



BAGLIONI SPA

*The Italian way of Wellbeing*





## 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 SENSORY JOURNEY, 90 MIN.

*Four hands massage with two therapist,  
Full body massage with cleansing facial.*

A journey that begins before you reach the treatment room and continues long after you leave. A unique variation of a four hands massage from two highly skilled therapists. A luxurious foot bath, skin renewing treats, warm towels and fresh fragrances are just the beginning. You will experience a truly non-traditional aroma massage using long, smooth strokes synchronized with a cleansing facial and a stress relieving scalp massage.

**PRICE \$370**  
*per person*

## COPPIA COUPLES JOURNEY, 90 MIN.

*L'amore non vuole avere, vuole soltanto amare. / Love does not want to have,  
only wants to love.*

*Body Scrub, Tailor-made Massage.*

Experience a combination of reviving and balancing treatments, side by side with the one you love.

**PRICE \$410**  
*per couple*

## BAGLIONI DETOX JOURNEY, 120 MIN.

*Himalayan salt scrub, Dead sea mud mask, Detox Massage.*

Revitalise, tone and purify as this active body therapy begins with a zesty exfoliation of Lemon-Ylang Ylang-Frankincense essential oils, relax as an exquisite mineral rich clay infused with powerful herbs with Lavender - Chamomile, Dead sea mud providing the ultimate detox for your body. Leave with toned skin, as body and mind are re-energised.

**PRICE \$265**  
*Per person*

## BAGLIONI RESTORING JOURNEY, 90 MIN.

*Massage, Body Wrap, Face Ritual.*

Give your skin nutrition and hydration with this intensive repairing treatment for body and face. Enjoy a relaxing full body massage with warm shea butter or coconut oil which you are wrapped into to absorb its full richness. In the meantime, your therapist will give nourishing care to your skin with a nourishing face mask and scalp massage.

**PRICE \$250**  
*Per person*

## JUNIOR SPA

### Bambini Massage, 30/45/60 MIN.

Tailor-made relaxing massage for back, neck, legs and arms.

**PRICE \$65 / 85 / 125**

### Bambini Facial, 30/45/60 MIN.

A deep cleansing facial targeting acne problems: cleansing, clay mask, serum and light facial cream.

**PRICE \$65 / 105 / 155**

### Bambini Manicure, 30/45 MIN.

A gentle exfoliation, relaxing hand massage and attention to nails will leave little hands looking and feeling fabulous. (Nail polish is optional).

**PRICE \$55 / 70**

### Bambini Pedicure, 30/45 MIN.

A gentle exfoliation, relaxing Foot massage and attention to nails will leave little feet looking and feeling fabulous. (Nail polish is optional).

