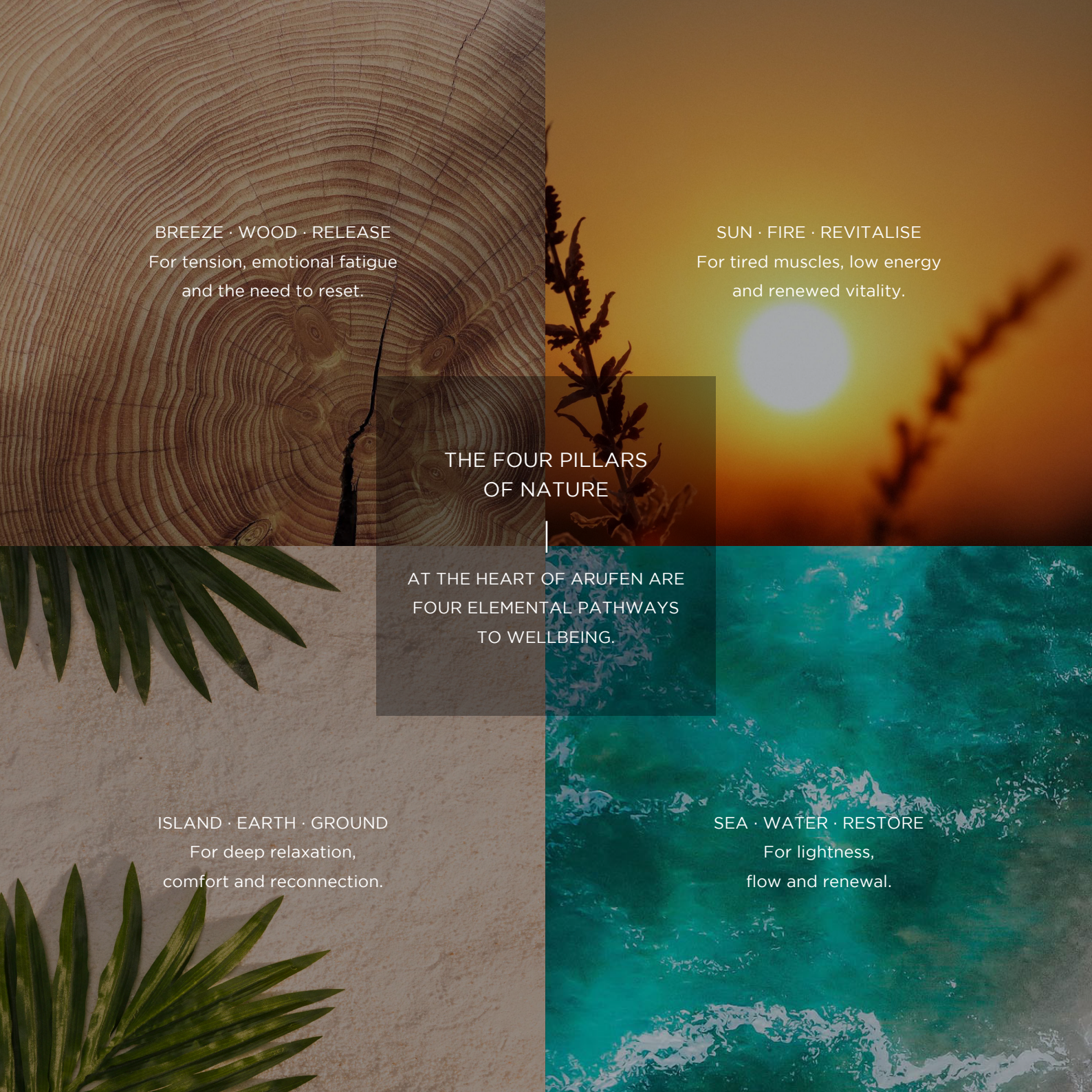

ARUFEN SPA



BREEZE · WOOD · RELEASE
For tension, emotional fatigue
and the need to reset.

SUN · FIRE · REVITALISE
For tired muscles, low energy
and renewed vitality.

