

THE RESIDENCE  
MALDIVES  
Dhigurah

by *Cenizaro*

## HOLISTIC WELLBEING JOURNEYS



Embark on a holistic wellbeing journey at the Spa by Clarins, catering to your every notion and desire. At the heart of Clarins expertise are plants which offer their beauty secrets and precious extracts that is formulated to give women and men the very best from nature and science.

Let our unique Clarins treatments coupled with traditional holistic wisdom and the warm ocean breeze come together to create the healing experience which can only be found in the Spa by Clarins at The Residence Maldives at Dhigurah

Embrace natural elements while improving your inner wellness and fitness through a series of yoga and fitness classes at our Yoga Pavilion and fully equipped Fitness Centre.

Indulge your senses at the Spa by Clarins, exclusively at The Residence Maldives at Dhigurah.

*spa by*  
**CLARINS**

## SIGNATURE TREATMENTS

A selection of time-honoured massages and guest favourite treatments for a complete rejuvenation of the mind, body and soul.

### SEA SERENITY BY CLARINS

Embark on a voyage of well-being with the Clarins signature treatment for body and face created exclusively for The Residence Maldives. Awaken your senses and soothe the mind with the unique Clarins Deep Touch Massage movements using aromatic oils and plant extract honey. This massage energizes as it relaxes; toning the body and stimulating the senses. To harmonize, a revitalizing facial using Clarins Pure Melting Gel deep cleanses and through a series of Clarins “magic” touches; restores luminosity and radiance, concluding with a facial mask and natural custom blend moisturizer application.

**90 minutes**

For One: USD 225

For Two: USD 430

### ESSENCE OF RESIDENCE

Experience nature’s best of The Residence Maldives with our locally grown herbs and plants. Start the journey with Coconut Scrub to soften and exfoliate the skin then followed by Warm Herbal Compress Body and Scalp Massage with coconut oil will leave you deeply relaxed.

**90 minutes**

For One: USD 225

For Two: USD 430

### BALANCE

The indulgent and truly pampering treatments uses Lava Shells which gently relaxes and smooth away knots combined with a Bamboo Deep Relaxing Body Massage for an innovative experience to relieve your stress. The combined warmth from the Lava Shells and Bamboo promotes relaxation, boost circulation and reduces swelling and water retention create a sense of balance to the entire body and mind.

**90 minutes**

For One: USD 225

For Two: USD 430

### SOUL

Begin with a traditional Ayurvedic body massage that uses wave-like movements to cleanse and open blocked energy channels to promote deep relaxation and detoxification. A relaxing Shirodhara treatment follows where a continuous stream of warm oil flows gently across the forehead onto the third eye chakra, diffusing and melting stress from the mind with an Indian Head Massage concluding this treatment.

**90 minutes**

For One: USD 225

For Two: USD 430

*Prices are subject to 10% service charge and 16% government taxes (TGST).*

*At Home Care product recommendations are not included in the package and has to be purchased separately.*

## SIGNATURE TREATMENTS

A selection of time-honoured massages and guest favourite treatments for a complete rejuvenation of the mind, body and soul.

### HEAVEN

Luxuriate in a heavenly experience with a body massage that relax and energize the mind and body. This deep soothing treatment relieves sore, tired muscles with the heat from basalt stones.

**90 minutes**

For One: USD 180

For Two: USD 349

**60 minutes**

For One: USD 150

For Two: USD 270

### PEACE

Incorporating a combination of massage techniques from Bali, this is the perfect remedy for stress relief. Using pressure from the fingers, elbows and palms, this treatment stimulates relaxes and rebalance your body.

**90 minutes**

For One: USD 180

For Two: USD 349

**60 minutes**

For One: USD 140

For Two: USD 260

*AVAILABLE AS AN IN-VILLA MASSAGE. ADDITIONAL SURCHARGE OF 50% APPLICABLE*

### HOLISTIC

This holistic full body massage uses Swedish and Eastern massage techniques to focus on areas of stress to relax aching muscles, simulate circulation and eliminate toxins.

