

YOUR PEACE-OF-MIND

# Saii

S P A

– STAY WELL –



MALDIVES LAGOON

KOH SAMUI VILLAS

PHUKET LAGUNA

PHI PHI ISLAND VILLAGE

[saiihotels.com](http://saiihotels.com)

# SAii

S P A

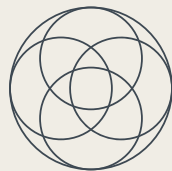
– STAY WELL –

## INSPIRED BY SAND, GUIDED BY PEACE

“Stay Well” - to feel grounded, balanced, and cared for.

Inspired by the calming qualities of sand and dedicated to bringing peace of mind, SAii Spa is a sanctuary where guests can relax, reconnect, and embrace true wellness.

At SAii Spa, our mission is to bring you Peace of Mind through calming, natural experiences inspired by sand and the SAii Live Well Philosophy. Our SAii Wellness Gurus craft personalized treatments that draw from the grounding power of sand and the peacefulness of nature. Every moment here is designed to help you feel balanced, refreshed, and completely at ease. At SAii Spa, we invite you to Stay Well in body, mind, and spirit.



# SAii SPA SIGNATURE EXPERIENCE



## DIGITAL DETOX

90 Minutes

Embrace peace of mind in a serene retreat from Digital stress. Begin with a Digital Disconnect Ritual as you set a site your devise in a secure space and center yourself in the moment. After the light application of essential oil, indulge in a Detox Lymphatic massage that targets areas impacted by screen time using a Blend of shooting techniques to relax and revitalize. Followed by Face & head massage, enhanced with refreshing mind & rosemary, relieves lingering mental tension. Conclude your journey in the relaxation area, where you can stay unplugged to sip herbal tea and reflect.

Include:

Digital Disconnect, Aromatic Ritual, Detox Lymphatic Massage, Face & Head Massage, Relaxation time

*Please note that prices are subject to an additional 10% service charge and government taxes.  
Terms & Conditions Applied.*

# SAii SPA SIGNATURE EXPERIENCE

## SAii SIGNATURE WELLNESS JOURNEY

180 Minutes

Embark on a holistic wellness journey that embraces the five pillars of the SAii Live Well Philosophy. Each treatment is designed to refresh, balance, and rejuvenate your body, mind, and spirit.

### WELCOMING SAND FOOT RITUAL

Enter our sanctuary, greeted by soothing oils and a refreshing herbal drink. A relaxing foot scrub and massage will transport you into a world of tranquility.

### NATURE TOUCH

Inspired by nature and the sea, this ritual begins with a gentle sand exfoliation. Wave-like strokes relax the body and refresh the skin, restoring a deep sense of calm.

### TRADITIONAL THAI WELLNESS

Experience Thai massage, combining gentle stretching and rhythmic pressure. This treatment enhances flexibility, relieves tension, and rejuvenates body and mind.



### SAND AND SEA RENEWAL

A ritual of sand and sea, starting with pressure point therapy to release tension. Followed by a nourishing oil massage, it leaves you relaxed and refreshed.

### ORGANIC FACE CARE

This facial combines natural ingredients and soothing massage. Rich in antioxidants, it helps reduce signs of aging and reveals a youthful, glowing complexion.

### AROMATHERAPY HEALING BATH

Float in herbal-infused water, soothing tension and rejuvenating your senses. Sip ginger honey and enjoy healthy bites while unwinding in this calming bath.

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# TRADITIONAL TOUCH



## TRADITIONAL THAI WELLNESS JOURNEY

60 Minutes

90 Minutes

Rooted in ancient Thai traditions, this sacred massage blends passive stretching and rhythmic pressure, promoting deep relaxation and revitalised energy.

## MALDIVIAN SIGNATURE REJUVENATION RITUAL

90 Minutes

This island-inspired ritual begins with a soothing foot cleanse, followed by a relaxing coconut oil massage and a nourishing coconut scrub for soft, radiant skin. Conclude with a refreshing coconut drink and wholesome bites.