THE FOUR PILLARS OF NATURE

AT THE HEART OF ARUFEN ARE
FOUR ELEMENTAL PATHWAYS
TO WELLBEING.

ISLAND · EARTH · GROUND
For deep relaxation,
comfort and reconnection.

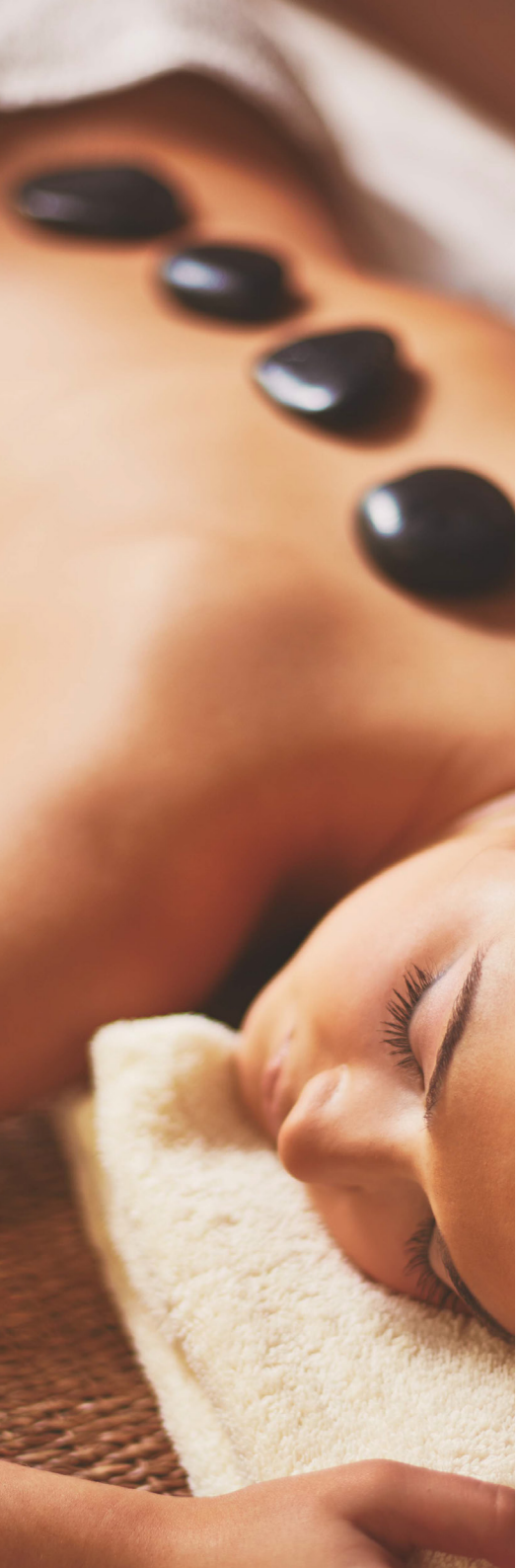
SEA · WATER · RESTORE
For lightness,
flow and renewal.

HOW WOULD YOU LIKE

TO FEEL TODAY?

OUR WELLNESS TEAM WILL HELP YOU DISCOVER
THE PILLAR – AND THE EXPERIENCE – THAT BEST REFLECTS
WHAT YOUR BODY AND MIND NEED TODAY





COMPLETE JOURNEYS

The Breeze

WOOD · RELEASE — 150 minutes
For tension, emotional fatigue and the need to reset.
A nurturing journey designed to release accumulated tension and restore a sense of ease. Flowing therapeutic techniques encourage circulation and relaxation, leaving body and mind feeling lighter and renewed.

Arufen Wood Massage — 60 minutes
A flowing therapeutic massage designed to ease muscular tension, encourage circulation and promote deep relaxation.

Smoothing Sugar Scrub — 30 minutes
A gentle exfoliation that smooths and softens the skin, followed by a nourishing body wrap enriched with fruit and cereal butters.

Hydra-Glow Facial — 60 minutes
A radiance-boosting facial combining a triple peel, oxygenating mask and sculpting massage to leave skin smoother, plumper and luminous.

