Waldorf Astoria Fitness Centre, customized exercises and holistic wellness programs can build a strong and more flexible physique, while our hair stylists and aesthetic experts have a passion for enhancing your style with makeovers, nail therapy, scalp and hair treatments and hair styling.



SIGNATURE MASSAGE

STARLIGHT OCEAN MASSAGE 90 mins

Drift away under the Maldivian stars in our exclusive Spa Pavilion and relax to the sound of the gently lapping waves. Let your mind unwind and the healing power of mother earth's elements rebalance your body in our candlelit spa sanctuary garden. Allow your body to transform through this exclusive journey with a slow rhythmic massage and luxurious collagen eye mask packed with hydrating ingredients.

* Subject to weather conditions, available only from 9 pm to 10.30 pm

Benefits: Promotes relaxation and wellbeing on the physical, mental and emotional level

SIGNATURE JOURNEY

Natural Elements

Earth, Water, Fire, Metal

Our indulgent, solution-driven spa treatments work to minimize the effects of a seasonal lifestyle, as well as dietary, hormonal and environmental changes

EMPOWER WITH EARTH 180 mins

The ultimate indulgent experience, this top-to-toe ritual will leave you feeling truly rejuvenated.

Sequence:

- Foot Cleanse Ritual (10 mins)
- Himalayan Salt Body Polish (30 mins)
- Himalayan Salt Stone Massage (90 mins)
- Indulgent Hand & Foot Rejuvenation (40 mins)
- Express Scalp Mask by Philip Kingsley (10 mins)

Benefits: Rejuvenate, regenerate and renew body & mind

CALM WITH WATER 160 mins

Remove stress and tension with this calming combination of treatments that promote a feeling of clarity and wellbeing while encouraging a peaceful night's sleep.

Sequence:

- Foot Cleanse Ritual (10 mins)
- Tranquillity Bathing Experience (30 mins)
- Tranquillity Massage (90 mins)
- Acupressure Scalp Massage (30 mins)

Benefits: Soothes, calms and replenishes mind & body

 Relaxation  Rebalancing  Results



SIGNATURE MASSAGE


ENERGIZE WITH FIRE  180 mins

An uplifting and energizing top-to-toe ritual that leaves you feeling truly revitalized.

Sequence:

- Foot Cleanse Ritual (10 mins)
- Thai Qi (Energy) Flow Massage (90 mins)
- Vitality Facial by Carol Joy (60 mins)
- Express LED Face Mask (20 mins)

Benefits: Energizes, revitalizes and revives mind & body

FORTIFY WITH METAL  160 mins


A combination of LPG, hot and cold treatments to kick start a weight management program, awakening the senses and leaving you feeling lighter, detoxed and cleansed.

Sequence:


- Foot Cleanse Ritual (10 mins)
- Stimulating Salt Scrub (30 mins)
- LPG Slimming & Cellulite Treatment (30 mins)
- Slimming Massage (60 mins)
- Cool Stone Revitalizer (30 mins)

Benefits: Remodels and detoxes body & mind


BODY MASSAGE

ELEMENT AROMA MASSAGE  60 / 90 mins
 Designed to stimulate meridian harmony, this unique mind, body and soul experience combines the therapeutic elements of acupressure with various relaxation massage techniques to induce a deep sense of calm. This full body oil massage stimulates a sense of wellbeing and relaxation.

Benefits: Promotes relaxation and wellbeing on the physical, mental and emotional level

BESPOKE MASSAGE  90 mins
 Fully customizable to meet your needs, our expert therapists apply light to firm pressure while drawing upon a wide variety of treatment modalities such as Remedial, Swedish, Deep Tissue, Asian Therapeutic, Reiki and Energy work.


Benefits: Eases muscle tension and pain accumulated in specific areas

MUSCLE RELAXATION MASSAGE  90 mins
 Deep tissue massage using firm pressure and slow strokes to reach deeper layers of muscle and fascia. This massage is ideal for experienced massage clients who suffer from deep-seated tension. These techniques will relieve stress and tightness while improving circulation.

Benefits: Stimulates and encourages blood flow and helps eliminate toxins

MUSCLE RECOVERY MASSAGE  90 mins
 Medium to firm pressure with a combination of Thai therapeutic stretching techniques, Shiatsu and Balinese massage to release chronic muscle tension and aid in recovery from activity-induced soreness.

