THE SPA RETREAT

A true destination Spa
The story of an escape
to a secluded, peaceful haven

Set on stilts over the lagoon at the tip of the resort’s main island, it is a self-contained ‘resort-within-a-resort’.

Adjoining 21 spacious Spa water villas with their own private couples treatment room, is the central spa comprising of nine treatment rooms with 5 private pavilions which house both a sauna and steam room, and either a Jacuzzi, couples soaking tub or Vichy shower. Facilities also include a hair salon, relaxation lounge, retail boutique, herbal dispensary and a spa restaurant.

The unique Mandhoo Restaurant is set over the water offering spa guests a delicious and innovative array of well-balanced and nutritious spa cuisine, complimenting their spa program and completing the vast Spa Retreat complex.

A two storey fitness centre situated on the main island offers guests a wide variety of fitness and wellness activities to achieve results and compliment their spa therapies. The beachside Yoga platform is the perfect setting for awakening and energising during sunrise yoga and for the ultimate in peace and serenity with evening candlelight meditation. We offer a variety of wellness programmes for guests staying in either the Spa Water Villas or in other areas of the resort.
Five elements philosophy

**air - ENLIVEN & PROTECT**
The element of air relates to thought, communication and the stirrings of the mind. Air is the dawning of consciousness through the mists of innocence and heralds the Intelligence of the Spirit as it breathes upon the earth. Air treatments are energising and invigorating to both body and soul – they help increase energy levels and enliven the mind and senses. If you are feeling sluggish, lifeless or need a ‘jump-start’ then air treatments are perfect for you.

**earth - GROUND & BALANCE**
Earth represents stability; it is all things that bring nourishment, fullness and fertility. Of all the elements earth is the most dependable, the feel of the earth beneath our feet is the most solid and reliable thing there is. Earth treatments ground and balance to bring about a deep sense of comfort and protection. If you need grounding then choose from the earth treatments – they will nurture and restore inner balance.

**fire - DETOXIFY & STIMULATE**
Fire treatments inspire new beginnings, stimulating and warming the body, encouraging strength and creativity. Fire removes stagnant energy, bringing with it’s dynamic heat and decisiveness. Fire treatments are designed for those needing elimination of toxins and impurities from the body and clearing of the mind.

**water - RELAX & HYDRATE**
Water represents our emotions, our dreams and feelings. Water is the gentleness of ripples on a crystal pool. It moves, it ebbs, it flows, it soothes. Water treatments focus on calming the emotions, hydrating the body and soothing the spirit. If you are feeling tense then a water treatment is a wonderful way to restore serenity.

**plant - NOURISH & FORTIFY**
The element of plant is a powerful force; its essence is alive and pure. Plant is active - representing our nutrition and nourishment. Plant treatments are intensive and purifying, focusing on nourishment of the body. If you feel in need of a vitamin and antioxidant boost then plant treatments are for you.
Signature touches

Take a deep breath and relax. From the beginning to the end of your spa experience, we endeavour to create a sanctuary so that you emerge afterwards feeling renewed and transformed.

Each element has its own signature blend of essential oils and this aromatic combination subtly greets you as you enter your private therapy suite. Soft music, specifically chosen for the treatment, plays in the background and, depending upon the time of day, the lighting may be gently subdued. You are invited to change into a soft spa robe or spa pyjamas (depending on treatment type) and take a seat to enjoy our signature foot cleansing ceremony. Your therapist will then discuss your consultation form and how they can customise the treatment to best suit your personal needs. Please let your therapist know if there is anything they can do to make the treatment more comfortable – remember that this is your time to relax, let go and just be.

PRODUCT PARTNERS
The Spa Retreat has chosen to work with two unique and innovative spa care ranges to deliver outstanding personalised spa journeys for the most discerning spa guests. From luxurious spa rituals for pure pampering and honouring of the body, to organic facials catering for every skin’s desire, the Spa Retreat has your spa needs covered from head-to-toe.

TERRAKÉ: OF EARTH AND WATER
Terraké treatments draw on the ancient life science of alchemy and the journey to the origins of life. Treatments utilise the original forces of the earth - air, water, earth and plant life - the 5 elements that together created the micro-climate that made the birth of mankind possible. Each Terraké treatment has been specifically choreographed like a ballet for the senses, allowing you to be awakened and at one with yourself.