**90 minutes**

For One: USD 180

For Two: USD 349

**60 minutes**

For One: USD 150

For Two: USD 270

*AVAILABLE AS AN IN-VILLA MASSAGE. ADDITIONAL SURCHARGE OF 50% APPLICABLE*

### REVIVE

An intense massage that uses deep pressure to relieve tension, eliminate any stiffness and release energy. These measured movements are combined with special essential oils to prolong a feeling of wellbeing long after the massage is over.

**90 minutes**

USD 180

**60 minutes**

USD 150

### RELIEF

Enjoy a gentle foot and leg massage created to relax and revitalize tired feet and legs. The therapist uses light to medium pressure and massage on the reflex points of the feet and lower legs.

**30 minutes**

USD 80

**60 minutes**

USD 140

*Prices are subject to 10% service charge and 16% government taxes (TGST).*

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## CLARINS SIGNATURE FACIAL

Developed from 60 years of knowledge of the skin, these Clarins facials are even more effective and relaxing, to deliver immediate rejuvenating and well-being results, which last.

### MOISTURE QUENCHER

*Restore comfort, softness and radiance.*

Multi-level moisturization and intense nourishment for dry, weakened skin. Redness is reduced, dehydration fine lines are plumped and feelings of tightness disappear. Your skin is wonderfully soft and supple again and its vitality restored.

*Clarins at Home: Clarins Hydra-Essential Collection*

**60 minutes**

USD 180

### CLEAR SKIN REFINER

*Purify and control shine.*

This detoxifying treatment helps to restore the balance of combination and oily skin. Impurities are gently removed; shine is reduced and pores are tightened. Your skin is clean, fresh and glowing with health.

*Clarins at Home: Clarins Truly Matte Collection*

**60 minutes**

USD 180

### RADIANCE SMOOTHER

*Smooth wrinkles and protect skin from urban stress.*

For stressed skin lacking in radiance: diminish the look of fine lines and early wrinkles, reduce signs of fatigue and protect skin from external aggressions. Wrinkles are visibly smoothed and your skin appears more supple, toned and ready to resist the hectic pace of city life.

*Clarins at Home: Clarins Multi-Active Collection*

**90 minutes**

USD 239

**60 minutes**

USD 180

### POWER FIRMER

*Firm and visibly diminish the look of wrinkles.*

Loss of firmness? This treatment stimulates the skin's vital functions to deliver a triple rejuvenating action targeting wrinkles, firmness and elasticity. Wrinkles are smoothed, facial features are lifted, skin is firmed, and you look incredibly radiant!

*Clarins at Home: Clarins Extra-Firming Collection*

**90 minutes**

USD 239

**60 minutes**

USD 180

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## CLARINS SIGNATURE FACIAL

Developed from 60 years of knowledge of the skin, these Clarins facials are even more effective and relaxing, to deliver immediate rejuvenating and well-being results, which last.

### LIFTING REPLENISHER

*Replenish and boost the radiance of mature skin.*

For skin weakened by hormonal changes, the priority is skin density. This treatment smoothens the features, re-sculpts and redefines facial contours and visibly reduces the look of wrinkles and dark spots. Your skin is replenished, plumped and your complexion more radiant and luminous.

*Clarins at Home: Clarins Super Restorative Collection*

**90 minutes**

USD 239

**60 minutes**

USD 180

### WHITENING ACTIVATOR

*Reduce the look of pigmentation disorders and brighten the skin.*

Looking for a flawless complexion, with no dark spots? Through its dual purifying and unifying action, this treatment evens the complexion while restoring the skin's rosy, transparent glow and velvety look.

*Clarins at Home: Clarins Bright Plus HP Collection*

**60 minutes**

USD 180

### SKIN BOOSTER FACIAL FOR MEN

*Fight fatigue and firm.*

A complete treatment for men's skin affected by external aggressions and irritation from shaving. It purifies, moisturizes and reduces the look of wrinkles and dark circles and energizes the skin. A scalp, neck and shoulders massage conclude the facial to bring an instant feeling of well-being.

