



S P A **ALILA**

S P A **ALILA**

Spa Alila at Kothaifaru Maldives offers guests unique and customised spa experiences in a relaxed and contemporary environment. Varieties of indulgent and rejuvenating spa treatments are combined with personal consultations given by friendly and intuitive therapists. Spa Alila fervently believes in using only natural products for spa therapies and all products are handmade using pure, natural ingredients. In addition, the spa offers a range of exercise, yoga and meditation classes for guests who seek to invigorate their senses, along with a variety of healthy foods and self-care recommendations to maintain a balanced sense of well-being. The charming interiors and warm ambient lighting of Spa Alila, together with soothing scents of essential oils, offer guests a comforting prelude to their treatments.

The extensive and exclusive spa treatment menu combines both Asian and Western therapy techniques and showcases Spa Alila's special selection of natural active ingredients. Guests are able to choose from a wide range of therapeutic massages. These include deep tissue, relaxing, nurturing and a special pregnancy massage for expectant mothers. Aside from customisable spa treatments, his/her facials, body scrubs, and manicure and pedicure offerings, Spa Alila at Alila Kothaifaru Maldives also takes pride in its nurturing techniques passed down for generations but rarely practised in today's spa treatments. These nurturing movements calm not just the body but also the mind and soul. Guests are also invited to build their own spa package with a variety of interchangeable product elements and treatment enhancements.

Entwined with the lush surroundings, Spa Alila features four double treatment suites, all with a private bathroom, shower and a floor-to-ceiling window offering views. Treat yourself to rejuvenating treatments and beauty rituals that put a contemporary spin on ancient healing techniques and draw on the benefits of natural ingredients to deliver pure luxurious indulgence..

Guests looking to take home a piece of their spa experience can purchase from Spa Alila's extensive range of skin care products. Available at the merchandise section at the Alila Living Boutique, these products are made from all-natural and locally sourced ingredients.



SPA ALILA TREATMENT MENU

At Spa Alila, our goal is to help bring you back into balance naturally with treatments personalised to your needs. Through the heartfelt touch of our experienced therapists, our naturally active products and maximum guest input, we create a new dimension in nurturing and divine pampering rituals. Surrender to the blissful Spa Alila experience and you'll see and feel the benefits in your appearance, your spirit and your overall sense of well-being. Step into our sanctuary for a moment of indulgence exclusively reserved for you.

SIGNATURE TREATMENTS

THE ART OF TOUCH

Learn the healing and relaxing power of touch in this holistic massage workshop. Massage can have a profound positive effect on mind, body and soul and offers multiple benefits, from promoting relaxation to improving sleep. Being able to give a massage is a wonderful gift to share with family and friends, and a great way for couples to deepen their bond and connection. This hands-on workshop covers basic massage techniques and sequences, which you will practise on each other or your partner. Bring home a gift of our signature blend essential oil after the experience for your #spaalilamaldives moments to remember.

75 minutes | USD 195 per person

MALDIVES INDULGENCE

This indulgent ritual begins with a fresh grated coconut scrub combined with Himalayan Pink Salt to deeply condition your skin and leave it feeling refreshed and nourished. Your relaxation is further enhanced with a tropical coconut and flower bath, followed by a therapeutic massage and a mini facial to finish, ensuring you feel totally rebalanced and revitalised.

150 minutes | USD 350 per person

Treatment includes:

- 45-min Coconut/Himalayan Pink Salt Scrub
- 15-min Fresh Coconut Aromatic Bath
- 60-min Therapeutic Massage using locally made coconut oil
- 30-min Mini Facial
- Coconut Juice

All rates are subject to 16% GST and 10% service charge. Should there be any change in taxation by the government, the hotel reserves the right to amend the prices accordingly without any prior notice.

FULL MOON RITUAL

Immerse yourself in the light of a full moon in a candlelit open-air pavilion at our spa over the treetops, letting the healing power of Mother Nature nourish you. Experience a transformational journey encompassing breathing techniques to restore harmony between the body, mind and soul, a slow rhythmic massage, and a mini facial to hydrate and firm the face.

This treatment is subject to weather conditions. Available only from 8 pm to 10.30 pm. 24 hours advance reservation is essential.