Benefits: Eases muscle tension and joint aches, encourages blood flow and increases energy

UPPER BODY PAMPERING MASSAGE  60 / 90 mins
 Focusing mainly on the upper body to relieve muscle tension, this massage is ideal for those requiring focused attention with strong pressure on the back, along with a complete face, scalp and shoulder massage.

Benefits: Eases back, shoulder and neck muscle pain, relieves stress, encourages relaxation



ANCIENT HEALING MODALITIES AND TRADITIONAL MASSAGE

HIMALAYAN SALT STONE MASSAGE 90 mins

This warming and grounding massage uses heated Himalayan salt crystals. The penetrating heat allows for deeper tissue relaxation and allows the body to more readily absorb the numerous essential minerals from the salt crystals. The heated salt crystals also release negative ions, which help elevate the mood and normalize blood PH.

Benefits: Deeply relaxing, restores key minerals, eases tension, improves circulation and lifts the spirits

JET LAG REVIVAL 90 mins

A rebalancing treatment that stimulates the circulation, reduces swelling and eases muscle tension. Back and Leg Massage with aromatherapy oil revive your circulation and are followed by a heated bag to improve blood flow. A head massage and eye mask reset your internal clock.

Benefits: Restorative, relaxing.

Tip: Afterwards, we recommend a stroll along the sandy shore to ground your energy and adjust to your new time zone

THAI HERBAL POULTICE MUSCLE RELEASE 90 mins

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. A warm poultice of fresh herbs is used as a compress on specifically targeted areas of tension to ease painful knots and release tension. This powerful mineral connectivity invigorates the body and improves skin elasticity.

Benefits: Eases chronic muscle and joint aches. Deeply warming and relaxing

THAI MASSAGE 90 mins

Thai massage is an ancient healing technique performed dry while wearing loose clothing. Assisted stretching, acupressure and muscle compression is engaged to revitalize your whole being.

Benefits: Improves flexibility and alignment, eases joint and muscle pain, boosts the immune system, increases energy

ANCIENT HEALING MODALITIES AND TRADITIONAL MASSAGE

BALINESE MASSAGE   60 / 90 mins

Balinese massage is a soothing and relaxing deep tissue massage using long gentle strokes, kneading, skin rolling, pounding, stretching and acupressure to stimulate blood flow, release toxins from the body and remove muscle tension.

Benefits: Increased energy, boosts overall wellbeing

REVIVAL REFLEXOLOGY  60 mins

To balance Qi, the ancient Thai practice of reflexology works by applying deep pressure on various points on the feet and ankles. These points stimulate organs, nerve endings and energy pathways within the body, releasing tension and improving energy flow.

Benefits: Releases stress and anxiety, promotes relaxation, self-healing and balance

To complement our massages, we recommend the following add-ons:

Himalayan Salt Stones	30 mins
Herbal Poultice	30 mins
LED Face Mask	20 mins
Brilliance Facial	30 mins
Sculpting Eye Lift	30 mins
Body Scrub	30 mins
Back & Shoulder Massage	30 mins



CRAFTED BODY TREATMENTS

BODY POLISHES

30 mins

MACADAMIA AND PAPAYA BODY POLISH

Reveal super soft and radiant skin with a top to toe macadamia and papaya salt scrub.

COCONUT SHELL BODY POLISH

Reveal velvet soft skin with this gently exfoliating scrub.

HIMALAYAN SALT SCRUB

Combine your chosen four element body oil with remineralizing Himalayan salts.

BODY ENVELOPMENT

60 mins

DETOX BOOSTER

Invigorate circulation and release toxins with warm and purifying Australian clay.


ALOE & CUCUMBER COOLER



Soothe and calm your skin with this hydrating blend of natural ingredients.

BODY THERAPY by LPG

PERFECT TONING  60 mins
 Ideal after significant weight loss to improve skin tone, this intense cellular stimulation restores elasticity and radiance.


LETTING GO REVITALIZING  60 mins
 This full body treatment combines massage and breathing exercises to release tensions and refocus energy.

DETOXIFYING  60 mins
 Back and neck relaxation with aesthetic lymphatic drainage of the legs or the entire body and face.


GOLD ENDERMOPUNCTURE   60 mins
 An exceptional treatment that simultaneously stimulates adipocytes (slimming cells), fibroblasts (rejuvenating cells) and surrounding cells for maximum effectiveness. Slim and smooth the appearance of cellulite.



