



A serene lagoon sanctuary for  
inspired wellness journeys



ANANTARA

SPA



## Anantara Spa: A timeless sanctuary of healing and harmony

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...

# Wellness treatments

*Refresh and rebalance your body with our Wellness, Ayurvedic & Magnesium Ritual, designed to soothe, detoxify, and restore vitality. Combining traditional Ayurvedic techniques with a magnesium-rich wrap and exfoliation, this ritual relieves tension, boosts circulation, and recharges energy—leaving you feeling renewed, grounded, and deeply relaxed.*

## **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.

## **LUK PRA KOB (THAI HERBAL COMPRESS) – 60/90 minutes**

Luk Pra Kob for the relief of pain and inflammation. A selection of therapeutic herbs is wrapped in a muslin compress, steamed and then applied to the body in gentle circular and rolling movements. The herbs assist in healing ailments such as stiff, sore or pulled muscles and ligaments, back pain, migraines, stress and anxiety are almost instantly relieved.

## **HIMALAYAN THERMAL THERAPY – 60/90 minutes**

Himalayan salt therapy or Himalayan salt stone massage is an innovative combination of various healing arts to promote pure relaxation. Using hand carved warm salt crystal stones, ethically sourced with 84 minerals and trace elements to massage the whole body. It's an ultimate treatment to melt away pains and tight muscles. Stimulate circulation, detoxify the body, and rematerialize the skin. The crystal stones heal and balance the body's energy centers and central nervous system. Create more restful sleep, reduce inflammation.

## **CRYSTAL CHAKRA BALANCE THERAPY – 60 minutes**

A deeply relaxing and detoxifying treatment using lymphatic drainage techniques combined with the healing power of crystals to balance body, mind and spirit. Enhanced by the power of your precious stone, crystal infused oil is incorporated to release stress and tension, both physically and emotionally. Fluid retention and toxicity are reduced. Your body's blood circulation and natural detoxification are stimulated. Energy flow is balanced. Coaxing deeper relaxation and a meditative state, the ritual begins and ends with the rhythmic humming of singing bowls. Singing bowls are tuned to the notes of the seven chakras which can promote health and emotional well-being. Guests are presented with 4 stones and are given the opportunity to choose the stone that strongly resonates or speaks to them. Energies released from stones and crystals can promote balance and wellbeing by unlocking negative energy allowing positivity to flow through the body.



# Ayurvedic

## **ABHYANGA – 60/90 minutes**

Indulge in the ancient art of Ayurvedic oil massage, where warm, herbal oils as per your body type are gently massaged into the body with rhythmic, flowing strokes. Abhyanga calms the mind, melts tension, boosts circulation, deeply nourishes the skin and tissues, reduces the signs of aging, induces sleep, strengthens the skin and boosts the immune system.

## **SHIRODHARA – 60 minutes**

Experience deep mental calm as a gentle stream of warm, herbal oil flows steadily over your forehead, the third eye center. Shirodhara soothes the nervous system, quiets racing thoughts, and melts away anxiety, insomnia, mental fatigue and enhancing emotional balance. It's meditation in motion—a tranquil escape that leaves you feeling clear, centered, and profoundly relaxed.



## Of The Island Magnesium Treatment

*Magnesium-rich skincare products and treatments inspired by island wellness.*

### **MAGNESIUM ELEMENTAL RECHARGE RITUAL – 60/90 minutes**

Revitalize your body and mind with this powerful magnesium-infused ritual, crafted to ease muscle fatigue, improve sleep quality, flush out toxins, and enhance overall wellbeing. This treatment supports the body's natural recovery processes while offering a deeply restorative sense of relaxation.

### **MAGNESIUM RESTORE & REBALANCE – 90 minutes**

Restore inner balance and rejuvenate your skin with this detoxifying magnesium ritual. Begin with a gentle exfoliation using natural magnesium crystals to remove dead skin cells and infuse the body with powerful antioxidants. Complete the experience with a deeply revitalizing full-body magnesium massage, designed to relieve tension, support detoxification, and leave you feeling recharged and harmonized.