*Clarins at Home: Revitalizing Gel, Anti-Fatigue Eye Serum, Line-Control Balm or Cream, Line-Control Eye Balm.*

**60 minutes**

USD 180

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## TRI-ACTIVE BODY TREATMENTS

Clarins has always been the body contouring and firming specialist and have designed these Body Treatments addressing every problem and every beauty concern.

### THE BODY LIFT SCULPTOR

This expert contouring treatment drains and filters while restoring a feeling of well-being and lightness. Body contours are refined: the skin becomes smoother and feels more comfortable. Finally, feel good about your body!

*Clarins at Home: Body Lift Cellulite Control, Body Shaping Cream, Contouring Body Treatment Oil, Super Restorative Redefining Body Care Abdomen and Waist*

**60 minutes**

USD 150

### FIRMING AGE CORRECTOR

Fabulous age-control for the body that works on skin's density, tone and elasticity. Firming and revitalizing, it helps promote firmer, suppler skin. A wonderful youth boost for your skin!

*Clarins at Home: Extra-Firming Body Cream or Lotion, Tonic Body Treatment Oil*

**60 minutes**

USD 150

### THE POLISHER

The high-performance body exfoliation treatment which detoxifies and purifies the skin. Its dual mechanical and biological exfoliating action leaves skin incredibly soft while also increasing its resistance.

*Clarins at Home: Exfoliating Body Scrub for Smooth Skin*

**45 minutes**

USD 109

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## **BODY WRAPS**

Ideal treatments with essential oils to banish stress and restore well-being and harmony to body and mind. Indulgence treatments for silky skin.

### **BODY WRAP RELAXING**

This gentle wrap is based on green clay and essential oils. It has mineralizing action on the skin and promotes a wonderful feeling of relaxation. Skin feels silky soft and comfortable.

*Clarins at Home: Relax Body Treatment Oil*

**45 minutes**

USD 90

### **BODY WRAP CONTOURING**

A deeply purifying wrap based on red cranberry, raspberry and rice powders. Helps refine contours and leaves skin soft and firm.

*Clarins at Home: Contouring Body Treatment Oil*

**45 minutes**

USD 90

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## CLARINS BODY MASSAGES

Clarins Massage offers a personalized sense of well-being to help you care for yourself and stem the effects of stress and modern life. Precise, deliberate hand movements are combined with the aromatic and phyto-therapeutic benefits of essential oils for a wonderfully unique experience that fully revives the senses.

### REBALANCING MASSAGE WITH ESSENTIAL OILS

This massage uses enveloping movements for an incomparable feeling of well-being. Tonic Oil issued to stimulate the body and mind or Relax Oil for a feeling of complete relaxation.

*Clarins at Home: Relax Body Treatment Oil, Tonic Body Treatment Oil*

**90 minutes**  
USD 199

**60 minutes**  
USD 160

*AVAILABLE AS AN IN-VILLA MASSAGE. ADDITIONAL SURCHARGE OF 50% IS APPLICABLE*

### DEEP TOUCH MASSAGE

An intense massage that uses deep pressure to relieve tension, eliminate any stiffness and release energy. These measured movements are combined with Relax Massage Oil to prolong a feeling of well-being long after the massage is over.

*Clarins at Home: Relax Body Treatment Oil*

**90 minutes**  
USD 199

**60 minutes**  
USD 160

*AVAILABLE AS AN IN-VILLA MASSAGE. ADDITIONAL SURCHARGE OF 50% IS APPLICABLE*

### SPORTS MASSAGE

A great massage for the athlete in you! Before a sport activity, it promotes looser muscles and optimises muscular response. After exercise, it relieves tension and tightness and allows joints and muscles to recuperate better.