105 minutes | USD 395 per person
105 minutes | USD 695 per couple

Treatment includes:

- 15-min Pranayama
- 60-min Alila Kothaifaru Massage
- 30-min Mini Facial
- A choice of healthy juice

JOURNEY TO YOU HALF-DAY PACKAGE

Indulge in a mini spa retreat featuring a combination of wellness experiences designed to relax and revitalise you. Following our signature footbath, heated river stones are smoothed over the body in rhythmic flowing strokes to relieve tension and soothe emotions. They are also placed on various energy points to awaken the body's natural healing potential, addressing deep-held muscular knots for maximum relaxation.

Then be pampered with an Alila facial featuring red clay that draws out impurities while releasing essential minerals. A combination of pressure point and nourishing massage techniques is applied, leaving your skin glowing with renewed freshness and vitality. End your journey with a choice of Spa Alila juice designed to target specific areas of health.

Single/Couple | USD 398 / USD 738

Treatment includes:

- 90-min Warm Stone Massage
- 60-min Alila Facial
- A choice of healthy juice

ROMANTIC ESCAPE

A Sensory Spa Experience for Couples. Step into a world of enchantment with our Romantic Spa Experience, designed to ignite passion and create unforgettable memories. Begin your journey with a luxurious 60-minute couple's massage, where skilled therapists expertly melt away tension, allowing intimacy to flourish in the air. Savor the delightful aroma of essential oils as you bask in a tranquil oasis. After your massage, indulge in a sumptuous bath adorned with delicate petals, accompanied by a lovingly crafted chocolate platter and a bottle of premium sparkling wine, inviting you to toast to love. The gentle sound of flowing water and soft melodies envelop you, crafting a perfect backdrop for connection.

60/90 minutes | USD 350 / USD 450 per couple

FOUR-HAND MASSAGE

Indulge in the ultimate relaxation with our signature Four-Hand Massage at Spa Alila—an exquisite experience where two skilled therapists work in perfect harmony to create a deeply immersive and therapeutic journey. Two therapists perform perfectly choreographed strokes, creating a seamless sensation of total relaxation. This technique improves blood flow, eases muscle tension, and revitalizes the body. Surrender to the synchronized touch of expert hands and let Spa Alila transport you to a world of blissful serenity.

60/90 minutes | USD 325 / USD 415 per person

AYURVEDIC REJUVENATION MASSAGE

Experience the healing essence of Ayurveda with our Ayurvedic Rejuvenation Massage at Spa Alila, a holistic therapy designed to restore balance, vitality, and inner harmony. Infused with Ayurvedic herbs, the therapeutic oils nourish the skin, relieve tension, and enhance circulation. Gentle yet firm massage techniques stimulate energy flow and detoxify the body. Encourages stress relief, improves sleep, joints mobility and revitalizes overall well-being.

60/90 minutes | USD 175 / USD 225 per person



SPA ALILA TREATMENT MENU

MASSAGE TREATMENTS

At Spa Alila, we draw on the benefits of a range of Asian and European massage techniques that can be tailored to your personal wellness needs. Allow our spa hosts to help you select the appropriate massage therapy and oils to suit your condition.

ALILA KOTHAIFARU MASSAGE

Experience the essence of peace evoked by the rejuvenate and soothing massage techniques. Our signature aromatherapy massage oils help calm the mind and stimulate blood circulation, leaving the entire body feeling totally relaxed.

75 minutes | USD 195 per person

BAMBOO MASSAGE

Known for its symbolism of strength and flexibility in the Orient, bamboo is used in this massage technique to provide deep tissue work that balances, calms, and energizes you both physically and mentally. Together with a blended massage oil, this treatment provides a powerful sense of relaxation and well-being.

90 minutes | USD 235 per person

DEEP TISSUE MASSAGE

For those who want to target deeper layers for more profound and lasting effects, experience a complete body awakening with a combination of therapeutic massage techniques using fluent strokes of different depths and intensity. Swedish deep tissue techniques work into muscles to relieve tension and stiffness. Acupressure points are used for specific stimulation.

75/90 minutes | USD 205 / USD 235 per person

All rates are subject to 16% GST and 10% service charge. Should there be any change in taxation by the government, the hotel reserves the right to amend the prices accordingly without any prior notice.

