

## ***PLEASE BE INFORMED***

### ***Etiquette***

*We respectfully request that all visitors to keep the noise to a minimum. Cellular phones and electronic devices are discouraged.*

### ***Reservations***

*To ensure that we can accommodate your spa experience on your preferred date and time, we recommend you to book 1 day ahead for all the treatments.*

### ***Check in***

*Please check in at the spa reception 10 minutes prior to your scheduled appointment to avoid a reduced treatment time. Please be informed that late arrivals will result to a shorter treatment to ensure that the next guest is not delayed.*

### ***Spa treatment hours***

*The spa opens from 0900 to 2000 hours. The last treatment ends at 20:00 hours.*

### ***Special consideration***

*Guest who has high blood pressure, heart conditions, is pregnant or has any other medical complications is advised to consult the in-house doctor before signing up for any spa services. Please inform your medical condition to your Spa therapist.*

### ***Smoking and alcohol***

*Smoking and consumption of alcohol within the spa strongly prohibited.*

### ***Valuables***

*We recommend that no jewelry must be worn during treatment. The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa premises.*

### ***Cancellation Policy***

*For any cancellation not informed 03 hours prior to the commencement of treatment, 75% charge will apply whilst a full charge will be imposed for no show.*

### ***Refund Policy***

*All treatments and packages are non-refundable and non-exchangeable. Prices are subject to change without prior notice.*

## *Araamu Exclusives*



### *Araamu Theyo Dhemun*

*50 minutes USD 125*

*80 minutes USD 167.00*

The local traditional full body massage with “Geranium - Orange” oil. The techniques to be used include short firm strokes with the thumbs, pressure points working along the meridians and pressure strokes using the heel of the hand.

**Benefits:** Rejuvenates the energy in the body, relaxes stiff muscles and improves skin elasticity.



### *Swedish Massage*

*50 minutes USD 125.00 /80 minutes USD 173.00*

A full body massage with “sweet dream” oil.

The massage combines long gentle strokes, kneading and firm circular movements. This is based on European folk massage, oriental techniques from the Middle East and the emerging knowledge of modern anatomy and physiology that uses relaxing strokes to increase circulation of blood and lymph. This massage uses basic massage techniques for relaxation of the mind and muscles.

**Benefits:** -Nourishes and gently nurtures physical, emotional, and spiritual body.



### *Sarawak Massage*

*50 minutes USD 120.00 /80 minutes USD 167.00*

A full body massage with “invigoration” oil.

This massage derived from Ancient Indonesian and Malay methods; is ideal for relieving the body from stress and tension.

This massage is ideal for restoring balance to the body, mind, and soul. It is a deep tissue massage with pressure applied by forearms and hands in long sweeping strokes all over the body.

**Benefits:**-It will balance mind, body and spirit, replenishing energy. It is ideal to try after hard sports game.

### ***Well - Being Massage***

***50 minutes USD 120.00 / 80 minutes USD 167.00***

A full body massage with “harmony” oil. This is an uplifting massage that will bring you back to life and restores positive energy. It is excellent combination of 10 cultural touches and techniques for muscular aches and pains.

**Benefits:**-It will clear the mind, deeply relax the body and Strengthen the spirit.



### ***Thai Massage***

***60 minutes USD 113.00 / 120 minutes USD 190.00***

A dry or pressure massage for full body. This classic famous treatment all over the world and has been a part of life in Thailand for over centuries. The treatment involves gently pulling, stretching, bending of muscles and massaging the paths of Prana [life] using elbows, feet and hands.

**Benefits:** Promotes flexibility of the body by lengthening muscles & strengthening bones. Press blocked energy flows, facilitates relaxation, invigorates the nervous system and Increases the ability to absorb food.



### ***HEALING STONE SPA THERAPY***

***80 minutes USD155.00***

Healing stone therapy makes you feel deeply relaxed, allowing you to let go of all the stress that is held within your body. It is really an amazing experience to offer to the ones you love.

