

A close-up photograph of a hand cupped together, holding a small amount of water. The hand is positioned in the upper right quadrant of the frame. Several water droplets are captured in mid-air, falling from the hand towards the bottom of the image. At the bottom, a pool of water is visible, with a splash of white foam where the droplets have just landed. The background is a dark, gradient blue, transitioning from a deep navy at the top to a lighter, shimmering blue at the bottom. The lighting is dramatic, highlighting the texture of the skin and the clarity of the water droplets.

SOUL OF AQUUM SPA



UNDERWATER TREATMENT ROOMS

A visit to Aquum Spa is not complete without at least one amazing treatment experience in the world's first underwater treatment room. Enjoy your chosen treatment whilst gazing on the wonders of the Indian Ocean in your very own aquarium. Imagine the excitement you would feel if a Manta Ray gracefully pirouetted by or a dozen tropical fish danced for your pleasure.

A variety of therapies are available in the underwater treatment rooms. Please book at spa reception. These treatments can be experienced on your own or with a partner of your choice

QUINTESSENTIAL AQUUM

Surround your being with water and leave your thoughts behind in the underwater spa rooms of Aquum Spa. An hour of Yoga and Meditation precedes an intensive Indian Head Massage followed by our signature massage, incorporating Thai and indigenous Maldivian massage techniques and the calming sensation of chakra breathing. Soothe, ease and bring renewed energy to your body whilst gazing at the mesmerising marine life.

Ritual includes; Yoga, Meditation, Indian Head Massage and signature Asian Blend Massage

PACKAGES

INDULGENCE

A day of complete self indulgence and luxury awaits your mind, body and soul. Your indulgence begins as you feel your entire being unwind with the Advanced Performance Facial providing the attention your face and eyes have been crying out for. At midday lunch is served at Raw restaurant, a nutritional feast that has been designed by our experts will prepare you for the calming rejuvenation of the Wellbeing Aromatherapy Massage. To draw your day to a close, the final touches are made with the Spa luxury manicure and pedicure turning your day in to a gentle touch of heaven.

- Advanced Performance Facial
- Lunch
- Wellbeing Aromatherapy Massage
- Spa Manicure
- Spa Pedicure

ISLAND TOUCH

Based on the exquisite sense of touch, we will take you on a journey of discovery. The Exotic Coconut Rub and Milk Ritual Wrap will start the blissful experience followed by a Spa Pedicure. Once completely relaxed and refreshed your body succumbs to the joy of a Spa Manicure completing the day with a fruit platter and juice sunning your self on the sundeck of Aquum Spa.

- Exotic Coconut Rub & Milk Ritual Wrap
- Spa Pedicure
- Spa Manicure
- Relaxing Refreshment in the Spa



ESPECIALLY FOR HIM

Designed especially for men, feel renewed as all your body is brought back to life. A muscle ease wrap relieves stress and tension in your body. A Total Release Massage and Skin IQ face treatment finishes this journey.

- Elemis Musclease Aroma Spa Ocean Wrap
- Total Release Massage
- Skin IQ Facial

RECONNECTION

Put your mind at ease and enjoy with a spa partner of your choice, as you embrace this completely rejuvenating experience. Partner 1: benefit from a cooling spa pedicure, relax with a back cleanse and feel your muscles ease with a warming wrap. Partner 2: surrender your self to a spa manicure, skin specific facial and tissue detoxifying wrap. Complete your experience with a dual massage to leave you feeling renewed with vitality, strength and total harmony.

Partner 1

- Spa Pedicure
- Elemis Strawberry Herbal Back Cleanse
- Elemis Musclease Aroma Spa Ocean Wrap
- Total Release Massage

Partner 2

- Spa Manicure
- Skin Specific Facial
- Elemis Cellutox Aroma Spa Ocean Wrap
- Well-being Massage



LASTING REJUVENATION



Well-being of body. Peace of mind.