SPA ALILA TREATMENT MENU

MASSAGE TREATMENTS

BALINESE MASSAGE

Feel tension dissolve with this ancient Balinese healing therapy that combines gentle stretching, kneading strokes and skin rolling to relieve muscle pain. Palm and thumb pressure techniques are also applied to unravel the deepest stress and improve blood flow.

60/90 minutes | USD 175 / USD 225 per person

THAI MASSAGE

Your therapist will apply pressure along the meridians to unblock trapped energy, improve flexibility and enhance general wellbeing. Often described as passive yoga, this treatment will leave you feeling energised and uplifted. This is a dry massage using techniques practised for 2,500 years, performed while you remain fully clothed in soft pyjamas.

75/90 minutes | USD 195 | USD 225 per person

MOTHER-TO-BE

Enjoy relief from the physical and emotional demands of pregnancy. This gentle, non-invasive approach to massage will ease your discomfort and help lower stress. Feel yourself slip into a state of calm relaxation as our skilled therapist uses a lighter touch, concentrating on those areas most vulnerable to changes in your body. This is a specially designed treatment suitable for all stages of pregnancy after the first trimester.

75 minutes | USD 195 per person

WARM RIVER STONE MASSAGE

This ancient therapy eases tension at the deepest level as the heat from warm stones is slowly released into the heart of the muscle. Small stones are placed on key energy points while luxuriously warmed oils are massaged deeply into the body, addressing deep-held muscular knots for maximum relaxation. The treatment also involves dynamic stretches.

90 minutes | USD 245 per person

All rates are subject to 16% GST and 10% service charge. Should there be any change in taxation by the government, the hotel reserves the right to amend the prices accordingly without any prior notice.

SPA ALILA TREATMENT MENU

MASSAGE TREATMENTS

REFLEXOLOGY

Reflexology is based on the principle that energy flows freely around the body when we are in good health and that there are reflex areas on the feet that correspond to every part of the body, including major organs. Sit back and relax as your therapist applies varying degrees of pressure to specific points on the feet with thumb and fingers to unblock energy flow and promote the body's natural healing from within.

60 minutes | USD 175 per person

BACK, NECK AND SHOULDER MASSAGE

Are your muscles feeling the stress of long hours in front of a computer? Alleviating tension in the areas where we tend to store it most deeply, this massage provides powerful relief from headaches, stiffness, neck and muscle pain while improving blood circulation, sweeping away fatigue and promoting a good night's sleep.

60 minutes | USD 175 per person

HERBAL COMPRESS MASSAGE

This distinctive style of traditional Thai massage uses a heated compress filled with remedial herbs to increase circulation, relieve muscle pain and stiffness, enhance energy flow and relieve fatigue. This is followed by a full body massage using an aromatic herbal oil blend.

90 minutes | USD 235 per person

All rates are subject to 16% GST and 10% service charge. Should there be any change in taxation by the government, the hotel reserves the right to amend the prices accordingly without any prior notice.



BODY TREATMENTS

CREATE YOUR OWN JOURNEY TO RENEWED BALANCE

Spa Alila's unique approach recognises the individual in you, offering you the flexibility to design treatments according to your personal needs and preferences in consultation with our spa hosts. Using the following packaged treatments as a guide, enjoy the fun and freedom to create your very own spa experience choosing from a selection of interchangeable products and treatment enhancers.

ALILA KOTHAIFARU BATH

Treat yourself to a deeply cleansing and incredibly earthy body care treatment for smooth, radiant skin. After dry brushing your body, our expert therapists will apply a signature body scrub that combines the exfoliating benefits of lemongrass. Once your skin is nourished, enjoy a tropical flower bath. Then feel tension melt and your energy revitalised with each calming stroke of our Alila Kothaifaru Massage.

120 minutes | USD 295 per person

Treatment includes:

- 5-min Foot Bath
- 5-min Dry Brushing
- 40-min Spa Alila Scrub
- 10-min Alila Bath
- 60-min Alila Kothaifaru Massage

BEAUTY AND BALANCE

Awaken your senses and soothe your weary muscles from the rigor of daily life with this rich cocoa, coffee and coconut treatment. Cocoa gently exfoliates while the caffeine in the coffee draws out impurities and coconut deeply conditions – a triple combination that gives skin a vivacious glow. Treatment includes our soothing signature foot ritual, a choice of therapeutic massage followed by a coffee and coconut scrub, a cocoa and coffee body mask, and concludes with avocado and coconut Hair & Scalp Treatment to nourish and conditions damaged hair by the sun and seawater. This treatment is also fabulous for couples as the mask can be applied to each other in the privacy of your shower room for an intimately therapeutic experience.

