

# Spa & Wellness

Revitalizing Wellness Programs



## WALDORF ASTORIA SPA

Our lifestyle spa and wellness refuge is complemented by the Maldives' first-ever Wellness Concierge service. Transform your stay into a wellness getaway with personalized treatments and guided fitness and health experiences.

Delivering customized care and a personalized approach, our luxurious treatments are focused on three goals: relaxing, rebalancing and results. The spa is open daily from 9 am to 9 pm.

# AYURVEDA PROGRAM

Rebalance, Reconnect, and Revitalize Through Ancient Wisdom

Step into a world of ancient healing and rediscover the harmony within. Our Ayurvedic Program draws upon the timeless practices of Ayurveda to help you restore balance and reconnect with your true self. Guided by highly skilled practitioners, each treatment and ritual is tailored to your unique body type, working to detoxify, revitalize, and bring about an enhanced sense of well-being.

	<p><b>DAY 01</b> Abhyanga Massage   90 mins</p>	<p><b>DAY 02</b> Personal Training Yoga   60 mins Ayurvedic Body Scrub   30 mins</p>
<p><b>DAY 03</b> Shirodhara   60 mins Paada Abhyanga   30 minutes</p>	<p><b>DAY 04</b> Singing Bowl Meditation   30 mins Udvertana Massage   60 mins</p>	<p><b>DAY 05</b> Yoga Abhyanga   60 mins Indian Head Massage   30 mins</p>
<p><b>DAY 06</b> Kati Vasthi   60 mins Mukha Lekan Facial   30 mins</p>	<p><b>DAY 07</b> Pinda Sweda   90 mins</p>	
<p><b>2 DAYS PROGRAM</b> USD 680 ++ per person</p>	<p><b>5 DAYS PROGRAM</b> USD 1626 ++ per person</p>	<p><b>7 DAYS PROGRAM</b> USD 2127 ++ per person</p>



# PAIN RELIEF PROGRAM

Revitalize, Renew, and Relieve

Our Pain Relief Program is designed to rejuvenate your body, calm your mind, and bring lasting relief. This experience addresses not just the symptoms but the roots of discomfort and tension. Through powerful techniques that harness bioenergetic balancing, you will feel a profound release from pain, easing away anxiety and opening pathways to inner harmony. Allow yourself the gift of a pain-free, vibrant life where energy flows freely, and well-being is restored.

	<b>DAY 01</b> Aquatherapy   60 mins Acupuncture   30 mins	<b>DAY 02</b> Muscle Recovery   90 mins
<b>DAY 03</b> Personal Training   60 mins Theragun   30 mins	<b>DAY 04</b> Acupuncture   30 mins Cupping Treatment   30 mins Moxa   30 mins	<b>DAY 05</b> Thai Herbal Poultice or Bamboo Massage   90 mins
<b>DAY 06</b> Reflexology   30 mins Thermotherapy   60 mins	<b>DAY 07</b> Thai Qi Flow   90 mins	
<b>2 DAYS PROGRAM</b> USD 680 ++ per person	<b>5 DAYS PROGRAM</b> USD 1626 ++ per person	<b>7 DAYS PROGRAM</b> USD 2127 ++ per person



# DETOX & SLIMMING PROGRAM

Elevate Your Health

Imagine a healthier, revitalized you. Our Detox & Slimming Program combines cutting-edge techniques to flush out toxins and shape your body gently yet effectively. Beyond mere weight loss, this program is about empowering you to feel more vibrant, strong, and comfortable in your own skin. With each session, you will see your body firm, tone, and reshape itself naturally, helping you feel lighter, healthier, and completely renewed. Embrace this journey to a fitter, more energized you.

	<b>DAY 01</b> Himalayan Body Scrub   30 mins Detox Booster   60 mins	<b>DAY 02</b> Personal Training   60 mins Aquatherapy   30 mins
<b>DAY 03</b> LPG Body   60 mins Express Slimming   30 mins	<b>DAY 04</b> Acupuncture   60 mins Cupping Treatment   30 mins	<b>DAY 05</b> Cellulite 3D   60 mins Stomach Sculptor   30 mins
<b>DAY 06</b> Pearls of the Sea Facial 90 mins	<b>DAY 07</b> Lymphatic Detox Massage 90 mins	
<b>2 DAYS PROGRAM</b> USD 680 ++ per person	<b>5 DAYS PROGRAM</b> USD 1626 ++ per person	<b>7 DAYS PROGRAM</b> USD 2127 ++ per person



# ANTI-STRESS PROGRAM

Rediscover Inner Peace, Achieve True Balance

When life's pressures overwhelm, finding tranquility can feel impossible. Our Anti-Stress Program is a sanctuary designed to restore harmony to your body, mind, and spirit. Through nurturing practices, each day dissolves stress, strengthens your resilience, and reconnects you to peace. Step into a deep state of relaxation with a calm, focused mind. Experience the joy of reclaiming your equilibrium and health as you discover a new level of well-being and inner peace.

	<b>DAY 01</b> Sugar Zest Scrub   30 mins Balinese Massage   60 mins	<b>DAY 02</b> Aqua Therapy   30 mins Intense Revitalization   60 mins
<b>DAY 03</b> Acupuncture   60 mins Singing Bowl Meditation   30 mins	<b>DAY 04</b> Jet Lag Massage   90 mins	<b>DAY 05</b> Aerial Yoga   60 mins Back & Shoulder Massage   30 mins
<b>DAY 06</b> Ultimate Island Signature Facial 90 mins	<b>DAY 07</b> Himalayan Salt Stone   90 mins	
<b>2 DAYS PROGRAM</b> USD 680 ++ per person	<b>5 DAYS PROGRAM</b> USD 1626 ++ per person	<b>7 DAYS PROGRAM</b> USD 2127 ++ per person



# BEAUTY PROGRAM

Radiate Health, Reflect Beauty

True beauty is an expression of inner wellness. Our Beauty Program brings radiance to your skin, hair, and nails with treatments that replenish, hydrate, and enhance. Enjoy a revitalizing journey that restores essential nutrients, creating elasticity, softness, and glow from the inside out. Embrace the radiance within and let your natural beauty shine with health, elegance, and confidence.

	<b>DAY 01</b> Himalayan Salt Scrub   30 mins Detox Ritual   60 mins	<b>DAY 02</b> Cleopatra Bath   30 mins Intense Revitalization   60 mins
<b>DAY 03</b> Express Slimming   30 mins LPG Face   30 mins Eye Contour Lift   30 mins	<b>DAY 04</b> Detox Booster   60 mins Facial Acupuncture   30 mins	<b>DAY 05</b> Classic Manicure   60 mins Classic Pedicure   60 mins
<b>DAY 06</b> Ultimate Island Signature Facial   90 mins	<b>DAY 07</b> Signature Philip Kingsley   60 mins Day Make Up   30 mins	
<b>2 DAYS PROGRAM</b> USD 680 ++ per person	<b>5 DAYS PROGRAM</b> USD 1626 ++ per person	<b>7 DAYS PROGRAM</b> USD 2127 ++ per person



# OPENING HOURS

7 days a week

Gym	24h access
Treatments	9:00 am - 09:00 pm
Steam & Sauna	11:00 am - 08:00 pm
Aqua Wellness Centre	11:00 am - 08:00 pm



WALDORF ASTORIA®  
MALDIVES ITHAAFUSHI

Waldorf Astoria Maldives Ithaafushi

Ithaafushi Island, South Malé Atoll,

Republic of Maldives

T: +960-400-0300, +960-979-9000, +960-664-2222

For more information and bookings, please contact your  
Personal Concierge.