The Island

EARTH · GROUND — 195 minutes
For deep relaxation, comfort and reconnection.
A grounding journey inspired by the nurturing qualities of the earth. Therapeutic warmth and restorative touch ease tension and encourage a profound sense of comfort, stillness and balance.

Herbal Compress or Hot Stone Massage — 90 minutes
Choose the therapeutic warmth of herbal compresses or heated stones to ease muscular tension, calm the body and encourage deep relaxation.

Dead Sea Scrub & Wrap — 45 minutes
Mineral-rich exfoliation and a nourishing body wrap replenish moisture and leave the skin exceptionally smooth, supple and refreshed.

Moisture Plenish Facial — 60 minutes
An intensive hydration facial combining gentle enzymatic exfoliation, sculpting massage and a nourishing ginseng mask to restore softness and radiance.



The Sun

FIRE · REVITALISE — 150 minutes
For tired muscles, low energy and renewed vitality.
An energising journey centred around therapeutic warmth.
Designed to ease muscular tension and awaken the senses,
Sun leaves the body revitalised and the mind refreshed.

Candle Massage — 60 minutes
Warm botanical oils and natural butters melt onto the skin as flowing massage techniques release tension, nourish the body and create a deeply comforting sense of warmth.

Smoothing Herbal Scrub — 30 minutes
Mineral-rich clay and fine Maldivian sand gently polish the skin, followed by a re-mineralising emulsion to nourish, soften and replenish.

Clarity Complexion Facial — 60 minutes
A purifying facial combining deep cleansing, gentle extractions, charcoal masks and acupressure to refine congested skin and restore clarity.

The Sea

WATER · RESTORE — 165 minutes
For lightness, flow and renewal.
Inspired by the rhythm and fluidity of water, Sea combines flowing therapeutic techniques with restorative body and facial care to leave you feeling refreshed, lighter and renewed.

Sea Wave Massage — 60 minutes
Gentle, rhythmic movements inspired by the flow of the sea encourage relaxation and create a sense of lightness and ease.

Detox Body Wrap — 45 minutes
A plant-based body wrap combined with specialised massage techniques to smooth, refine and refresh the body.

Harmony Facial — 60 minutes
A soothing facial created for sensitive or reactive skin, helping to calm visible redness, replenish hydration and restore comfort.



ARUFEN BODY HEALING

Therapeutic touch, thoughtfully tailored to you.
From deep relaxation and recovery to renewed energy and restorative sleep, choose the experience that best reflects how you would like to feel.

Touch Bliss

Targeted • Restorative • Refreshing — **30 minutes**
A focused massage for the areas that need attention most. Choose from the back, neck, shoulders, head, arms, feet or joints to release tension and restore comfort.

Fit Feet

Soothe • Refresh • Restore — **60 minutes**
A restorative ritual for tired legs and feet combining gentle exfoliation, targeted massage and warm towel wraps to leave you feeling lighter and refreshed.

Smiling Joints

Recovery • Mobility • Comfort — **60 / 90 minutes**
Created for active bodies, this targeted treatment focuses on the ankles, knees, wrists and shoulders. A warming herbal compress and therapeutic massage help ease tension and support flexibility and comfort.

Lanna Heritage Thai Massage

Stretch • Release • Rebalance — **60 / 90 minutes**
Inspired by the healing traditions of Northern Thailand, rhythmic stretching, acupressure and traditional bodywork help ease muscular tension, improve flexibility and restore balance. Performed with minimal oil.

Maldives Shine Scalp Massage

Calm • Release • Restore — **60 minutes**
A soothing scalp, head, neck and shoulder massage designed to release accumulated tension and quiet the mind, leaving you deeply relaxed and refreshed.



Micro Nap

Rest • Reset • Unwind — **60 / 90 minutes**

A deeply restorative treatment combining calming essential oils, therapeutic warmth, pressure-point techniques and soothing head and foot massage. Ideal when body and mind simply need to switch off.

Beat The Stress

Release • Relax • Reset — **60 / 90 minutes**

A therapeutic massage focused on the shoulders, head and arms - areas where everyday tension often settles. Warming therapy helps ease stiffness and encourage physical and mental relaxation.