135 minutes | USD 325 per person

Treatment includes:

- 5-min Foot Bath
- 60-min Choice of Therapeutic Massage
- 30-min Coffee and Coconut Scrub
- 25-min Cocoa and Coffee Mask
- 15-min Avocado and Coconut Hair & Scalp Treatment

All rates are subject to 16% GST and 10% service charge. Should there be any change in taxation by the government, the hotel reserves the right to amend the prices accordingly without any prior notice.

All rates are subject to 16% GST and 10% service charge. Should there be any change in taxation by the government, the hotel reserves the right to amend the prices accordingly without any prior notice.

INTERCHANGEABLE PRODUCT ELEMENTS

Personalised to your wellness needs.

SCRUBS

Gentle and Kind

Aloe vera, cucumber and chlorophyll

Comfort and Detoxifying

ginger, lemongrass and orange

Deep and Cleansing

coffee, coconut and cocoa

Lightening and Brightening - Our Signature Blend Body Scrub

lavender, ylang ylang and lemongrass

45 minutes | USD 100 per person

WRAPS AND MASKS

Soothing

chamomile, green clay and geranium

Firming

cocoa, coffee and coconut

Glowing

turmeric, cinnamon and ginger

45 minutes | USD 100 per person

All rates are subject to 16% GST and 10% service charge. Should there be any change in taxation by the government, the hotel reserves the right to amend the prices accordingly without any prior notice.

60-MINUTE MASSAGE THERAPY

Alila Signature Massage

Balinese Massage

Head, Neck and Shoulder Massage

Reflexology

AFTER SUN SOOTHER

After intense sun exposure, replenish your skin with this healing, soothing and cooling treatment that helps to relieve irritation, moisturise, and restore hydration. Concludes the treatment with aloe vera mini facial to restore skin cells and create a healthful glow.

60 minutes | USD 175 per person

All rates are subject to 16% GST and 10% service charge. Should there be any change in taxation by the government, the hotel reserves the right to amend the prices accordingly without any prior notice.

FACIAL CARE

SPA ALILA FACIAL

Our Spa Alila Facial draws on the benefits of our handmade natural products to stimulate and revitalise tired skin. Your face will be delicately cleansed, lightly exfoliated and moisturised. Suitable for every skin type.

HER

Reveal your skin’s full potential with this remarkable facial specifically customised for ladies. See the glowing results of exfoliating sandalwood, detoxifying French red clay, and toning and rejuvenating oils of rose and lemon. A combination of pressure point and lymphatic drainage massage techniques leaves your skin looking alive and lustrous.

75 minutes | USD 185 per person

HIM

Our Alila Man facial is designed to restore skin’s natural pH balance, leaving you with a softer, smoother and radiantly healthy appearance. Treatment includes exfoliation with local rice bran and sandalwood, a detoxifying mask of volcanic clay and lemon, then finishes with an ultra moisturising blend of aloe vera juice, wild flower honey and wheat amino acids.

75 minutes | USD 185 per person

All rates are subject to 16% GST and 10% service charge. Should there be any change in taxation by the government, the hotel reserves the right to amend the prices accordingly without any prior notice.

NAIL CARE

MARGARET DABBS LONDON™ NAIL SPA TREATMENTS

Margaret Dabbs London’s unique, expert anti-ageing manicures with treatment gloves, and outstandingly effective beauty pedicures, are performed to the highest standards. Treatments are expertly performed on dry skin to medical standards of hygiene using sterilised, single-use tools to provide optimum results for both men and women. These treatments utilise the brand’s exceptional award-winning products, including the PURE luxury, vegan-friendly collection of foot care and hand care products, specially formulated with powerful, active botanicals and natural plant extracts.

SUPREME MANICURE

Using the award-winning Margaret Dabbs London’s PURE Hands product range, this signature manicure focuses on treating nails and cuticles and includes results-driven nourishing hand lotion, and a hand serum mask and scrub that instantly brightens dull, dry skin. The manicure is finished with a delightful lower arm and hand massage and with your choice of nail polish. Simply the best manicure you can find.