SPA RITUALS

MALDIVIAN MONSOON RITUAL

An indigenous ritual that invigorates, calms and energises

The *Lonu Veyo* is reserved for your exclusive use. Float in our traditional bathing pool used in years gone by to cleanse and relax. Upon returning to the spa a consultation is given to determine which monsoon season you are, hot or cold, using traditional techniques passed to us by a master in the art. We choose from 4 pre-blended oils infused with local herbs that we harvest under the sun and moon to absorb their potent energy.

The traditional Maldivian massage begins with a sand poultice soaked in the mineral rich Indian Ocean waters. This is steamed and pressed all over your body giving great relief to ease muscular aches and pains. A traditional massage is given using Maldivian techniques, with an indigenous herbal oil to relax and soothe. After your massage, steam for 10 minutes to allow for greater penetration of the herbs allowing them to be stimulated throughout your body. Finally shower and relax in the stunning relaxation lounge whilst sipping mineral water.

Ritual comprises of: *Lonu Veyo* (exclusive use) Maldivian massage, Steam.

ELEMIS ABSOLUTE SPA RITUAL

Inhale the scent of the sea and sounds of nature that merge with our therapist's gentle touch to wash away the past and reveal the new. The peaceful journey begins with a Wellbeing Massage to unravel any stress held in the mind or body. From the soles of your feet to the top of your crown chakra, your entire body will be immersed in aromatic oils and soothing hands. An Advanced Performance Facial completes this experience to leave you departing with grace and radiance.



ELEMIS TAHITIAN BLOOM

Embody exhilaration and calm via this journey of scented wild flower and plant life stemming from Tahitian island life. Begin with a wave-like rhythmic body exfoliator of crushed lime, salt and ginger. A synergy of soaked coconut and frangipanni scented 'Monoi' oil is massaged into your body and you are wrapped in a cocoon of nourishing oils to hydrate. Fresh water rinses your body before you are treated to an exotic body lotion.

ELEMIS COMPLETE SPA DETOX

Restore enlivened energy through this cleansing journey of scrub, wrap and massage. Nutrients from the sea and aromatic oils are infused into the skin to cleanse and detoxify the body from inside out. You are then wrapped in a nurturing cocoon where sea and plant life will re-nourish whilst you are treated to a deeply moving scalp massage to reduce an overworked mind. A full body massage completes the ritual with results being renewed wellness and depth of spirit.

ELEMIS CLEOPATRA'S RITUAL

Wrap your being in the skin softening properties of milk as you bathe surrounded by fresh oxygen and sea ambience. Your body is gently buffed with shreds of coconut and spices to smooth away older layers of skin before drinking in the exotic qualities of our body balm. Our therapist will caress this gently across your body to quench your skin's thirst creating an ambience of infinite rest and hydration.

BODY EXOTICS

ELEMIS EXOTIC LIME AND GINGER GLOW

Allow the sensuality of Lime and Ginger to renew your spirit during this exotic sensation. A light body brush will exfoliate, shed and remove dead skin cells. Your skin is then drenched with a warm stream of nurturing oils to nourish and hydrate. Crushed Lime and Ginger are then applied to re-energize the skin texture with the finale being an all-over silky body balm to complete, sweeten and soften the skin.

ELEMIS EXOTIC FRANGIPANI BODY NOURISH WRAP

A full body exfoliation with a dry body brush prepares the skin for the application of Monoi Oil. This nourishing oil will soothe, condition and soften your skin. Whilst being cocooned in a warm foil wrap enjoy the gentle touch of the therapist fingers as you enjoy a head and face massage. After a warm shower, drench yourself in a body balm as the enticing aroma of island flowers fills the air.

ELEMIS MUSCLE EASE AROMA SPA OCEAN WRAP

A stimulating ritual that combines healing minerals and pure algae. A body brush prepares the skin for an application of a warm aromatherapy seaweed mask. After a gentle shower, you will be prepared for a nutritious blend of aromatherapy oil which eases fatigue and muscle spasms - a perfect treatment for tired muscles.

