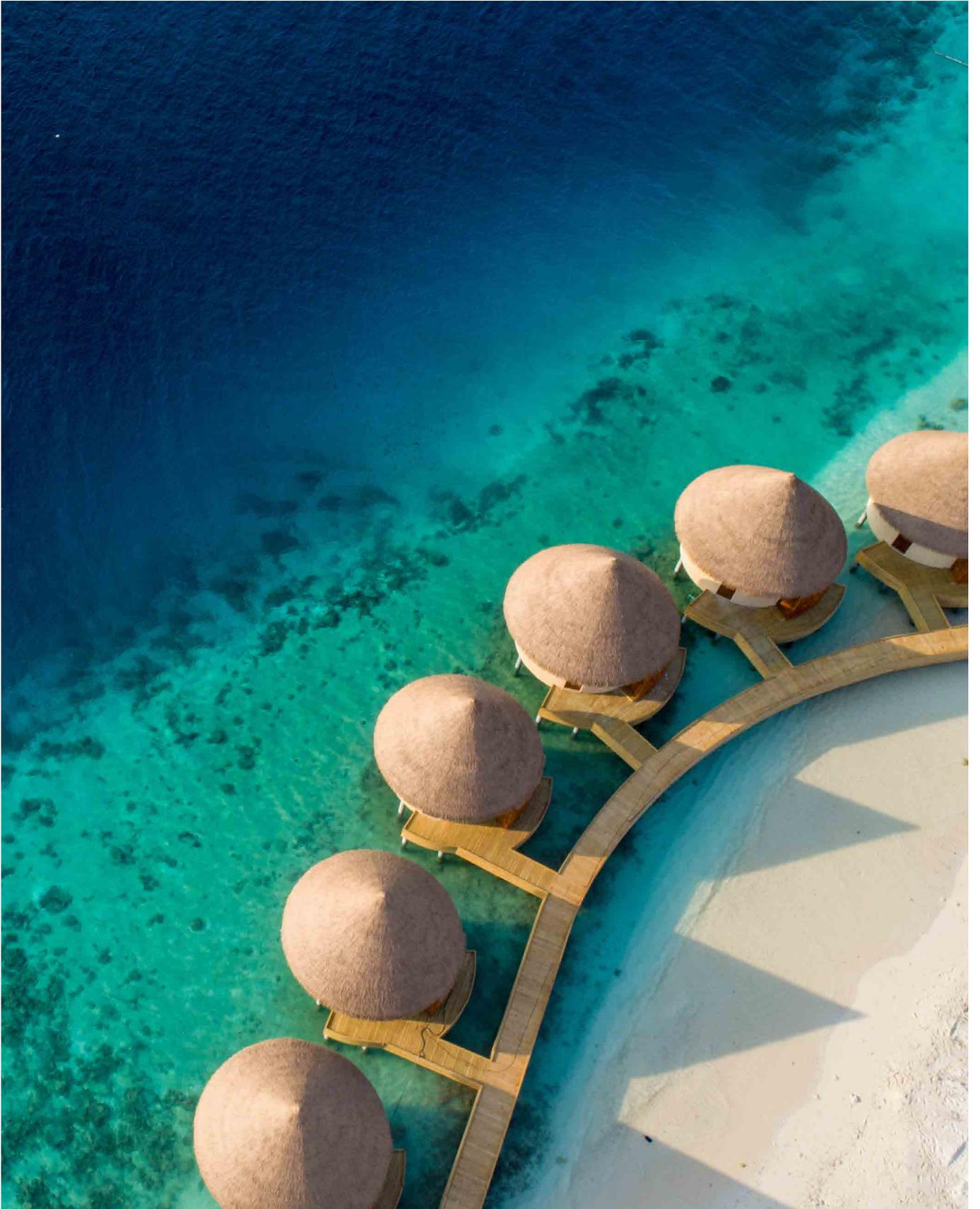




INTERCONTINENTAL.  
MALDIVES MAAMUNAGAU RESORT



SPA MENU



AVI is sunshine in the language of our island home.  
A synonym for happiness, joy, and pleasure.