TARGETED BODY TREATMENT 60 mins
 Personalized Protocol Building

WOMEN	Back / Arms / Waist / Stomach / Saddlebags / Buttocks / Thighs / Inner thighs / Knees / Calves
MEN	Arms / Back / Pecs / Waist / Stomach / Thighs

OFFICE SYNDROME RELEASE  30 mins
 Focused on the neck and shoulder, this stimulates tissue and circulatory exchange to relieve tension and reduce stiffness, restoring joint mobility while significantly reducing pain.

MIGRAINE RELEASE  30 mins
 Stimulates circulatory exchange to relieve head tension and reduce pain.

MUSCLE TENSION RELEASE  30 mins
 This specifically targeted massage stimulates tissue and circulatory exchange to relieve tension and reduce stiffness, restoring joint mobility while significantly reducing pain.

IRRITABLE BOWEL SYNDROME RELEASE   30 mins
 Relieve stress-related abdominal pain, uncomfortable bowel movements, diarrhoea and constipation related to irritable bowel syndrome.



FACE ESSENTIALS

Carol Joy London delivers an expertly developed range of products and treatments combining innovative technology with ageless luxury, promising instant transformational results.

CAVIAR & ALGAE FACIAL 90 mins

A luxurious intensive facial that deeply hydrates and detoxifies. This treatment rejuvenates and instantly brightens the complexion using nourishing Caviar & Algae. A soothing Collagen Eye Masks calms under-eye puffiness, while acupuncture relieves stress.

COLLAGEN FACIAL 60 mins

Calm the skin, soften lines and lift facial contours with a powerful blend of myofascial massage techniques. A scalp massage releases tension, while an age-defying collagen mask works on the face. The mask is infused with one of the following ingredients:

Hyaluronic acid: replenishes moisture for lasting hydration, improves elasticity.
Vitamin C: targets signs of photoaging, combats the effects of environmental damage.

24-CARAT GOLD FACIAL 60 mins

The ultimate skin brightening treatment using the powerful properties of 24ct gold and golden millet oil. 24ct gold leaf is massaged into the skin and followed by a lifting mask that calms and hydrates the skin.

LED LIGHT THERAPY 60 mins

A high-tech facial using advanced LED light therapy to reduce surface lines. Gentle light waves stimulate cell activity to increase collagen and elastin production. Skin is energized and healing accelerated, leading to revitalized, balanced skin and an improvement in a range of skin conditions.

OXYGENATING FACIAL 60 mins

A detoxifying facial that leaves skin purified and balanced, while facial massage defines and tones contours. The reoxygenating LPG treatment targets areas of concern identified through consultation with your therapist.

EYE SCULPT 30 mins

LPG and collagen eye masks refresh the delicate eye area, plumping fine lines and restoring hydration to banish dark circles. Puffiness is reduced and eyelids are lifted, leaving the eye area enhanced and firm.

LPG EXPRESS TREATMENTS 15 mins


Enhance any facial with a 15-minute LPG treatment focusing on one of these areas

- Neck
- Décolleté / hands
- Double chin
- Jaw line
- Eye wrinkles
- Eye circles & puffs
- Forehead
- Mouth area


 Relaxation  Rebalancing  Results

JUNIOR SPA EXPERIENCE*

A perfect time for bonding and creating treasured moments. Growing up is about discovery and being yourself. These select experiences have been designed for young adults aged 7 to 15.



BACK NECK & SHOULDER MASSAGE  30 mins
Relax and let that hard day of fun and play be eased away with a soothing shoulder and scalp massage.

HONEY & YOGURT FACIAL  60 mins
Let your skin glow with two of nature's best skin enhancers, honey and yogurt. Honey brightens and smooths the skin, while yogurt helps reduce oiliness and refine pores.


PRETTY HANDS & FEET  60 mins
Pamper your fingers and toes with nail shaping, followed by a foot and hand scrub and massage. Nail polish gives the final finishing touch.

RELAXING FOOT & ANKLE MASSAGE   30 mins
Allow your feet to be totally pampered with a pressure point massage using soothing foot lotion to hydrate, calm and ease your tired feet.