ELEMIS CELLUTOX AROMA SPA OCEAN WRAP

Allow the healing benefits of the ocean to detoxify the body from inside out. Seaweed will help purify the body as it is carefully warmed and applied to dilate the pores so the nutrients can be fully absorbed. A refreshing shower of pure water rinses your body with a toning oil applied to help regenerate new skin. Relax, detox and remineralisation is the essence of this treatment.

FENNEL CLEANSING CELLULITE & COLON THERAPY

Cellulite is associated with poor circulation, fluid retention and a congested digestive system. This treatment works at the deepest level to flush and cleanse all three systems. A detoxifying Fennel and Birch peel off body mask is combined with specialist drainage massage techniques on the hips and thighs to help smooth the appearance of cellulite, boost the blood circulation and reduce fluid retention, leaving your skin firmer and smoother to touch. In addition, cleansing of the colon through abdominal massage and reflexology continues the purification of the body.

SUNBURN TREATMENT

Feel the healing properties of lavender as a welcomed mist gently touches the skin allowing you to relax as a combination of cucumber and aloe vera is applied to heal and renew the skin. After a cooling shower an aloe vera mist lightly kisses the body, preparing you to immerse yourself in the healing benefits of the aloe vera plant as a light gel is tenderly applied to the skin.



NATURALLY MODERN

Combining traditional therapies with cutting-edge spa technology



ELEMIS WARMING OCEAN BATH WITH WELL BEING MASSAGE

Float in an aromatic bath of soothing Pine and Rosemary pure essential oils that encourage warmth of the muscles and ease of aching joints. Surrender your entire body and soul to a deeply soothing well being massage and float in the heaven of life.

TOUCH THERAPIES

SWEDISH MASSAGE

Increase inner vitality, strength and vigour with this classical massage remedy. Our therapist will encourage wellness through traditional Swedish massage movements of light to strong pressure, gentle stroke, kneading, pressing and long sweeping strokes working as deeply as your body needs. Circulation is boosted giving your entire body system fresh renewed energy and get up and go.

WELL-BEING AROMATHERAPY MASSAGE

Merge the spirit of aromatherapy with the soul of wellbeing to rebalance mind and body with this therapeutic style massage that works to soothe away any tension, stress, muscle and joint pain. Combining nurturing strokes with movements towards the heart with healing oil influenced blends, our therapist will help stimulate and rebalance the circulatory lymphatic and nervous system. The perfect treatment for those with signs of tiredness, insomnia and an overworked mind.

JET LAG MASSAGE

Embrace holiday mode, bringing your mind and body back to the present. The philosophy of this treatment is to help one return to balance and recover from travel fatigue. Any accumulated tension, tiredness or toxins will be washed away through the contact of our therapists soothing approach. Regulation, equilibrium and relaxation are our intention. Aromatic oils selected for your body system will be smoothed onto your body so you can unwind in this divine location, rest and just be.