EMINENCE: ORGANIC SKIN CARE
Hand-made in Budapest Hungary, Eminence products contain the highest possible levels of all-natural, organically grown herbs, fruits and vegetables, hand selected to guarantee their high quality. Eminence is proudly paraben and sulphate free and does not contain artificial colouring or fragrances. The cures come from nature with ingredients that are good enough to eat!
Wellness

RELAXATION & DETOX
We have designed a series of wellness programmes that combine the benefits of spa therapy with holistic treatments and fitness training to have you feeling and looking fantastic, with renewed vigour, increased motivation and awareness! Personalised programmes are also available.

Wellness
The perfect way to kick off your holiday and a wonderful introduction to spa and wellness.

1 DAY RELAXATION PROGRAM
A naturopathic consultation**
A personal fitness assessment and training session
A heat therapy session
A 60 min massage of your choice
A 75 min facial of your choice

This program is ideal for those wanting to detoxify and de-stress the body.

3 DAY DETOX PROGRAM
DAY 1
A naturopathic consultation**
A personal fitness assessment
A group exercise class of your choice
A heat therapy session
A 60 min Ayurvedic massage
DAY 2
A personal training session
A heat therapy session
A 90 min muscle ease massage
An organic sugar plum and spice body treatment
DAY 3
A group exercise class of your choice
A heat therapy session
An Eminence facial of your choice

This week long programme is designed for those seeking a true destination spa experience, focusing on achieving goals, reducing stress levels and inspiring true motivation to ensure that your spa experience continues long after you have returned home.

7 DAY LIFE BALANCE PROGRAM
DAY 1
A naturopathic consultation**
A personal fitness assessment
A group exercise class of your choice
A heat therapy session
A 60 min massage of your choice
DAY 2
A personal training session
A heat therapy session
A 60 min massage of your choice
An Eminence facial of your choice
DAY 3
A group exercise class of your choice
A Terraké ritual of your choice
A spa pedicure
DAY 4
A group exercise class of your choice
A holistic therapy session of your choice**
A 60 min massage of your choice
DAY 5
A personal training session
A heat therapy session
A 90 min massage of your choice
DAY 6
A group exercise class of your choice
A Terraké facial of your choice
A hair ritual
DAY 7
A group exercise class of your choice
A heat therapy session
A 90 min massage of your choice

*Please note programs must be paid on initial consultation and are non-refundable. Treatments are non-transferable. **Subject to availability.
REIKI - 60 MINS
A simple yet powerful technique, reiki uses universal life energy to harmonise body, mind and spirit. The reiki practitioner through the laying on of hands, channels energy to the client, activating the body's innate healing ability. This therapy is excellent for stress reduction and relaxation, and a session leaves you with feelings of profound peace and well-being.

EAR CANDLING - 60 MINS
Hopi Ear Candling, also known as Thermo Auricular Therapy, can be beneficial for many conditions of the ear, nose and throat area including tinnitus, compacted ear wax and glue ear, headache, migraine, sinusitis, rhinitis, catarrh, sore throats, hay fever, asthma, vertigo and neuralgia. When lit, the candle creates a mild suction which gently massages the eardrum and auditory canal. Once the candle is placed in the ear it forms a seal which enables the warmth and suction to loosen ear wax and regulate and balance the pressure in the ear and the whole upper respiratory tract. This treatment includes a pressure point massage and lymphatic drainage to head and neck.

FOOT REFLEXOLOGY - 60 MINS
Experience the deep relaxation and healing power of this ancient practice. Reflexology is the art of applying pressure to the feet using specific thumb, finger and hand techniques without the use of oil. This treatment is based on a system of zones and reflex areas that reflect an image of the body onto the feet, with the premise that stimulating the associated zone will effect a physical change in the related part of the body. Reflexology has been shown to reduce stress, improve blood circulation, relieve pain anywhere in the body, and improve health and recovery from illness.
Rituals

ALIVE - 3 HOURS EMINENCE
• PRIVATE STEAM & SAUNA WITH AIR BATHING RITUAL
• DRY BODY BRUSH
• LIME & BERGAMONT MASSAGE
• ORGANIC STONE CROP FACIAL
• SPA JUICE
An uplifting spa journey to renew and restore energy levels. This total body ritual begins with time in your own private heat therapy and hydro bath, inhaling the refreshing aromas of bergamot, coriander and lime to clear the mind. An invigorating dry body exfoliation prepares the skin for an enlivening body massage. The Alive Air Ritual is completed with a hydrating facial to brighten, plump and refresh even the most sun damaged skin.