A stunning over water escape, AVI Spa is inspired by raw nature, the whimsy of water, the psychology of natural light and sound play and a touch of the colors of sunshine.

We believe in a hopeful, inspirational world where innovating with natural materials connects people with nature.

Our goal at AVI is to provide more than a physical experience we seek to deliver a profound and transformational experience with a synergy of global indigenous health principles, and European organic botanicals with a good dose of heart felt attention.

Shredded coconut swirled with mango, warming spices, wildflowers, berries and fresh herbs. **Eminence Organics** the signature brand of AVI Spa is one of the global leaders in organic skin products, using sustainable farming and green practices to create natural, **organic and Biodynamic® products since 1958.**

**Margaret Dabbs** London is the globally recognized brand specializing in both credible, results driven feet, hands and leg products and also manicure, pedicure and leg treatments for both men and women. Margaret is a celebrity podiatrist who has created treatments and products that are as much therapeutic as they are beauty focused. AVI Spa features the **Margaret Dabbs** revolutionary **botanical Vegan range PURE.**

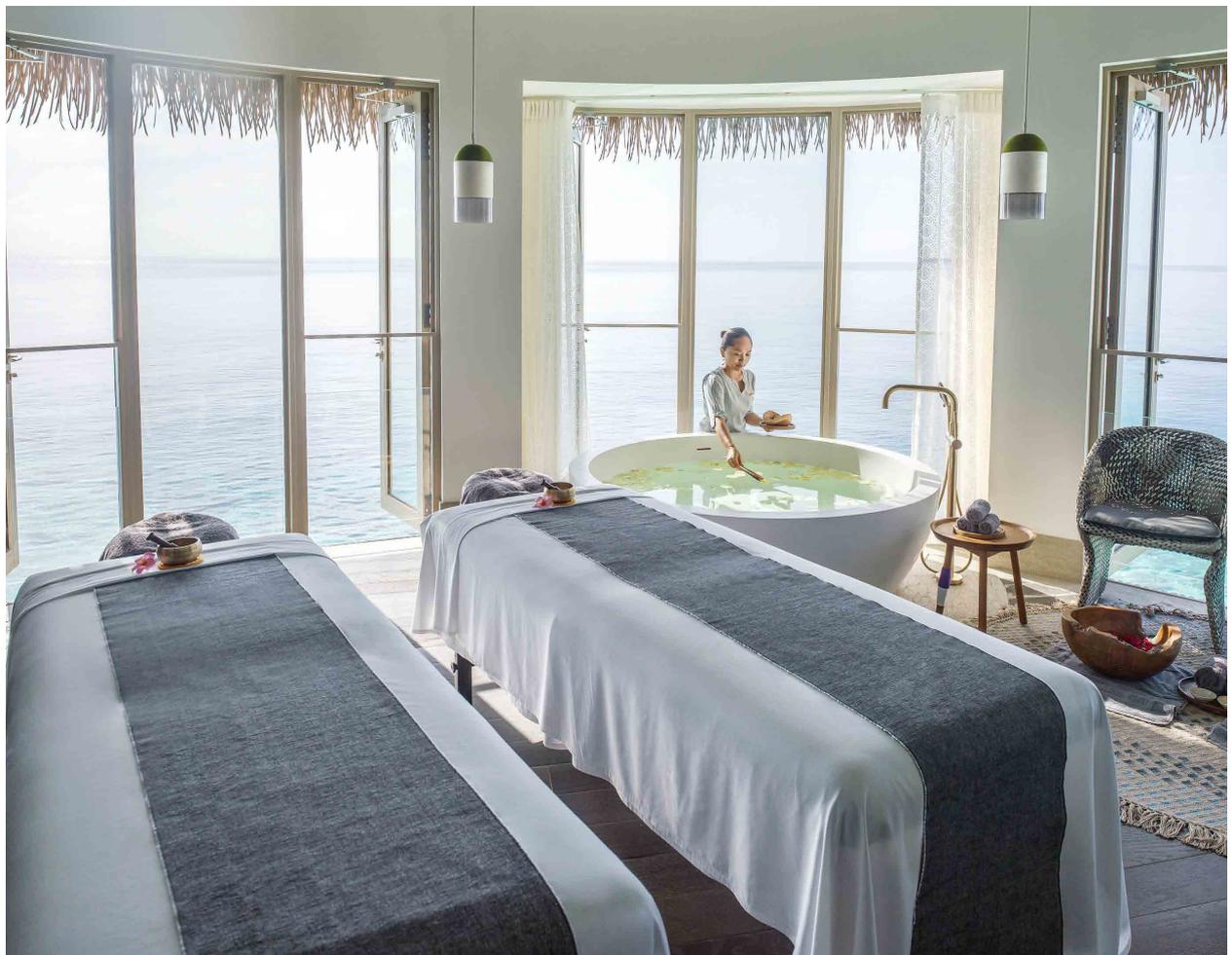
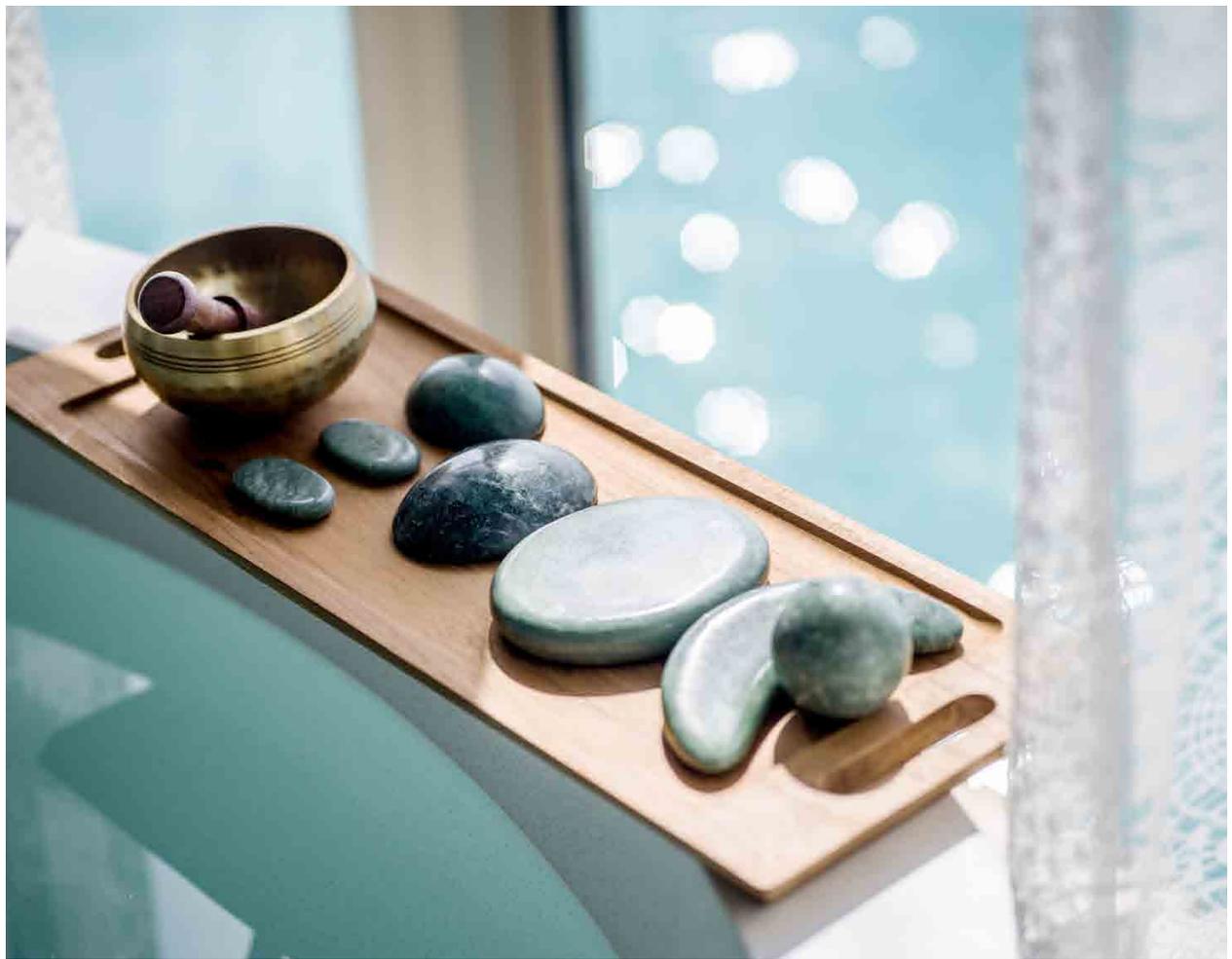
**Kerstin Florian** is a luxury skincare brand that focuses on results. The guiding philosophy of Outer Beauty, Inner Health inspires a sense of wellbeing through powerful plant, marine and technically advanced ingredients as well as professionally designed spa services. To support a wellness-based lifestyle and to achieve healthy-looking vibrant skin, encourage four core lifestyle practices people can incorporate into their daily lives: **Proper Nutrition, Regular Exercise, Peace of Mind and Care of the Face & Body.**

