



AVISPA

AVI: YOUR ISLAND SUNSHINE

AVI means sunshine on our island, symbolizing happiness, joy, and pleasure. AVI Spa is an enchanting over-water escape inspired by raw nature, the whimsy of water, and the uplifting power of natural light and sound.

Our mission at AVI is to offer a transformative experience, blending global indigenous health principles with European organic botanicals, all delivered with heartfelt care. Enjoy treatments infused with shredded coconut, mango, warming spices, wildflowers, berries, and fresh herbs.





OUR SIGNATURE BRANDS:

Biologique Recherche

Biologique Recherche's personalised approach to beauty care using intentionally pure, concentrated, raw ingredients, innovative and meticulous protocols and procedures providing immediate and long lasting results.

Its holistic approach to skin –as an organ that's directly connected to all the others –brings a particularly groundbreaking vision to all the techniques specific to the brand.

Eminence Organics

A leader in organic skincare since 1958, using sustainable farming and green practices to create natural, organic, and Biodynamic® products.

Margaret Dabbs London

Globally recognized for effective foot, hand, and leg treatments, featuring the revolutionary botanical Vegan range PURE. Founded by celebrity podiatrist Margaret Dabbs, the brand offers therapeutic and beauty-focused products.

Kerstin Florian

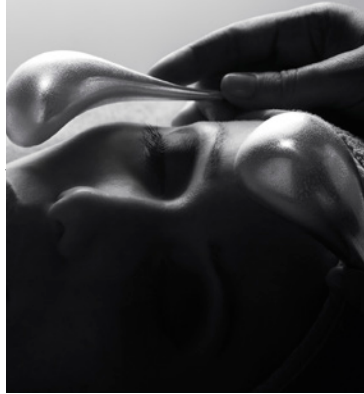
A luxury skincare brand promoting wellbeing through powerful plant, marine, and advanced ingredients. Their philosophy emphasizes Proper Nutrition, Regular Exercise, Peace of Mind, and Care of the Face & Body.

Experience pure, premium, all-natural treatments tailored to your individual needs at AVI Spa. Connect with nature and rejuvenate your mind, body, and soul.

FACIAL TREATMENTS (SOINS POUR LE VISAGE)

Soin Booster VIP 02

For more radiant skin. A treatment to detoxify and stimulate the epidermis and re-oxygenate the skin tissue for dull Skin Instants that are choked by Urban pollution. The complexion gains an incredible glow, leaving skin more luminous and bursting with radiance.



Soin Restructurant et Lissant

Restructuring and Smoothing. A reconditioning treatment that redefines and restructures the contours of the facial features leaving your face, neck and décolletage lifted, smooth, soft and hydrated.

Soin Lift C.V.S

For lifted, better toned skin An exfoliating and lifting treatment combined with massage techniques for mature Skin Instants. Skin is left feeling and looking smooth, toned and refined.



MASSAGE BY AVI

Inspired by the ethereal water and transformative island air, AVI Spa recharges the soul by awakening the senses. Rejuvenate in overwater treatment villas using natural light to induce deep relaxation.

AVI Signature Treatment

A blend of warm jade stone massage and Hawaiian Lomi Lomi movements to release tension and restore energy.

Warm Bamboo Massage

Heated bamboo stalks provide deep-tissue work, promoting circulation, nerve perception, lymphatic drainage, and relaxation.

Herbal Poultice Treatment

Warm herbal compresses with organic herbs are applied to the body to reduce aches, increase lymphatic drainage, and condition the skin.

Body Firming Massage

Slimming massage with techniques and serums to stimulate circulation, eliminate toxins, and reduce water retention.

Deep Tissue Massage

A stimulating massage with warm spices and hot towel compresses to relieve stress and pain, perfect for athletes or anyone with tension.

Thai Massage

Incorporates yogic stretches and deep acupressure to loosen muscles and encourage energy flow.

Balinese Massage

Uses long strokes, skin rolling, and thumb pressure for deep relaxation and serenity.

Mother to Be

Relieves back pain, improves sleep and mood, and decreases stress, tailored for any stage of pregnancy.

Foot Massage with Gua Sha Crystal Stones

Pressure point stimulation on the feet combined with Gua Sha stones to relieve tension and boost circulation.

BODY THERAPY

Designed to cleanse and calm the skin, these therapies stimulate and rejuvenate the senses.

Spirulina Detox Body Wrap

Turkish Body Scrub followed by a Spirulina Body Wrap to improve skin elasticity and cell regeneration.

Coconut & Sea Salt Body Scrub

Deeply cleanse and polish skin with coconut and sea salt scrub.