NURTURE - 3 HOURS EMINENCE
• PRIVATE STEAM AND SAUNA WITH MUD BATHING RITUAL
• ORGANIC 10 GRAINS AND SPICES SCRUB
• ORGANIC PUMPKIN BODY WRAP
• ORGANIC COMFORTS FACIAL WITH BRIGHT EYES & LUSCIOUS LIP TREATMENT
• SPA JUICE
Come back to earth with this rich and nurturing ritual. Bathe in a pure mud bath to re-mineralise and bring balance back to your body, followed by a body exfoliation using granules of corn, wheat germ and oats to stimulate circulation and remove cellular build-up. Wrapped in nourishing butters and seeds, your skin will be left glowing. Complete this ritual with an absolute facial experience, incorporating an eye and lip treatment to plump and smooth these delicate areas.

DETOXIFY - 3 HOURS EMINENCE
• PRIVATE STEAM AND SAUNA WITH FIRE BATHING RITUAL
• ORGANIC SUGAR PLUM & SPICE WRAP
• ORGANIC SUGAR PLUM & SPICE FACIAL
• SPA JUICE
Purify and detoxify with this warming and stimulating combination. Essential oils of juniper, eucalyptus and grapefruit assist in eliminating toxins from the body and warming the muscles. Sugar plum extracts combine with spicy Hungarian herbal mud to firm the body while the Sugar Plum Facial retextures the skin with natural fruit acids.
PEACE - 3 HOURS EMINENCE
- PRIVATE STEAM & SAUNA
- ORGANIC PEAR & GREEN APPLE SUGAR SCRUB
- ORGANIC PEAR-CHOCOLATE BODY WRAP
- VICHY SHOWER
- ROSEWOOD AND YLANG YLANG MASSAGE
- SPA JUICE
A tranquil journey for body and mind, the peace ritual commences with a full body exfoliation enriched with antioxidants from pears and apples leaving the skin protected and soft. You will then be enveloped in a firming and toning pure pear hydrating wrap. Enjoy the soothing properties of water outside, with our seven-head Vichy shower while listening to the waves lapping below. Slowly drift away with a customised massage while body, mind and soul come to a peaceful unison.

SNOW BREEZE - 2 HOURS TERRAKÉ
- COTTON SEED SCRUB
- WHITE TEA DETOXIFYING WRAP
- ENERGIZING MASSAGE
Snowy flakes, an aromatic gel and the touch of feather brushes exhilarate the senses like air on the mountain top. Light-as-air Flakes with Cotton oil delicately smooth the body and stimulate the skin. A gel wrap for the body with Buddleia from the Alps and Fujian White tea refreshes and purifies. Deeply detoxified, the body can breathe again with a new vitality and lightness.

PURE - 3 HOURS EMINENCE
- PRIVATE STEAM & SAUNA WITH PLANT BATHING RITUAL
- ORGANIC COCONUT OIL SUGAR SCRUB
- ORGANIC MANGO ENZYME BODY WRAP
- HOT STONE MASSAGE
- SPA JUICE
Feel your body surrender as the opulent aromas of mango and coconut fill the air. A skin smoothing coconut scrub prepares you to be cocooned in delicious oils from exotic tropical fruits of mango and coconut. Allow your muscles to melt under the warmth of the hot stones with nowhere to be but under the shade of a palm tree.

water

air

plant
MINERAL SCULPT - 2 HOURS TERRAKÉ
- SMOOTHING SAND SCRUB
- DESERT MUD FIRMING WRAP
- SCULPTING MASSAGE
Be enveloped and re-sculptured in this velvety wrap and discover the stunning power of original earth. A warm vanilla scent fills the air as your skin is buffed with grains of pure white sand to reveal smooth and glowing skin. Pure geological muds and gentle clays are applied to firm the skin and improve body contours. Feel the warmth of the earth as tension and stress diminish with a vigorous percussion-style massage to leave your figure firm and toned.