OATMEAL & HONEY BODY SCRUB  30 mins
Get all the healing and moisturizing benefits of oatmeal and honey while gently removing dead skin with mild exfoliation. Oatmeal is a gentle exfoliator that helps restore natural moisture and remove surface dirt.

SCALP MASSAGE   30 mins
A gentle scalp massage after a fun day leaves you relaxed and ready for a good sleep. Our homemade organic coconut oil helps healthy hair growth and leaves hair shiny.

FAMILY TIME

MOTHER & DAUGHTER  120 mins
Organic Oatmeal & Honey Scrub for Daughter (30 mins)
Body Scrub for Mother (30 mins)
Full Body Massage for mother & daughter (60 mins)
Mini Facial for Mother & Daughter (30 mins)

FATHER & SON  90 mins
Full Body Massage (60 mins)
Scalp Massage (30 mins)

 Relaxation  Rebalancing  Results

*Must be booked alongside a treatment with an adult.



HAIR STYLE AND GLAMOUR

Glamorous hair salon and make-up studio for styling, beauty and finishing touches with a top team of aesthetic experts with a passion for enhancing your style.

NOURISHING TREATMENT

Experience the Philip Kingsley Hair and Scalp Spa Treatment, a valuable and unique service that ensures your hair and scalp are in the very best condition.

Express Dry Remedy	30 mins
Botanical Hair & Scalp Therapy	60 mins

BLOW DRY AND STYLING

Discover hair style innovation and trends through the precision, mastery and contemporary artistic creations of our professionals.

Wash & Blow Dry	60 mins
Up Style	60 mins
Special Occasion Styling	60 mins

HAIR CUTS AND STYLING

Men's Cuts
Ladies' Cuts
Young guests' Cuts

All haircutting services include a stress-relieving massage, shampoo, conditioner and blow dry.



SPA BEAUTY

Modern and sophisticated, Britain's London Town nail care science brings you the restorative properties of rapeseed flower oil, evening primrose oil, chamomile, cucumber and other essential vitamins.

Hydrate your skin and treat your nails to a traditional manicure or pedicure. If you prefer a French polish, please add an additional 15 mins.

Classic Manicure	60 mins
Classic Pedicure	60 mins

EXPRESS BEAUTY 30 mins

Express beauty treatments start with cutting and filing. Nail painting is available on request.

Express Mani	30 mins
Express Pedi	30 mins
Shellac Remover	30 mins
Nail Painting Only	15 mins