Sun Kissed Skin Cooler

Cool compress, aloe vera and lavender wrap, scalp massage, and stone crop lotion application to increase moisture.

FACIAL THERAPY

Facials incorporating crystal rolling and acupressure to stimulate lymphatic drainage and reduce puffiness.

Marine Flower Peptide Collagen Boosting Facial

Anti-aging treatment with botanical peptides and algae extracts to boost collagen and reduce fine lines.

Firm Skin Ultra Lift Facial

Firming solution to prevent dehydration, reduce wrinkles, and protect against free radicals.

Microgreens Men's Detox Facial

Detoxifying and hydrating facial tailored for men, combating aging from environmental stressors.

Vitaskin Skin Facial

Designed to effectively target specific concerns such as dark spots, acne, or sensitive skin using natural ingredients rich in vitamins and antioxidants.

Bright Eye Enhancement

Targets fine lines, wrinkles, puffiness, and dark circles for bright, fresh eyes.

Luscious Lip Enhancement

Diminishes fine lines, removes dryness, and increases collagen for fuller lips.

SPA EXPERIENCES

Curated experiences designed to energize, relax, or rejuvenate.

Body Firming Detox Package

Spirulina Detox Body Wrap, Detox Bath, Body Firming Massage, and Remineralizing Body Crème.

Sanctum for Men

Foot cleanse, body scrub, healing bath, deep tissue massage, and Microgreens Men's Detox Facial.

ROMANCING

Luxury and pampering for couples.

Romantic Indulgence

AVI Bath Therapy, Relaxing Massage, and Eminence Organic Facial with Face Crystal Roller Massage.

Embrace

Body Massage followed by Facial Therapy for relaxation and rejuvenation.

HOLISTIC THERAPIES

Tok sen Massage

Discover relaxation with a traditional Thai massage using wooden mallets and pegs. Gentle tapping soothes muscles and restores harmony, leaving you serene amidst the Maldives' beauty.

Abhyanga Massage

Immerse in an Ayurvedic journey with warm herbal oils to boost circulation, ease aches, and relax deeply. Refresh and revitalize in the serene Maldives.

Lymphatic Drainage Massage

This massage stimulates lymph flow, reducing swelling and aiding toxin elimination. It eases stiffness and renews your body in the tranquil Maldives.

Udvarthanam Detox

Enjoy a full-body scrub and steam treatment to boost metabolism, renew skin, and detoxify. Relieve stress and enhance vitality in the serene Maldives.

Shirodhara

Relax with a meditative stream of warm oil on your forehead. This Ayurvedic ritual calms the mind and melts stress, enveloping you in Maldives' tranquility.





Sound Healing

Rejuvenate with a sound bath using Tibetan singing bowls. Harmonize your mind, enhance clarity, and find profound tranquility in the Maldives.

Crystal Healing

Transform with Pranic Healing, an energy therapy to balance and revitalize your physical, mental, and spiritual well-being in the Maldives' peaceful luxury.

Yoga

Practice yoga tailored for all levels to enhance flexibility, release tension, and relax deeply. Harmonize mind and body in the Maldives' serene paradise.

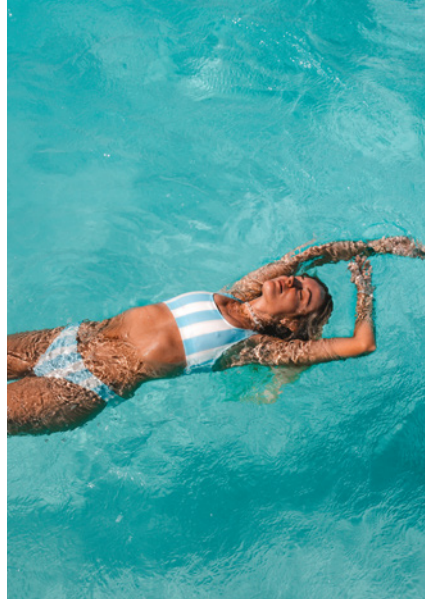
Meditation

Find balance and serenity with guided meditation that nurtures complete relaxation. Embrace inner harmony in the tranquil Maldives.

WELLNESS PROGRAMS

SILENT IMMERSION

Designed for those seeking solace and tranquility amidst the breathtaking beauty of the Raa Atoll, Maldives, these packages cater to guests looking to disconnect from the outside world and reconnect with themselves for a more mindful experience. With many guests seeking an escape from the hustle and bustle of everyday-life, InterContinental Maldives is delighted to provide guests with a wellness journey unlike any other on offer, accompanied by Island Curators and Wellness Mentors.



