



THE ITHAAFUSHI PRIVATE ISLAND
TREATMENT MENU

WELCOME

Disconnect and escape the noise of everyday life. Reconnect with nature. Refresh in an oasis of serenity and blissful indulgence exclusively reserved for you.

The Private Island Spa invites you to create your spa experience of your own.

At the Private Island Fitness Centre, customized exercises and holistic wellness programs can build a strong and more flexible physique.



SENSES EXPERIENCES BY CAROL JOY LONDON

SENSE OF HAPPINESS

150 minutes

An opulent spa experience with exquisite 24ct gold that will leave skin illuminated and radiant and a feeling of contentment and serenity. Let the uplifting scents of Geranium, Mandarin and Cardamom in the Sense of Happiness aromatherapy oil invigorate the body - a reviving blend to nurture a sense of serenity and contentment. The journey begins with a Body Polish.

Restore a radiant glow with this full body exfoliation Uplifting Sense of Happiness aromatherapy oil is warmed and combined with Pink Himalayan Salts to exfoliate leaving skin subtle and smooth.

24CT GOLD BODY MASSAGE

A massage using a combination of Sense of Happiness aromatherapy oil combined with 24ct Gold Dust. Skin is left brighter and glowing while tensions are soothed.

24CT GOLD FACIAL

The ultimate skin brightening facial using the oxygenating properties of 24ct Gold and Golden Millet Oil. The 24ct Gold Leaf is massaged into the skin to leave the skin with renewed radiance.

HOT OIL SCALP TREATMENT

A heavenly hot oil scalp treatment to deliver contentment and serenity.

SENSE OF PURITY

150 minutes

A nourishing and restorative experience to cleanse the body and mind and balance energy flows. Allow Sense of Purity aromatherapy oil to cleanse the mind and stimulate the senses with a refreshing blend of Juniper Berry, Grapefruit and Peppermint oils. The journey begins with a Caviar & Algae Detox.

To refresh and revitalise the body, a warm blend of Sense of Purity aromatherapy oil is used alongside Pink Himalayan Salts for a full body exfoliation. The body is wrapped in deeply nourishing and detoxifying Caviar & Algae while the lymphatic system is stimulated through reflex points on the feet.

CAVIAR & ALGAE FACIAL

A luxuriously intensive facial that deeply hydrates and detoxifies. This treatment rejuvenates the complexion using nourishing Caviar & Algae. Soothing Collagen Eye Masks calm puffiness under the eyes while acupressure targets pressure points and relieves stress.



SENSES EXPERIENCES BY CAROL JOY LONDON

SENSE OF CALM

120 minutes

The ultimate soothing escape to a sense of calm. Free your mind and body allowing you to enter a state of utter tranquillity with a combination of lavender, sandalwood and ylang ylang of the Sense of Calm aromatherapy oil.

YOGA

A one-to-one session with private instructor on the yoga pavilion overlooking the serene setting of the Indian Ocean.

DEEP SLEEP MASSAGE

A bespoke massage for full body or target areas using a combination of slow, therapeutic, relaxing and sleep-inducing massage techniques to reduce stress, dissipate tensions and restore tranquillity.

SOOTHING EYE TREATMENT

To refresh, lift and firm the delicate eye area, a powerful, age-defying treatment combining collagen peptides with soluble and insoluble collagen to repair and reduce fine lines. Hyaluronic acid restores moisture which helps banish dark circles, while a cooling cryo globes reduce signs of tiredness. A blissful scalp massage with a nourishing hair mask relieves the stress of modern living.

SENSE OF BALANCE

120 minutes

Allow tensions to be alleviated and strains to melt away in this balancing experience with the comforting mix of Black Pepper, Ginger and Lavender of Sense of Balance aromatherapy oil. Designed to restore equilibrium, the journey begins with a Steam and Sauna experience and follow by a Tension Release Full Body Massage.

Banish aches and diminish pain with this tension relieving treatment. Myofascial techniques focus on stretching and balancing muscles targeting specific areas. Working at a deeper level, back, neck and shoulders are loosed to restore equilibrium to the body.

FACIAL WORKOUT

This stimulating facial workout sculpts facial muscles to leave skin toned and firm. Elasticity & circulation is boosted using the art of myofascial massage and lifting techniques to achieve that post workout glow.



FACIAL TREATMENTS

THE ULTIMATE ANTI-AGEING FACIAL

60 | 90 minutes

A results-driven facial incorporating a collagen & hyaluronic acid face mask to plump fine lines and deeply hydrate. A combination of our innovative muscle stimulation tool with myofascial and lifting facial massage tones and sculpts the face.

CRYO FACIAL

60 minutes

Rejuvenate the skin and restore an illuminating glow with this cryotherapy facial. An icy cryo-globe glides over the skin to increase circulation and boosts collagen production, skin is left fresh, glowing and rejuvenated.