WAXING 15-90 mins

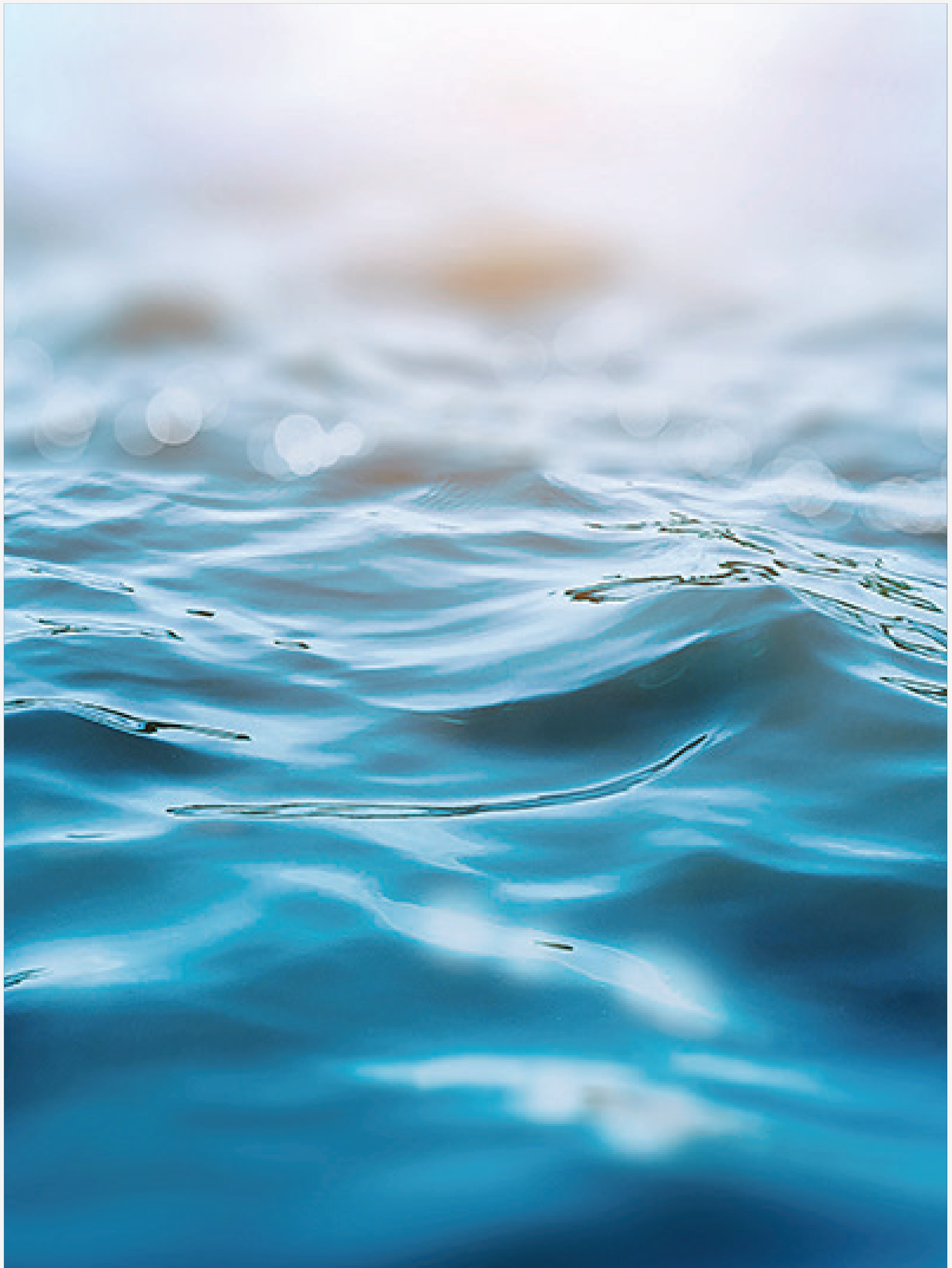
Our therapists respect your privacy and take the utmost care to make your waxing service comfortable. The duration of the treatment depends on the area selected.

Please ask our experts about the multiple types of waxing available.

Eyebrows
Lip
Underarms
Back
Bikini
Brazilian
Half leg
Full leg

MAKEOVER 60 mins

Breathe new life and luminosity into your look with an advanced makeover using Youngblood, a luxurious pure mineral range that allows the skin to breathe. Youngblood will not cause irritation and is ideal for this temperate climate, achieving the perfect photo complexion every time.





FITNESS CENTRE

Boost your metabolism, gain body strength, reduce body fat, increase cardiovascular fitness and improve mobility and flexibility. Our personal trainers will provide you with endless individualized training options to help you reach your goals and enhance your health and fitness development.

PERSONAL TRAINING 60 mins

Our qualified fitness instructors will work with you to motivate and assist you achieve your personal health and fitness goals, whether they are cardiovascular fitness, advanced strength, flexibility and/or weight loss. The first session will begin with a fitness evaluation.

BEACH BOOTCAMP 60 mins

Get motivated with a fun and ferocious outdoor workout that incorporates a variety of drills to develop speed, agility and strength. Intense interval training dramatically improves fitness, while working out in the sun and sand provides a fantastic environment for primal movement and grounding with a healthy dose of Vitamin D.

BOXING 60 mins

Boxing provides a high-intensity, power routine that requires focus and determination. Achieve optimal physical fitness while sculpting your arms, core and legs. Great for anyone who needs to burn off calories, lethargy or frustration.

TRX TRAINING 60 mins

TRX training meets you where you are and takes you where you want to go. It blurs the lines between training and play, strength and flexibility, and empowers you to be better at what you love. TRX uses equipment and movements that challenge the entire body in every plane of motion for continual evolution.

AQUA COACH 60 mins

Water provides a low-impact resistant environment, making it very effective for total body conditioning, rehabilitation and anyone with injuries or limitations. If you are committed to staying fit despite injuries, have never learned to swim or would like to improve your swimming technique, this coaching is ideal.



WELLNESS PROGRAM

Mindfulness reduces stress, improves sleep and cognitive function and balances the emotions. Under the guidance of intuitive practitioners and using our beautiful outdoor environment, we invite you to reconnect and gain wealth on your health.