Like food for the skin, seeds, pulps and peels impart regenerative and healing powers that only nature can produce, combined with pure waters drawn from a thermal hot spring lake containing minerals and trace elements found nowhere else on earth.

AVI presents pure, premium, all natural treatments in a menu designed with focus on our guests' individual needs.



AVISPA



## SPA MENU

### **MASSAGE by AVI**

Inspired by the ethereality of the water and transformational power of crisp island air, AVI Spa is designed to recharge the soul by awakening the senses. Rejuvenate in the overwater treatment villas, each harnessing the psychology of natural light to send you into a deep state of relaxation.

#### **AVI Signature Treatment** *90 minutes*

Our energizing signature massage is a synergistic blend of muscle melting warm jade stone massage and rhythmic wave like movements of Hawaiian Lomi Lomi to release tension and restore energy.

#### **Warm Bamboo Massage** *90 minutes*

Bamboo massage is a technique that incorporates heated bamboo stalks of varying lengths and diameters to provide deep-tissue work. The massage itself promotes circulation, sensory nerve perception, and lymphatic drainage and provides a deep sense of relaxation and well-being.

#### **Warm Herbal Poultice Treatment** *60/90minutes*

Herbal Poultice is a warm herbal compress filled with organic herbs is heated and applied directly to the body with a variety of specialized techniques focus on back and shoulder. The heat, combined with the herbs are absorbed by the body and help to reduce aches and pains, increase lymphatic drainage and condition the skin.

#### **Body Firming Massage** *75/90 minutes*

A slimming massage where exclusive techniques and serums are applied to stimulate blood circulation, eliminate toxins, active lymphatic drainage and reduce water retention.

#### **Deep Tissue Massage** *60/90 minutes*

A stimulating massage performed on the deeper layer of muscles and highlighted with warm spices on the shoulders and areas of tension. Specialized techniques and hot towel compresses relieve stress and pain and encourage the body's circulation. Perfect for the sports person or anyone holding stress in their bodies.

#### **Thai Massage** *75/90 minutes*

Unique to Thailand this massage style incorporates yogic stretches and deep acupressure point therapy. Designed to loosen muscles and to encourage energy flow, promoting a feeling of calm and optimum well-being.

## SPA MENU

**Balinese Massage** 60/90 minutes

The world renowned Balinese massage is performed using long strokes, skin rolling and thumb pressure. A rhythmic experience promising deep relaxation and a profound sense of serenity.

**Mother to Be** 75 minutes

Designed to relieve back pain and improve sleep and mood, as well as decrease stress. Our therapists will ensure your comfort whichever part of your pregnancy you are in.