Two Hearts Prenatal Ritual

Nurture • Comfort • Relax — **60 minutes**

A gentle massage created for expectant mothers, performed in a comfortable side-lying position with pregnancy-appropriate oils. Designed to ease tension and create a soothing sense of comfort and relaxation.



ARUFEN BODY RITUALS

Polish · Nourish · Renew
Botanical ingredients, island-inspired rituals and gentle exfoliation leave the skin soft, replenished and radiant.

Gentle & Kind

After Sun Cooling Mask — **45 minutes**
Cool • Hydrate • Comfort
A soothing blend of cucumber and organic essential oils cools and replenishes sun-exposed skin, restoring moisture and comfort after a day in the tropical sun.

Warming

Detoxifying Mud Body Wrap — **45 minutes**
Purify • Comfort • Renew
Dry body brushing prepares the skin for a warm, mineral-rich mud wrap designed to refine the skin and soothe tired muscles. Includes a relaxing scalp massage and mini facial.

Maldivian Coco Bliss

Coconut Body Polish — **45 minutes**
Smooth • Nourish • Glow
Fresh coconut and banana combine in an island-inspired polish rich in natural oils and antioxidants, gently exfoliating and nourishing the skin for a soft, supple finish.

Honey Mango Body Polish

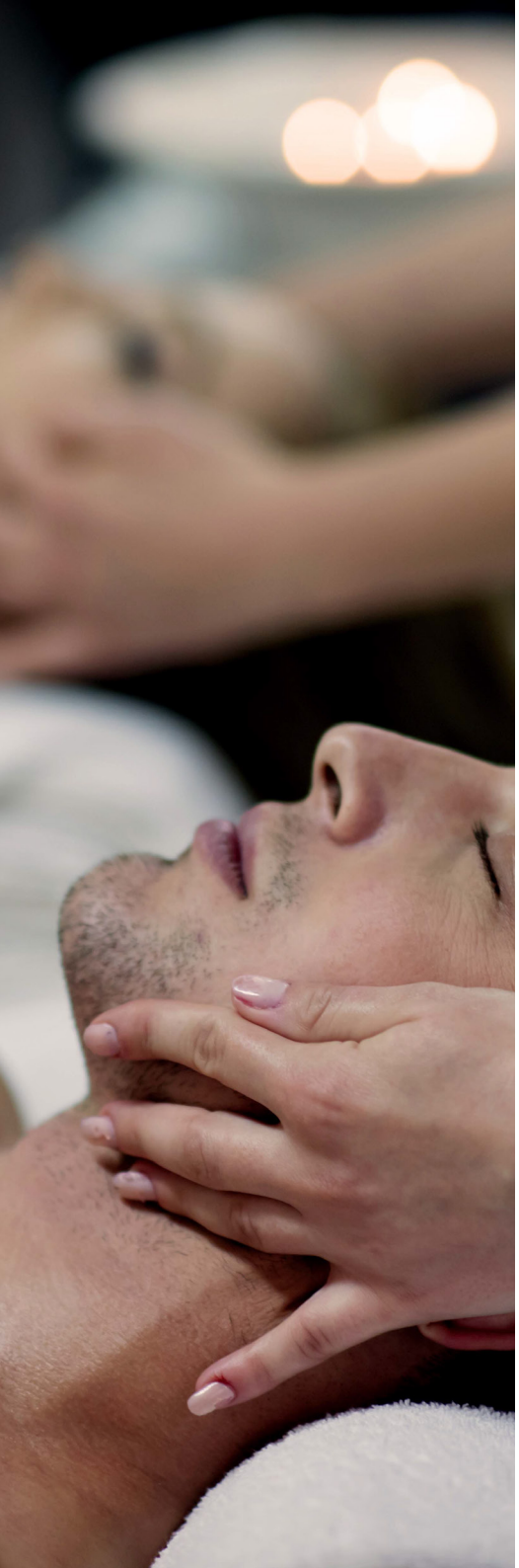
Smooth • Nourish • Brighten — **45 minutes**
Raw sugar, honey and sun-ripened mango gently polish and nourish the skin, leaving it smooth, hydrated and naturally radiant.

