







Welcome to Tamara Spa. A place for you to relax, renew, and revitalize your well-being during your stay. Experience the carefully selected treatments and let go of your worries and immerse yourself in serenity as the outside world drifts away.

Our signature massage ritual will start with a footbath followed by a relaxing time in a Jacuzzi, overlooking the serene blue water of the Indian Ocean.



All prices are quoted in US dollars (USD) and subject to 10% Service Charge and 12% Tourism, Goods and Service Tax. Rates are subject to change without prior notice. For reservations, please call +960 668 0013 or Extension 855.



Indulge in exotic, luxurious, and unforgettable celebrations of relaxation and rejuvenation giving peace to both mind and body

### TAMARA SIGNATURE MASSAGE

60 minutes without ritual / **\$219** 90 minutes with ritual / **\$239** 

120 minutes with ritual / \$259

Signature fusions massage that seamlessly blended with various massage techniques such a Swedish, deep tissue, acupressure, sports massage, and stretching. Boost immune system, reduce stress, relaxation, improve blood circulation, body detoxification, and improve sleep quality.

HOT STONE MASSAGE	60 minutes without ritual / <b>\$160</b>	90 minutes with ritual / <b>\$180</b>
Heated stones incorporated with relaxing massage techniques, allow full-body session is the perfect treatment to loosen tight muscles, reli		tension with less pain. This
BALINESE AROMATHERAPHY MASSAGE	60 minutes without ritual / <b>\$160</b>	90 minutes with ritual / <b>\$180</b>
Traditional Balinese massage uses a combination of gentle stretches blood, oxygen and "qi" (energy) around your body, and bring a sense		apy to stimulate the flow of
		90 minutes with ritual / <b>\$200</b>
THAI MASSAGE	60 minutes without ritual / \$180	30 minutes with mular / \$200
THAI MASSAGE Exotic, rejuvenating, and the ultimate subliminal body workout. Using flexibility, and create wholeness of body, mind and spirit. It is a maste method of deep tissue pressure point massage. It helps to release to	no oil, this firm massage aims to release t rful fusion of Indian Ayurvedic stretching t	ension, increase vitality and techniques and the Chinese
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### HEAD MASSAGE

60 minutes without ritual / \$150 90 minutes with ritual / \$170

Leave the world behind with this soothing head, scalp, and neck massage. Designed to renew your focus. The stress and tension of an exhausting day will simply melt away.



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## Powerful partners to keep your skin in peak performance

Gift certificate purchase is available for all spa treaments or at a value amount. Please contact our spa reception for further details.

# **Ayurveda Treatments**

Ayurveda is a system of medicine designed to remove the imbalance of the physical body, while providing the mental clarity needed to change unproductive mindsets. Ayurveda recognises that all living creatures, whether human, plant, or animal, must live in harmony with nature in order to survive. Like the owner's manual of your car prescribes maintenance schedules for the long-term health of your car, Ayurveda speaks of daily and seasonal routines that ensure maximaln health, mental clarity, and longevity.

### SHIRODHARA

Warm oil drips a steady stream on your forehead, drizzling over your scalp. Oil gently flows off your third eye, you literally feel as though your troubles are melting away. The treatment is also known to cure head, neck, and olfactory syndromes, insomnia, nervous disorders, and headaches caused by tension.

ABHYANGA 60 minutes / \$180 90 minutes / \$210 It is done with warm selected herbal oil. The oil is applied on the entire body, from the scalp to the soles of your feet. Combined with

### PADABHYANGAM

A traditional Ayurvedic therapy, involving the technique of the applying warm herb-infused oil over the feet, followed by a gentle massage. It is said to be part of the daily Ayurvedic regimen, called Dinacharya, for maintaining good health.

### SHIROBHYANGAM

Performed by pouring a relaxing and gentle flow of herbal massage oil on the scalp, forehead, and neck. Followed by a gentle massage so the oil formulation on those parts of the body take effect. It is beneficial in reducing pain and stress.

massage strokes, it's thought to promote overall health and wellness. The most popular massage in Ayurveda.



90 minutes / \$210

45 minutes / \$130

30 minutes / \$130

60 minutes / \$180

### SALT SCRUB (DETOX)

### Salt scrub is a powerful detoxifier packed with the must have 84 minerals for your whole body. Our busy lives often result in tired, achy muscles, stress and environment related skin issues. It heals, soothes, and revitalizes your skin.