A DAY OF WELLNESS

AGE REVERSAL

Morning

- Stretching 60 mins
- Healthy Juice from Glow

Afternoon

- Caviar & Algae Facial 90 mins
- Healthy lunch at Glow

HEALTHY LIFESTYLE

Morning

- Wellness Exercise. Choose from Sunrise Yoga, Pilates or Tai Chi 60 mins
- Healthy Juice from Glow

Afternoon

- Element Aroma Massage 90 mins
- Healthy lunch at Glow

DE-STRESS & SLEEP THERAPY

Morning

- Sunrise Yoga 60 mins
- Healthy Juice from Glow

Afternoon

- Muscle Relaxation Massage 90 mins
- Brilliance Facial 30 mins
- Healthy lunch at Glow

WEIGHT MANAGEMENT

Morning

- Personal Training 60 mins
- Healthy Juice from Glow

Afternoon

- Macadamia and Papaya Body Polish 30 mins
- Target Body Treatment by LPG 60 mins
- Healthy lunch at Glow



PRIVATE WELLNESS ACTIVITIES

MEDITATION

60 mins

Slowing the mind has a profound effect on wellbeing, relieves anxiety and improves stress resilience. Restore a sense of balance and peace with the help of a guided meditation. This mindfulness practice is for those who would like to learn about meditation in its many forms, as well as for those who appreciate the guidance of an experienced practitioner.

YOGA

60 mins

Weaving breath, movement and meditation through a sequence of postures, yoga leaves you with a sense of grace and gratitude. Set in the fresh air amid the beauty of our natural environment, this is a wonderful place to learn yoga or to work on your own practice with an expert. The class can be adapted to suit your level and can be relaxing or invigorating.

PILATES

60 mins

Pilates improves overall flexibility, lowers stress levels, flattens your stomach and trims your waist by strengthening your natural core. A floor-based exercise that strengthens and lengthens the muscles, learn to breathe and hold the proper posture to achieve overall wellness.

STRETCHING

60 mins

Breathe your way to a more flexible body with a gentle stretch class that will release tension and induce relaxation to increase muscle flexibility and/or improve joint motion. This is an excellent and necessary complement to all other forms of sport.



INFORMATION & SPA ETIQUETTE

RESERVATIONS:

Treatments are based on availability. We recommend booking your treatments well in advance to guarantee your preferred timing. Please contact your butler to make a reservation or visit Waldorf Astoria Spa.

CANCELLATION POLICY:

No Show or Cancellation within 4 hours will incur a 50% charge. Rescheduled appointments are subject to availability.

SPA & FITNESS OPENING HOURS:

Spa: 9:00 am to 9:00 pm

Fitness Centre: 6:00 am to 9:00 pm

24-hour access with villa key card

HOW TO SPA:

We encourage you to arrive 30 minutes prior to your treatment time to enable you to enjoy full use of our exclusive facilities. Please be advised that late arrival will result in a reduction of your treatment time.

GUEST ADVICE:

All guests over 16 years old are welcome to enjoy the steam room and sauna.

For the wellbeing of our guests, the consumption of alcohol is restricted to specific spa treatments. For your own safety, we reserve the right to refuse any guests that are under the influence of alcohol.

SPA ETIQUETTE:

The spa environment is one of relaxation and tranquillity. We appreciate you turning off your mobile phone and electronic devices.

To respect the relaxation and privacy of our guests, we kindly request you speak quietly. Smoking is not permitted in the Waldorf Astoria Spa or Fitness Centre.

AGE REQUIREMENTS:

The minimum age to access the spa and experience treatments is 16 years old. To enquire about treatments for younger guests, please consult our Wellness Concierge.

HEALTH CONDITIONS:

Kindly advise us of any health conditions, special preferences, allergies, or injuries that could affect your treatment when making a reservation.

IN-VILLA TREATMENTS:

Enjoy spa treatments in the privacy of your villa by special request and at an additional cost of 50% from the menu price per person. Please ask our Wellness Concierge for available options.

PRICING:

All prices are in USD and subject to a 10% Service Charge and applicable tax. Credit Card surcharges apply. Prices are subject to change without prior notice.

GRATUITIES:

Gratuities are not included. Gratuities for exemplary service are discretionary.



WALDORF ASTORIA®
MALDIVES ITHAAFUSHI