



MEDISPA MENU



IASO MEDISPA IS NAMED AFTER THE GREEK GODDESS OF RECOVERY, RESTORATION AND RECUPERATION.

Nestled in the serene island paradise of Heritance Aarah,
we invite you to embark on a journey toward complete
physical and mental wellness.

Share your goals with us, and we will craft a bespoke
experience tailored just for you blending time-honored
traditional therapies with state-of-the-art Western
technologies.





RECOVERY

Recover with relaxing body therapy, body treatments, rejuvenating facial and bespoke treatments tailored to your needs.

RESTORATION

Restore and melt away stress with revitalizing anti-aging Medispa face and body treatments or indulgent salon therapies that bring out your best self.

RECUPERATION

Recuperate and bring back your vitality through wellness consultations, yoga, meditation, and traditional therapies where holistic healing meets mindful living.

OUR EQUIPMENT

Precision. Innovation. Results.

We invest in the latest diagnostic and treatment technologies to ensure every guest receives the highest standard of care. Our equipment includes:

Face Scanner

State of the art diagnostic scanning to pinpoint skin concerns with precision enabling the effective prescription of tailored medical aesthetic treatments.

LED Light Therapy

Medical-grade light therapy using high-intensity, single-wavelength LED light to penetrate deep into the dermis. Stimulates collagen production and treats lines, wrinkles, pigmentation, scars, sunburn, and acne safely and painlessly.

HydraFacial

HydraFacial is a gentle, non-invasive treatment that deeply cleanses, exfoliates, and hydrates the skin leaving it instantly smoother, brighter, and refreshed with no downtime.

Body Contouring

Non-surgical body and facial sculpting with results that continue to improve for 6–8 weeks post-treatment. No downtime, making it the perfect enhancement during your holiday.

Micro Needling

Stimulates collagen and elastin production to visibly reduce signs of aging. Can be used alone or combined with active ingredients as mesotherapy for enhanced rejuvenation.

Nano Infusion

A non-invasive facial treatment that enhances the absorption of potent actives like antioxidants and hyaluronic acid delivering deeper, more effective results than topical therapies.

Laser Hair Removal

The most effective, comfortable, and safest hair removal solution available. Our state-of-the-art laser is the only one of its kind in a resort in the Maldives offering silky-smooth results with minimal discomfort.

IASO BESPOKE EXPERIENCE

IASO Bespoke Ritual

Immerse yourself in a personalized wellness journey beginning with a revitalizing body scrub and massage of your choice followed by a deeply hydrating facial to restore your skin's natural glow, and completed with LED light therapy to enhance cellular renewal and radiance.

Body Scrub, Body Massage, HydraFacial and LED Light Therapy

 **180 mins**

Island Romance

Share a blissful escape with a loved one, indulge in a purifying body scrub and wrap paired with a relaxing head massage, then unwind with a full-body massage. Complete your journey with your choice of a refresh facial or a rejuvenating foot massage—the perfect harmony of connection and renewal.

Body Scrub and Wrap, Body Massage, choice of Facial or Foot Massage

 **120 minutes for couple**

Island Indulgence

Surrender to island serenity with a deeply relaxing full-body massage that melts away tension and restores inner calm. Personalize your escape with your choice of a refreshing facial or an invigorating body scrub creating the perfect balance of tranquility and tailored care.

Body Massage, Choice of Facial or Body Scrub

 **90 minutes**

3-Day Detox Wellness Package

Cleanse, Rejuvenate, Awaken

Escape into a sanctuary of healing with our signature detox retreat.

This 3-day journey is thoughtfully crafted to eliminate toxins, restore vitality, and leave you glowing from the inside out.

Package Inclusions:

- Wellness Consultation and Face Scan (30 mins)
- Detoxifying Body Scrub & Wrap (60 mins)
- Holistic Body Therapy (90 mins)
- Facial Therapy (60 mins)
- Sound Healing with Guided Meditation (30 mins)

5-Day Holistic Wellness Journey

Balance, Heal, Glow

Embark on a transformative five-day wellness experience designed to restore harmony, enhance vitality, and elevate your natural radiance. This curated package blends ancient healing traditions with modern medispa therapies for a deeply rejuvenating escape.