**Foot Massage with Gua Sha crystal stones** 60 minutes

Inspired by ancient Chinese techniques utilizing pressure point stimulation on the feet. This therapy is designed to encourage energy flow to all vital organs and promote a sense of well-being. Combined with Gua Sha crystal stones to relieve tension and boost circulation.

**AVI Global Specialist Therapy** 60 minutes

The AVI Spa team members have been carefully selected from all over the Globe celebrating the diversity and beauty in the healing traditions of ancient cultures. Each of our therapists brings a unique therapy from their own culture to AVI Spa and it is our desire that you experience that in its greatest authenticity. Please contact our Spa representative for more information, advanced bookings suggested.

## SPA MENU

### **BODY THERAPY by AVI**

Understanding the overall wellness of our physique, Body Therapy is designed to cleanse and calm the skin with each therapy focussing on stimulating and rejuvenating the senses.

#### **Spirulina Detox Body Wrap** *60 minutes*

A purifying mineral Turkish Body Scrub followed by a nutrient rich Spirulina Body Wrap to improve skin elasticity and cell regeneration.

#### **Coconut & Mango Body Polish** *60 minutes*

Reveal smooth and glowing soft skin with a tropical cocktail of super foods, gently exfoliate with a coconut sugar scrub followed by a mango enzyme peel, nourish with firming coconut body lotion.

#### **Mixed Berry Body Scrub** *60 minutes*

Effectively remove rough and dry skin with our cranberry & pomegranate body scrub, follow with a blueberry soy slimming body wrap to refine and firm the complexion. Finish with an application of vitamin packed honeydew lotion for silky skin.

#### **Stone Crop Body Firming Utilizing** *60 minutes*

Featuring one of the globe's great super plants stone crop, this treatment ritual unique to Eminence Organics promises to smooth and firm, correct pigmentation and heal skin conditions, ideal for uneven complexions.

#### **Coconut & Sea Salt Body Scrub** *60 minutes*

A traditional and natural way to deeply cleanse and polish your skin using an invigorating coconut and sea salt scrub, leaving you with glowing skin.

#### **Sun Kissed Skin Cooler** *60 minutes*

Begin with a cool compress followed by a healing and soothing aloe vera and lavender wrap, whilst the aloe goes to work you will receive a gentle scalp massage. Finish off with an application of healing stone crop lotion with germ oil to enrich and increase moisture levels within the skin.

## SPA MENU

**FACIAL THERAPY by AVI**

All facials incorporate crystal rolling and an acupressure facial massage to stimulate lymphatic drainage, reduce puffiness and encourage microcirculation.

**Marine Flower Peptide Collagen Boosting Facial** 75 minutes

An anti-aging treatment that will leave your complexion feeling youthful and radiant. Plump, hydrate and smooth your skin with botanical peptides and algae extracts for collagen boosting. This facial will help to reduce fine lines, wrinkles and ideal for all skin types.

**Energizing Gemstone Facial** 75 minutes

Prepare to glow from inside out with a completely transformative skin care experience using natural Gemstone collection. Stimulate your senses and reveal balanced, energized, glowing skin.

**Firm Skin Ultra Lift Facial** 60 minutes

Eliminate the signs of aging, bringing youth and vitality back to the skin, with our complete firming solution. This facial helps to prevent dehydration, reduce wrinkle depth, and protect against future damage from free radicals.

**Mangosteen Resurfacing Facial** 60 minutes

Pore-refining, revitalizing, and skin resurfacing diminishing signs of aging. Eminence Organics' proprietary Lactic Acid Complex paired with antioxidant-rich "super fruit" Mangosteen resurfaces dull skin, minimizes pores and refines skin tone, unveiling a fresh, luminous complexion.

**Microgreens Mens' Detox Facial** 60 minutes

This facial is detoxifying, oxygenating, hydrating and brimming with vital antioxidants combating early signs of aging caused by pollution and other environmental stressors. This truly rejuvenating-yet-relaxing facial is tailored specifically for a gentleman's needs.