TOTAL RELEASE MASSAGE

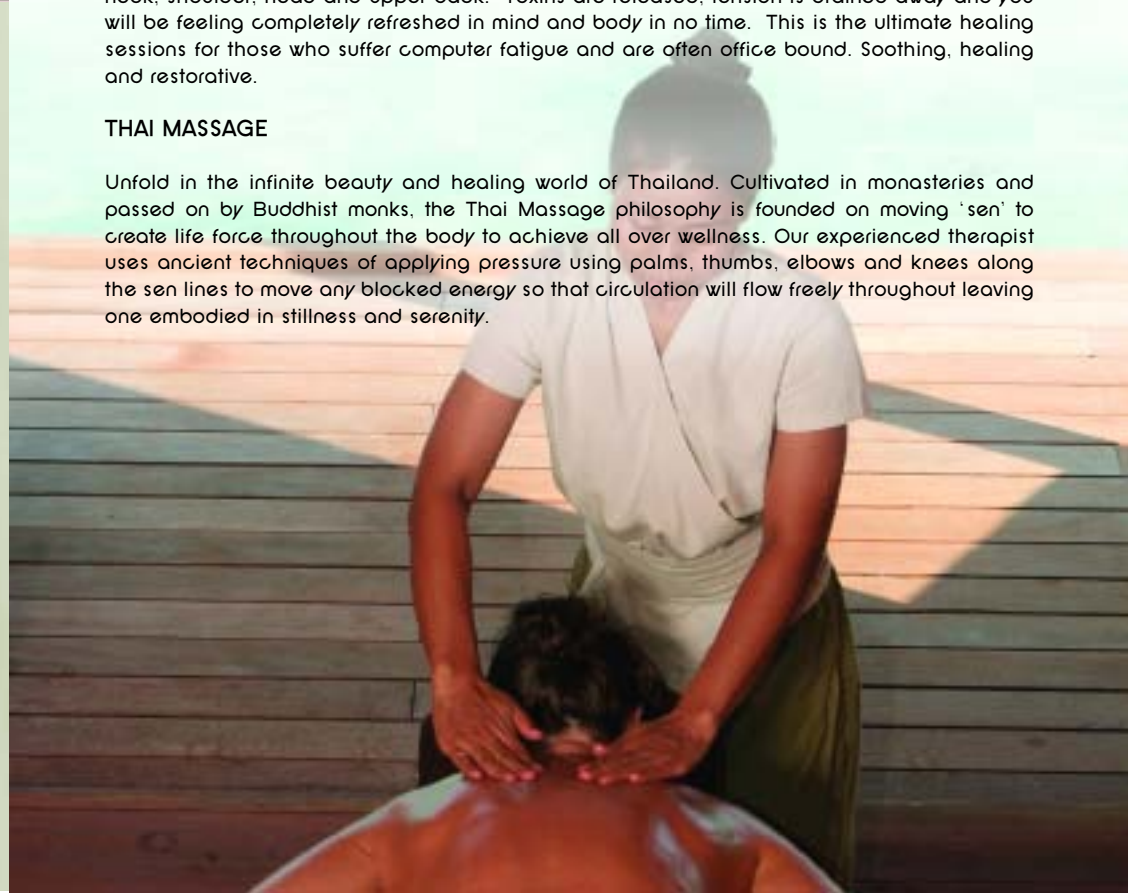
Encourage vitalized energy with this massage style that works in synergy with your body's individual needs. Your lifestyle and body's own natural rhythm will be considered during this mind and muscle-soothing therapy. Our therapist applies a synergy of eastern and western massage techniques to work deeply into the tissues within the body. Any unwanted emotion, tension, toxins or baggage are drained away with their touch. Emerge with renewed vitality, strengthened life force and reason for being.

BACK AND SHOULDER MASSAGE

Deep, thorough and remedial is the philosophy of this therapeutic de-stress massage curative. Our therapist works deeply on the areas of the body that hold the majority of our tension including neck, shoulder, head and upper back. Toxins are released, tension is drained away and you will be feeling completely refreshed in mind and body in no time. This is the ultimate healing sessions for those who suffer computer fatigue and are often office bound. Soothing, healing and restorative.

THAI MASSAGE

Unfold in the infinite beauty and healing world of Thailand. Cultivated in monasteries and passed on by Buddhist monks, the Thai Massage philosophy is founded on moving 'sen' to create life force throughout the body to achieve all over wellness. Our experienced therapist uses ancient techniques of applying pressure using palms, thumbs, elbows and knees along the sen lines to move any blocked energy so that circulation will flow freely throughout leaving one embodied in stillness and serenity.





