



BAGLIONI SPA

*The Italian way of Wellbeing*



BAGLIONI SPA | YOGA PAVILION

BAGLIONI SPA



## BAGLIONI SPECIALS

*La famiglia è tutto / Family is everything*

As Italians we unquestionably prize life, enjoy living it and relish the pleasures it brings. We always prefer to do it together. Celebrating this tradition, Baglioni Spa offers treatments to enjoy with the ones you love. The together treatments are performed in our double treatment room that also offer a Bathtub, that you may add extra time for. Below is our suggestion of shared moments, other treatments on the menu is also possible to book in pairs.

## BAGLIONI SPECIALS

### BAGLIONI RESTORING JOURNEY

This intensive facial and body repair treatment provides nutrients and hydration to the skin. Indulge in a relaxing full-body massage with warm shea butter or coconut oil, which you are wrapped in to fully absorb. Your therapist will tend to your skin in the interim by applying a nourishing face mask and massaging your scalp.

*90 mins. - \$225*

### COPPIA COUPLE'S JOURNEY

Experience a combination of revitalizing body scrub and balancing treatments with your significant other.

*90 mins. - \$350 per couple*



## BODY TREATMENTS

### MALDIVIAN KAASHI RUB

A revitalizing and refreshing treatment consisting of a natural coconut body scrub followed by a honey and papaya wrap. A coconut oil massage seals in freshness and moisturizes the skin.

*60 mins. - \$190*

### SUNBURN SOOTHER

After sun exposure, this body and face treatment consists of applying Aloe Vera to soothe and replenish the skin. The soothing ingredients will help alleviate pain, as well as soothe and revitalize the skin. The treatment will conclude with a gentle head massage from the therapist.

*45 mins. - \$95*

## ITALIAN BEAUTY

### SOGNO LIFTING FACIAL

SOGNO is synonymous with DREAM. The SOGNO Lifting Facial treats the scalp, face, neck, and décolletage. This luxurious and calming treatment is designed to alleviate the stresses of our modern, hectic lifestyles and specifically targets fine lines and wrinkles. It includes an enzymatic peel for a revitalized and revitalized appearance.