### **BROWN SUGAR SCRUB (HYDRATE)**

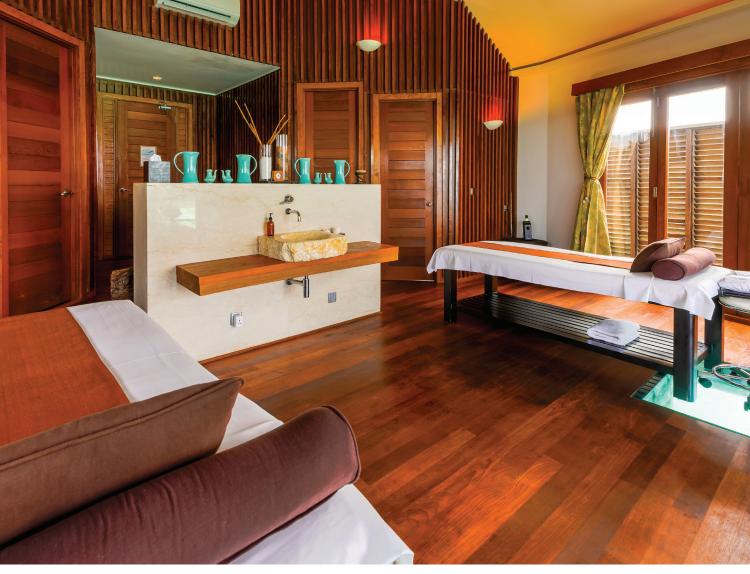
Sweetness with a minty signature touch is all you need to get through the week, keeping this concept in mind our skincare developers have brought in hydrate scrub which leaves your skin feeling treated, healthy, and nourished.

### LOVE POTION SCRUB (ROMANCE)

A calming feminine touch of flavors to your exfoliating session. Experience top quality ingredients coming together in a pampering, exfoliating body scrub. Just the touch will have you falling in love with the treatment.

### SWEET ALMOND SCRUB (REJUVENATING)

A blend between high caffeine notes of Robusta coffee fine grains and 200 million years old trace minerals rich Himalayan pink rock salt that combined with organic cold pressed sweet almond oil to provide the best of scrubs ever known in the world.



45 minutes / **\$100** 

45 minutes / \$100

45 minutes / \$100

45 minutes / **\$100** 

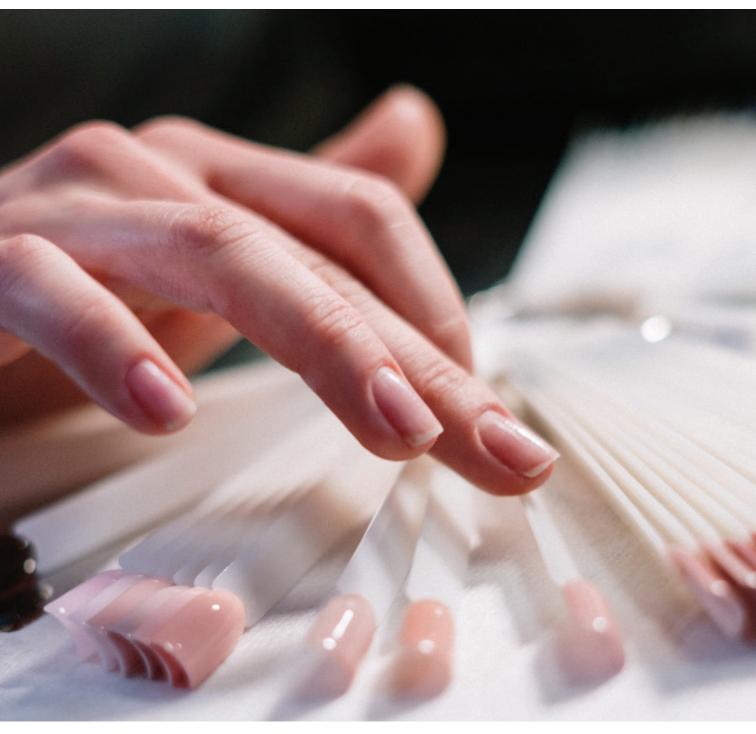


# **Manicures & Pedicures**

These rejuvanating treatments are done using the most lux products to give your nails a fresh look and feel to match your body's radiance

We offer a wide selection of manicure and pedicure services at Tamara Spa. Our specialist nail care treatments include infills, to cover any grooves and imperfections in your nails, filing and polishing, for a smooth, shiny finish, cuticle care, to remove any dry bits of skin, precision nail shaping and an extensive range of lacquer shades and gel finishes, for vivid, long-lasting colour.

TAMARA MANICURE	60 minutes / <b>\$80</b>
TAMARA MANICURE EXPRESS	45 minutes / <b>\$60</b>
TAMARA PEDICURE	60 minutes / <b>\$80</b>
TAMARA PEDICURE EXPRESS	45 minutes / <b>\$60</b>



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# FRELLLA ARTISTRY IN BEAUTY & WELLNESS

RELLA

Feel good knowing you are taking a step towards a healthier, more beautiful skin, while moving towards a holistic approach in skin care.