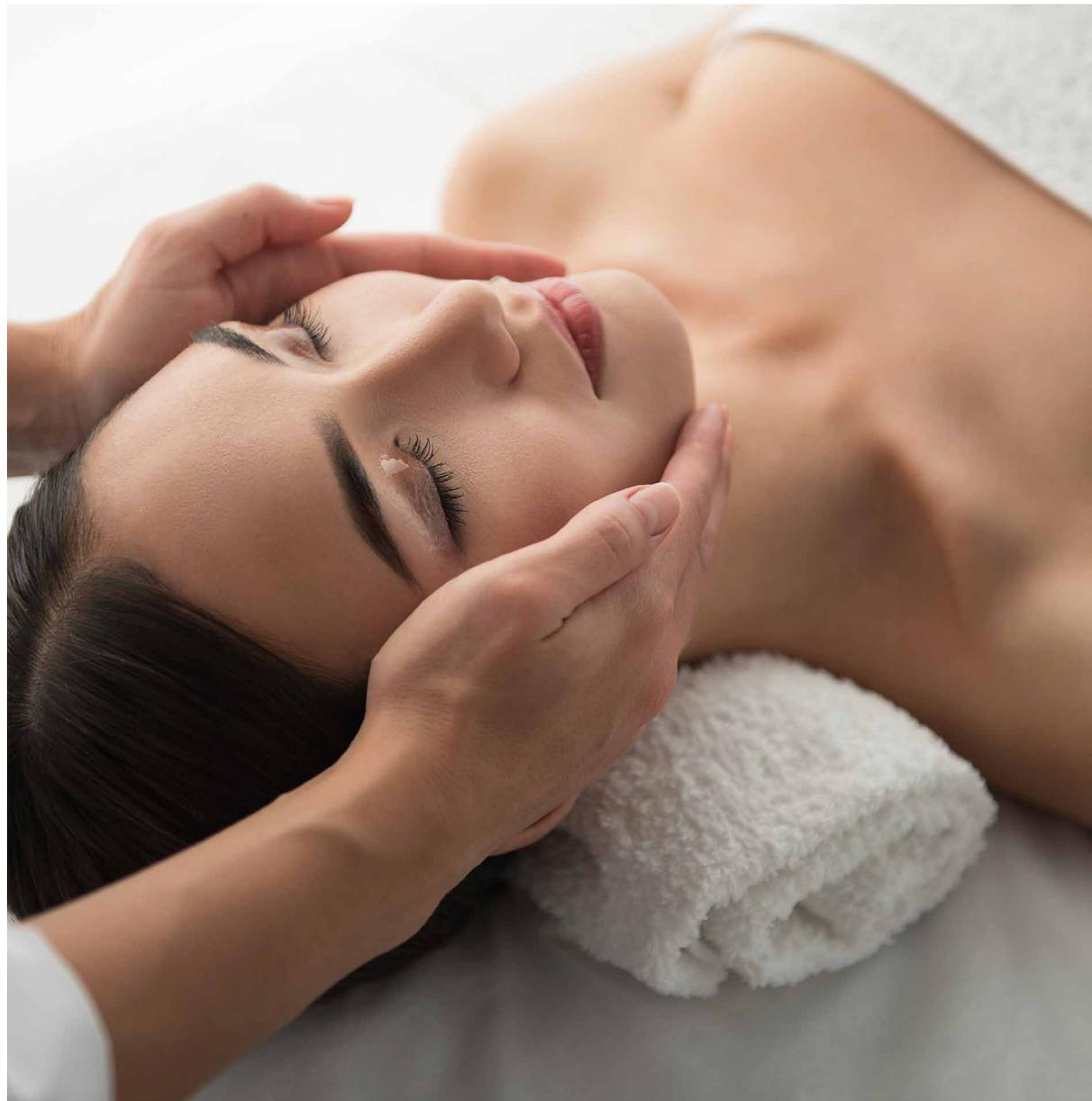
**PRICE \$65 / 80**

## BAGLIONI BATH

*Exclusive BAGLIONI bath is available upon request in the spa treatment suite, or in the privacy of your own villa. Unwind with our special bath rituals that Baglioni spa team will prepare for you to soak in and relax or perform Oriental scrub in addition to a beauty bath ritual.*

Mineral Salt  
Herbal  
Milk & Honey  
Oriental

**PRICE \$90**



## ITALIAN BEAUTY

*Vivere una vita bella / Live a beautiful life*

How we feel and what we think, does affect how we look. Relaxation is a virtue in Italian culture, even if it means load off with a glass of wine - whatever makes you happy; it will give effect. Our facial treatments are developed after the brain-skin connection with pure and advanced ingredients from INSIUM, Italy.

## SOGNO LIFTING FACIAL, 90 MIN.

*Cleansing, Enzymatic peeling, Infusion, Mask, Luxurious face, neck, décollete & scalp massage, Finishing products.*

**SOGNO** means **DREAM**. This superior and peaceful treatment is perfectly developed to smooth out the strains of our modern, fast-moving lives and specifically targets lines and wrinkles. Includes an enzymatic peeling for a renewed and energized look.