## HOLISTIC ANTI-AGING RITUAL

90 Minutes

Designed to restore a youthful glow, this treatment begins with a lymphatic drainage massage, followed by a rejuvenating and lifting facial and indulgent finale to your spa journey.

## MALDIVIAN SAND HEALING THERAPY

90 Minutes

Harnessing the power of sand and warm stones, this therapy promotes relaxation and balance through natural energies. The soothing heat and gentle pressure of a hot sand massage deeply relax muscles and release tension.

## CULTURAL IMMERSION - ASIAN FUSION

60 Minutes

90 Minutes

A unique massage blending five traditional techniques—Thai, Shiatsu, Balinese, Reflexology, and Swedish - harmonized to promote relaxation while relieving stress and tension.

## SUSTAINABLE NATURE WELLNESS

120 Minutes

This rejuvenating experience begins with a soothing coconut oil massage, followed by a refreshing aloe vera and cucumber wrap, and concludes with a nourishing organic facial.

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# ASIAN CULTURAL HEALING THERAPIES



## TRADITIONAL THAI FOOT REFLEXOLOGY

60 Minutes

90 Minutes

This treatment uses pressure points on the soles of the feet to promote relaxation throughout the body. It stimulates blood flow, relieves tension, and boosts the body's healing system.

## TRADITIONAL THAI HERBAL MASSAGE

90 Minutes

A blend of healing massage techniques and heated herbal compresses containing traditional herbs and spices. This treatment soothes aches, improves skin condition, and leaves the mind and body feeling relaxed and invigorated.

## TRADITIONAL BALINESE MASSAGE

60 Minutes

90 Minutes

A traditional Indonesian massage combining acupressure, skin rolling, and firm strokes with the use of essential oils. This technique deeply relaxes the body and helps induce restful sleep.

## JAPANESE SHIATSU

60 Minutes

90 Minutes

Shiatsu, meaning "finger pressure," uses fingers, thumbs, elbows, and palms to apply acupressure, assisted stretching, and joint manipulation. It restores balance and relaxes the body through precise techniques.

## TRADITIONAL INDIAN & CHINESE STONE MASSAGE

90 Minutes

A blend of ancient Chinese and Indian techniques, this treatment uses hot stones to relieve muscular tension and improve circulation. It includes relaxing oil massage and warm stone application with acupressure for deep relaxation.

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# CLASSICAL THERAPEUTIC MASSAGES

## LYMPHATIC DRAINAGE MASSAGE

60 Minutes

90 Minutes

This lymphatic drainage technique enhances the flow of energy and activates the lymphatic system. It helps release toxins, improves circulation, and leaves you feeling revitalized, with slimmer extremities.

## COLLAGEN BOOSTER MASSAGE

60 Minutes

90 Minutes

A rejuvenating massage using collagen cream to boost circulation. This treatment enhances skin elasticity, relieves dry skin, and refreshes your appearance with a radiant glow.

## MAMMA TO BE PREGNANCY MASSAGE

60 Minutes

90 Minutes

Specially created for expecting mothers, this gentle massage relieves stress on weight-bearing joints, soothes neck and back aches, and hydrates skin using pure jojoba or coconut oil.  
(After first trimester only.)