### **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.

# Indigenous Signature Treatments

*Rooted in Seychelles' natural heritage, these treatments use local elements like coconut, sand, and herbal infusions to relax the body, calm the mind, and restore inner balance. A sensory journey inspired by island traditions.*

## **MAIA SIGNATURE VICHY RAIN RITUAL (by Thalion) – 60/90 minutes**

Where Water Meets Touch.

Relax, recline and let the hydrotherapy improve blood circulation, hydrate the skin and bring the body back in balance. Your journey begins with THALION mineral scrub which leaves the skin smooth and radiant, followed by a massage performed by expert hands to deliver a gentle, flowing massage beneath a continuous stream.

This synchronized rain-like flow, echoing the gentle waves of the Indian Ocean, soothes muscles, quiets the mind, and rebalances the nervous system.

## **BANANA LEAF 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.



## **MAIA SIGNATURE TREATMENT – 60/90 minutes**

Immerse yourself in the ultimate relaxation experience with the Maia Tranquillity Signature Treatment. Exclusively crafted for Maia, this soothing therapy combines consistent pressure, long strokes, and gentle stretching to release muscle tension and restore balance to the body. With a rhythmical flow designed to calm both body and mind, you'll leave feeling completely rejuvenated and effortlessly at peace. Whether you're looking to unwind from daily stress or indulge in a moment of tranquillity, this signature treatment is your perfect escape.

## **COCONUT INDULGENCE – 90 minutes**

Revitalize your body with this tropical journey inspired by the lush gardens of Maia. Enjoy a refreshing coconut juice and a soothing foot ritual in a coconut milk bath. A natural coconut scrub, rich in antioxidants, gently exfoliates and nourishes your skin. Cooling aloe vera gel is applied with stones, followed by a hydrating banana leaf wrap. End your escape with a rejuvenating shower massage using pure coconut oil.

## **SEYCHELLES SAND POULTICE RITUAL – 75 minutes**

Experience island serenity with warm sand poultices infused with native herbs and essential oils. This soothing therapy melts tension, boosts circulation, and reconnects you to the calming flow of the Seychelles coastline.

## Couple's quality time

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

### **HOLISTIC PURIFICATION JOURNEY (by Thalio) – 90/120 minutes**

Surrender to a deeply refined experience that awakens the senses and purifies the body. This exclusive treatment begins with a smoothing marine exfoliation, activated by gentle friction to refine the skin's texture.

A sculpting detox massage follows, using rich, ocean-infused balms to stimulate circulation and promote drainage. While a warm, purifying body wrap encourages the release of toxins, precise foot reflexology enhances the full-body detox effect. You emerge feeling lighter, rebalanced, and beautifully renewed. Mini-facial is included in our treatment of 120 minutes.

### **REVITALIZING MAGNESIUM VOYAGE (by Thalio) – 90/120 minutes**

Immerse yourself in a deeply restorative experience powered by the revitalizing force of marine magnesium. This treatment delivers an intense mineral infusion to rebalance the body's natural equilibrium, promote restful sleep, and ease the effects of chronic stress. The journey begins with a smoothing magnesium salt exfoliation to awaken circulation and prepare the skin.

A deeply therapeutic massage follows, blending targeted muscle work with calming rebalancing techniques to release deep tension and restore inner harmony. Muscles are softened, the mind is soothed, and the body enters a profound state of relaxation - renewed, recharged, and reconnected. A mini-facial is included in our treatment of 120 minutes.





# Lifetime unforgettable experience

## **UNWIND UNDER THE STARS – A LOVERS’ ESCAPE – 90 minutes (AFTER 7PM)**

As the sun sets over the horizon, indulge in a night of romance and serenity atop Anantara Maia’s highest peak. Bathed in candlelight and embraced by the gentle glow of the stars, you and your loved one will surrender to a deeply restorative couple’s massage designed to melt away back stress and soothe the body.

Lying comfortably side by side, this intimate experience is followed by a candlelit dinner under the vast, starlit Seychellois sky a perfect moment to savor both the flavors of exquisite cuisine and the beauty of your surrounding.

## **20 DANCING FINGERS MASSAGE – 60 minutes (AFTER 7PM)**

Rooted in ancient, traditional techniques, the 20 Dancing Fingers Massage offers a unique blend of thumb pressure, deep presses, and gripping movements along the body’s meridians to release blocked energy, promote circulation, and bring about deep relaxation, with minimal oil used.