**PRICE \$270**

## TEMPO ANTI-AGE FACIAL, 60/75 MIN.

*60 MIN. : Cleansing, Exfoliation, Infusion, Mask,  
Face & Scalp Massage, Finishing products.  
75 MIN. : All above + extra time for Face Massage.*

**TEMPO** translates into **TIME**. This anti-ageing treatment works on muscle tissue to restore firmness to the contours of the face, resulting in an instantly more youthful look. Can be tailored to all skin types.

**PRICE \$185 / \$210**

## LUNA NIGHT FACIAL, 60/75 MIN.

*60 MIN. : Cleansing, Enzymatic peeling, Infusion, Mask, Face Massage,  
Finishing products.  
75 MIN. : All above + Extra time for Face Massage.*

**LUNA** means **MOON**. This powerful, targeted skin-brightening treatment is to be enjoyed in the evening. Visibly illuminates the complexion, treating the appearance of uneven skin tone with a specific enzymatic peeling which prepares the skin over night to receive a perfect tan.

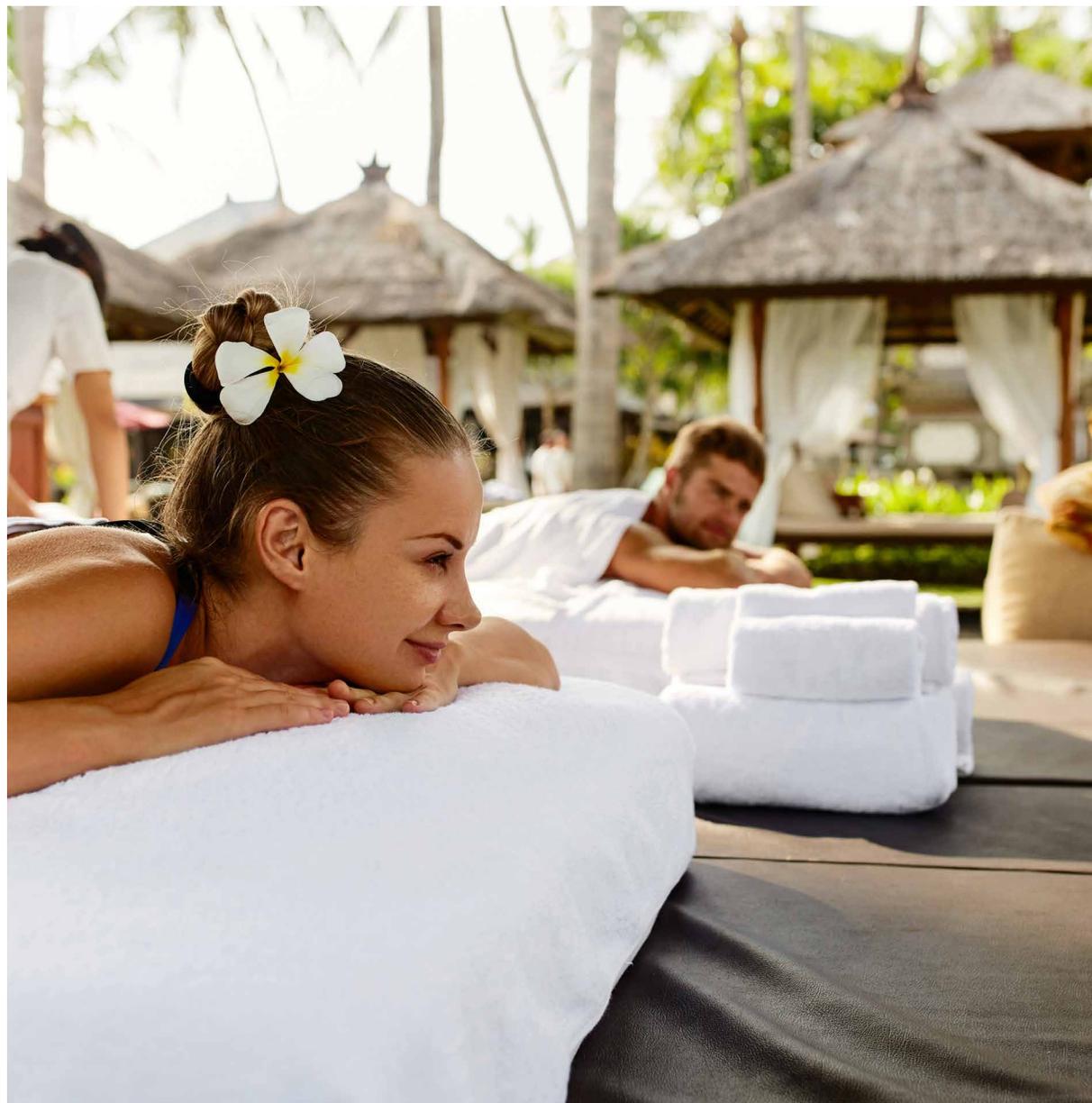
**PRICE \$185 / \$210**

## SOLE AFTER SUN FACIAL, 45 MIN.

*Cleansing, Infusion, Cold stones, Cooling face massage, Mask,  
Finishing products.*

**SOLE** is the **SUN**. A special after sun treatment for the face that immediately calms and intensely repairs overheated skin after excessive sun exposure. The treatment combined with a specific "cooling effect" mask, brings tangible freshness and relief.

**PRICE \$155**



## BODY TREATMENTS

Le cose più importanti della vita non sono cose / *The most important things in life are not things*