## BESPOKE MASSAGE

60 Minutes

90 Minutes

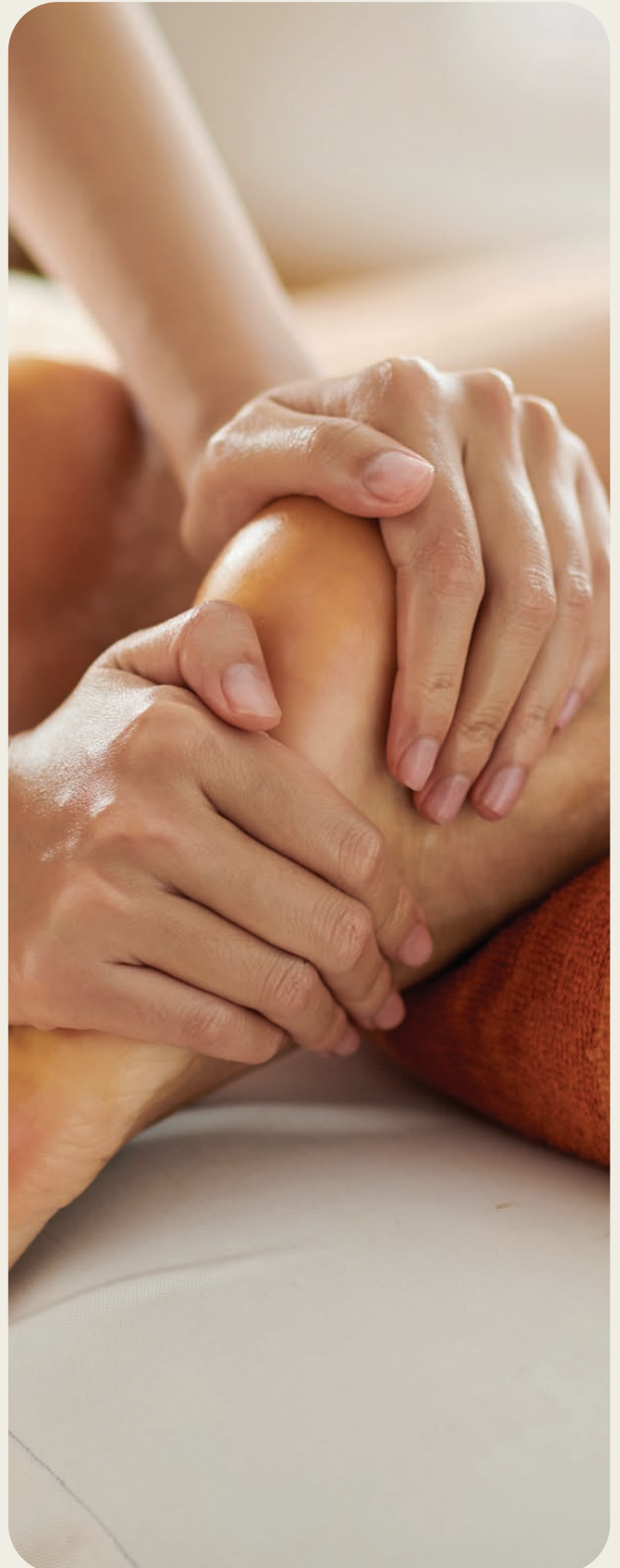
A personalized session that blends various therapeutic techniques, enhanced with custom-blended aromatic oils tailored to your unique needs for ultimate relaxation.

## JET LAG MASSAGE

45 Minutes

60 Minutes

A specialized massage designed to alleviate the symptoms of jet lag. It relieves muscle tension, promotes relaxation, and restores the body's natural rhythm, helping you recover after long travels.



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# INTENSIVE ORGANIC FACIAL TREATMENTS

## RE-BALANCING FACIAL

60 Minutes

75 Minutes

Combines active ingredients with facial massage techniques to relax the muscles and stimulate your skin. The multi-vitamin blend acts as an antioxidant, combating visible signs of aging while calming and revealing a more youthful appearance.

## PURIFYING SKIN FACIAL

60 Minutes

75 Minutes

A deep-cleansing treatment designed to reduce pore size and blemishes. Active ingredients hydrate and purify, leaving your complexion fresh and balanced.

## MANEE PURA AGE-DEFYING FACIAL

60 Minutes

75 Minutes

This anti-aging facial refreshes and hydrates instantly. Relaxing massage techniques with a hot compress of Manee Pura, an ancient Thai herb, promote nutrient absorption, leaving skin radiant and youthful.