- Wellness Consultation and Face Scan (30 mins)
- Body Scrub & Body Therapy (90 mins)
- Ayurvedic Body Treatment (90 mins)
- Hair Treatment with Styling (90 mins)
- Medispa Facial Treatment (90 mins)
- Yoga Therapy (60 mins) or REIKI Energy Healing (60 mins)
- Sound Healing with Guided Meditation (30 mins)



RECOVERY

BODY THERAPY

IASO Signature Hawaiian Lomi Lomi Body Treatment

This deeply relaxing massage invites the mind to surrender and the body to heal. Using continuous, flowing forearm strokes that mimic ocean waves, Lomi Lomi works gently yet deeply into the muscles nurturing both body and soul while restoring energy flow and inner balance.

🕒 **60/90 minutes**

IASO Bespoke Body Treatment

A personalized, results-driven body therapy tailored to your unique needs. Combining advanced techniques, this treatment targets concerns such as leaving your body rebalanced, revitalized, and deeply restored.

🕒 **30/60/90/120 minutes**

Deep Therapeutic Body Treatment

Deeply restorative treatment for tight, stressed and aching muscles. The techniques used in this massage reduce muscular tension by applying deep muscle compression and cross fibre friction to increase blood and lymphatic flow.

🕒 **60/90 minutes**

Balinese Massage

Strengthen and heal the body.

Traditional therapy combines stretching, long stroke, skin palm-and-thumb pressure techniques. Flowing and graceful, the Balinese Massage relieves tension, improves blood flow, eases stress, and encourages harmony.

 **60/90 minutes**

Traditional Maldivian Massage

An authentic island ritual that offers deep relaxation through the soothing rhythm of Maldivian shell massage. Warm coconut oil nourishes the skin while gentle, flowing strokes calm the body and mind—celebrating the spirit and serenity of the Maldives.

 **60/90 minutes**

Warm Stone Body Treatment

Profound sense of relaxation. A powerfully therapeutic massage utilizing warm oiled basalt stones. The warm stones glide along muscles, warming and loosening knots and tensions at the deepest level.

 **90 minutes**



Traditional Thai Massage

Healing, aimed at connecting body, energy and mind. Highly therapeutic treatment practiced for centuries throughout Thailand focuses on pressure points, energy lines, and stretching. Unique dry massage relies on soft guiding motions to stretch, compress and apply pressure. You will feel loosened, revitalised and relaxed.

 **60/90 minutes**

Mother To Be Massage

A gentle, supportive massage designed to care for expectant mothers throughout pregnancy. This treatment uses soothing strokes to promote deep relaxation, nurturing both mother and baby in harmony.

 **60 minutes**

Four Hand Massage

Experience ultimate relaxation as two skilled therapists work in perfect harmony, using synchronized movements to melt away tension and elevate you into a state of pure bliss. A luxurious treatment that feels like a choreographed dance of healing touch.

 **60 minutes**

Anti Cellulite Treatment

A targeted massage designed to smooth and reduce the appearance of cellulite using firm techniques, this treatment focuses on problem areas to stimulate circulation, detoxify tissues, and leave skin visibly firmer and more toned.

 **60/90 minutes**

Lymphatic Drainage Massage

A gentle, focused massage designed to stimulate the lymphatic system and reduce tissue swelling. Ideal for relieving fluid retention, detoxifying the body, and easing tired, heavy legs—especially beneficial after long flights or periods of travel.

 **60/90 minutes**

Kids Massage

A calming and nurturing massage designed especially for children. Using gentle, rhythmic strokes, this treatment helps reduce anxiety, improve sleep, and promote well-being.

 **30/50 minutes**



RECUPERATION

WELLNESS TREATMENT

Discuss your personal goals and options for a tailored wellness program which includes most appropriate therapies, treatments and activities to maximise the benefit of your stay.

* Consultation is complimentary when booked on the first 2 days of arrival.

REIKI Energy Healing

A gentle energy therapy that works with the body's natural energy fields to restore balance, awaken inner resilience, and enhance vitality. This deeply calming treatment helps clear energetic blockages, supporting the health of body, mind, and spirit.

 **60 minutes**

Sound Healing Therapy with Guided Meditation

A deeply immersive experience that combines therapeutic sound vibrations with guided meditation to restore balance and inner peace. This session helps release energetic blockages, reduce stress, and promote emotional clarity leaving you grounded, relaxed, and renewed.

 **30/60 minutes**



RECOVERY

BODY TREATMENT (SCRUB & WRAP)

Shine Revitalizing Scrub

Reveal smoother, illuminated skin with this indulgent coconut-infused body scrub. Ideal for all skin types—especially dry or lackluster skin—this treatment gently exfoliates while deeply hydrating, leaving your body soft, radiant, and refreshed with a tropical touch.