Body rituals with premium ingredients and techniques inspired by traditional Oriental wellness and beauty practices, created by the Parisian brand Charme d'Orient. All body rituals include massage that may be extended into longer if desired.

## MALDIVIAN KAASHI RUB, 60 MIN.

*Body Scrub, Body Wrap, Moisturizer.*

A renewing and refreshing treatment that starts with a natural coconut body scrub followed by a soothing wrap of honey and papaya. A coconut oil massage seals in freshness and moisturizes the skin.

**PRICE \$150**

## SUNBURN SOOTHER, 45 MIN.

*Cold compress and Aloe Vera gel.*

This body and face repairing treatment consists of an application of Aloe Vera to soothe and replenish the skin after sun exposure. The calming ingredients will help relieve the pain, soothe and rejuvenate the skin. The therapist will complete the treatment with gentle head massage.

**PRICE \$105**

## BODY DETOXIFIER, 90 MIN.

*Himalayan salt scrub, Dead sea mud mask, Moisturizer.*

Revitalise, tone and purify as this active body therapy begins with a zesty exfoliation of Lemon-Ylang Ylang-Frankincense essential oils, relax as exquisite mineral rich clay infused with powerful herbs with Lavender - Chamomile, Dead Sea mud providing the ultimate detox for your body. Leave with toned skin, as body and mind are re-energised.

**PRICE \$225**

## BODY TONER, 90 MIN.

*Lemongrass body scrub, Green tea body wrap, Moisturizer.*

The combination of antioxidant-rich Rooibos and Baobab fruit extracts combined with the natural moisturising oils in this unique body mask, reduce the negative effects of free radicals and inflammation. Helping to prevent the signs of age leaving their mark on your body.