RELEASE - 2 HOURS EMINENCE
- PRIVATE STEAM AND SAUNA WITH FIRE BATHING RITUAL
- CRUSH ALMOND AND MINERAL SCRUB
- MUSCLE EASE MASSAGE WITH THAI HERBAL COMPRESS
The perfect treatment for those suffering from muscular tension and body aches. The purifying blend of eucalyptus, juniper and grapefruit help to decongest the body and mind while stimulating lymphatic drainage. Spicy paprika and almond smooth and refine skin tone before the firm massage combining thai herbal compresses alleviates muscular tension.

RELAXING WATERS - 2 HOURS TERRAKÉ
- MOTHER OF PEARL OF SCRUB
- VICHY SHOWER
- AQUATIC MINT DE-STRESSING GEL WRAP
- WATER MASSAGE
Float into paradise with the caress of a freshwater shower combined with soothing sweeping strokes and a relaxing mint wrap. A pearllescent body exfoliation reveals softer skin in preparation for the sea-green aquatic mint wrap, to refresh the body and relax the mind. Flowing massage movements under the sweet relaxing rain of the Vichy shower allow for the tensions of the body and mind to be washed away.

PLANT CONTOUR - 2 HOURS TERRAKÉ
- SMOOTHING SUGAR SCRUB
- LIANA CONTOUR WRAP
- DETOXIFYING MASSAGE
A spicy plant wrap to sculpt and refine the figure. The smoothing sugar exfoliates your skin, leaving your body soft and satiny to reveal its beauty, enriched in a subtle trail of citrus scents. A stimulating detox massage and the red liana purée wrap help to promote metabolism of fats and restore a balanced figure. A blend of cream and serum infused with amazonian liana and berries assists to banish imperfections and leaves the body feeling firm and toned.
Facials

MOTHER EARTH PRE-NATAL TREATMENT - 90 MINS EMINENCE
A decadent treatment specially designed for mothers-to-be. Beginning with a deeply hydrating facial to soothe and soften the skin, pure jojoba and calendula oil is applied for a luxurious face, neck and shoulder massage to unwind before the application of a nourishing facial masque relieves dry, dehydrated and stressed skin. A smoothing hand exfoliation and massage leaves your skin luminous while a sole-soothing foot treatment banishes any remaining tension from the body. As a final treat, a blissful warm oil scalp massage will ensure that you emerge feeling lavishly pampered from head-to-toe.

ORGANIC SUGAR PLUM & SPICE FACIAL - 75 MINS EMINENCE
Revitalise, oxygenate and wake up fatigued skin with a stimulating treatment of sweet ripe plums, rich herbal muds and paprika. Your skin will be deep cleansed and detoxified with spicy cinnamon and mineral-rich Hungarian mud, massaged to perfection with a sugar plum soufflé and drenched in vitamins and bioflavonoids to look beautifully rosy and ready. Every complexion needs a wake-up call sometimes!

ORGANIC COCO LUSCIOUS FACIAL - 75 MINS EMINENCE
Nurture and transform your skin with the healing nature of coconut milk to gently ease away the signs of aging. Pineapple enzymes work to refresh and refine skin tone and remove impurities, while rich mango and virgin coconut oils return deep lasting hydration and a healthy tropical glow. A relaxing facial experience to melt away stress and take you to a tropical paradise of smooth balanced skin.

ORGANIC STONE CROP LIGHTENING FACIAL - 75 MINS EMINENCE
This treatment, based on the stone crop plant, is excellent for all skin types needing intense hydration or lightening of pigmented, discoloured skin tone. An aromatic fruit acid mix of grapes, apples, naseberry and lemon juice gently exfoliates and cleanses while stone crop rehydrates as it is massaged into the skin. Stone crop’s active phytonutrients, antioxidants and plant lipids effectively plump-up the skin, healing dry chapped tissues and lightening the complexion for a long-lasting look of health and vitality.

ORGANIC POPPY SEED & PEAR (MICROMODERM) FACIAL - 75 MINS EMINENCE
A revolutionary combination of poppy seeds and fine walnut powder achieve an organic micro-dermabrasion to rival the most advanced machinery methods. Rough dry skin is removed and circulation is heightened to stimulate cell turnover active herbs such as ginseng and burdock root purify and perk up your skin. A masque and massage of pear and green apple pulp completes this high performance treatment achieving a youthful clear complexion for all skin types.
ORGANIC COMFORTS FACIAL - 75 MINS EMINENCE
Fragrant, garden-fresh roses combined with lightly steamed rosehips, brimming with vitamin C make up this soothing anti-aging facial. This botanical treatment is designed to nurture the most sensitive & irritated skin leaving it calm, hydrated and naturally beautiful.