 **50 minutes**

Himalayan Salt Energizing Scrub

Restore your natural glow with this comforting full-body exfoliation. Mineral-rich Himalayan salt crystals gently buff away dull skin, while a nourishing body cream leaves your skin beautifully smooth, hydrated, and radiant. An energizing ritual that awakens both body and mind.

 **50 minutes**

Nourish Nurturing Scrub

Stimulate healthy circulation and unveil silky-smooth skin with this intensive, nourishing exfoliation. A revitalizing blend of sea salt, coffee, and grapefruit energizes the body, detoxifies the skin, and boosts radiance. The ritual is completed with a gentle face cleansing experience, leaving you refreshed from head to toe.

 **50 minutes**

Detox & Revive Detoxifying Wrap

Experience an intensive body detox designed to purify, energize, and restore. Begin with a stimulating sea salt and coffee scrub to exfoliate and awaken the skin. Then, indulge in a full-body marine wrap that draws out impurities while deeply nourishing. A refreshing head massage completes the ritual, leaving you feeling renewed, balanced, and utterly relaxed.

 **60 minutes**

Sun Soother

Begin your journey to tranquility with a refreshing lavender cool compress, followed by a healing wrap infused with aloe vera and calming lavender. While the aloe works its magic to soothe and repair, enjoy a gentle scalp massage to melt away tension. The ritual concludes with an application of deeply hydrating healing lotion, leaving your skin soft, replenished, and comforted.

 **60 minutes**





RESTORATION

FACIAL THERAPY

HydraFacial

A comprehensive treatment suitable for all skin types, featuring dual cleansing for deep pore purification, gentle exfoliation, toning, and ultrasound-assisted infusion of targeted serums and eye cream. Finished with a hydrating moisturizer and sunscreen to leave skin refreshed, nourished, and radiant.

 **60 minutes**

Deluxe HydraFacial

A bespoke facial experience beginning with advanced HydraFacial cleansing, followed by gentle exfoliation and a deeply hydrating face mask under LED light therapy and ultrasound-assisted infusion deliver potent serums, eye and face cream to rejuvenate the skin. The treatment concludes with cold ultrasound application of sunscreen, leaving the complexion visibly smoother, deeply hydrated, and radiant.

 **90 minutes**

Anti-Ageing Intense Hydration Facial

Replenish and rejuvenate skin post-travel or sun exposure with deep cleansing, exfoliation, lymphatic facial massage using cupping technique, toning, a hydrating aloe vera mask under LED light, followed by Hyaluronic Acid serum, eye cream, moisturizer, and physical sunscreen for visibly plump, radiant, and youthful skin.

 **60 minutes**

Face Contouring Buccal Facial

An advanced sculpting treatment inspired by ancient techniques, featuring gentle cleansing, lymphatic facial massage, and intraoral buccal massage to define the jawline, reduce puffiness, and release muscle tension completed with toning, a cold mask, hydrating serum, eye cream, moisturizer, and sunscreen for a visibly lifted, radiant complexion.

 **60 minutes**

Detox and Purifying Facial

Designed to visibly improve skin clarity, this treatment is ideal for mild acne and includes cleansing, toning, a deep-cleansing salicylic acid scrub to unclog pores, facial massage, a purifying mask, eye cream, moisturizer, and sunscreen.

 **60 minutes**

Depigmentation Facial - for Uneven Skin Tone

Ideal for mild uneven skin tone and superficial pigmentation, this treatment includes cleansing, toning, a gentle glycolic micro peel with massage, followed by nano-infused Vitamin C serum for active depigmentation, a hydrating mask, eye cream, moisturizer, and sunscreen—recommended micro-needling for deeper pigmentation concerns such as melasma.

 **60 minutes**





MEDICAL GRADE TREATMENTS

Anti-ageing Treatment

A comprehensive medical-grade facial designed to brighten the skin and stimulate collagen production, targeting fine lines and visible signs of ageing through advanced peels or nano/micro-needling techniques for a smoother, more youthful complexion.

 **90 minutes**

Acne Treatment

A medical-grade treatment designed to visibly improve acne-prone skin within days, featuring salicylic acid peels, a purifying probiotic mask, and blue light therapy to rebalance skin microbiota repeat sessions are recommended during your stay for active breakouts.

 **90 minutes**

Depigmentation Treatment

A results-driven facial targeting significant pigmentation and uneven skin tone, featuring a full spa protocol with glycolic acid peel or nano/micro-infusion of potent Vitamin C and glutathione delivering visible improvement within 48 hours for a brighter, more even complexion.