**Vitaskin Bright Skin Facial** 60 minutes

Target dark spots and hyperpigmentation while you brighten and tone your skin with natural and organic ingredients such as Bearberry, Licorice Root and shooting Stone Crop.

**Vitaskin Clear Skin Facial** 60 minutes

Specially for oily/acne prone skin, this is a complete clear skin solution that detoxifies and revitalizes acne prone or oily skin types with gentle, effective ingredients that provide essential vitamins and antioxidants to soothe inflammation purify the skin and reduce the formation of sebum and bacteria.

**Vitaskin Calm Skin Facial** 60 minutes

Designed especially for sensitive and rosacea skins, sensitive skin has never felt calmer. Utilizing healing and calming ingredients such as arnica, horse chestnut, and rosemary this facial dramatically reduces redness and calms irritation, even for the most sensitive skins.

**Bright Eye Enhancement** 15 minutes

For beautiful bright and fresh eyes this treatment targets fine lines, wrinkles, crow's feet, puffiness, dark circles, and lack of skin tone.

**Luscious Lip Enhancement** 15 minutes

This treatment diminishes fine, vertical lip lines, removes dryness, and dramatically increases collagen production to create fuller, more voluptuous lips.

## SPA MENU

### **SPA EXPERIENCES by AVI**

Carefully curated by the experts, each Spa Experience by AVI is designed with a focal objective in mind. You can select an experience to energise, relax or rejuvenate to suit your personal needs.

#### **Energise** 70 minutes

Designed to ease away aches and pains in the back and shoulder area, where most people carry their stress. Enjoy a refreshing scrub, cleansing mask and massage followed by the application of heated compresses.

#### **Heavens Realm** 120 minutes

Specifically created for body regeneration. Begin with a footbath ritual followed by an invigorating coconut body scrub, follow with the application of a cleansing body mask. Next experience foot reflexology to stimulate the body's natural healing processes and finish off with a purifying bath soak.

#### **Body Firming Detox Package** 140 minutes

Purifying, detoxifying, hydrating and nourishing treatment begin with Spirulina Detox Body Wrap and Detox Bath followed by Body Firming Massage. Finish this firming experience with an application of Remineralizing Body Crème blended with Organic Oil to hydrates and brightens the skin.

#### **Yin & Yang** 140 minutes

At AVI Spa indulge in pure luxury with this romantic body ritual. Begin with an aromatic chocolate truffle body wrap followed by a romantic soak in a petal-strewn bath. Finish with our energizing AVI signature treatment.

#### **Clarity** 150 minutes

Experience this purifying body treatment designed to heal the body, calm the mind and soothe the soul. Begin with a footbath ritual and invigorating stone crop scrub, a body mask is then applied to the skin to purge impurities. Next relax into a healing bath infusion and finish off with a Thai massage.

#### **Illuminate** 170 minutes

Begin with a footbath ritual followed by a mixed berry body polish and an indulgent soak in a luxurious petal strewn bath. Next enjoy a Balinese massage to relieve tension, improve blood flow, ease stress and calm the mind and finish with a revitalizing facial treatment. This journey will leave your soul renewed and your complexion radiant and luminous.

#### **Sanctum for Men** 170 minutes

This special treatment package is created with Men's skin and body needs in mind. After a footbath ritual, enjoy a deeply exfoliating body scrub followed by a soothing bath, deep tissue massage and finish off with a facial treatment.

## SPA MENU

### **TEEN SPA by AVI**

We've got you covered with a selection of deliciously chilled out Spa treatments that will make any adult jealous. Curated especially for Teens' skin, bodies and minds.

#### **Fresh** 50 minutes

If bumps and spots are getting you down we have the solution, this Eminence Organics facial will deeply clean the skin, soothe angry red complexions and reduce oiliness.

#### **Chill** 50 minutes

When your face is super delicate and one wrong move can make you tomato red it's time for our Chill facial. Organic herbs known for their calming and healing abilities will be applied to clean soothe and nourish the most sensitive skins.