ORGANIC YAM & PUMPKIN ENZYME PEEL - 60 MINS EMINENCE
Enjoy this skin renewing enzyme peel that erases summer damage to make skin impossibly smooth and clear. A delicious puree of yams & pumpkins accelerate the exfoliation process to peel away dead skin cells, reducing skin discolouration, fine lines and sun damage. The natural enzyme content increases collagen production to leave skin firm and radiant with increased elasticity. The express peeling treatment can be continued for a series of 4-5 sessions and maintained at home for best results.

PRECIOUS EARTH FACIAL - 75 MINS TERRAKÉ
This indulgent anti-aging facial includes a contour sculpting facial massage using precious stones and crystals to improve skin tone. Pure red earth clays and minerals nourish and heal. Allow the purity of the earth to smooth and restructure the skin while a blissful scalp massage eases the mind.

BREATH OF PURE AIR FACIAL - 75 MINS TERRAKÉ
Experience the pure pleasure of this sensory facial. Warming flakes combine with an iced masque to create a refreshing facial treat. Perfectly moisturised and free of toxins, your skin is left fresh and luminous. This facial is ideal for sluggish and polluted skin types.

RARE ESSENCE FACIAL - 75 MINS TERRAKÉ
Intensive facial to add suppleness and moisture to the skin. A double mask for delicious richness, bamboo extracts provide instant moisture while fruit butters and floral waxes nourish and regenerate. Velvety, plumped up and nourished, your skin is now utterly luminous.

ORIGINS OF THE SEA FACIAL - 75 MINS TERRAKÉ
Experience the exquisite freshness of volcanic hydrating water combined with a specialised masque using pure red algae from the pacific. While your senses reconnect with the soothing and replenishing origins of the sea, let your skin discover the intense hydration that comes from this thirst-quenching facial treat.

ENHANCEMENTS TO ACCOMPANY ANY CHOSEN FACIAL TREATMENT

**BRIGHT EYE TREATMENT**
Experience active organic ingredients such as gotu kola, eye bright, iron rich wild plum, and vitamin k in the purely organic 4-step eye treatment. Gentle naseberry fruit enzymes exfoliate fine lines and crow's feet to give youthful smoothness while an eye masque packed with raspberries deeply hydrates and increases elasticity. Choose from a cucumber gel for puffy, stressed eyes or a wild plum cream to target dark circles and signs of fatigue. the latest in eye brightening technology!

**BRIGHT LIP TREATMENT**
Erase dryness and treat your lips to a naturally effective 3-step treatment. Gentle fruit enzymes refine the lip area, followed by an extra rich masque that deeply hydrates with shea butter and avocado oil. Finish with a delicious citrus, non-petroleum lip balm that stimulates lip-plumping collagen.
Body

ORGANIC BLUEBERRY - BLISS BODY WRAP - 90 MINS EMINENCE
Tone and tighten with nutritious blueberry extracts rich in non-GMO soy and skin-firming ingredients including vitamin E, guava leaf extract, black tea, grapefruit, algae and bilberry. Circulation is stimulated and refined with the invigorating sugar scrub before being smothered in the fresh blueberry wrap. Smoothed and refreshed skin will be revealed with ingredients that smell good enough to eat.

ORGANIC PUMPKIN CREAM - BODY WRAP - 90 MINS EMINENCE
Wrap your body in a cocoon of deep hydration rich in pumpkin puree, sunflower seed oil and shea butter. Nutritious soy cream gives gentle exfoliation to renew the skin and make it soft and supple. Frankincense, mandarin and cardamom ensure an aromatic treat like no other.

ORGANIC SUGAR PLUM - SPICE WRAP - 90 MINS EMINENCE
World famous Hungarian thermal mud and spicy cinnamon benefits all skin types by imparting a powerful natural detoxification, eliminating toxins and increasing circulation. Combined with a delicious jam-like plum puree, this warming body wrap is the essential indulgence to infuse iron, nutrients and vitamins into travel-weary and fatigued bodies.