75 minutes | USD 90 per person

SUPREME PEDICURE

This outstanding pedicure treatment focuses on foot health and returns the foot and toenails back to a more youthful appearance. Extra attention is given to the skin with foot filing and hard skin removal for long-lasting results. Using the full range of Margaret Dabbs London’s PURE Feet products, scented with gorgeous bergamot and petitgrain, it will transform the way your feet look and feel. Finish with a nail polish if you wish to add some colour.

75 minutes | USD 95 per person

MINI NAIL

Colour Application	30 minutes USD 30 per person
Colour Change (Hands or Feet)	45 minutes USD 50 per person
Mini Pedicure	45 minutes USD 75 per person
Mini Manicure	45 minutes USD 70 per person

All rates are subject to 16% GST and 10% service charge. Should there be any change in taxation by the government, the hotel reserves the right to amend the prices accordingly without any prior notice.



THE ART OF MOVEMENTS

Spa Alila offers a variety of classes and activities, including yoga, meditation, and physical activity sessions. Our experienced wellness expert is trained to understand your personal goals and will design a specific arrangement to support your journey to improve your overall wellbeing. Complimentary sessions are available on a daily basis. Please refer to our Spa Alila Wellness activities or approach our wellness team to secure your reservation.

YOGA

Through a series of strengthening poses, breathing and meditation, this session aims to bring the whole self into balance and increase flexibility. There are many forms of yoga, from gentle to intermediate and advanced levels. Our wellness expert will ensure that the movements are appropriate for your current level of experience and personal goals.

60 minutes | USD 95 per person | USD 115 per couple

ASANA, PRANAYAMA AND MEDITATION

The tranquil environment of Spa Alila is ideal for the practice of yoga, incorporating asanas, specific body positions that open the energy channels, as well as pranayama, or breath control, and meditation. Our wellness expert will guide you towards calming the mind to achieve heightened awareness and focus, and a peaceful, balanced state that promotes relaxation, increases internal energy flow and nurtures compassion, love, patience, generosity and forgiveness.

60 minutes | USD 95 per person | USD 115 per couple

MAT PILATES

Awaken your vitality and rejuvenate your body with our invigorating Mat Pilates session. Under the guidance of our Resident Wellness Instructor, you will learn to engage your core muscles and increase your overall strength while also improving your flexibility, balance, and coordination.

60 minutes | USD 95 per person | USD 115 per couple

All rates are subject to 16% GST and 10% service charge. Should there be any change in taxation by the government, the hotel reserves the right to amend the prices accordingly without any prior notice.



FITNESS

All fitness centre guests must be at least 18 years of age. Proper athletic attire and footwear must be worn at all times in the fitness centre for guests' safety.

PERSONALISED CORRECTIVE EXERCISE

A one-on-one session with our experienced personal trainer is the ideal way to perfect your exercise routine to achieve the desired results. Our specialist will work with you to determine your specific needs and design an arrangement best suited to your goals that you can continue at home.

60 minutes | USD 95 per person | USD 115 per couple

All rates are subject to 16% GST and 10% service charge. Should there be any change in taxation by the government, the hotel reserves the right to amend the prices accordingly without any prior notice.

CHILDREN'S SPA MENU

Children's Spa Menu is only for children aged six (6) to twelve (12) years old.

Children are to be accompanied by an adult during their treatment. If the parent or guardian leaves the room, the treatment will stop. However, the full treatment cost will still be charged.

Every little prince and princess deserves to feel their best and to glow with happiness and health, inside and out. Our kids' spa treatments offer not only a pampering treat but also a great introduction to healthy personal hygiene and well-being habits.

ALILA KOTHAIFARU MASSAGE FOR CHILDREN

A gentle full-body massage using our signature massage oil to relax your mind, improve your sleep pattern, and increase your ability to concentrate.

45 minutes | USD 120 per child

60 minutes | USD 145 per child

WELLNESS FOR ME PACKAGE

Indulge in this wellness experience that includes a 30-minute Alila Kothaifaru Massage for Children followed by a Bliss Manicure or Bliss Pedicure with nail shaping and polish. This experience includes snacks, your choice of fruit juice or hot/iced chocolate, and a cute bracelet to take home.