HERMIT DAYS	1 DAY	2 DAYS	3 DAYS	5 DAYS	7 DAYS
Wellness Consultation	1	1	1	1	1
Personalized Yoga	1	1	2	2	3
Meditation, Breathwork	0	1	1	1	2
Sound Healing	0	0	0	1	1
Pranic Healing/ Emotional Crystal Healing	0	0	1	1	1
Spa In-villa 60 minutes massage	1	1	1	2	3
Vitajuwel	1	1	1	1	1

DIGITAL DETOX	1 DAY	2 DAYS	3 DAYS	5 DAYS	7 DAYS
Wellness Consultation	1	1	1	1	1
Personalized Yoga	1	1	2	3	4
Meditation , Breathwork or sound healing	0	1	1	1	2
Pranic Healing/ Emotional Crystal Healing	0	0	1	1	1
Sound healing	0	0	0	1	1
60 minutes Massage at AVI Spa	1	1	1	2	3
Thermal Suite at Avi SPA	1	1	1	2	3
Vitajuwel	1	1	1	1	1

SLEEP WELL

Are you facing challenges with falling asleep, waking up several times throughout the night, or rising too early without the ability to return to sleep? Do feelings of sadness or low mood accompany you?

This package is crafted to help you transform your sleep patterns, alleviate stress, and elevate your overall well-being.

SLEEP WELL	3 DAYS	5 DAYS	7 DAYS
Wellness Consultation	1	1	1
Yoga Nidra 60 minutes	1	2	3
Shirodhara 45 minutes	1	2	3
Pranic Healing/ Emotional Cystal Healing 60 minutes	1	2	2
Abhyanga Massage 60 minutes	1	2	3
Sound Healing 45 minutes	1	2	3
Yogic pose or breathing pattern for sleep disorder 60 minutes	1	1	2
Vitajuwel	1	1	1





DETOX PACKAGE

Do you live or work around environmental pollutants? Are you facing challenges like difficulty concentrating, mood swings, low energy, fatigue, bloating, or occasional digestive discomfort?

Our Detox package is here to empower you—boosting your energy levels, reducing toxins, strengthening your immune system, and enhancing your circulation for a revitalized you.

DETOX PACKAGE	3 DAYS	5 DAYS	7 DAYS
Wellness Consultation	1	1	1
Tok sen 60 minutes	1	1	1
Herbal Compress Massage 90 minutes	1	1	2
Aerial Yoga 60 minutes	1	2	3
Spirulina Detox Body Wrap 60 minutes	0	1	2
Lymphatic Drainage Massage 60 minutes	1	1	2
Udvarthanam Detox	1	2	2
Epsom Salt Bath 30 minutes	1	1	1
Vitajuwel	1	1	1

FITNESS & METABOLISM BOOSTER

Elevate your energy, strengthen your endurance and resilience, uplift your mood, and achieve your weight loss aspirations. This program is truly designed for you.

FITNESS PACKAGE	3 DAYS	5 DAYS	7 DAYS
Nutrition Consultation	1	1	1
Muay Thai Boxing 60 minutes	2	3	4
Boot Camp 60 minutes	1	1	2
Upper Body Workout 60 minutes	1	2	2
Lower Body Workout 60 minutes	1	2	2
Overall Nutrition & Fitness Follow up	0	0	1
Thai Massage 75 minutes	1	1	1
Firming Massage 90 minutes	1	1	2
Vitajuwel	1	1	1



TEEN SPA

Specially curated treatments for teens.

Chill

Calming facial for sensitive skin with organic herbs.

Bliss

Stress-relief massage focusing on shoulders and back, finishing with a foot massage.