THAI HERBAL MASSAGE

Experience Thai massage at its best with this wonderful combination. To a Thai massage, add a aromatic heated herbal pack to detoxify and alleviate common muscular aches and pains. Each herbal ingredient acts on a different treatment area. Pai helps to ease muscular tension, Camphor refreshes your skin vitality, Kaffir nurtures and cleanses your skin of toxins, Turmeric soothes and moisturises and Sea Crystals calm the body's temperature. With these treatments combined the body will relax and will help to alleviate any aches and pains allowing your energy to flow freely.

HOT STONE MASSAGE

Stone Therapy is the use of 'Hot Black Basalt' stones to bring about total harmony and balance within the body. The effects are both emotional and physical as stimulation of vital energy centres with essential oils reinforces the Holistic nature of this luxurious treatment.

MALDIVIAN MONSOON MASSAGE

The traditional Maldivian massage begins with a sand poultice soaked in the mineral rich Indian Ocean waters. This is steamed and pressed all over your body giving great relief to ease muscular aches and pains. A simple traditional massage is given using Maldivian techniques, with an indigenous herbal oil to relax and soothe.

HAWAIIAN WAVE FOUR HANDS MASSAGE

From Hawaii, traditional Lomi Lomi Massage movements sweep the length of the body like a synchronised dance. The experience of having two intuitive therapists working at the same time is the closest that one could imagine to such a mystical experience of the sublime. Four expert hands complement and follow each other to caress and comfort your body's energy flow, resulting in the ultimate experience of the power of touch.



INSPIRED

Wash away yesterday's thoughts.

Make room for fresh inspiration.

LYMPHATIC DRAINAGE MASSAGE

Using the Vodder lymphatic drainage technique this is a very gentle massage with the specific action of flushing the body of toxins to optimise health. It is fantastic if you experience digestive problems, fluid retention, weight management issues, cellulite, or if you wish to detoxify and improve energy levels.

NURTURING MESSAGE FOR MOTHER-TO-BE

The nine-month journey of nurturing is a special time, connecting with the mother through the power of touch, working with two heartbeats as one. Combines tried and tested safe pregnancy massage techniques adapted to each stage of pregnancy. Specialised positioning with the pear beanbag is used to ensure the ultimate in comfort and relaxation. Helps to relieve tension in your lower and upper back and alleviate any swelling in the hands and feet, while easing your mind and uplifting the spirit.

INDIAN HEAD MASSAGE

Indian Head Massage is an Ancient massage technique that originated in the East and has been used for 1000's of years. It is an excellent way to relax the muscles of the head, neck and shoulders. Indian Head Massage works on a mental and psychological level by stimulating the release of endorphins to the brain; Indian Head massage can relieve mental tiredness and depression and can improve concentration and alertness. Indian Head Massage provides you with the ultimate relaxing experience!

REIKI

Reiki is an ancient hands-on healing technique that was rediscovered in Japan by Dr. Mikado Usui in the late 1800's and is now re-emerging all over the globe. This holistic form of healing works on every level of humanity providing people with healing in areas of their life where they currently need it most. Reiki can be utilized in healing a person physically, emotionally & spiritually depending on their specific needs.

FACIAL THERAPY

VISIBLE BRILLIANCE

Independently tested with revolutionary results, this face and eye treatment instantly firms, rejuvenates and plumps up the skin whilst reducing dark circles from around the eyes. Specialised micro - circulatory massage techniques are combined with the powerful proven formulations of Elemis products. This superior treatment is further enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in scientific skin therapy.

PRO-COLLAGEN MARINE FACIAL

Providing immediate results in the fight against time, this exceptional face and eye treatment helps to slow down the signs of premature ageing, reducing the appearance of fine lines and wrinkles on the face and crows feet. Specialised lifting massage techniques are further enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in skin therapy.

ADVANCED PERFORMANCE FACIAL

A nutritious treatment that is a welcomed journey for face, scalp and hands. A nourishing facial treatment enhanced with aromatherapy using Eastern massage movement's helps to stimulate and oxygenate your skin. A scalp massage is applied to further induce a feeling of all over wellness as well as reduce an overworked mind. Your hands are then treated with natural ingredients to leave them feeling renewed and soft. This advanced booster facial promises to take your skin on a journey of total renewal.