*Clarins at Home: Relax Body Treatment Oil, Tonic Body Treatment Oil*

**90 minutes**  
USD 199

**60 minutes**  
USD 160

*AVAILABLE AS AN IN-VILLA MASSAGE. ADDITIONAL SURCHARGE OF 50% IS APPLICABLE*

*Prices are subject to 10% service charge and 16% government taxes (TGST).*

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## CLARINS BODY MASSAGES

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### **MOTHER-TO-BE TREATMENT WITH 100% PURE PLANT OIL**

Preventative treatment that prepares the body for the changes during pregnancy. It helps to prepare the skin to support the distension and prevents stretch marks. Provides comfort and well-being.

*Clarins at Home: Exfoliating Body Scrub for Smooth Skin, Stretch Mark Minimiser, Tonic Body Treatment Oil, Bust Care products, Energizing Emulsion for tired legs*

**60 minutes**

USD 170

### **ANTI-JET LAG STOPOVER**

Frequent travellers are going to love this energy-boosting face and body treatment designed to erase all signs of fatigue linked to jet lag.

*Clarins at Home: Beauty Flash Balm, Energizing Emulsion, Tonic or Relax body care*

**90 minutes**

USD 199

**60 minutes**

USD 160

### **AFTER SUN**

Replenishes skin deep-down on the face and body. It optimises the benefits of the sun and helps prevent any drying effects it may cause. Ensures a beautiful-looking, long lasting tan.

*Clarins at Home: Clarins After Sun range*

**90 minutes**

USD 199

**60 minutes**

USD 160

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## CLARINS WELLNESS TREATMENTS

More than just well-being treatments, Clarins' holistic approach seeks to minimize stress to live a healthier life. Offering a tailor-made holistic sensorial experience, head to toe treatments that meet the expectation of women and men.

### **RISE & SHINE - BOOST YOUR MOOD & LIFT YOUR SPIRITS**

*Lack of energy, feeling run down or stressed?!!*

This uplifting face and body treatment will put back smile on your face, harmonize and rejuvenate your features and spirit. It encourages vitality and a happy mood in addition to increasing the energy level. You will feel in and out like the best version of you.

*Clarins at Home: Relax or Tonic Body Oil*

**60 minutes**

USD 170

### **BEAUTY SLEEP – JUST LIKE A GOOD NIGHT'S SLEEP**

*Feeling stressed, exhausted, lack of sleep?*

A rejuvenating journey for the skin, mind and the senses. This face and body treatment induce a deep sounds state of relaxation and add to the skin a complete renewal. You will look and feel as if you have been given 8 hours of good night's sleep.

*Clarins at Home: Clarins Relax Oil*

**60 minutes**

USD 170

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## CLARINS SPECIFICS

Targeted treatments for every beauty concern to ensure your face and body remains flawless. A truly precise combination of expert hands and effective skin care to ensure immediate solutions for every beauty concern.

### LUMINOUS EYES

Complete eye contour treatment to decongest, smooth and freshen the entire eye zone.

**30 minutes**

USD 75

### NECK & SHOULDER RELIEF

Relaxes and removes feelings of tension that accumulate in the neck and shoulder area.

**30 minutes**

USD 75

### BACK RELIEF

A deeply relaxing treatment to relieve all feelings of tension. Immediately calms and soothes.

**30 minutes**

USD 75

### PURE

Warm virgin coconut oil infused with pure essential oils is used to massage the scalp and shoulders with eastern and western techniques. This treatment improves nourishment circulation of the hair and scalp, relieves headaches and leaves your hair glossy and healthy.

**30 minutes**

USD 75

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## SPA JOURNEYS

The Spa by Clarins takes you on a pampering journey through a series of treatments for a complete physical, mental and spiritual renewal.

### JUST THE TWO OF US

A luxurious and tranquil couple indulgence for the senses. The treatment begins with Foot Bath Ritual, followed by an exfoliating Clarins Body Polisher for renewed and refreshed skin. A Clarins Deep Touch Body Massage relieves stress and muscle tension. This romantic journey concludes with a Customised Facial for luminous skin. Enjoy a glass of sparkling wine or herbal tea at the end of the journey.