Your evening begins with a celebratory champagne toast and delightful canapés, followed by a soothing foot ritual bath to prepare you for a journey of pure relaxation. Four exquisite therapies, designed to awaken your senses, seamlessly lead into a bespoke romantic dinner, lovingly served by your dedicated villa host. It’s the perfect celebration of love, nature, and the endless sky above.

*Food and beverage are exclusive.*



# 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.*

## **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.

## **BALINESE MASSAGE – 60/90 minutes**

Balinese Massage is an ancient Indonesian massage which involves a combination of massage techniques including palm pressure, short & long strokes (Balinese Stroke), and gentle stretching to relieve tension, improve blood circulation, ease stress and promote harmony of body, mind and soul.

## **DEEP TISSUE MASSAGE – 60/90 minutes**

A powerful massage designed to relieve deep-seated muscle fatigue, support detoxification, and improve sleep. Focusing on deeper muscle layers, it targets tension and soreness caused by sports, poor posture, or repetitive strain. Ideal for chronic aches, muscle tightness, and promoting overall recovery.

## **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.



## **STRESS RELEASE MASSAGE – 60/90 minutes**

Through the use of essential oils and a combination of strokes and acupressure, this massage promotes healing by stimulating the body's olfactory nerves to awaken positive mental responses and enhance both circulatory and respiratory functions. This treatment is a definite mind and body tonic. Light to medium pressure massage but can be adjusted to the guest preference.

## **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.

## **PRENATAL SERENITY / POSTNATAL RENEWAL MASSAGE – 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.

# Facials

## OMOROVICZA

*Omorovicza's luxury skincare is backed by science and steeped in the rich tradition of Budapest's bathing culture. Unlock skin's full potential and explore the transformative power of our Healing Concentrate™ found in each formulation and containing 26 different minerals that occur naturally in the thermal waters.*



### **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.

### **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.

## THALION – THE ART OF MARINE BEAUTY

*Born in Brittany, France, Thalion is a premium marine skincare brand that captures the exceptional power of the sea to create high-performance, sensorial treatments. Each treatment is an invitation to experience the regenerating energy of the ocean through refined textures, relaxing techniques, and visible results. Whether for face or body, Thalion offers a perfect balance of natural efficacy and deep well-being. Let the sea awaken your skin.*



Photo credit by Thalion



Photo credit by Thalion

### **SENSI-MARINE – 60 minutes**

Real source of comfort, this facial instantly immerses the skin in a bubble of serenity. Its soothing patented marine active ingredients are combined with probiotics to restore the natural balance of the skin. Stronger and better protected, the skin is soothed and comfortable.

### **ABSOLUTE YOUTH – 60 minutes**

An all-new anti-ageing facial highly concentrated in Sea Age3A®, a patented marine active ingredient that fills wrinkles and smooths the skin. A mousse mask is massage into the skin to plump it up from within. Wrinkles are less visible; youthfulness is restored.

### **FACIAL OXYGEN BOOSTER (Tailored Specifically for Men) – 60 minutes**

This revitalizing facial delivers an invigorating burst of oxygen and marine minerals. In just sixty minutes, hydrate your skin and preserve its youthful vigor, leaving it stronger and undeniably handsome.

# Add-on Enhancements

## **DIVINE MARINE SCRUB WITH PRICKLY PEAR (by Thalion) – 30 minutes**

This 100% natural luxurious exfoliating treatment blends mineral-rich marine salts with the antioxidant properties of prickly pear extracts - a rare and precious ingredient known for its deeply hydrating and skin-repairing benefits. Reveal luminous skin - Embrace the essence of sea and sun.

## **DIVINE MARINE SCRUB WITH TIARE FLOWER (by Thalion) – 30 minutes**

Tiaré Ocean Glow Scrub

This indulgent body scrub combines mineral-rich sea salts with the sensual essence of Tiare Flower to gently exfoliate, soften, and rejuvenate the skin. A true island ritual that leaves your body smooth, radiant, and delicately perfumed with the spirit of the Seychelles.

Pure - Floral - Exquisite.