Mandarin Salt Body Glow

Energise • Smooth • Glow — **45 minutes**
Mineral-rich sea salt, nourishing jojoba oil and refreshing mandarin gently exfoliate the body, leaving skin smooth and the senses refreshed.

Tamarind Body Polish

Refine • Nourish • Renew — **45 minutes**
Inspired by Thai beauty traditions, tamarind, honey and finely milled oatmeal gently exfoliate and nourish the skin, leaving it soft, smooth and refreshed.



ADVANCED FACIAL COLLECTION

Beauty Wisdom
High-performance skincare meets expert therapeutic touch. Each facial is tailored to a specific skin need, from hydration and sensitivity to congestion and loss of radiance.

Hydra-Glow Facial

Brighten • Oxygenate • Plump **60 minutes**
A radiance-boosting facial combining a triple peel, oxygenating mask and sculpting massage with Vitamin C, glutathione and ginseng. Skin is left smoother, plumper and visibly luminous.

Clarity Complexion Facial

Clarify • Balance • Refine **60 minutes**
Deep cleansing, gentle extractions, charcoal masks and acupressure help refine congested or blemish-prone skin. A targeted serum infusion completes the treatment, leaving the complexion fresh, balanced and clear.

Harmony Facial

Soothe • Fortify • Restore **60 minutes**
Created for sensitive or reactive skin, this calming facial combines acupressure with targeted nourishment to comfort the complexion, replenish hydration and support the skin's natural barrier.

Moisture Plenish Facial

Replenish • Hydrate • Energise **60 minutes**
An intensive hydration facial combining gentle enzymatic exfoliation, sculpting massage and an antioxidant-rich ginseng mask. Dehydrated or environmentally stressed skin is left supple, replenished and radiant.



INSTANT-LIFT BAR

Express Results · Targeted Care
Targeted 30-minute treatments designed to refresh the complexion when time is limited. Enjoy alone or add to another Arufen facial or wellness experience.

Instant Face Lift

Lift • Sculpt • Refresh **30 minutes**
Using Energy Lift Technology, this targeted treatment stimulates facial muscles and enhances tone and definition for a firmer, refreshed appearance.

Instant Eye Lift

De-puff • Smooth • Brighten **30 minutes**
A focused treatment for tired eyes using Energy Lift Technology to reduce the appearance of puffiness and fine lines while restoring brightness to the eye area.



SPA BATH RITUALS

Immerse · Unwind · Restore
Botanical extracts, aromatic oils and the restorative warmth of water create a quiet moment to slow down and unwind. Enjoy as a pre-treatment experience or simply on its own.

Arufen Spa Romance Bath

Indulge • Connect • Unwind **30 minutes**
A romantic bathing ritual with rose petals and rose essential oil to soften and nourish the skin while aromatic warmth encourages complete relaxation.

Arufen Spa Herbal Bath

Calm • Soothe • Restore **30 minutes**
A warm botanical bath infused with herbal extracts and lavender essential oil. Created to ease physical tension, quiet the mind and prepare body and senses for deep relaxation.



HAND & FOOT RITUALS

Polish · Nourish · Perfect
Thoughtful grooming and restorative care for hands and feet, combining nourishment, massage and meticulous finishing.

Your Hands

Island Glow Manicure

Nourish • Restore • Perfect — **60 minutes**
Gentle exfoliation and massage soften and replenish the hands and arms, followed by a nourishing wrap, cuticle care, nail shaping and polish for beautifully groomed hands.

Blissful Mini Manicure

Shape • Polish • Perfect — **30 minutes**
An express grooming treatment with professional nail shaping and polish application for neat, beautifully finished hands.

Your Feet

Island Glow Pedicure

Soothe • Nourish • Renew — **75 minutes**
A restorative foot ritual combining smoothing exfoliation, therapeutic massage and a nourishing wrap, followed by detailed cuticle care, nail shaping and polish.