*Journey consists of:*

**Foot Bath Ritual • Clarins Body Polisher • Clarins Deep Touch Body Massage  
Customised Facial • Refreshments**

**120 minutes**

For Two: USD 599

### THE RESIDENCE BLISS

Surround yourself in complete bliss! A Clarins Body Scrub will gently exfoliate your skin before continuing with the Full Body Massage that uses Ayurvedic technics to promote deep relaxation, relieving your mind of stress and tension. A pampering foot massage completes the journey as you leave with lighter steps. A selection of herbal teas or juice served with fruits completes this blissful session.

*Journey consists of:*

**Foot Bath Ritual • Clarins Body Scrub • Abhyangam Full Body Massage • Relief Foot  
Massage • Refreshments**

**120 minutes**

USD 259

### ROMANTIC HIDEAWAY

The romantic treatment starts with Clarins Relaxing Body Wrap to promote a state of relaxation. The ritual continues with a Peace Body Massage to stimulate your body's natural well-being and soothes away the stress. Relax and sip on a glass of bubbly whilst dipping in an aroma bath over the infinite view of the Indian ocean.

*Journey consists of:*

**Foot Bath Ritual • Clarins Relaxing Body Wrap • Peace Body Massage • Aroma Bath •  
Refreshments**

**120 minutes**

For Two: USD 499

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## SPA JOURNEYS

The Spa by Clarins takes you on a pampering journey through a series of treatments for a complete physical, mental and spiritual renewal.

### SUN LOVERS

Remove impurities and dead skin cells with a thorough body exfoliation and get the skin ready for optimum absorption of the coconut oil's hydrating properties. Using Swedish massage techniques, the Holistic Body Massage relieves and renews tired muscles to prepare for another day out in the sun!

*Journey consists of:*

**Foot Bath Ritual • Clarins Body Polisher • Holistic Massage • Refreshments**

**120 minutes**

USD 229

*Prices are subject to 10% service charge and 16% government taxes (TGST).*

*At Home Care product recommendations are not included in the package and has to be purchased separately.*

## WELLNESS RETREAT

Discover your ideal wellness package and be transformed. Embark on a retreat to revive your senses and relax your mind while admiring the blue azures of the Indian Ocean at The Residence Maldives at Dhigurah.

### ULTIMATE BEAUTY & SLEEP RETREAT

This ultimate anti-aging face and body experience promotes full body and mind rejuvenation. A complete holistic approach, it prevents the effects of ageing and gives the radiating glow to you that lasts longer. Each day complemented with anti-ageing drinks.

*Retreat consists of:*

Day 1 (90-minute treatment)

**Foot Bath Ritual • Polisher • Abhyanga Body Massage • Refreshments**

Day 2 (90-minute treatment)

**Foot Bath Ritual • Firming Age Corrector • Relief Massage • Refreshments**

Day 3 (90-minute treatment)

**Foot Bath Ritual • Beauty & Sleep • Refreshments**

**2-Day Programme: USD 399**

**3-Day Programme: USD 549**

### VIGOUR & VITALITY RETREAT

Immerse your body in a healthy experience of relaxation, vitality and well-being. This programme aims to improve your aches and pains from the strains of daily lives, leaving a lighter soul and more comfortable body.

*Retreat consists of:*

Day 1 (90-minute treatment)

**Foot Bath Ritual • Clarins Body Polisher • Sports Massage • Refreshment**

Day 2 (90-minute treatment)

**Foot Bath Ritual • Relax Body Wrap • Peace Massage • Refreshments**

Day 3 (90-minute treatment)

**Foot Bath Ritual • Revive Massage • Refreshments**

Day 4 (90-minute treatment)

**Foot Bath Ritual • Back Massage • Shirodhara • Head Massage • Refreshments**

Day 5 (90-minute treatment)

**Foot Bath Ritual • Sea Serenity • Refreshments**

**3-Day Programme: USD 549**

**5-Day Programme: USD 849**

*Prices are subject to 10% service charge and 16% government taxes (TGST).*

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## WELLNESS RETREAT

Discover your ideal wellness package and be transformed. Embark on a retreat to revive your senses and relax your mind while admiring the blue azures of the Indian Ocean at The Residence Maldives at Dhigurah.