Buff

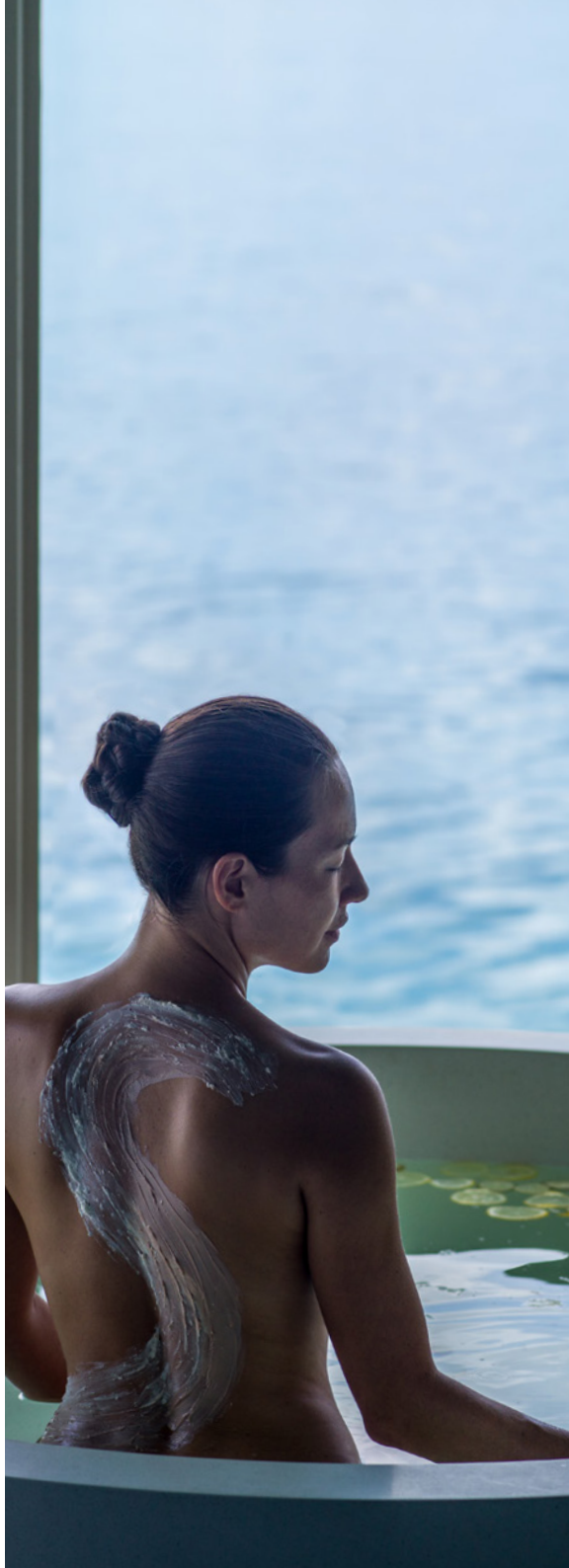
Coconut, Chocolate, Sugar body treatment with a chocolate truffle body wrap.

BATH SOAKS

Natural ingredient bath soaks available in Spa or Villa.

Thermal Suite

Hot and cold treatments to relieve muscle aches, detox skin, and improve circulation.





HANDS & FEET BY MARGARET DABBS LONDON

Supreme Manicure

Luxury manicure with creamy scrub, hand massage, and polish.

Supreme Pedicure

Luxury pedicure with exfoliation, footbath, massage, and polish.

LEGS BY MARGARET DABBS LONDON

Illuminating and Refining Leg Masque Treatment

Improves circulation, skin elasticity, and leaves legs silky and toned.

SPA ETIQUETTE

Hours of Service

Open from 10.00 am – 08.00 pm daily.

Scheduling an Appointment

Book through your personal Island Curator.
Advance booking recommended.

Arrival Time

Arrive 15 minutes before your appointment.
Late arrivals may shorten your treatment time.

Cancellation Policy

6-hours notice required for cancellation or rescheduling. Full price charged for non-arrival.

Health Conditions

Please inform us of any health conditions, allergies, surgeries, or injuries when booking.

Spa Attire

Bathrobes, slippers, and disposables are provided in changing and treatment rooms.

Spa Etiquette

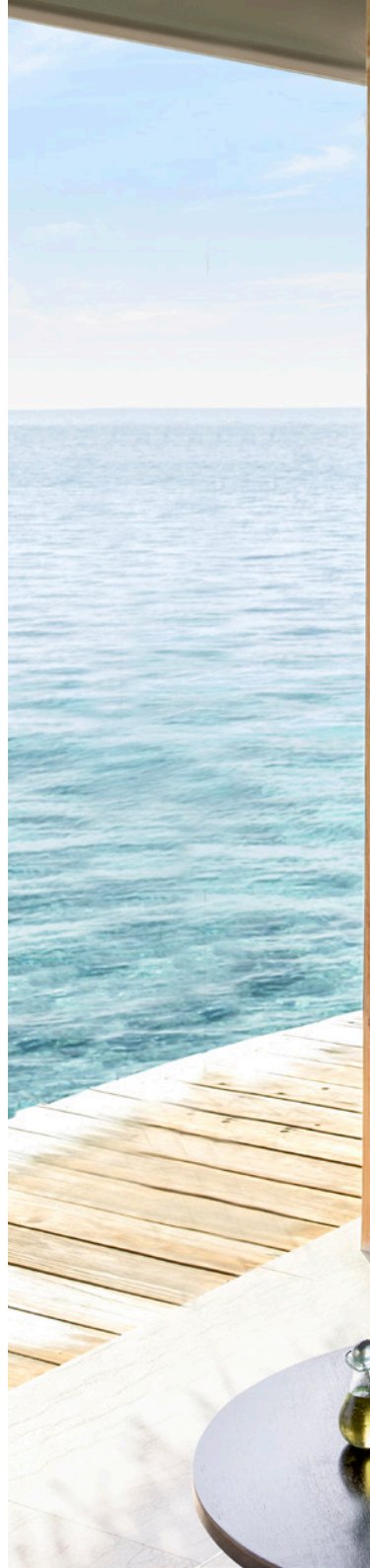
Guests are kindly asked to silence mobile phones to help maintain a peaceful atmosphere.