SKIN SPECIFIC FACIAL

Uncover the secrets of aromatherapy through this deeply relaxing treatment created with pure essences of plants and herbs. Pure essential oils create a most soothing aromatic experience to cleanse, tone and moisture as well as subtly heal the mind and sooth the spirit. Results are softened complexion and refreshment of skin.

SKIN IQ FACE TREATMENT FOR MEN

A deep cleansing purifying and relaxing facial designed especially for men. This hydrating treatment leaves skin smooth and refreshed great for skin irritated by shaving.





HANDS AND FEET

MANICURE & PEDICURE (2 THERAPISTS)

Not one, but two therapists treating your feet and hands to ensure total indulgence. Total relaxation with a beautiful finish if required.

SPA MANICURE

Enhance your manicure by bathing in the natural goodness of vitamins E and C, Aloe Vera and Citrus. Increase the skin's suppleness as your hands are exfoliated with crystals blended with pure orange, lime and grapefruit oils. A deeply nourishing moisturising treatment will leave them feeling hydrated, smooth and stunning.

SPA PEDICURE

A spa pedicure with a dash of aromatherapy. Your feet are treated to an absolute refreshing experience to leave them radiant and renewed. Immersed in pure essential oils of eucalyptus, tea tree, peppermint and spearmint your senses will be reawakened. A sea rock crystal foot soak and sea kelp exfoliant will follow with a cooling foot mask to seal your feet - radiantly renewed. You will be walking on air.

FINISHING TOUCHES

Waxing and tinting services are available please mention when making appointment booking.

PHYSICAL & MENTAL HARMONY

"A simple rule of life is that of age". For most of us from the middle of our teens we will begin to pick up small injuries or life styles that may affect us at a latter date. The time is now to reverse the process and reclaim youthful vitality.