REL

àift certificate purchase is available for all spa treaments or at a value amount. Please contact our spa reception for further details.

# **SPA ETIQUETTE**



To ensure an unforgettable and magical spa experience for you during your stay and to allow us to provide treatments to ensure satisfaction without any hitches do follow these guidelines.

### Should I reserve my treatments?

Yes, either phone or visit the spa to book a reservation at your earliest convenience so we may accommodate your schedule.

### When should I arrive?

Please arrive 15 minutes before the scheduled time to check-in and change.

### What if I have special health considerations?

Please notify our Spa Manager or Receptionist before booking your treatments, if you have high blood pressure, allergies, and other physical ailments or disabilities or if you are pregnant. If you have any concerns at all, do let us know.

### What do I wear during the treatment?

You may wish to wear your own bikini, or briefs, or we can provide you with hygienic disposable underwear. Choose what is comfortable for you. Our therapist will always use draping technique to respect your privacy.

### What about my valuables?

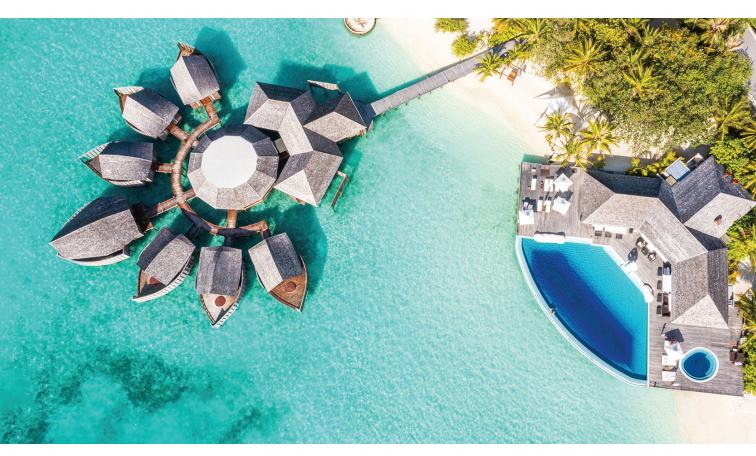
Please leave your valuables in the safe of your villa, as we do not take any responsibility for any personal items.

### What if I am late for my appointment?

Arriving late will simply limit the time of your treatment, thus lessening its effectiveness and pleasure. Your treatment will end on time so that the next guest will not be delayed.

### What if I need to cancel my appointment?

The treatments you select are reserved specially for you. You will be charged 50% for your treatment if not cancelled six hours in advance.



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# TRADITIONAL HATHA YOGA

knowledge.

**YIN AND YANG YOGA** 

Start your day with classical slower paced Yoga sessions to create calm, vibrant start of the day. This class includes classical poses (Asanas), Pranayama (Breathing tehniques) and Meditation to help you develop flexibility, mobility, strength, balance and awareness.

Bring your experience at Lily to a higher level with raising your awareness, balance, invoking inner peace and create a harmonius union between the body, mind and soul. With our various styles of Yoga we bring you a perfect balance of Yin and Yoga practices. Immerse into classical traditional postures, breathwork and meditation based on ancient traditional

### ENERGISING VINYASA

Awaken your senses, body and mind with this energizing Yoga flow that encourages mindful breathing, strength building and deep stretching.

### SUNSET CHAKRA YOGA

A blend of different yoga styles and traditions, to restore and bring balance to your energy centers. During this session we practice specific Yoga postures that are beneficial for the chakras in combination with meditation, chanting, mudras and breathing tehniques. Join this healing sunset session to balance your life.

### SUNSET YIN YOGA

Quiet, meditative practice with long deep holding of postures, incorporating principles of Traditional Chinese Medicine. Emphasis is placed on five basic nature elements, bringing new energy flow and healing to specific meridians (energy channels), organs, connective tissues and fascia throughout the body.

# <image>

# Yoga is the dance of every cell with the music of every breath that creates inner serenity and harmony.

60 minutes / **\$65++** 

60 minutes / \$65++

60 minutes / **\$65++** 

60 minutes / \$65++



### **BREATHWORK AND MEDITATION**

60 minutes / \$65++

90 minutes / \$170++

60 minutes / **\$65++** 

Breathwork is one of the most effective way to awaken your full potential and connect with your true Self. Learn specific breathwork practices and meditation to uplift, cleanse and balance your energy system, and calm your body and mind.

»Breath is life.«

### PRIVATE YOGA SESSIONS

Take daily opportunity to deepen your practice and understanding the science of Yoga with a private session. Book a time with our expert yoga instructor to learn more about specific areas such as posture alignments, pranayama, philosophy and meditation. Are you working on particular pose that has been giving you trouble? Is there a specific goal you have been working toward? Do you have questions about special circumstances or suitable practices tailored to you? A private session could be just what you need.