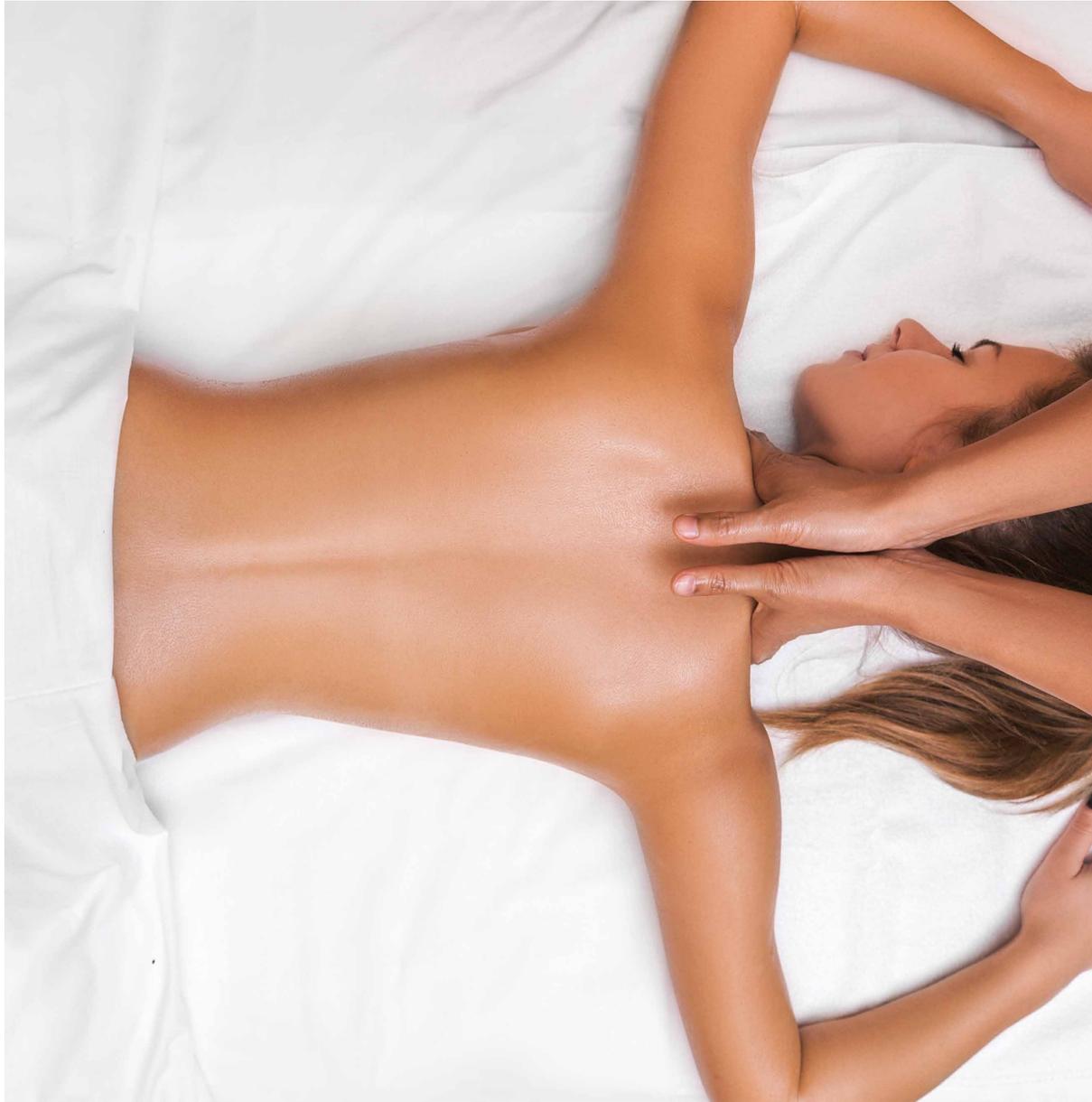
**PRICE \$225**

## BODY FIRMING, 90 MIN.

*Coffee body scrub, Red Wine body mask, Moisturizer.*

It can help with scars, stretch marks, dry skin, body breakouts, and cellulite, this wrap offers immediate and noticeable effects to the skin, including firming and toning the body this is a serious detoxifier, metabolism stimulator and a natural anti-ageing booster.

**PRICE \$225**



## MASSAGE

Chi va piano, va sano e va lontano  
*The one who takes life easy and relaxed  
lives healthier and longer*

We will always tailor-make your massage to your needs and likings. The standard massages include following parts: 60 MIN. : Back, neck, legs, arms, hands, stomach and feet. 75 MIN. : As above + face and scalp. 90 MIN. : As above + extra time for massage of your choice.