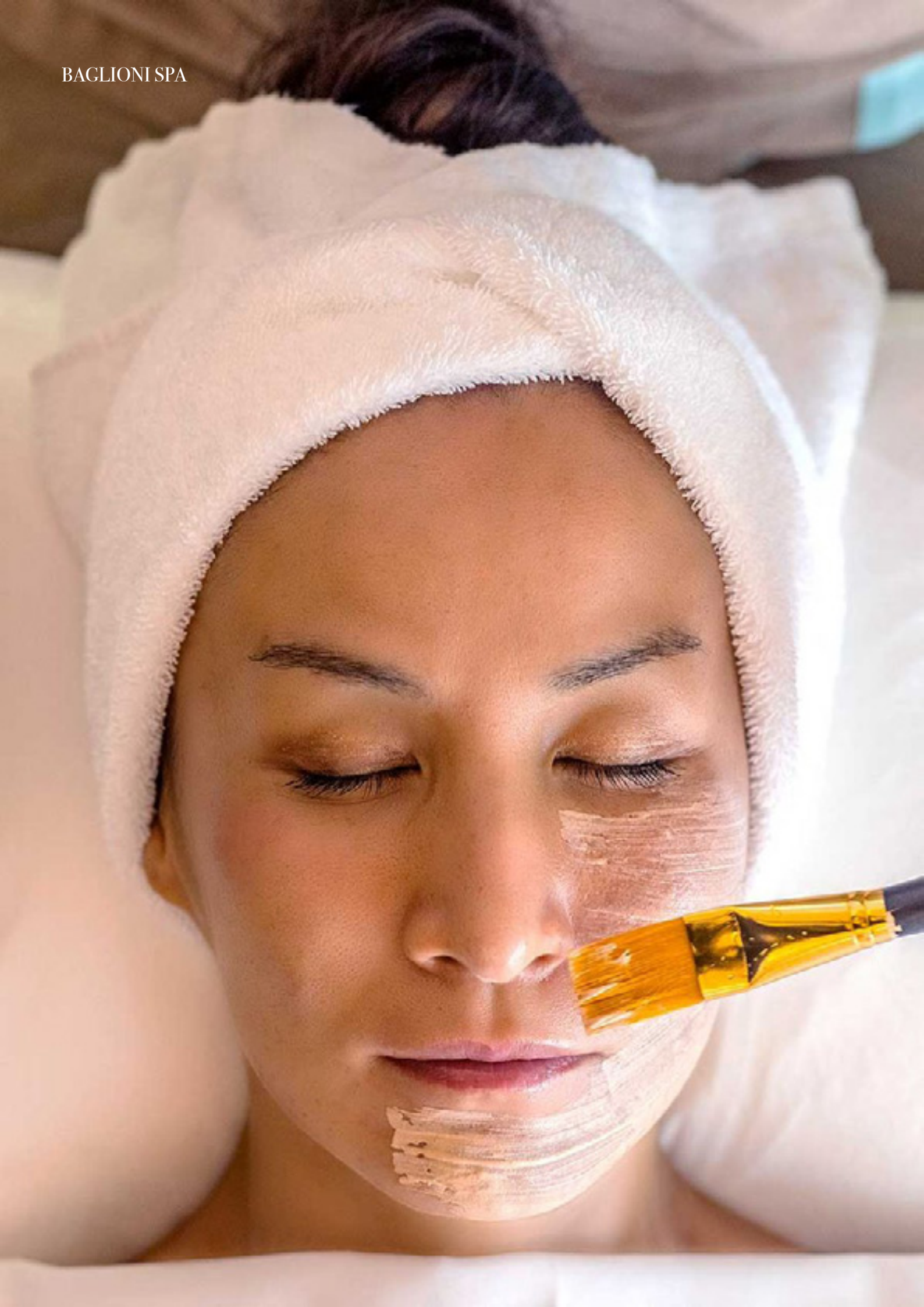
*90 mins. - \$280*

### TEMPO ANTI-AGE FACIAL

TEMPO is synonymous with TIME. The TEMPO Anti-Ageing Facial includes cleansing, exfoliation, infusion, masking, and massage of the face and scalp. This anti-ageing treatment works on muscle tissue to restore firmness to the facial contours, resulting in a more youthful appearance immediately. It is compatible with all skin types.

*60 mins. - \$190*

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## HANDS & FEET

Spa Manicure  
Spa Pedicure

60 mins. - \$155  
60 mins. - \$155



## MASSAGE

### ANTI-JETLAG MASSAGE

This back, scalp, and leg massage is the ideal spa indulgence after a long flight or when you're feeling fatigued.

60 mins. - \$190

### AROMA MASSAGE

This is a gentle massage that focuses on the therapeutic properties of aromatherapy oils to relax the body and revive the spirit. It oxygenates the cells, improves blood circulation, reduces tension, and stimulates the immediate balancing of the body's energies.

60 mins. - \$190

### BALINESE MASSAGE

This traditional Balinese massage is tailored to your body's needs and is deeply relaxing and restorative. Our therapists induce a complete state of relaxation by combining acupressure and skin rolling with firm but smooth massage strokes.

60 | 90 mins. - \$190 | \$225

### DEEP TISSUE MASSAGE

Deep Tissue Massage is a deep, firm massage in which your therapist intuitively selects techniques based on the needs of your muscles. Using pressure points, deep muscle compressions, and cross-fiber friction, this massage will eliminate toxins and soothe sore or aching muscles.

60 | 90 mins. - \$190 | \$225

## DETOX MASSAGE

The rhythmic strokes and pressure applied to muscles, tissues, and organs during the Detox Massage therapy help to increase blood flow. Toxins are literally "squeezed" out from between muscle fibres and cells when pressure is applied to tissue and fat.

*60 mins. - \$190*

## HOT STONE MASSAGE

The Hot Stone Massage therapy is a profoundly relaxing and therapeutic treatment that relieves muscle tension by loosening knots and delivering relief deep within the muscle. This calming yet stimulating massage improves circulation and induces a deep state of relaxation.

*90 mins. - \$225*

## MALDIVIAN THEYO DEMUN

(Theyo translates to "Oil," and Dhemun means "Massage.") This traditional body treatment is the perfect combination of tension relief and relaxation. It is a warm aromatherapy in which virgin coconut oil from the Maldives is drizzled over the body, followed by healing massage techniques to release tension and stress from the body and mind.