Blissful Mini Pedicure

Shape • Polish • Refresh — **30 minutes**
An express grooming treatment with professional nail shaping and polish application for beautifully maintained feet.



ARUFEN JOURNEYS

Curated Experiences of Wellbeing
A collection of complementary treatments brought together into complete Arufen experiences. Choose according to the time you have - and how you would like to feel.

Arufen Glow

Radiance • Relaxation • Renewal — **90 minutes**
A refreshing island-inspired journey that smooths and nourishes the skin before a warm coconut oil massage encourages complete relaxation. A cooling cucumber eye compress provides the finishing touch.

Your journey: Coco Salt Scrub · 30 minutes; Maldivian Coco Warm Oil Massage · 60 minutes; Refreshing Cucumber Eye Compress

Arufen Soothe

Revitalise • Balance • Unwind — **120 minutes**
Begin with a Tamarind Body Scrub to smooth and refresh the skin before surrendering to a deeply restorative Micro Nap Massage designed to help body and mind switch off.

Your journey: Tamarind Body Scrub · 30 minutes;
Micro Nap Massage · 90 minutes

Arufen Serenity

Calm • Restore • Harmonise — **180 minutes**
A complete head-to-toe journey beginning with gentle exfoliation, followed by a deeply relaxing Wood Massage and a soothing Harmony Facial to leave body, mind and complexion restored.

Your journey: Smoothing Sugar Scrub · 30 minutes;
Wood Massage · 90 minutes; Harmony Facial · 60 minutes



Arufen Indulge

Nourish • Revive • Transform — **180 minutes**
Therapeutic warmth begins this indulgent journey, followed by a nourishing body wrap and facial designed to restore comfort, softness and radiance.

Your journey: Shine Compress · 90 minutes;
Body Wrap · 60 minutes; Signature Facial · 30 minutes

For Him Only

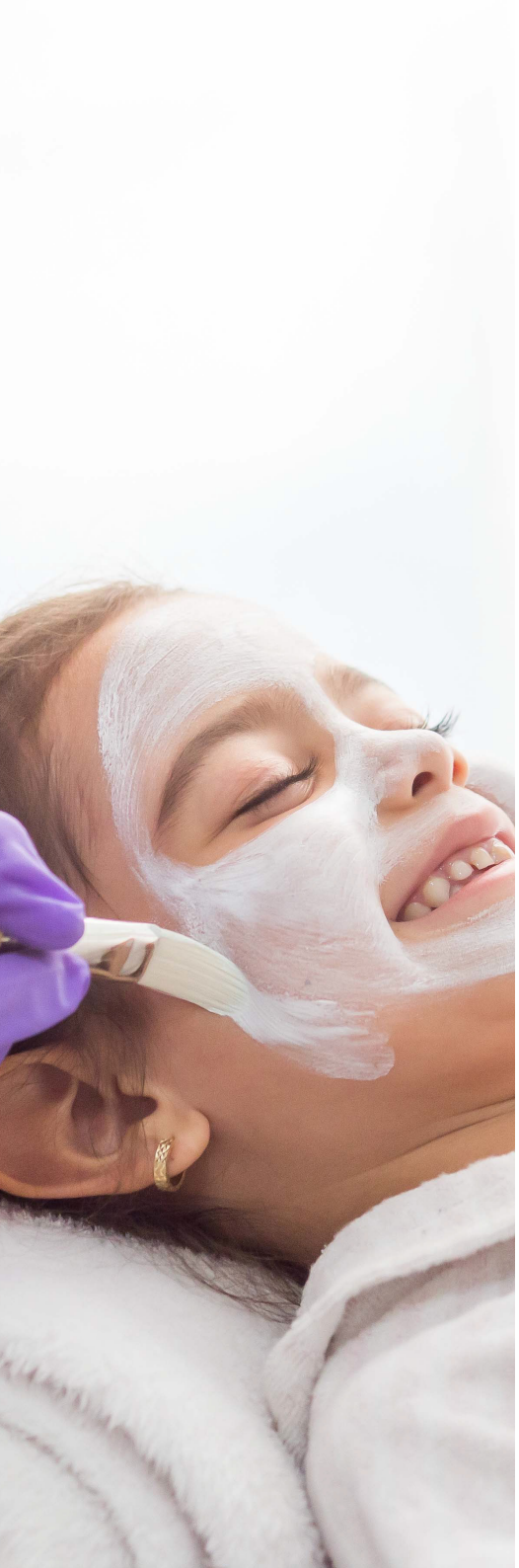
Relax • Recover • Recharge — **120 minutes**
A warming compress prepares tired muscles for a focused Beat the Stress Massage, followed by a facial tailored to men's skincare needs.