## INTENSIVE GOLD FACIAL

60 Minutes

75 Minutes

Infused with gold particles, this facial treatment uses massage and active ingredients to improve skin clarity. The extracts protect collagen and fight free radicals, repairing skin damage for a luminous glow.

## REMEDY FACIAL

60 Minutes

75 Minutes

Designed for delicate and sensitive skin, Remedy helps calm and strengthen your skin's natural defense barrier. Fragrance-free, natural formulas provide immediate relief and repair, promoting healthy skin with a prebiotic that supports good bacteria.

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# INDULGENT BODY & FACE CARE TREATMENTS

## BODY NUTRITION AND SUN RECOVERY

60 Minutes

90 Minutes

Sunburn or dry skin? This cooling after-sun treatment nourishes and rejuvenates your skin. The treatment includes a soothing, deeply nourishing body and facial care, balancing your skin after sun exposure.

## DETOX & FIRMING BODY RITUAL

60 Minutes

90 Minutes

A targeted treatment to hydrate, firm, and detoxify areas such as the stomach, legs, and arms. Ideal for treating early signs of cellulite, leaving the body sculpted and revitalized.

## COFFEE AND ORANGE BODY POLISH

60 Minutes

90 Minutes

This refreshing body scrub blends organic raw orange, fresh yogurt, and Arabica coffee to exfoliate and uplift the skin. The treatment ends with a relaxing massage, leaving your skin soft, smooth, and glowing.



## IMMERSE YOURSELF

120 Minutes

Start with a foot ritual, followed by a soothing body exfoliation with sugar. A relaxing massage and nourishing facial complete your journey to ultimate relaxation and rejuvenation.

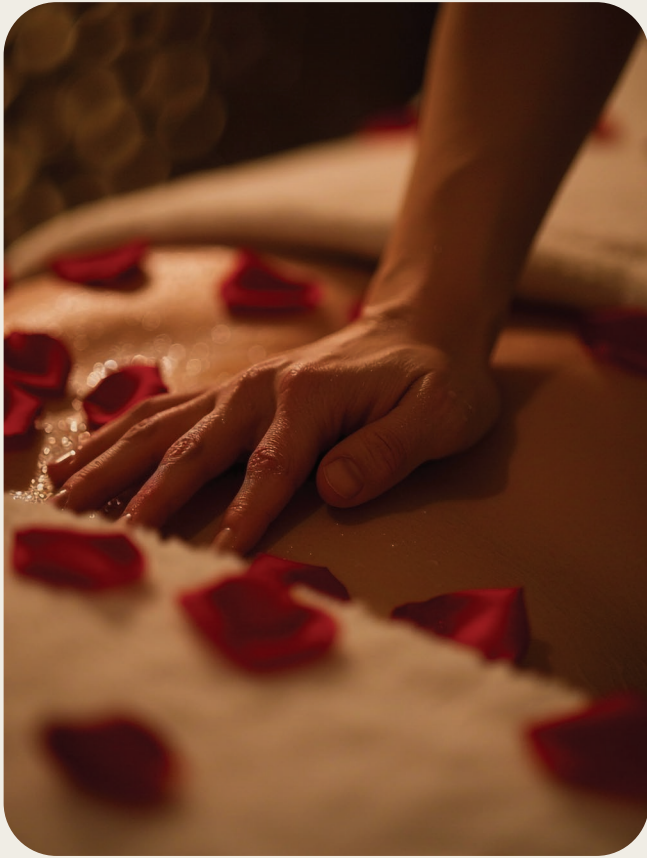
## ESCAPE TO PARADISE

150 Minutes

After the foot ritual, indulge in a body polish, relaxing massage, antioxidant and nourishing wrap, and a purifying facial. A calming head and face massage completes this paradise escape.

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# ROMANCE INSPIRED TREATMENTS



## SHARED SERENITY

60 Minutes

Relax together with this soothing, combined massage experience, designed to relieve tension and promote total relaxation with a blend of traditional techniques.