CAVIAR & ALGAE FACIAL

90 minutes

A luxuriously intensive facial that deeply hydrates and detoxifies. This treatment rejuvenates the complexion using nourishing Caviar & Algae. Soothing Collagen Eye Masks calm puffiness under the eyes while acupressure targets pressure points and relieves stress.

GENTLEMAN'S FACIAL

60 | 90 minutes

A balancing face mask nourishes and hydrates while icy cryotherapy tones and stimulates cell renewal.



CRAFTED BODY TREATMENTS

CAVIAR & COLLAGEN COCOON

90 minutes

To relax both the body and mind, a full body exfoliation of detoxifying pink Himalayan salts and a choice of Senses Collection aromatherapy oil is followed by a nutrient-rich caviar & algae wrap. While the body is cocooned, a collagen and hyaluronic acid face mask is applied to stimulate cell renewal and plump fine lines. Tensions are soothed away with a calming scalp massage, making this the ultimate head to toe treatment.

HIMALAYAN SALT STONE MASSAGE

90 minutes

This warming and grounding massage uses heated Himalayan salt crystals. The penetrating heat of the salt stones allows for deeper tissue relaxation and makes the body more readily accepted that numerous vital minerals of the salt crystals. The heated salt crystals also release negative ions, which help elevate the mood and normalize blood PH.

FUSION MASSAGE

60 | 90 minutes

A medium to firm pressure with combination of Thai therapeutic stretching techniques with Shiatsu and Balinese to release chronic muscle tension and aid in recovery from activity induced soreness.

FIRE & ICE

60 minutes

A rich and warming upper body massage with black pepper and ginger works in harmony with hot stone therapy to alleviate tension and muscle pain. For the face, icy cryotherapy to increase collagen production and boost circulation along with myofascial massage to give the skin a beautiful glow. This restorative treatment finishes with a scalp massage to promote a deeper level of relaxation.

CAVIAR & ALGAE DETOX

60 minutes

To refresh and revitalise the body, a warm blend of Sense of Purity aromatherapy oil with cleansing grapefruit, detoxifying juniper & uplifting peppermint is used alongside Pink Himalayan Salts for a full body exfoliation. The body is wrapped in deeply nourishing and detoxifying warm Caviar & Algae while the lymphatic system is stimulated through reflex points on the feet.

BESPOKE MASSAGE

60 | 90 | 120 minutes

A warming upper body massage with black pepper and ginger alleviates tension and relaxes tight muscles, the ideal treatment to unwind.



JUNIOR SPA EXPERIENCE

ISLAND SPARKLE FACIAL

60 minutes

This brightening facial with diamond dust gives shimmer & shine to the skin. Includes a balancing face mask, cooling rose quartz roller and a gentle facial massage. The perfect facial for a dewy glow.

BRIGHT & BEAUTIFUL FACIAL

30 minutes

A light therapy treatment for problematic skin. Skin is deeply cleansed & a blue light LED mask helps to heal and repair skin. Skin is left feeling calm & cool.

TIME TO RELAX

30 | 60 minutes

A soothing neck, back & shoulder massage with Senses of Happiness aromatherapy oil with scents of Geranium, Mandarin and Cardamom.

HEAD IN THE CLOUDS

30 | 60 minutes

Drift away with this calming scalp massage, a deeply hydrating hair mask with warm golden millet oil is applied to nourish & protect hair while the scalp is massaged, pure relaxation.



FITNESS CENTRE

Boost your metabolism, gain body strength, reduce body fat, increase cardiovascular fitness and improve mobility and flexibility. Our personal trainers will provide you with endless individualized training options to help you reach your goals and enhance your health and fitness development.

PERSONAL TRAINING

60 minutes

Our qualified fitness instructors will work with you to motivate and assist you achieve your personal health and fitness goals, whether they are cardiovascular fitness, advanced strength, flexibility and/or weight loss. The first session will begin with a fitness evaluation.

BEACH BOOTCAMP

60 minutes

Get motivated with a fun and ferocious outdoor workout that incorporates a variety of drills to develop speed, agility and strength. Intense interval training dramatically improves fitness, while working out in the sun and sand provides a fantastic environment for primal movement and grounding with a healthy dose of Vitamin D.

BOXING

60 minutes

Boxing provides a high-intensity, power routine that requires focus and determination. Achieve optimal physical fitness while sculpting your arms, core and legs. Great for anyone who needs to burn off calories, lethargy or frustration.



PRIVATE WELLNESS ACTIVITIES

MEDITATION

60 minutes

Slowing the mind has a profound effect on wellbeing, relieves anxiety and improves stress resilience. Restore a sense of balance and peace with the help of a guided meditation. This mindfulness practice is for those who would like to learn about meditation in its many forms, as well as for those who appreciate the guidance of an experienced practitioner.