*60 mins. - \$190*

## BAMBINI PEDICURE

A gentle exfoliation, a soothing hand massage, and a manicure will leave your feet looking and feeling fantastic. (Nail polish is not required)

*30 mins. - \$60*

## EXPRESS RITUALS

### BACK MASSAGE

Shoulder and back massage to relieve upper body tension, break up knots, and increase flexibility.

*30 mins. - \$75*

### FOOT MASSAGE

Technique of Chinese massage that focuses on the feet and lower leg reflex zones to release tension in the feet and improve circulation.

*30 mins. - \$75*

### HEAD MASSAGE

Includes a restorative neck and collar massage, as well as a relaxing head and scalp massage.

*30 mins. - \$85*

### FULL BODY SCRUB

This massage ritual exfoliates and moisturizes the skin, leaving it silky and soft.

*30 mins. - \$85*

### BAMBINI MASSAGE

Customized massage for the back, neck, legs, and arms to promote relaxation.

*30 | 60 mins. - \$60 | \$125*

### BAMBINI MANICURE

A gentle exfoliation, a soothing hand massage, and a manicure will leave your hands looking and feeling fantastic. (Nail polish is not required)

*30 mins. - \$55*

## AYURVEDIC THERAPY

### ABHYANGA

A gentle exfoliation, a soothing hand massage, and a manicure will leave your feet looking and feeling fantastic. (Nail polish is not required)

*75 mins. - \$215*

### SHIRODHARA

Shirodhara is a profound spiritual treatment that relaxes the nervous system and boosts the immune system. As warm, medicated oil is constantly poured over the third eye, the pineal gland, which produces serotonin and melatonin, is stimulated. These hormones improve your emotional balance, help you age more slowly, and improve your overall well-being. This treatment is recommended as part of a treatment regimen.

*90 mins. - \$225*



## YOGA MENU

### PRIVATE SUNRISE/ SUNSET YOGA

Start the day with gratitude by performing a dynamic sequence of sun salutations, breath work, and stretching exercises.

End the day with a program of gentle and relaxing poses, accompanied by a stunning Maldivian sunset.

*60 mins. - \$100 PER PERSON | \$175 PER PAIR*

### KIDS YOGA

The story-telling journey to the jungle, where Yoga moves for kids may include animal or other poses. Teaching young, growing minds better coordination on body balance and breathing awareness.

*50 mins. - \$75 PER PERSON*

YOGA



## TRAINING MENU

### FUNCTIONAL TRAINING

Functional Training provides you with the necessary strength, stability, power, mobility, endurance, and flexibility to thrive in your life and sport. Functional training employs exercises that improve your movement proficiency in these primary patterns to give you an edge and boost your performance, allowing you to reach your goals in a safe and healthy manner.

*60mins. - \$100*



## TENNIS LESSONS

### TENNIS CARDIO

*SINGLE - 60mins. - \$200*  
*DOUBLE - 60MINS - \$250*

### TEENIS LESSONS

*FOR JUNIORS (U-16)*  
*SINGLE - 45MINS - \$150*



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# SPA ETIQUETTE

## OPENING HOURS

The Spa is open from 9:00 a.m. to 9:00 p.m. daily. The first available appointment is at 9 a.m.

## RESERVATIONS

For Spa inquiries and reservations, please dial the number displayed on your phone's display or consult your butler. To secure your preferred treatment time, we recommend booking in advance.

## TIMING

Please arrive 15 minutes in advance of your appointment to check in and prepare for your Spa experience. If you arrive late for your Spa appointment, we may be unable to provide you with the full treatment, unless the schedule permits us to do so.

## HEALTH

Please inform us of any health problems or concerns, such as high blood pressure, allergies, or pregnancy. This enables us to assist you in selecting the most suitable treatments. We do not recommend consuming alcohol before or immediately after Spa treatments or a gym session.

## AMBIENCE

Baglioni Spa is a peaceful and serene area. Please set your mobile phone on silent to ensure complete relaxation.

## PRIOR TO ARRIVAL

Before visiting the Spa, it is best to leave jewellery and other valuables in your villa, as we are not responsible for their safety. Male clients are advised to shave prior to facial treatments to achieve optimal results.

*All prices are quoted in US Dollars and are inclusive of a 10% Service Charge and the applicable 16% GST.*