60 minutes | USD 155 per child

All rates are subject to 16% GST and 10% service charge. Should there be any change in taxation by the government, the hotel reserves the right to amend the prices accordingly without any prior notice.

FAMILY TIME

Indulge in family bonding with our family offerings that nourish your well-being and connection, combining relaxation with quality time together that you'll remember for years to come.

FAMILY YOGA

Yoga is beneficial for all ages and devoting an hour of time during your holiday to take a class together as a family is a wonderful way to connect and nourish your bond. Our resident yoga teacher will tailor an arrangement for you and your family to enjoy the practice of yoga together while supporting each other and having fun.

60 minutes | USD 135 (2 adults + 2 children)

Additional person at USD 30

FATHER AND SON

Father – 60-min Deep Tissue Massage

Son – 60-min Alila Kothaifaru Massage for Children

60 minutes | USD 295 per package

MOTHER AND DAUGHTER

Mother – 60-min Balinese Massage

Daughter – 60-min Alila Kothaifaru Massage for Children

60 minutes | USD 295 per package

All rates are subject to 16% GST and 10% service charge. Should there be any change in taxation by the government, the hotel reserves the right to amend the prices accordingly without any prior notice.



SPA ETIQUETTE

OPERATING HOURS

Spa Alila: 10.00am - 8.00pm
Fitness Centre: 6.00am - 8.00pm
Alila Living: 10.00am - 8.00pm

Should you wish to schedule a treatment outside of our usual hours, please contact our Spa Alila Hosts in advance to make arrangements. An additional charge of USD 95++ per person applies to appointments made outside of our usual hours.

RESERVATIONS

Reservations can be made at the Spa Alila reception or by dialing “0” on your in-room telephone. If calling from outside Alila Kothaifaru, you can dial +960 659 1234. We recommend that you book your appointments in advance to secure your preferred time. Requests for individual therapists may be accommodated based upon their availability.

ARRIVAL

For your enhanced comfort and relaxation, we suggest that you arrive 20 minutes prior to your first treatment, and 15 minutes prior to subsequent treatments. Arriving late will limit the time of your service, thus lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time to accommodate the next guest’s scheduled appointment, and the full price of your treatment will apply.

COMPLIMENTARY WELLNESS ACTIVITIES

Complimentary group wellness activities are scheduled on a daily basis. Please approach our Spa Alila Hosts to make your reservation.

ALLERGIES

Our Spa Concierge will ask you regarding any health-related issues or known allergies. Simple patch tests will be performed before conducting any treatment to ensure the selected product is right for you.

CHILDREN

A Minor Guest Client Form must be signed by a parent or guardian prior to the treatment. Your own undergarments or the disposable underwear provided must be worn by the minor guest during all treatments. To ensure that children do not have adverse reactions to any products used in the treatment, patch tests of products must be conducted three to four hours ahead of the treatment.

CANCELLATION POLICY

If you need to reschedule or cancel your appointment, please notify the spa at least six (6) hours before your scheduled appointment to avoid a 50% service fee. No-shows will be charged at full treatment price.

SPA ATTIRE

Robes and disposable undergarments are provided. However, you may choose to wear your own undergarment during your treatment. All bathroom amenities are provided. Please remove all jewellery.

NO SMOKING

We ensure a healthy environment for our guests by upholding a non-smoking policy.

SWITCH OFF

Kindly ensure your mobile phone is turned off or in silent mode. Better yet, we recommend you leave your phone and your worries behind.

PREPARATION

Most treatments on the menu only require that you come relaxed, yet there are a few that require a little preparation.

Waxing: Please ensure hair is at least 1/4th of an inch in order for the wax to adhere and remove the hair.

Exfoliating: To remove dry skin from the face or the body, it is advised to limit sun exposure ahead of time and to ensure proper protection afterwards. Men should refrain from shaving on the day of treatment.

Facials: Men are advised to shave carefully prior to the facial to avoid creating sensitivity. We also advise removing contact lenses before your treatment.

GRATUITY

Gratuities may be given at your own discretion. If more convenient, they may also be charged to your villa.

CONTINUED GLOW

To continue your spa regime at home, our complete range of 100% natural products and testers are available within the Alila Living and Spa Alila retail stores.



S P A **ALILA**

Naturally from the Heart

www.alilahotels.com