## COUPLE SENSATION

90 Minutes

A luxurious journey for two, beginning with a Len Be fusion massage, followed by your choice of Body Scrub, Body Wrap, or Facial, offering a complete sensory escape.

## TIMELESS ROMANCE

120 Minutes

A memorable experience to celebrate togetherness, starting with a luxury foot ritual, followed by a relaxing massage, an anti-aging facial, and a blissful champagne bath, topped off with champagne and praline chocolates.

## THE PAMPERED LADY

90 Minutes

An indulgent treat designed for her: a calming back massage followed by a revitalizing facial that combines expert massage techniques and nourishing ingredients to leave her skin glowing.

## THE REFRESHED GENTLEMAN

90 Minutes

A rejuvenating experience for him, featuring a deep tissue back massage to ease tension, followed by an express facial that energizes and refreshes his skin.



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# COUPLES' JACUZZI RETREAT

## TROPICAL BLISS ESCAPE

120 Minutes

Immerse in ultimate relaxation with a calming foot ritual, followed by a soothing massage. Continue the journey with an antioxidant facial and a rejuvenating essence milk bath. Enjoy healthy bites and a refreshing ginger honey drink to complete the experience.

## SERENITY FOR TWO

120 Minutes

120 minutes | USD 360++ per couple

Experience a restorative escape designed to rejuvenate body and mind. Begin with a calming foot ritual, followed by a lymphatic drainage massage and foot reflexology. End with a soothing herbal bath,



## ROMANTIC ESCAPE

120 Minutes

Celebrate love in the Maldives with a luxurious spa retreat. Begin with a calming foot ritual, followed by a relaxing side-by-side couple's massage, face and head massage, and a champagne-infused bath. Finish with champagne and praline chocolates for a sweet touch.

## TROPICAL SERENITY RETREAT

120 Minutes

Enjoy a tropical-inspired experience, beginning with a soothing foot ritual and a nourishing coconut body scrub. Let a deep tissue massage melt away your tension, followed by a luxurious essence milk bath with healthy bites and a refreshing ginger honey drink

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# FAMILY SPA RETREATS



## FAMILY ESCAPE

2 Adults and 1 Child  
30 Minutes each

Spend quality time together with a relaxing Back, Shoulder & Head Massage or Thai Foot Reflexology.

## FAMILY PAMPERING

2 Adults and 2 Children  
60 Minutes each

Kickstart your holiday with a rejuvenating spa experience, including a Relaxing Len Be Fusion Massage for parents and a Mini Me Massage for the kids, topped off with a Face & Head Massage for ultimate relaxation.

## FAMILY JOURNEY

2 Adults and 2 Children  
90 Minutes (Adults)  
60 Minutes (Children)

Create lasting memories with this joyful package, starting with a Relaxing Massage for the whole family, followed by a Deep Nourishing Facial for parents and a Gentle Facial for kids.

## FAMILY TIME

10 Hours

A full Journey of relaxation for the entire family. Choose your treatments and share your experience together, whether all at once or spread out across your stay. Family bonding has never felt this luxurious.

*Disclaimer: Children are considered those under 12 years of age and a waiver need to be signed by the parents.*

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# RAPID RELAXATION RITUALS

## FLOW

30 Minutes

Pressure is applied to ears, hands, and feet reflex points corresponding to vital organs. This technique assists with healing and promotes energy flow along the body's meridian lines.

## EASE

30 Minutes

This massage focuses on the back, using deep tissue techniques to relax tired muscles, specifically targeting the back, shoulders, and neck.

## ENHANCEMENT FACE CARE

30 Minutes

An intensive antioxidant and multivitamin face care that quickly refreshes and rejuvenates your skin. A relaxing head massage provides the perfect finish to your experience.

## REFRESHING BODY EXFOLIATION

30 Minutes

An intensive and nourishing body exfoliation to cleanse, smooth, and brighten your skin. A firming body moisturizer is applied for ultimate results.