Those experiencing a hot healing stone therapy will notice a healing improvement of the following symptoms of Muscular aches, pains, sprains, and strains.

**Benefits:** Improves poor circulation, for Rheumatic and arthritic conditions, Back pain, for stress, anxiety, tension, Insomnia and Depression.



### ***Loabi-Loabi (Romance)***

***80minutes USD250.00***

A Special Couple massage for 50minutes & 30minutes bath with “Ayurvedic oil & Herbal powder”

This massage is especially for couples; a honeymoon massage-aphrodisiac is a combination of special herbal oils. After massage the couple will be left alone to relax in an herbal bath.

**Benefits:** - This will help to regenerate hormonal system, improves blood circulation, stimulates nervous system and increase sexual desire. Relaxes and revitalizes the body and mind from physical and mental stress.

### ***Back Rejuvenator***

**25 minutes USD 60.00**

A massage only for back & upper shoulder area with oil. Most of the body's tension accumulates in this important part of the body as the back is our physical support system. It is a combination of Maldivian, Polynesian and Swedish technique that perfectly fits your needs.

**Benefits:** This deep tissue massage helps to loosen tight muscles in the back shoulder and neck area leaving you with light and comforting feeling.



### ***Foot and Leg Massage***

**25 minutes USD 60.00**

A massage only for foot with "oil"

The ultimate soothing experienced for those tired feet that will leave them refreshed, relaxed and ready for more life. A foot soak with essential oil and fresh flower petals is followed by a deluxe 15-minute foot massage.

**Benefits:** Soothes aching and tired feet. Ideal to have after a long day of adventure in the island.



### ***Reflexology***

**50 minutes USD 107.00**

A special Ancient Healing Therapy with "powder".

It is a holistic therapy that treats your whole body, mind and spirit. And it is also a natural and safe form of healing which harmonizes with any other therapy. This is a very detoxifying treatment using various techniques where in the therapist will stimulate reflex zones in your feet.

**Benefits:** Stimulates senses, detoxifies and test your healthiness.



### ***Baby massage***

**25 minutes USD 60.00**

A full body special massage with "Sweet Almond or Coconut Oil".

This massage is merely for kids from 1 to 8 years old. A massage uses special mild healing oils. It will improve the physical appearance for growth of the body and muscles of a child.

## ***ARAAMU FACIALS AND EYE THERAPY***

### ***Deep Cleansing Facial***

***50 minutes USD 107.00***



This facial is ideal for men and women. A dual cleansing totally relaxing experience that deeply cleanses tones and gently removes dead skin cells.

**Benefits:** Promotes radiant skin and removes dirt that causes pimples black heads and white heads.

### ***Aroma Therapy Facial Massage and Mask***

***70 minutes USD 131.00***



Uplifting facial using pure essential oils to cleanse and refresh naturally. Experience a rejuvenating facial massage with a mask designed to purify and promote beautiful radiant skin. This is an excellent treatment to hydrate dry or mature skin and perfect for soothing and cooling the face after exposure to sun.

**Benefits:** Best to tone up face muscles, relieves fine lines around the eyes and forehead.

### ***Royal Honey Facial***

***50 minutes USD 101.00***



The principal ingredients in this treatment are honey, lime and cucumber. They all enjoy an age-old reputation as skin healers, softeners and moisturizers.

**Benefits:** Moisturizes and refreshes your face.

### ***Anti- Stress Facial***

***25 minutes USD 60.00***

A gentle facial, neck and shoulder massage using the finest essential oils. It makes your skin feeling smooth, fresh and invigorated.

**Benefits:** Provides relaxing and reviving feeling to your face.



### ***LUXURIOUS FACE SPA***

***80 minutes USD 131.00***

Skin type: Suitable to all skin types.

A potent double mask therapy of therapeutic & detoxifying face spa, with special masks to counter and treat skin disorders, a special enzyme is also use to emulsify or dissolve dead surface skin cells without scrubbing the skin harshly. Facial that has minimum time but with optimum results.