### DETOX & CONTOURING RETREAT

Nourish, detoxify and rejuvenate your body inside out. For the ultimate in detoxification, this programme aids the release of toxins from your body and reduces fluid retention.

*Retreat consists of:*

Day 1 (90-minute treatment)

**Foot Bath Ritual • Udwarthanam • The Body Lift Sculptor • Refreshment**

Day 2 (90-minute treatment)

**Foot Bath Ritual • Clarins Contouring Body Wrap • Anti-Cellulite Massage • Refreshment**

Day 3 (90-minute treatment)

**Foot Bath Ritual • Clarins Body Polisher • Peace Massage • Refreshments**

Day 4 (90-minute treatment)

**Foot Bath Ritual • The Body Lift Sculptor • Foot Massage • Refreshments**

Day 5 (90-minute treatment)

**Foot Bath Ritual • Clarins Anti-Ageing Facial • Back Massage. Refreshments**

Day 6 (90-minute treatment)

**Foot Bath Ritual • Firming Age Corrector • Foot Massage • Refreshments**

Day 7(90-minute treatment)

**Foot Bath Ritual • Sea Serenity • Refreshments**

**3-Day Programme:** USD 549

**5-Day Programme:** USD 849

**7-Day Programme:** USD 1199

### HOLISTIC HEALING & AWAKENING RETREAT

Stress is an inexorable fallout of today's fast paced life style and has become an integral part of our lives. A corrective life style coaching with an indigenous and traditional Ayurveda approach, yoga and holistic healing to de-stress, revitalize the senses, restore good health and even increase the body's immunity.

*Retreat consists of:*

**Day 1 (150-Minute Treatment)**

**Foot Bath Ritual • Private Yoga • Balance • Refreshment**

**Day 2 (150-Minute Treatment)**

**Foot Bath Ritual • Private Yoga • Holistic Massage • Refreshment**

**Day 3 (150-Minute Treatment)**

**Foot Bath Ritual • Private Yoga • Sea Serenity • Refreshment**

**3-Day Programme:** USD 549

*Prices are subject to 10% service charge and 16% government taxes (TGST).*

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## **KIDS SPA**

Children and young adults love being the centre of attention in the care of our thoughtful and indulgent spa therapies. Exclusively designed for children ages 5-13, who must be accompanied by a parent or guardian at all time.

### **JUNIOR GLOW**

For our junior island dwells this package consists of 50 minutes of gentle Swedish Massage and 30 minutes Mini Facial. A selection of Ice cream will be offered after the section.

**80 minutes**

USD 180

### **LITTLE CHAMP**

Get fairy tale-ready with a princess facial that includes a facial cleanse and back massage.

**45 minutes**

USD 80

### **SUPERHERO**

A soothing essential oil will help your powerful superhero muscles morph back to relaxation during a neck, shoulder and hand massage.

**45 minutes**

USD 65

### **MAGICAL MANICURE & PEDICURE**

Decorative nail polish for little princesses

**30 minutes**

USD 55

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## GROOMING

### SHAMPOO & BLOW DRY

60 MINUTES

USD 80

### STYLE CUT & BLOW DRY (FOR LADIES)

60 - 75 MINUTES

USD 90

### HAIRCUT (FOR MEN/CHILDREN)

40 MINUTES

USD 40

30 MINUTES

USD 25

## MAKE-UP

### BRIDAL MAKE-UP & HAIR STYLING

120 MINUTES

USD 150

### PHOTO SHOOT MAKE-UP

60 MINUTES

USD 99

## HANDS & FEET

### MANICURE

60 MINUTES

USD 79

### PEDICURE

50 -70 MINUTES

USD 99

### FILE & POLISH (HANDS OR FEET)

30 MINUTES

USD 49

*Prices are subject to 10% service charge and 16% government taxes (TGST).*

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## YOGA

Choose a yoga session that is most suitable to your needs. Maintain core strength, muscle tone and good energy levels whilst on vacation. Breathe fully and reap the therapeutic benefits in sublime surrounds.