## ANTI-JET LEG MASSAGE, 60/90 MIN.

Back, scalp and leg massage. The perfect spa indulgence after a long flight or when you feel a loss of energy or fatigue.

**PRICE \$175 / 225**

## AROMA MASSAGE, 60/90 MIN.

Gentle massage focused on the healing benefits of aromatherapy oils to relax the body and rejuvenate the soul. Oxygenates the cells and improves blood circulation while easing tension and stimulating immediate regularizing the body's energies.

**PRICE \$175 / 225**

## BALINESE MASSAGE, 60/90 MIN.

This traditional Balinese massage is deeply relaxing and restoring. Our therapists combine acupressure and skin rolling with firm but smooth massage strokes to induce a complete state of calm. Every massage is tailored to your body and needs.

**PRICE \$175 / 225**

## DEEP TISSUE MASSAGE, 60/90 MIN.

A deep and firm massage where your therapist will select techniques intuitively as required by your muscles. By using pressure, deep muscle compressions and cross fibre friction, this massage will remove toxins and ease aching or stiff muscles. A restorative massage that will reduce stress and increase blood and lymphatic flow.

**PRICE \$185 / 235**

## DETOX MASSAGE, 60/90 MIN.

The rhythmic strokes and pressure applied to muscles, tissues and organs during massage therapy help stimulate the circulatory system. It works sort of like a sponge; when pressure is applied to the tissue and fat, toxins are literally “squeezed” out from in between the muscle fibres and cells.

**PRICE \$185 / 235**

## HOT STONE MASSAGE, 90 MIN.

A deeply relaxing and therapeutic treatment to ease muscle tension by using warm stones to loosen knots and deliver relief deep into the belly of the muscle. This soothing yet invigorating massage enhance the circulation and promotes a profound sense of relaxation.

**PRICE \$245**

## MALDIVIAN THEYO DHEMUN, 60/90 MIN.

This traditional body treatment (Theyo means “Oil” and Dhemun means “Massage”) is the perfect synergy for relieving muscular tension and enhancing relaxation. Warm aromatic Maldivian virgin coconut oil is drizzled over the body followed by healing massage techniques to unlock tension, and release stress from your mind and body.

**PRICE \$185 / 235**

## THAI MASSAGE, 60/90 MIN.

This method of massage was originally practiced in Thai temples by Buddhist monks. Often described as “Yoga Massage” for its stretching and bending movements, it increases the energy flow, ease the muscles and improves flexibility. We use no oil during this treatment and we provide you with a Thai pyjama to wear during the treatment.

**PRICE \$185 / 235**



## BAGLIONI SPA RITUALS

Non c'è un tempo come il presente  
*There's no time like the present*

Enjoy the luxurious time in a tropical vegetation of naturally beautiful island, unwind in one of serene Baglioni spa suites with carefully designed treatments, inspired by nature. Your ultimate journey to wellness begins here.

## SPA RITUAL, 2 DAYS PKG

Day 1 – Private Yoga Class - 60 MIN.  
Day 2 – Tailor-made Massage - 60 MIN.

**PRICE \$225**

## MALDIVIAN INSPIRATIONS, 3 DAYS PKG

Day 1 – Maldivian Kaashi Rub - 60 MIN.  
Day 2 – Maldivian Theyo Dhemun - 60 MIN.  
Day 3 – Foot Massage - 60 MIN.

**PRICE \$400**

## HEALING CEREMONY, 5 DAYS PKG

Day 1 – Anti-Jet Leg Massage - 60 MIN.  
Day 2 – Foot Massage - 60 MIN.  
Day 3 – Balinese Massage - 60 MIN.  
Day 4 – INSIUM Facial - 60 MIN.  
Day 5 – Private Yoga Class - 60 MIN.

**PRICE \$645**

## EXPRESS RITUALS, 30/45 MIN.

### BACK MASSAGE

Shoulder and back massage for soothing tensions in your upper body, breaking down knots and improving flexibility.

### FOOT MASSAGE

Chinese massage technique that concentrates on the feet and lower leg reflex zones to release tension in the feet and improve circulation.