## RELAXING HAND MASSAGE

30 Minutes

Treat your hands and fingers with a soothing effleurage stroke and acupressure, leading you to total relaxation and helping induce restful sleep



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# LITTLE GUESTS' SPA ADVENTURES



## CHOCOLATE INDULGENCE MASSAGE

30 Minutes

60 Minutes

A deep relaxing massage using nourishing chocolate butter for ultimate relaxation. End the treatment with a hot chocolate drink and healthy bites.

## MINI SPA JOURNEY

90 Minutes

A joyful spa experience that creates lasting memories. This package includes a relaxing massage, shooting facial, and nail care, with a hot chocolate drink and healthy bites to end the experience.

## SWEET GLOW FACIAL

30 Minutes

60 Minutes

Treat your little ones to an organic honey and cucumber facial, combined with a soothing shoulder and head massage for complete relaxation.

## KIDS HAIR BRAIDING

Normal braid

Let your kids explore their creative side and enjoy a fun, unique hairstyle during their holiday.

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# SPA ETIQUETTE AND POLICIES

## ARRIVAL

To ensure a seamless spa experience, we kindly ask that you arrive at least 15 minutes prior to your scheduled appointment. This allows you time to unwind and enables us to provide you with the best possible care. In the case of late arrivals, treatments will end at the scheduled time, and the full fee will remain applicable.

## SPA AMENITIES

Upon arrival, you will be provided with a bathrobe, sandals, and a locker for your personal belongings. Fresh towels are available throughout the spa, and disposable underwear is provided for all body treatments to ensure your comfort and privacy.

## SPECIAL REQUESTS

Feel free to request a specific technician or a male or female therapist for your treatment. We strive to fulfill your preferences based on availability. If you need any adjustments during your spa experience, such as lighting, sound, temperature, pressure, or technique, please inform your therapist.

## HEALTH

For your safety and comfort, we advise that you refrain from shaving before all body treatments and men's facials. To maximize the benefits of your treatment, please inform us of any health issues, allergies, or injuries that may make certain treatments unsuitable, so we can recommend safer alternatives.

## PREGNANCY

We offer specially designed treatments for expectant mothers. Please allow us to assist you in selecting suitable treatments for this special time. We recommend consulting with your physician prior to booking. These treatments are available only up to the second trimester of pregnancy.

## CHILDREN

The spa area is reserved for guests aged 12 years or older. Children are welcome in the spa by appointment only and must be accompanied by an adult during their visit.

## CANCELLATIONS

Cancellations must be received at least six hours prior to the appointment time to avoid a full service charge. Late cancellations or no-shows will be charged the full treatment price. A late arrival will reduce your scheduled treatment duration to accommodate other guests with appointments.

## FEES AND GRATUITY

For your convenience, a 10% service charge and applicable government taxes will be added to the cost of your treatment. Additional gratuities for outstanding service may be given to the therapist or team member at your discretion. For in-house guests, services may be charged to your guest room. We accept cash and all major credit cards.

## LOSS OR DAMAGE

We are not responsible for any loss or damage to personal items or valuables during your visit. For your peace of mind, we recommend leaving jewellery and valuables at home or in your room.

## CORPORATE AND GROUP PACKAGES

We offer a variety of treatments, packages, and group discounts. Please contact the spa for more information, terms, and conditions.

## OPENING HOURS

10:00 hrs - 20:00 hrs

## APPOINTMENTS

To receive your preferred appointment time, we recommend scheduling your treatment in advance. A credit card and contact details are required at the time of reservation.

For reservations, please call +960 665 1200 extn. 2900 or email: [saiispa@crossroadsmaldives.com](mailto:saiispa@crossroadsmaldives.com)

Whatsapp: +960 7306184





YOUR PEACE-OF-MIND

# Saii

HOTELS & RESORTS



MALDIVES LAGOON

KOH SAMUI VILLAS

PHUKET LAGUNA

PHI PHI ISLAND VILLAGE

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