



Media Release

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Healing and Relaxation at an Exotic Over-Water Spa

With a variety of extraordinary and exquisite holistic treatments offered at Anantara Spa, Maldives, even the most discerning traveller will leave feeling refreshed, rejuvenated, and relaxed. From traditional Ayurvedic treatments and ancient Indian herbal therapies to innovative and exotic floral body envelopments and Moor mud baths, the spa affords an experience that will linger in a guest's memory for a lifetime.



Spanning an expanse of 1500 square metres and featuring nine treatment suites, the Anantara Spa, Maldives innovatively brings the natural environment into each room with specially-constructed glass floor panels that enable guests to observe the vibrant marine life within the azure waters below. Two double treatment suites with an alfresco relaxation area and soaking tub, allow couples or friends to revel in the luxury of their treatments side by side. Dedicated treatment rooms for Ayurvedic and Thai therapies are designed and decorated to reflect the unique cultures in which these treatments originated, providing guests with an authentic experience.

Its dramatic setting in the sparkling turquoise waters of the Indian Ocean was conceived of and executed by Maldivian architect Mohamed Shafeeg, together with Thailand-based interior design company Abacus headed by John Lightbody. With a truly unique location, this over-water spa allows the tranquil sounds of the ocean waves and the expert hands of gracious therapists to lull every guest into a deep state of relaxation.

Anantara Spa was designed in harmony with the natural landscape and the resort's architecture, focusing on the exotic beauty which evokes a feeling of 'spiritual tranquillity and harmony' with nature. Emphasis has been placed on light and space whilst respecting the environment and allowing for the free flow of energy.



With so many spa treatment options, guests may desire the advice of the professionally trained therapists found in a private consultation area. Those who are unsure of which treatment to select, as well as those with specific goals in mind, can receive personalised guidance and necessary information to make a well-informed decision.

The Anantara Spa massage menu offers techniques from Thailand, Hawaii, Indonesia and India as well as indulgent Aromatherapy to calm the senses. Aromatherapy, Thai and Oriental Massage can also be enjoyed under the sun by the pool or beachside, or in the privacy of guests' villas or suites.

The curative **Anantara Detoxifying Signature Treatment** invites guests on a healing journey through the use of Moor mud, steam, and massage that have the power to cleanse the body and mind. Moor mud, long used for its richness in vitamins and minerals, is applied to the body before a period of luxurious relaxation to promote cleansing and aid the skin in the absorption of active ingredients. Guests are encouraged to linger in their peaceful repose while a therapist applies the light massage of a manual lymphatic drainage that stimulates lymphatic circulation, reduces fluid retention, and assists in the continued elimination of toxins from the body.

The three, five and seven day **Anantara Spa Voyages of Wellbeing** combine the essence of herbal steam, body rejuvenation, massage, and facials for an indulgent head to toe experience that restores the senses to a natural state of peace and balance, whilst nurturing the mind and soul.

The blissful 60-minute skin-nourishing **White Sesame Body Treatment**, a popular choice after a day in the sun, uses a mixture of crushed sesame seeds and yoghurt, enriched with the finest oils to hydrate and calm dry and sensitive skin. After a morning of tennis, a day of diving, or kayaking, or a stressful work week, muscle tension and fatigue can be relieved with the **Elemis Musclease Aroma Spa Ocean Wrap**, which uses a warm seaweed body mask infused with soothing pine and purifying rosemary essential oils.

The epitome of luxury can be experienced in one of the spa's signature baths, like the **Exotic Ginger Bath** to restore harmony or the anti-oxidant rich **Detoxifying Green Tea Bath** to purify. Both are perfect preludes to the sumptuous **Cellutox Aroma Spa Ocean Wrap** or the therapeutic **Lymphatic Drainage Massage**.

Rituals of Wellbeing, borrowing from traditional and ancient techniques, range from the 90-minute **Beautifying Hand Ritual** to the 145 minute **Asian Ritual**, which includes a peaceful Oriental Spa Bath, stress-relieving Back Massage, and an Oriental Foot Massage based on an age-old therapy that links the reflex zones on the feet to organs and systems in the body.

Set in the idyllic archipelago of the Maldives, the Anantara Resort is a luxurious five-star hideaway spread across five acres of tropical terrain on the South Male Atoll and is conveniently located only 30 kms from the Maldivian capital of Male. The resort has 68 deluxe beachfront villas, two deluxe beachfront pool villas, 38 deluxe over water suites and two deluxe over-water pool suites all set around a natural, private lagoon.

For more information on Anantara Resort Maldives visit www.anantara.com or Anantara Spas www.anantaraspas.com

For enquiries and reservations, please telephone + 66 (0) 2877 5803, fax + 66 (0) 2877 7497 or email infomaldives@anantara.com



Anantara is taken from an ancient Sanskrit word that means 'borderless water', a name chosen for this element's association in many Asian cultures with wealth and good fortune. Inspired by local architecture and sensitive to the indigenous culture, Anantara Resorts are currently located in the seaside town of Hua Hin (220kms south of Bangkok), on Koh Samui in the Gulf of Thailand and in the Golden Triangle in the country's north. Anantara Resort Maldives opened in September 2006.

MSpa International, creator of Anantara Spa, develops and manages unique, holistic and pampering spa concepts throughout Asia, the Middle East and Africa, with an eye towards global expansion. With a far-reaching network of luxurious spas in leading hotels and resorts, and soon featuring Asia's premier Spa Academy, MSpa International is fast becoming a global leader in deluxe spa design, development and operation. www.mspa-international.com

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