Your journey: Warm Compress · 15 minutes;
Beat the Stress Massage · 60 minutes;
Gentleman's Facial · 45 minutes

The Golden Aura Embrace For Two

Connection • Indulgence • Radiance — **150 minutes**
A shared ritual enjoyed side by side in a private couple's suite. A 24-karat gold body scrub prepares the skin for a relaxing signature massage before a facial completes the experience.

Your journey (for each guest): 24-Karat Gold Body Scrub · 30 minutes; 24-Karat Gold Signature Massage · 60 minutes; Signature Facial · 60 minutes



ARUFEN
YOUNG SPA

Little Moments Of Wellbeing
Gentle, age-appropriate rituals introduce younger guests to relaxation and self-care through massage, natural ingredients and a little island pampering.

Coconutastic Aromatherapy Massage

Relax • Soothe • Unwind — **30 / 60 minutes**
A gentle massage with nourishing coconut oil, flowing from the back through the legs, arms and abdomen before finishing with a soothing scalp massage.

Coco-Licious Body Scrub

Smooth • Nourish • Glow — **30 minutes**
A gentle coconut-based cleanse and exfoliation created for young skin, followed by nourishing body butter to leave the skin soft, smooth and beautifully hydrated.

Smiley Mini Facial

Cleanse • Soothe • Refresh — **30 minutes**
A gentle yoghurt cleanse and relaxing facial massage with coconut oil, finished with cool crystal stones for a soothing and refreshing introduction to facial care.

Mini Manis & Pedi Pixies

Princess Manicure

Shape • Nourish • Polish — **30 minutes**
Gentle nail shaping, hydrating lotion and a polish colour of choice create a fun little pampering experience for perfectly cared-for hands.

Princess Pedicure

Soak • Soothe • Polish — **45 minutes**
A warm fragrant soak and gentle massage nourish tired little feet before nails receive their finishing touch.

Arufen Young Spa treatments are available for children aged 6–12 years. A parent or guardian must accompany the child throughout their visit, including during treatments..

SPA ESSENTIALS

Your Wellness Journey
Opening Hours
Spa & Wellness · 9:00 AM – 9:00 PM

Reservations:	Advance reservations are recommended to secure your preferred time and therapist. Please contact Spa Reception, dial 0, or speak with your Villa Host.
Arrival:	It is advised to arrive approximately 20 minutes before your appointment to allow time for your wellness consultation and to relax before the commencement of your treatment. Late arrival may reduce your treatment time as a courtesy to other guests.
Cancellations:	Please allow 24 hours' notice of cancellation to avoid 50% charge. Cancellations within 4 hours of the appointment and no-shows will incur a charge of 100% of the treatment price.
Attire & Privacy:	Your comfort and privacy are important to us. Guests may wear undergarments if preferred, and disposable underwear is available. Professional draping is maintained throughout your treatment.
Your Preferences:	Please let your therapist know your preferred massage pressure, areas of focus, room temperature or anything else that will make your experience more comfortable.
Health Considerations:	Please advise our Spa team of any medical conditions, allergies, injuries, pregnancy or other health considerations before your treatment so that we can recommend the most appropriate experience.
Gift Vouchers:	Arufen Spa gift vouchers are available through Spa Reception or your Villa Host.
Spa Etiquette:	Arufen Spa is a smoke-free environment. To preserve its tranquillity, we kindly ask that mobile phones and electronic devices remain on silent during your visit.

We look forward to welcoming you to Arufen Spa.



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