GROUP CLASSES & PRIVATE TUITION

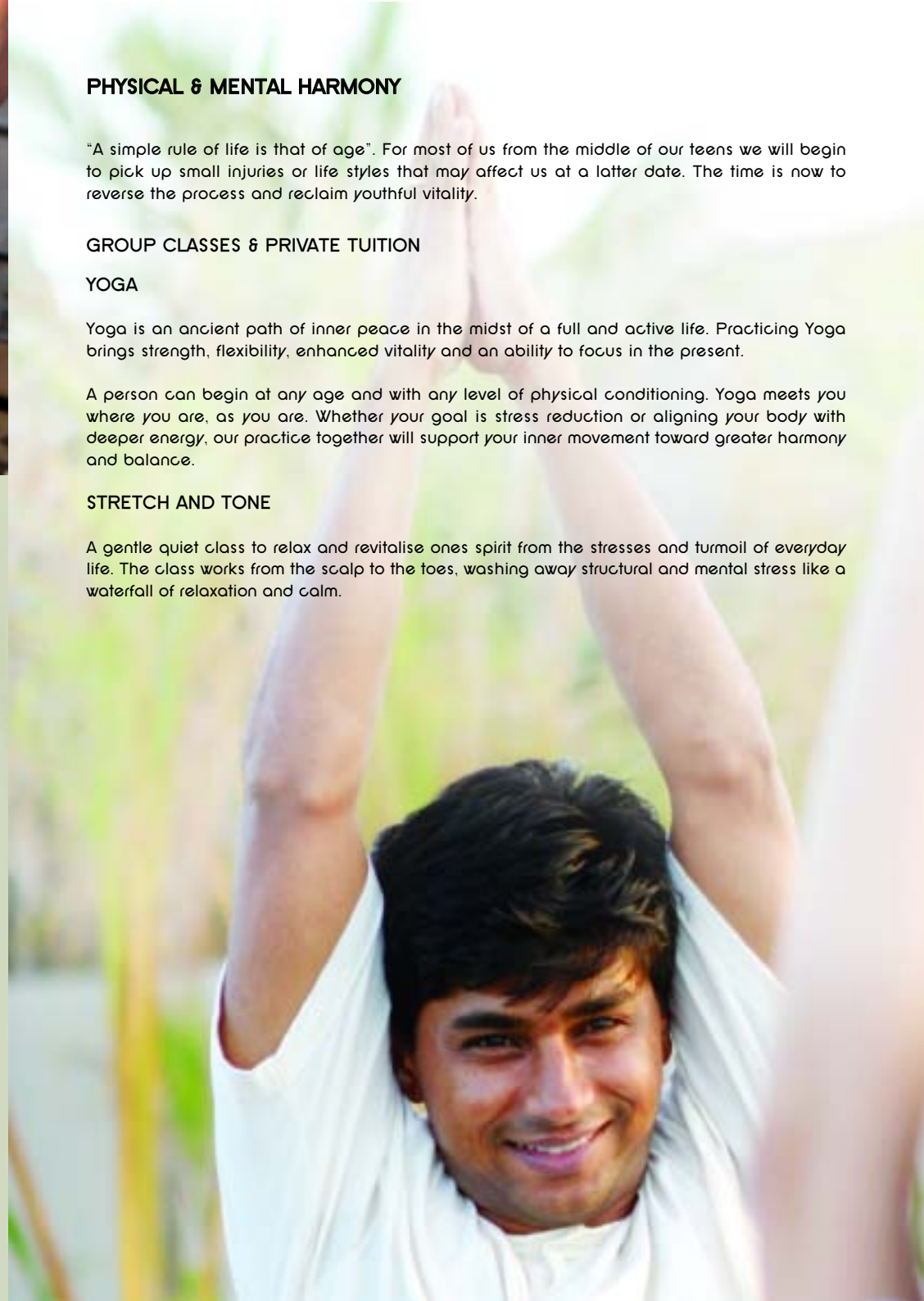
YOGA

Yoga is an ancient path of inner peace in the midst of a full and active life. Practicing Yoga brings strength, flexibility, enhanced vitality and an ability to focus in the present.

A person can begin at any age and with any level of physical conditioning. Yoga meets you where you are, as you are. Whether your goal is stress reduction or aligning your body with deeper energy, our practice together will support your inner movement toward greater harmony and balance.

STRETCH AND TONE

A gentle quiet class to relax and revitalise ones spirit from the stresses and turmoil of everyday life. The class works from the scalp to the toes, washing away structural and mental stress like a waterfall of relaxation and calm.



MEDITATION

Be drawn to Huvafen Fushi's tranquil and serene retreat for spiritual awakening and peace of mind. This class caters for all levels of meditators.

BREATHING AND STRETCHING IN THE LONU VEYO

Breathing is the first place one should investigate when any disordered energy presents itself. Combined with gentle stretching techniques while submerged in the Lonu Veyo, these activities focus on simple, calm and painless but effective ways to start activating key areas of mechanical breathing. In addition, it will also have benefits to integrating the natural breathing reflex with its appropriate accessory breathing muscles for the strengthening of sound production and the reduction of stress.

LONU VEYO Complimentary

Lonu Veyo is a Maldivian word for "Bathing Place". The Lonu Veyo is a floatation pool containing 10 times more minerals and salts than the Ocean. There are many different minerals present, all of which have a specific benefit to you. The use of the Lonu Veyo will help to relax over-used and tense muscles, reduce joint pain and/or swelling and nourish and speed up the healing process for skin conditions such as Eczema and Psoriasis. However, the use of the Lonu Veyo is not recommended for small infants and people with thyroid problems. Please contact the Spa reception by dialling 7 on your bungalow phone for how to use and the full benefits of the Lonu Veyo.

HOW TO SPA

HOW DO I FIND THE SPA?