### **SUNRISE / SUNSET YOGA**

Complimentary sunrise and sunset yoga classes are available to all our guests on the Yoga Pavilion at The Spa.

**60 minutes**

Complimentary

### **INVIGORATING YOGA**

A personalized session tailored to your body. Recommended for those who would like to address specific health issues or physical challenges. Concludes with sitting meditation to relax your mind.

**60 minutes**

USD 49

### **VIGOUR YOGA**

Combined with breath and particular yoga poses that target your core is a wonderful class to build up core stability as well as inner and outer strength.

**60 minutes**

USD 49

### **MEDITATION**

Discover the art of mindfulness and finding stillness within through the practice of meditation with a guided private session.

**60 minutes**

USD 49

### **PRE-NATAL YOGA**

This class offers methods to support a healthy pregnancy by using relaxation breathing exercises, and postures to strengthen and tone the body, as well as relieve tension and common aches and pains.

**60 minutes**

USD 49

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## **FITNESS**

Choose a fitness session that is most suitable to your needs. Maintain core strength, muscle tone and good energy levels whilst on vacation. Breathe fully and reap the therapeutic benefits in sublime surrounds.

### **PERSONAL FITNESS TRAINING**

Customise training with the fitness trainer who will design a unique program for your needs and objectives according to your fitness level. The session starts with a fitness consultation, followed by a customised program of specific exercises to suit your needs.

**60 minutes**

USD 70 per session

### **FITNESS ENHANCEMENTS**

Our 30-minute sessions target specific areas using advanced techniques to achieve your personal goals.

*Sessions available: -*

- Assisted Stretching
- HIIT Cardio Session
- Focus on Abs, Legs & Bums
- Beach Workout
- Core Yoga
- Strength & Conditioning class
- TRX session

**30 minutes**

USD 30 per session

### **AQUA FITNESS WITH FLOAT**

Water is the elixir of life! Enjoy our low-impact aquatic exercise. The combination of dynamic flowing movements and traditional yoga poses with the assistance of water helps to lengthen and strengthen muscles, while also improving balance and coordination. It tones the body, relieves tension and gives you a sense of renewed energy.

**30 minutes**

USD 45 per session.

Minimum 2 pax required.

*Prices are subject to 10% service charge and 16% government taxes (TGST).*

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## HOW TO SPA

### SPA AND FITNESS OPENING HOURS

Spa by Clarins: 10:00am to 8:00pm

Fitness Centre: 6.00am to 8.00pm

#### ***How do I make a Spa Reservation?***

We strongly recommend that you book your Spa treatments well in advance to avoid disappointments. Reservations can be made in person or by dialling **798**.

#### ***What time should I arrive for my treatment?***

Please arrive at the Spa a minimum of 20 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 need to cancel my treatment?***

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.

#### ***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.

#### ***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.

#### ***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.

#### ***I am male - should I shave before my Spa treatment?***

For men, we recommend shaving prior to having a facial for maximum comfort and benefit to the skin.

#### ***I am pregnant - what treatments do you recommend?***

Our Spa therapists will guide you in selecting the treatment best defined for you during this special time. We do not recommend full body massage in the first trimester of pregnancy and also advise limited body treatments throughout the term of pregnancy

#### ***What is the minimum age requirement?***

Spa guests must be 14 years and over to enjoy a treatment at The Spa without supervision. Younger guests from ages 5 to 13 need to be accompanied by a parent or guardian to enjoy the selected kids' treatments.

**NOTE: PRICES AND TREATMENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.**

*Prices are subject to 10% service charge and 16% government taxes (TGST).*

*At Home Care product recommendations are not included in the package and has to be purchased separately.*