## **MARINE ENERGY WRAP (by Thalion) – 30 minutes**

This luxurious ritual begins with the application of warm, mineral-rich seawater gel, enveloping the body in a cocoon of hydration and essential nutrients. Ideal for fatigue, dryness, or jet lag, this treatment soothes the senses, boosts circulation, and leaves your skin visibly smoother and deeply nourished. A serene journey beneath the surface - let the sea renew you.

## **MARINE SILHOUETTE WRAP (by Thalion) – 30 minutes**

Detox & Contour Ritual

This targeted body wrap combines Laminaria Digitata seaweed and trace elements to help tone, detoxify, and refine the silhouette. Rich in natural actives, it stimulates circulation, reduces water retention, and leaves the skin visibly smoother and firmer. A sculpting ritual inspired by the power of the sea.



Photo credit by Thalion



Photo credit by Thalion

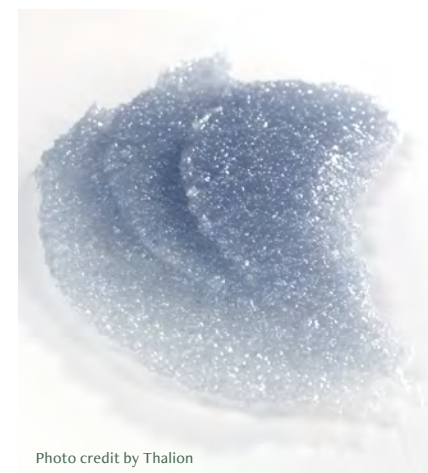


Photo credit by Thalion

## **MARINE BEAUTY ENHANCER (by Thalion) – 30 minutes**

Reveal your skin's natural luminosity with this indulgent 30 minutes marine ritual. A detoxifying exfoliation refines the complexion, followed by a rich, creamy mask infused with oceanic actives to hydrate and purify. A soothing facial massage completes the experience, leaving your skin visibly refreshed, radiant, and glowing with health - in just moments.

## **OCEAN EYE LIFT (by Thalion) – 15 minutes**

Delicate & Expressive

Constantly at work - your eyes deserve a moment of rest and renewal.

In just a few moments of serenity, tension melts away and tired eyes are visibly refreshed. Dark circles are softened, skin feels firmer, and your natural radiance shines through.

## **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.

## **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.



## Beauty on demand

### **EXPRESS MEDIHAND – 30/60 minutes**

Manicure / Normal 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. (A normal polish is included in our treatment of 60 minutes).

### **EXPRESS MEDIHEEL – 30/60 minutes**

Pedicure / Normal 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. (A normal polish is included in our treatment of 60 minutes).



# Yoga

## **ACCOMPANIED YOGA – 60 minutes Free**

Start your day feeling invigorated and thoroughly relaxed with our complimentary sessions in the Spa from 08h00 - 09h00.

## **PRIVATE YOGA SESSION – 60 minutes**

Traditional Hatha yoga which comprises breathing and stretching postures which are aimed at improving your mobility and bringing a sense of clarity of mind and restoration to your body.



# In villa bathing rituals

## Indulge in Serene Bathing Rituals

*Unwind with our luxurious bathing rituals, available at Anantara Spa or in the privacy of your villa. From the soothing magnesium bath to the detoxifying seaweed soak, each experience refreshes, relaxes, and recharges your body and mind.*

### **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.

### **SEAWATER SERENITY BATH (by Thalion) – 30 minutes**

#### **Rebalance, Rehydrate & Renew**

Immerse yourself in the healing power of the Ocean. Our luxurious bath, infused with natural marine minerals, soothes the body, calms the mind, and restores your inner glow - all while you gaze out over the turquoise waters of the Seychelles.

### **LAMINARIA SCULPT BATH (by Thalion) – 30 minutes**

Detox from Nature, Luxury from the Sea

Discover the revitalizing power of wild Laminaria seaweed from Brittany. Rich in iodine and marine minerals, this detoxifying bath helps stimulate metabolism, reduce water retention, and refine body contours - all in the tranquil elegance of our Seychelles spa sanctuary.





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

*Delight young guests with soothing facials, massages, and pampering treatments. From soft hands to happy feet, each experience is designed for relaxation and bonding.*

### **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.

### **GOLDDILOCKS 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 100%.
- 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.