As you stroll thru the soft sand towards bungalow 10, follow the wooden walkway over the clear blue water. Here situated above the ocean, on a raised platform you will find Aquum Spa.

WHEN SHOULD I ARRIVE FOR MY TREATMENT?

We recommend that you arrive at least 30 minutes prior to your treatment time to gain the full benefits of "degrees" - please bring swimwear. Guests arriving past the time of treatment may have their treatment time reduced, however full price will be charged.

SHOULD I PRE-BOOK MY SPA APPOINTMENT?

Our spa enjoys high occupancy throughout the year. We welcome prior bookings. Treatment menus and appointments can be sent to you via email: reception@aquumspa.com. Upon arrival we invite you to enjoy a consultation, so we can help you organise your spa appointments for your stay.

HOW DO I CHOOSE MY TREATMENT?

We offer a menu to spoil and pamper. Please feel free to visit for a complimentary consultation. Our team will help you decide which treatments will be most beneficial to you.

WHAT IF I HAVE SPECIAL HEALTH CONSIDERATIONS?

Please notify us if you are pregnant, have high blood pressure, other physical ailments, or if you have any allergies i.e. nuts or seafood's or if you have any concerns regarding your health or body please let us know. We recommend that alcohol not be consumed before, during or immediately after your spa treatments.

WHAT SHOULD I WEAR?

Please feel free to wear whatever you feel comfortable in. For the use of degrees swimwear is required. Yoga & gym workouts will be best with loose comfortable clothing.

SHOULD I BRING MY VALUABLES?

It is recommended that they are not brought with you, as all jewellery needs to be removed prior to spa treatments. No responsibility will be taken by the spa for any loss of valuables.

WHAT IF I NEED TO CANCEL MY TREATMENTS?

We understand that sometimes you may need to change your schedule. Because your spa appointments are reserved especially for you, we kindly ask that you give us a minimum of twenty-four hours notice so someone else may visit us. Appointments cancelled within 24 hours will incur a 50% cancellation fee; Appointments cancelled within 4 hours will incur a 100% cancellation fee.

Packages and vouchers are non-refundable and subject to cancellation policy, we kindly request that you arrange your treatments well in advance.

Our spa environment is one of relaxation and harmony. In order to ensure a tranquil atmosphere we kindly request that Spa guests refrain from using mobile phones and speak in a gentle voice.

Kurumba Maldives
Huvafen Fushi Maldives
Baros Maldives
Full Moon Maldives
Dhoni Mighili Maldives
The Fortress Sri Lanka
Silhouette Island Seychelles



Aquum Spa is a new concept born from the allure of water.

From ancient Roman times where people bathed in the curative waters to rejuvenate their mind body and spirit to the current renaissance of spa culture, Aquum Spa is founded on the wisdom that water is the equilibrium of life.

Radiant. Clear. Fluid. Continual. Water is the element that mirrors life - encouraging transience and the infinite potential in us all. It's a body of light to immerse in, a tonic for longevity and the elixir of life. In water we can restore calm and balance. It soothes the mind stream and renews vitality.

The colors and textures of the water provide Aquum Spa with all of the inspiration needed for creation. We combine soothing architecture with cutting edge spa technology and the very latest in physical therapies.

Dedicated to perfection of treatment and standard, our spa menu includes remedies and rituals to soothe the mind and nourish the body. We merge east with west using the universal and life-giving properties of fresh seawater, nutritious sea plants and minerals as well as indigenous plants, herbs and flowers from nature close by.

We offer quality yoga and fitness training, create personal retreats for individuals as well as continue to refine the skills and talents of our therapists through our in-house and off-site master training programs.

The soul of Aquum Spa is living authentic to nature. Our energy is restful, renewing and evolving. We offer spirited experiences with water to bring about lasting rejuvenation.

Aquum Spa at Huvafen Fushi, PO Box 2017, Malé, Republic of Maldives
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