ORGANIC PEAR-LISCIOUS - BODY WRAP - 90 MINS EMINENCE
Get impossibly silky smooth and toned skin with this delicious pear and green apple body treat. To begin a blend of pear, apple and sugar cane is used to smooth and renew the skin before the application of the pear wrap, that tightens with a touch of nettle and refreshes with lime and ginseng. Finish with a hydrating pear & green apple massage soufflé to impart deep lasting softness.

ORGANIC MANGO ENZYME - BODY WRAP - 90 MINS EMINENCE
Rejuvenate your skin from head to toe with this tropical body exfoliation and wrap. A fragrant jam-like mango cocoon rich in enzymes will dissolve dryness and uneven skin tone. Finish with a luxurious full body application of watermelon, papaya and rich virgin coconut oils to return firmness and deep moisture.
**AFTER SUN SOOTHER - 75 MINS EMINENCE**

After too much exposure to the Maldivian sun, this body cocoon is fantastic to calm inflamed skin. Using the healing powers of pure aloe vera, a fresh masque made with cucumber and aloe vera is gently applied to sunburnt skin. The cocoon immediately soothes and calms, drawing out heat and replacing lost hydration. While the masque works its magic, a soothing scalp and foot massage calms body, mind and soul. A final light application of aloe vera gel leaves the skin soft and silky-smooth.

**ORGANIC CRANBERRY POMEGRANATE SUGAR SCRUB - 45 MINS EMINENCE**

Refine the skin with organic sugar cane granules and melt away dryness and roughness with vitamin-rich cranberry and pomegranate. Your skin will savor the antioxidant super powers of these amazing fruits leaving it lustrous, radiant and smooth.

**ORGANIC 10 GRAINS & SPICE GRANULES SCRUB - 45 MINS EMINENCE**

Intense exfoliating treatment with corn granules, soybeans, wheat germ, oats, sunflower seeds and cinnamon spice. Ideal to clear the body of cellular build-up and promote oxygenation. Dramatically re-textures the skin and promotes a healthy glow.

**ORGANIC CRUSHED ALMOND & MINERAL BODY SCRUB - 45 MINS EMINENCE**

Invigorating and warming exfoliation of finely crushed almonds and active minerals uncovers gorgeous skin that feels soft yet toned. Paprika stimulates and oxygenates, leaving your skin rosy.

**ORGANIC PEAR & GREEN APPLE SUGAR SCRUB - 45 MINS EMINENCE**

A mouth-watering blend of antioxidant rich pear, apple and sugar cane gently exfoliates and smoothes with the help of natural alpha hydroxy acids found in sugar cane. Sweet almond oil and grape seed oil will leave your skin velvety smooth with an irresistible glow.

**ORGANIC COCONUT OIL SUGAR SCRUB - 45 MINS EMINENCE**

Buff your skin to perfection with raw sugar cane granules infused with potent virgin coconut oil to give deep hydration and nutrition. Known for its ancient healing properties, coconut contains high levels of antioxidants and hydrators to restore your skin, leaving it soft and supple.

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**ENHANCEMENTS TO ACCOMPANY ANY CHOSEN MASSAGE OR BODY TREATMENT**

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td><strong>VICHY SHOWER</strong> (30 MINS)</td>
<td></td>
<td>Feel the tension wash away under the outdoor vichy shower. Alternating the pressure of the jets, the therapist will rotate the seven shower heads to warm the muscles and relieve muscular tension.</td>
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<tr>
<td><strong>ORGANIC SCRUB</strong> (30 MINS)</td>
<td></td>
<td>Buff away the winter blues upon arrival with a choice of five delicious organic scrubs good enough to eat. Or save it until the end of your stay to give your skin a gorgeous glow that will make everyone envious back home. Coconut, grains, cranberries, almonds or apples, whatever your tastebuds desire.</td>
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<tr>
<td><strong>BACK, NECK AND SHOULDERS</strong> (30 MINS)</td>
<td></td>
<td>Enhance the effect of your facial or body treatment with a de-stressing Swedish massage.</td>
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Massages

Be taken on an aroma journey and choose one of the following blends. The synergy of aromas and touch will customize your experience.

AIR - ‘energise & enliven’ with Coriander, Bergamot & Lime.
WATER - ‘relax & calm’ with Rosewood, Ylang Ylang & Roman Chamomile.
FIRE - ‘detoxify and stimulate’ with Eucalyptus, Grapefruit & Juniper.
EARTH - ‘nurture & heal’ with vanilla, Sandalwood, Patchouli & Vetiver.
PLANT - ‘nourish & fortify’ with Cedarwood, Rosemary & Lavender.