#### **Bliss** 50 minutes

This massage focuses on your stress points and is good enough to erase all memories of exam time. Your therapist will use long strokes and kneading to loosen up and relax the shoulders and back, finishing up with a foot massage, you will be dancing out the door.

#### **Buff** 50 minutes

Good enough to eat our Coconut, Chocolate, Sugar body treatment focuses on the back, arms and legs to remove rough spots and smooth you out, follow with a chocolate truffle body wrap to give you that outer glow.

## SPA MENU

### **BATH SOAKS by AVI**

Our bath soaks are brimming with natural ingredients including floral and herbal extracts for glowing skin. Available in Spa with treatments and in Villa at your leisure, please reserve 6 hours in advance.

#### **AVI** *20 minutes*

Nourishing coconut cream blended with AVI essential oil blend to soften the skin and leave you with a glowing complexion.

#### **Sensuality** *20 minutes*

A sensual soak created for two, utilizing the aphrodisiac qualities of pure organic flower essences of rose otto and ylang ylang and a sprinkle of petals.

#### **Healing** *20 minutes*

A soothing combination of cool water, green tea, nourishing lavender essential oil to cool and soothe sun kissed skins.

#### **Purifying** *20 minutes*

A cleansing and purifying combination of grapefruit essential oil and sea salts, this mineral rich combination of citrus and sea, encourages detoxification leaving the body refreshed and cleansed.

### **BEAUTY by AVI**

#### **Waxing** *30/60 minutes*

Underarms

Bikini

Half leg

Full leg

## SPA MENU

### HANDS & FEET by MARGARET DABBS LONDON

#### **Supreme Manicure** 60 minutes

Our outstanding anti-ageing luxury manicure treatment gives exceptional results, with the indulgence of the full range of Margaret Dabbs London Fabulous Hands products. The treatment includes a wonderful creamy scrub, hand and lower arm massage and finishes off with a polish, buffing for men.

#### **Total Manicure** 45 minutes

A thorough Manicure, to the point and hugely effective including cuticle work, nail shape and nail polish application, buffing for Men.

#### **Supreme Pedicure** 60 minutes

Our outstanding luxury pedicure treatment gives long lasting results, with the indulgence of the full range of Margaret Dabbs London Fabulous Feet products. The treatment includes exfoliation, a soothing footbath, revitalising foot massage and finishes off with a polish for transformative results, buffing for Men.

#### **Total Pedicure** 45 minutes

A thorough pedicure, to the point and hugely effective including cuticle work, hard skin removal with foot filing and nail polish application, buffing for Men.

### LEGS by MARGARET DABBS LONDON

Leg Therapies by Margaret Dabbs London have medical and beauty benefits and contain key ingredients of Legance™ and V-Tonic complex focusing on venous de-congestion and foot and lower leg swelling whilst at the same time transforming legs leaving them feeling smooth, visibly more slender, silky and light.

#### **Illuminating and Relieving Yellow Leg Masque Treatment** 60 minutes

This luxurious and results-driven leg treatment refreshes and lightens the legs whilst also improving circulation and skin elasticity. This treatment leaves your legs looking visibly silky, slender and illuminated with firmness and tone improved.

#### **Relieving and Toning Black Leg Masque Treatment** 60 minutes

This outstanding Black Leg Masque Leg Treatment is designed to relieve the feeling of heavy legs. It works to help stimulate the circulation, as well as soothing, firming and cooling the skin and lightening the legs. This fabulous treatment leaves your legs feeling lighter, sleeker and slender.



## SPA MENU

### HOW TO SPA

#### Hour of Service

AVI Spa is open for reservation from 10.00am – 7:00pm

#### Scheduling an Appointment

To schedule an appointment for your preferred treatment, please inform your personal Island Curator. To ensure your preferred time and service is available, we recommend booking in advance.

#### Arrival Time

We recommended that you arrived 15 minutes prior to your appointment. Late arrivals will limit the time of your treatment.

#### Cancellation Policy

Should you need to cancel or reschedule, a 6-hour notice is required before the scheduled treatment. For non-arrival, full price of the service will be charged.