Valuables

Leave valuables in your guest room safe. AVI Spa cannot be held responsible for lost or damaged valuables.

Age Requirements

Guests must be 19+ to use spa facilities. Ages 12-18 must be accompanied by an adult.





FACIAL TREATMENTS (SOINS POUR LE VISAGE)

Soin Booster VIP 02	60 minutes	270
Soin Restructurant et Lissant	60 minutes	270
Soin Lift C.V.S	60 minutes	290

MASSAGE BY AVI

AVI Signature Treatment	90 minutes	250
Warm Bamboo Massage	90 minutes	250
Warm Herbal Poultice Treatment	90 minutes	250
Body Firming Massage	75/90 minutes	250/300
Deep Tissue Massage	60/90 minutes	195/245
Thai Massage	75/90 minutes	215/245
Balinese Massage	60/90 minutes	185/235
Mother to Be	75 minutes	215
Foot Massage with Gua Sha	60 minutes	150

BODY THERAPY BY AVI

Spirulina Detox Body Wrap	60 minutes	200
Coconut & Sea Salt Body Scrub	60 minutes	185
Sun Kissed Skin Cooler	60 minutes	185

FACIAL THERAPY BY AVI

Marine Collagen Facial	75 minutes	225
Firm Skin Ultra Lift Facial	60 minutes	200
Microgreens Mens' Detox Facial	60 minutes	200
Vitaskin Skin Facial	60 minutes	200
Bright Eye Enhancement	15 minutes	45
Luscious Lip Enhancement	15 minutes	45

HOLISTIC THERAPIES

Tok sen Massage	60/90 minutes	200/270
Abhyanga Massage	60 minutes	200
Lymphatic Drainage Massage	60 minutes	200
Udvarthanam Detox	45 minutes	185
Shirodhara	45 minutes	150
Sound Healing	45 minutes	130
Crystal Healing	60 minutes	150
Yoga	60 minutes	75
Aerial Yoga	60 minutes	85
Meditation	60 minutes	75

All the above prices are in US Dollars and subject to 10% Service Charge and 16% GST.
Complimentary scheduled session is available, please refer to our resort activity.

WELLNESS PROGRAMS

	Days	1	2	3	5	7
Hermit		485	504	667	940	1,189
Digital Detox		410	437	604	896	1,091
Sleep Well				791	1,308	1,736
Modern Detox				952	1,272	1,744
Fitness and Metabolism Booster				842	972	1,211

TEEN SPA BY AVI

Chill		50 minutes	150
Bliss		50 minutes	150
Buff		50 minutes	150
Bath Soak by AVI		20 minutes	75
Thermal Suite		60 minutes	30

BEAUTY BY AVI

Waxing			
Underarms			30
Bikini			45
Half Leg			60
Full Leg			90

HANDS & FEET BY MARGARET DABBS LONDON

Supreme Manicure		60 minutes	105
Supreme Pedicure		60 minutes	105
Add on Gel Polish		30 minutes	30
Gel Removal		15 minutes	30

LEGS BY MARGARET DABBS LONDON

Leg Masque Treatment		60 minutes	155
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SPA EXPERIENCES BY AVI

Body Firming Detox		140 minutes	425
Sanctum for Men		170 minutes	500

ROMANCING THE SPA

Romantic Indulgence		140 minutes	725
Embrace		120 minutes	625

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Complimentary scheduled session is available, please refer to our resort activity.



INTERCONTINENTAL®
MALDIVES MAAMUNAGAU RESORT

Tel: +960 658 0500 | WhatsApp (available 24/7): +960 730 9300
Email: reservations.icmaldives@ihg.com
Maldives.InterContinental.com