***Benefits:*** Reduces all skin types of its disorders. Relaxing and soothing.

### ***ARAAMU BODY SPA***

#### ***Coconut and Sandalwood Scrub***

***25 minutes USD 66.00***

Using locally harvested coconut the body is gently exfoliated, which not only cleanses and softens the skin but condition it as well.

This treatment is good for cleansing, detoxifying and excellent for confusion and anxiety. This is a special treatment for those who have sensitive skin.

***Benefits:*** Ideal for those who have sensitive and dry skin. Helps to exfoliate, softens and conditions the skin texture.



#### ***Honey Citrus Body Bliss***

***25 minutes USD 60.00***

A very uplifting and awakening treatment which will leave your skin velvety soft and relaxed and will evoke feelings of happiness, bliss and self-confidence.

***Benefits:*** For fairly dry skin. The blended dry orange peel, yogurt and honey provide velvety skin and aromatic smell to whole body.

#### ***Cooling Body Wrap***

***50 minutes USD 96.00***

A natural cool body mask of cucumber, yogurt and fresh mint is applied to the whole body and wrapped. The face is cooled with fresh cucumber slices while you enjoy a scalp massage.

***Benefits:*** This treatment is excellent for raw sunburn and excellent to nurture the already suntanned body. It is very softening and nutritious and will cool any hot skin or burning sensation condition. It is also very relaxing and it is like you are feeding your skin of good food.

## Exclusive Indian Ayurveda



### **Lymphatic massage** **80 minutes US\$ 179.00**

In this massage, you can feel a rhythmic series of strokes carried out in the direction of the venous and lymphatic flow using fingers and palms. The lymph system is very much taken in to account in Ayurveda massage. The muscles float in the lymphatic fluid. The lymph and blood flows side by side. Therefore, when we undergo this massage the lymphatic system activated more, and the heat produced by the friction during the massage, which will help to ease the workload of heart, energizes the lymph nodes. Therefore, stimulating the lymph flow and generating heat by rubbing oil will cleanse and revitalize the body. (A soft to medium pressure massage)

**Benefits:** Improves blood circulation; Treats facial paralysis, numbness of hand, lack jaw and sciatica. Especially useful for arthritic and rheumatic problem



### **Rejuvenating Massage** **80 minutes USD179.00**

A full body anti-aging massage with “Ayurvedic oil”

In this massage, the marma points is activated by soft pressure massage technique and it has an over all affect on the immune system of the body, it stimulates tired nerves, cleanses and revitalizes the body.

(A soft to medium pressure massage)

**Benefits:** - Regulates the body functions physically, mentally and spiritually. It helps to maintain optimum health. It improves flexibility of the joints and reduces chronic muscle tension and pain; releases muscle spasm and cramp promoting deep and easier breathing.



### **Udhuvartharam (Sliming Treatment)** **50 minutes USD107.00**

A treatment with special “Heated Herbal Powder”

This is a special herbal treatment for weight reduction. An herbal powder is applied all over the body and massaged deeply with a specific movement. This massage stimulates hair follicles and breaks down subcutaneous fat storage. (Medium to strong pressure) **Benefits:** -

Weight reduction, toning the skin and the muscles after childbirth or weight loss. Removes obesity, imparts good complexion to the skin, revitalize the sense of touch, remove the kapha toxins from the body and it give the optimum strength to the body. The most promising effect is the slimming of the body.



### ***Sirodhara (warm herbal oil flow on forehead)***

***50 minutes USD143.00***

Sirodhara starts with a relaxing oil massage and followed by the continuous flows of medicated lukewarm oil/herbal decoction, which poured on the forehead in between the eyebrows, the location where all the nerves of the body meet, through an ingenious device. This procedure often induces a mental state similar to a trance, which creates profound relaxation of the mind and body. It is usually **Benefits:**

- It drives out years of deep-seated stresses and refreshes. It is deeply relaxing and revitalizing the central nervous system, reduces mental disturbances, stress, anxiety, depression, hallucination, cervical spondilosis, chronic headache, hypertension, diabetic neuropathy, hemiplegic, strengthens the sensory organs, reduces insomnia, premature graying of the hair and hair loss. It has curative effect for neurological malfunctions.