 **90 minutes**

NON-SURGICAL FACE LIFT

RF Treatment - Skin Tightening Facial Contouring

A non-invasive radio frequency therapy designed to firm loose skin and visibly reduce signs of ageing, delivering a subtle lift to the face, neck, or brow for a more sculpted, youthful appearance.

- Double Chin - 1 region
- Jaw Line - 2 regions
- Neck Lift - 2 sides
- Upper Face Lift - 2 sides
- Mini Face Lift - Mid face tightening 2 sides
- Mini Brow Lift - Upper face tightening 2 sides

 **90 mins/Region**





MEDISPA BODY THERAPY

Medispa Body Therapy

Experience the power of pure oxygen.

Let your body breathe deeper, heal faster, and feel renewed from the inside out.

Recharge your body with concentrated oxygen in our advanced hyperbaric chamber.

HBOT supports healing, boosts energy, enhances skin health, and promotes mental clarity. Ideal for recovery, rejuvenation, and overall wellness.

 **60/ 90 minutes**

Laser Hair Removal

Experience advanced hair removal with minimal heat and discomfort, thanks to our built-in cooling technology—more effective than IPL and suitable for all hair and skin types.

 **30 minutes/Region**



RESTORATION

SALON TREATMENT

Classic Manicure

Our Classic Manicure begins with gentle nail shaping and cuticle care, followed by a relaxing hand soak and exfoliation to leave your skin silky smooth. Enjoy a soothing hand massage with hydrating lotion, then nail polish.

 **60 minutes**

Classic Pedicure

Smooth, soothe, and polish your feet to perfection. Begin with expert nail shaping and cuticle care to create a clean, elegant look. Next, enjoy a warm foot soak to relax and soften the skin, followed by a thorough exfoliation and foot filing on the soles to buff away rough patches and calluses. A relaxing massage with hydrating lotion melts away tension, and your choice of nail polish adds the final touch of beauty.

 **75 minutes**

Express Manicure

Includes nail shaping, cuticle work, buffing, nail cleaning, exfoliating scrub, and moisturizer application for clean, refreshed hands without polish.

 **45 minutes**



SPA ETIQUETTE

Spa Opening Hours

IASO Medispa is open for reservation from 10:00 AM TO 8:00 PM.

Spa Appointments

For reservations, please contact your butler or IASO Medispa by dialing 6266. To ensure your preferred time and service is available, we recommend booking in advance.

Spa Credit

Spa credit of minimum USD 50 available for each adult guest. To be used for selected spa, medispa or wellness treatments.

Cancellation policy

Should you wish to cancel or reschedule your appointment, please let us know at least 6 hours beforehand to avoid full cancellation fee. No-shows will be charged at the full treatment price.

Arrival

We recommend that you arrive at least 30 minutes prior to your appointment time in order to relax and enjoy our facilities.

Arriving late might limit the time of your treatment. At IASO medical spa you will be asked to complete a brief, confidential consultation card. This is to check for possible contraindications to any treatments.

Spa Attire

At IASO medical spa we provide a robe and a pair of slippers. For your comfort, disposable undergarments are provided before the start of your treatment. Our therapists are highly trained in proper draping procedures for your complete privacy. Swimming suite required to use spa thermal zones.

Health Conditions

Please inform us of any health conditions when booking your appointment. These include high blood pressure, heart conditions, any allergies, recent surgeries or pregnancy.

Spa Etiquette

The Spa is an area of relaxation and tranquility. We ask you to refrain from using your cell phone while on the premises.

The Spa is a non-smoking area. Please do not consume alcohol prior to or immediately following your treatment as it may impair the effectiveness of the treatment.

Shower

Sand can be an irritant to the body during any kind of massage. We kindly ask that you be showered and sand-free prior to your treatment. We would like to suggest allowing time either before or after your treatment to enjoy our wet area or relaxation areas.

Valuables

While we take precautions, IASO Medispa accepts no responsibility for the loss of valuables of any kind.

Age Requirements

At IASO medical spa guests aged under 12-16 should be accompanied with the presence of parents/guardians.

Selections of treatments are available, subject to the advice of our specialist.

In-room massage

For the ultimate in relaxation, we'll bring the spa to you! Send your cares adrift and enjoy a massage in the comfort and privacy of your Villa or guest pavilion.

Additional 25% added to the treatment price of your choice.

Charges

All prices are inclusive of service charge and prevailing government taxes.



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