YOGA

60 minutes

Weaving breath, movement and meditation through a sequence of postures, yoga leaves you with a sense of grace and gratitude. Set in the fresh air amid the beauty of our natural environment, this is a wonderful place to learn yoga or to work on your own practice with an expert. The class can be adapted to suit your level and can be relaxing or invigorating.

PILATES

60 minutes

Pilates improves overall flexibility, lowers stress levels, flattens your stomach and trims your waist by strengthening your natural core. A floor-based exercise that strengthens and lengthens the muscles, learn to breathe and hold the proper posture to achieve overall wellness.

STRETCHING

60 minutes

Breathe your way to a more flexible body with a gentle stretch class that will release tension and induce relaxation to increase muscle flexibility and/or improve joint motion. This is an excellent and necessary complement to all other forms of sport.



INFORMATION & SPA ETIQUETTE

RESERVATIONS

Treatments are based on availability. We recommend booking your treatments well in advance to guarantee your preferred timing. Please contact your concierge to make a reservation.

CANCELLATION POLICY

No Show or Cancellation within 4 hours will incur a 50% charge. Rescheduled appointments are subject to availability.

SPA & FITNESS OPENING HOURS

Spa: 9:00 am to 9:00 pm
Fitness Centre: 7:00 am to 9:00 pm

HOW TO SPA

We encourage you to arrive 30 minutes prior to your treatment time to enable you to enjoy full use of our exclusive facilities. Please be advised that late arrival will result in a reduction of your treatment time.

GUEST ADVICE

All guests over 16 years old are welcome to enjoy the steam room and sauna. For the wellbeing of our guests, the consumption of alcohol is restricted to specific spa treatments. For your own safety, we reserve the right to refuse any guests that are under the influence of alcohol.

SPA ETIQUETTE

The spa environment is one of relaxation and tranquillity. We appreciate you turning off your mobile phone and electronic devices. To respect the relaxation and privacy of our guests, we kindly request you speak quietly. Smoking is not permitted in the Waldorf Astoria Spa or Fitness Centre.

AGE REQUIREMENTS

The minimum age to access the spa and experience treatments is 16 years old. To enquire about treatments for younger guests, please consult our Wellness Concierge.

HEALTH CONDITIONS

Kindly advise us of any health conditions, special preferences, allergies, or Injuries that could affect your treatment when making a reservation.

IN-VILLA TREATMENTS

Enjoy spa treatments in the privacy of your villa by special request and at an additional cost of 50% from the menu price per person. Please ask our Wellness Concierge for available options.

PRICING

All prices are in USD and subject to a 10% Service Charge and applicable tax. Credit Card surcharges apply. Prices are subject to change without prior notice.

GRATUITIES

Gratuities are not included. Gratuities for exemplary service are discretionary.



SENSES EXPERIENCE BY CAROL JOY LONDON

Sense of happiness	150 minutes	680
Sense of purity	150 minutes	680
Sense of calm	120 minutes	560
Sense of balance	120 minutes	560

FACIAL TREATMENTS

The ultimate anti-ageing facial	60 90 minutes	400 500
Cryo facial	60 minutes	350
Caviar & algae facial	90 minutes	380
Gentleman's facial	60 90 minutes	400 500

CRAFTED BODY TREATMENTS

Caviar & collagen cocoon	90 mins	350
Himalayan salt stone massage	90 mins	400
Fusion massage	60 90 minutes	350 400
Fire & ice	60 minutes	300
Caviar & algae detox	60 mins	300
Bespoke massage	60 90 120 minutes	400 550 700

JUNIOR SPA EXPERIENCE

Island sparkle facial	45 minutes	180
Bright & beautiful facial	30 minutes	120
Time to relax	30 60 minutes	160 240
Head in the clouds	30 60 minutes	160 200

FITNESS CENTRE

Personal training	60 minutes	280
Beach bootcamp	60 minutes	280
Boxing	60 minutes	280

PRIVATE WELLNESS ACTIVITIES

Meditation	60 minutes	280
Yoga	60 minutes	280
Pilates	60 minutes	280
Stretching	60 minutes	280

BLOW DRY AND STYLING

Wash & blow dry	60 minutes	150
Up style	60 minutes	200
Special occasion styling	60 minutes	250



HAIR CUTS AND STYLING

Men's cuts		150
Ladies' cuts		200
Young guests' cuts		100

SPA BEAUTY

Classic manicure	60 minutes	180
Classic pedicure	60 minutes	200
Gel manicure	90 minutes	350
Gel pedicure	90 minutes	380

WAXING

Eyebrows	15 - 20 minutes	40
Lip	15 - 20 minutes	40
Underarms	15 - 20 minutes	50
Back	15 - 20 minutes	80
Bikini	15 - 20 minutes	60
Brazilian	15 - 20 minutes	80
Half leg	15 - 20 minutes	80
Full leg	15 - 20 minutes	120
Makeover	60 minutes	200