**Please note that this treatment is best effective before sunset.**



### ***Bondithan (Medicinal treatment for injuries)***

***50minutes USD119.00***

It is a highly rejuvenating treatment in which fresh herbal leaves are fried with several other herbal ingredients and tied in to boluses, dipped in warm medicated oil and massaged all over the body or in the area of the body that needs concentration, It is apply after a gentle massage.

**Benefits:-** Effective on loss of function of a part or whole limb, joint stiffness and muscular pain, anti-aging and rejuvenating, sciatica, spondilosis, sprains and cramp, back pain, shoulder pain.

### ***Pizichil (Oil squeezing on full body)***

***50minutes USD119.00***



In this treatment, a piece of linen is dip in medicated lukewarm oil and squeeze onto the body in a special rhythmic movement while being massaged. The massage is very slow and light without exerting much pressure. It is consider as the natural way to purify the body system. It is extremely soothing and relaxing, toning strengthening and deeply rejuvenating the whole body.

**Benefits:** Effective on chronic fatigue syndrome, most beneficial nerves system rejuvenation, alleviates the burning sensation in the body, an effective remedy for wasted muscle, rheumatic diseases like arthritis, paralysis, sexual weakness, nerves weakness, nerves disorder. This protects the body from illnesses, builds up immunity for a healthy life, and achieves longevity.



## ***Head, Neck & Shoulder Massage***

***25 minutes USD60.00***

A soothing specific massage of the head, neck and shoulder with the use of special Ayurvedic oil. It helps to calm the sense organs, strengthens and alleviates stiffness in the shoulder so as maintains clear consciousness.

***Benefits:*** - Brings sound sleep, cools the eyes, soothes headache, removes dandruff, slows down premature graying and hair loss, profoundly soothing and relaxing. It relieves tension related to headache and eyestrain, and stiffness of neck too.

## ***ARAAMU HAND AND FOOT BEAUTY THERAPY***

### ***ARAAMU MANICURE***

***50 minutes USD 72.00 per person***

Complete pampering experience for your hands and fingernails.

Following your manicure, a wonderfully relaxing hand massage with blended oils and a toning hand cream, will leave your hands and nails looking and feeling exquisite.

***Benefits:*** Softens the hands and makes the fingernails look healthier.



### ***POLISH APPLICATION***

***10 minutes USD 30.00 per person***

(A normal polish application only)

### ***ARAAMU PEDICURE***

***60 minutes USD 84.00 per person***

A total make over for your tired feet that will leave them refresh, relaxed and ready for the beach. Warmed aromatherapy oils nourish and condition your feet. This follows ever-refreshing pedicure. An experience that promises to leave you walking on clouds nine.

***Benefits:*** Relaxes tired feet, softens the sole and makes the toenails clean and healthier looking.



## ***ARAAMU BATHING CEREMONIES***

A great way to relax before any treatment.



### ***DE-STRESS BATH***

***30 minutes USD 48.00 per person***

***USD 66.00 per couple***

A power full synergy of lavender and chamomile will awaken the senses through the touch of aroma; this deeply relaxing synergy soothes the mind, melts away tension and relaxes the body.



### ***JASMINE FLOWER BATH***

***30 minutes USD 54.00 per person***

***USD 78.00 per couple***

A beautiful and romantic bathing experience to scent and nourish your skin. In Indonesia it is believed the benefits of the different chakra petals can offer you a link to the spiritual world. Your senses will be delighted by jasmine, ylang-ylang tea absolute and vanilla.

## ***EXTRA FACILITIES IN THE SPA***



JACUZZI

60 Minutes USD 30.00 /per person

SAUNA

60 Minutes USD 24.00 /per person

STEAM BATH

60 Minutes USD 24.00 /per person

## ***SPECIAL PACKAGE***

### ***SAUNA/STEAM PLUS JACUZZI***

60 Minutes USD 42.00 /per person