AROMATHERAPY - 60 MINS / 90 MINS (light to medium pressure)
Discover the ancient art and allure of aromatherapy with this gentle and soothing massage style which includes a pressure point facial massage and slow flowing movements.

AYURVEDIC - 60 MINS / 90 MINS (light to medium pressure)
A grounding and centering massage incorporating long fluid movements to bring the body into balance. It uses warmed traditional ayurvedic herbal oils for therapeutic effect.

SWEDISH - 60 MINS / 90 MINS (medium to deep pressure)
This classic massage style uses a variety of techniques to promote a deep sense of well-being. It is particularly great for stimulating circulation, increasing lymphatic drainage and easing muscle pain.

THAI - 60 MINS / 90 MINS (medium to deep pressure)
Performed on thai floor mats fully clothed in soft pyjamas, our traditional thai massage uses techniques practiced for 2,500 years. Often described as passive yoga, the therapist uses continuous choreographed movements to stretch and relieve tension from body and mind.

MUSCLE EASE - 90 MINS (medium to deep pressure)
A therapeutic massage style with the use of thai herbal poultices and stretching to relieve muscular aches and pains.

SHIATSU - 90 MINS (medium to deep pressure)
The Japanese translation is ‘finger pressure’. Shiatsu is a pressure point massage to clear blockages in the body’s energy channels, also known as meridians. These meridians, if congested may cause tension, pain and dis-ease. A pulsating and rhythmic technique without oil, Shiatsu restores balance for a healthier being.

HOT STONE - 90 MINS (medium to deep pressure)
Allow your muscles to melt with the heat from our basalt stones. It will take you to a deeper level of relaxation, with the therapist both placing the stones and using them as a massage medium.
Hydrotherapy
The synergy of aromas & water will customize your experience.

AIR BATHING BLEND
Feel your senses awaken and energy soar with this uplifting blend of lime, coriander and bergamot combined with pure sea salts to cleanse and refresh. Choose from one of the heat therapy suites.

EARTH BATHING BLEND
Immerse yourself in this luxurious bath delight of pink clay blended with exquisite oils of vanilla, patchouli and vetiver to induce a deep sense of contentment and peace. Choose from one of the heat therapy suites.

FIRE BATHING BLEND
Slip into this detoxifying blend of spirulina and juniper to aid the elimination of impurities and tone the skin. Choose from one of the heat therapy suites.

WATER BATHING BLEND
Soak away stress and tension with this velvety smooth milk bath combining milk proteins with the aromas of ylang ylang, chamomile and rosewood. Drift away... Choose from one of the heat therapy suites.

PLANT BATHING BLEND
The opulent aromas of cedarwood, lavender and rosemary create a sanctuary for the senses. Breath deep, let go and enjoy. Choose from one of the heat therapy suites.

PRIVATE HEAT THERAPY SUITES
- DELUXE - 45 MINS
  Immerse yourself in the luxury of your private heat therapy suite. the steam and sauna are great to hydrate the skin, stimulate the circulation and detoxify the body. Then lie back and relax in an outdoor Sakura Japanese Soaking tub. This oversized tub has plenty of room for two with bubble jets, colour therapy and adjustable air jet pressure for the ultimate in hydro-luxury!
- STANDARD - 45 MINS
  Enjoy a private steam and sauna to detoxify, refresh and hydrate the skin and then relax in our outdoor Jacuzzi bath whilst enjoying the warm tropical breeze.
Beauty
Our range of beauty treats will ensure you leave looking as fabulous as you feel.

CUCUMBER & MINT SPA MANICURE OR PEDICURE - 75 MINS
Relax in our massage chair while you unwind and allow us to transform those tired hands or feet with these cooling and invigorating treatments. Incorporating nail and cuticle work, a scrub of raw sugar cane, revitalising cucumber and comfrey is followed by a masque and soufflé massage of mint, dill, rosemary and basil to ensure those neglected spots are nourished, healed and regenerated.

EXPRESS SPA MANICURE OR PEDICURE - 45 MINS
A mini treat for the hands or feet. A complete tidy up of the nails and cuticles with polish application. the perfect maintenance routine.