#### Health Conditions

Kindly advise us of any health conditions, allergies, any recent surgeries or injuries, which could affect your choice of treatment when making your reservation.

#### Spa Attire

Changing locker facilities are available in our changing rooms as well as inside the treatment rooms, where bathrobes, slippers, and disposables are provided.

#### Spa Etiquette

To maintain a peaceful atmosphere and to respect other guest's privacy, we kindly request that mobile phones are silenced when arrive at the spa. Our Spa is a whisper zone and non-smoking area.

#### Valuables

We advise that you leave valuables in the safe in your guest room. AVI Spa are not responsible for any loss or damage of valuables of any kind.

#### Age Requirements

Guest of AVI Spa must be 19 years old and above to access or use the spa facilities and treatment. Age 12-18 years old must be accompanied by an adult.

## SPA MENU

## PRICELIST

**MASSAGE by AVI**

AVI Signature Treatment	90 mins	\$240
Warm Bamboo Massage	90 mins	\$240
Warm Herbal Poultice Treatment	60/90 mins	\$195/\$250
Body Firming Massage	75/90 minutes	\$225/275
Deep Tissue Massage	60/90 mins	\$175/\$225
Thai Massage	75/90 mins	\$200/225
Balinese Massage	60/90 mins	\$175/\$225
Mother to Be	75 mins	\$200
Foot Massage with Gua Sha	60 mins	\$150
AVI Global Specialist Therapy	60 mins	\$185

**BODY THERAPY by AVI**

Spirulina Detox Body Wrap	60 mins	\$185
Coconut & Mango Body Polish	60 mins	\$175
Mixed Berry Body Scrub	60 mins	\$175
Stone Crop Body Firming Utilizing	60 mins	\$175
Coconut & Sea Salt Body Scrub	60 mins	\$175
Sun Kissed Skin Cooler	60 mins	\$175

**FACIAL THERAPY by AVI**

Marine Collagen Facial	75 mins	\$225
Energizing Gemstone Facial	75 mins	\$200
Firm Skin Ultra Lift Facial	60 mins	\$185
Mangosteen Facial Resurfacing Facial	60 mins	\$185
Microgreens Mens' Detox Facial	60 mins	\$175
Vitaskin Bright Skin Facial	60 mins	\$185
Vitaskin Clear Skin Facial	60 mins	\$175
Vitaskin Calm Skin Facial	60 mins	\$175
Bright Eye Enhancement	15 mins	\$45
Luscious Lip Enhancement	15 mins	\$45

**SPA EXPERIENCES by AVI**

Energize	70 mins	\$200
Heavens Realm	120 mins	\$335
Body Firming Detox	140 mins	\$400
Yin & Yang	140 mins	\$390
Clarity	150 mins	\$415
Illuminate	170 mins	\$475
Sanctum for Men	170 mins	\$475

ALL THE ABOVE PRICES ARE IN USD DOLLARS  
AND SUBJECT TO 10% SERVICE CHARGE AND 12% GST.

## SPA MENU

### PRICELIST

#### TEEN SPA by AVI

Fresh	50 mins	\$150
Chill	50 mins	\$150
Bliss	50 mins	\$150
Buff	50 mins	\$150

<b>BATH SOAKS by AVI</b>	20 mins	\$60
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#### BEAUTY by AVI

Waxing		
Underarms	\$30	
Bikini	\$45	
Half leg	\$60	
Full leg	\$90	

#### HANDS & FEET BY MARGARET DABBS LONDON

Supreme Manicure	60 mins	\$90
Total Manicure	45 mins	\$70
Supreme Pedicure	60 mins	\$90
Total Pedicure	45 mins	\$70

#### LEGS BY MARGARET DABBS LONDON

Illuminating and Refining Yellow Leg Masque Treatment	60 mins	\$90
Relieving and Toning Black Leg Masque Treatment	60 mins	\$90

ALL THE ABOVE PRICES ARE IN USD DOLLARS  
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AVISPA

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