FRENCH POLISH
Add on to any manicure, pedicure or shape and polish for a classic look.

MAKE UP APPLICATION
The perfect finishing touch to your spa treatments for a night out or for your wedding day.

DECADENT BEAUTY RITUAL
ORGANIC CUCUMBER MINT SPA MANICURE / ORGANIC CUCUMBER MINT SPA PEDICURE / HAIR RITUAL WITH STYLE
The ultimate beauty indulgence, this combination of hand and foot treatments, luscious deep conditioning treatment, scalp massage and style blow dry will ensure that you are looking great! The perfect ritual before a special night out.

WAXING
Waxing and tinting are available upon request.

HAIR RITUALS - 90 MINS WITH STYLE / 60 MINS WITHOUT STYLE
Experience a luxurious treat for the scalp and hair combining a cleansing scalp treatment, deep conditioning hair treatment and relaxing scalp, neck, shoulder and hand massage. Particularly beneficial after sun, sea and sand, this treatment will work to restore luster and shine to the hair. After a consultation with our hairdresser, you will choose the hair ritual appropriate for you. Hair Rituals include: DRY/DAMAGED, OILY, FRIZZY (90 MINS without style), FINE.

HAIR CUTS & STYLING
LADIES SHAMPOO, CUT AND BLOW DRY / LADIES SHAMPOO AND CUT
SHAMPOO AND BLOW DRY / MEN'S SHAMPOO AND CUT / UP-STYLE
How to Spa

Spa operating hours are 9.00 - 22.00 daily

MAKING RESERVATIONS

• HOW DO I MAKE SPA RESERVATIONS?
  The Spa Retreat is immensely popular with guests and as such we strongly recommend
  that you book your Spa treatments well in advance. Reservations can be made in person
  or by dialing The Spa Retreat reception at extension 5360.

• I AM NOT STAYING ON THE WATER VILLA ISLAND – AM I ALLOWED TO GO SPA?
  Absolutely – all guests are welcome at both the Over-Water Spa and the Spa Retreat.

• I AM PREGNANT – WHAT TREATMENTS DO YOU RECOMMEND?
  As always, our number one priority is the safety and well-being of our guests. As such, we
  do not recommend full body massage in the first trimester of pregnancy and also advise
  limited body treatments throughout the term of pregnancy. To assist with your choice of
  available treatments, please contact one of our spa consultants.

• WHAT HAPPENS IF I AM LATE FOR MY APPOINTMENT?
  If you would like to reschedule or cancel your booking, you can do so at any time subject
  to providing a minimum of 12 hours notice. If a cancellation is made less than 12 hours
  prior to your appointment time, a 50% charge will apply. If there is no notice provided, a
  full charge will be made for the services reserved.

• CAN I HAVE A SPA TREATMENT IN MY VILLA?
  Yes, most treatments are available for you to have in the privacy of your own villa. Please ask our spa
  receptionists which treatments are available. A callout fee will be added to the treatment charge.

THE TREATMENT ITSELF

• HOW SHOULD I PREPARE FOR MY SPA TREATMENT?
  Please shower off any oils and suntan creams prior to your treatment to allow better
  absorption of the products applied.

• I AM A MALE – SHOULD I SHAVE BEFORE MY SPA TREATMENT?
  We recommend shaving prior to having a facial for maximum comfort and benefit to the skin.

• WHAT DO I NEED TO WEAR?
  There is no need to bring or wear any special clothing, as Spa wear is provided. Disposable
  underwear is provided for body treatments.

• WHAT TIME SHOULD I ARRIVE FOR MY TREATMENT?
  Please arrive at the Spa a minimum of 15 minutes before your scheduled
  appointment time – this allows you time to fill out your consultation form, enjoy the ambience
  and start the relaxation process before your treatment begins.

• WHAT HAPPENS IF I AM LATE FOR MY APPOINTMENT?
  As a courtesy to all our guests, a prompt appointment schedule is adhered to. Late
  appointments may not be honoured if there is a treatment booked immediately
  after and will be charged the cancellation fee.

• WHAT MEDICAL OR PHYSICAL CONCERNS DO I NEED TO TELL THE THERAPIST?
  All first-timers need to fill out a consultation form prior to their treatment – this is to provide you
  with the best possible experience and to assure your maximum safety and comfort.