### HEAD MASSAGE

Includes restorative massage of the neck and collar zone, relaxing head and scalp massage.

### FULL BODY SCRUB

Your body that exfoliates and hydrates the skin, leaving it smooth and soft.

### MINI FACIAL

Express face cleansing, light exfoliation and a gentle face massage. Ultimate touch - application of a balancing mask and a veil of light moisturizer.

### EYE RECOVERY

Using INSIUM products, which are vegan products this is a unique treatment for refreshing and rejuvenating tired eyes puffiness and dark shadows are specifically concerned with ageing around the eye area.

**PRICE \$90 / 105**



## BEAUTY

La bellezza ha una verità tutta sua  
*Beauty has a truth of its own.*

## HANDS AND FEET

Add on CND Shellac Nail Gel - 30 MIN.

**PRICE \$30**

Gel Soak off - 15 MIN.

**PRICE \$20**

Nails cut and file - 30 MIN.

**PRICE \$40**

Spa Manicure - 30/60 MIN.

**PRICE \$65 / 110**

Spa Pedicure - 30/60 MIN.

**PRICE \$75 / 125**

Men's Manicure - 45 MIN.

**PRICE \$95**

Men's Pedicure - 60 MIN.

**PRICE \$105**

## EPILATIONS

FULL LEG WAXING - 60 MIN.

**PRICE \$100**

HALF LEG WAXING - 30 MIN.

**PRICE \$65**

FULL ARM WAXING - 35 MIN.

**PRICE \$80**

UNDER ARM WAXING - 30 MIN.

**PRICE \$55**

UPPER LIPS/EYEBROWS WAXING - 30 MIN.

**PRICE \$40**

BRAZILIAN BIKINI WAXING - 45 MIN.

**PRICE \$95**

BACK/CHEST WAXING - 30 MIN.

**PRICE \$55**

## BAGLIONI SPA OFFERS

GET 5 MESSAGES 60/90 MIN. - 10% DISCOUNT

GET 7 MESSAGES 60/90 MIN. - 15% DISCOUNT

GET 10 MESSAGES 60/90 MIN. - 20% DISCOUNT

*Terms & conditions for above offers: Payment needs to be done in advance, in case of cancellation or if you're not able to turn up for the massage, there will be no refund.*



## YOGA & FITNESS

Sii più forte delle tue scuse

*Be stronger than your excuses*

## PERSONAL TRAINING, 60 MIN.

After assessing your health and fitness condition, our personal trainer will develop a customized training program for you, which fits your personal needs perfectly.

The personalized training will help you to achieve your realistic fitness goals, incorporating muscular strength training, cardiovascular endurance and flexibility.

**PRICE \$90**

## FUNCTIONAL TRAINING, 60 MIN.

Functional training helps provide you with the strength, stability, power, mobility, endurance and flexibility that you need to thrive as you move through your life and sport. Functional training utilizes exercises that improve your movement proficiency in these primary patterns to give you an edge and enhance your performance so you can achieve your goals safely and with good health.

**PRICE \$100**

## MANUAL STRETCHING, 30/60 MIN.

Stretching is a form of physical exercise in which a specific muscle or tendon is stretched in order to improve the muscle's elasticity and achieve comfortable muscle tone. The stretching exercises are mostly a combined approach of Yoga and Thai Massage which help you achieve a full relaxation of your muscles and relieves tensions.

**PRICE \$50 / 95**

## ABS CLASS, 30 MIN.

Special workout focused on abdominal and core muscles tone.

**PRICE \$50**

## UPPER BODY, 30 MIN.

It helps boost muscle strength and endurance in your arms, chest, back and shoulder.

**PRICE \$50**

## LOWER BODY, 30 MIN.

Strength training exercises targets major parts of lower body, builds strong and shaped legs.

**PRICE \$50**

## FITNESS TRAINING PACKAGES, 60 MIN.

3 days / 5 days / 7 days

**PRICE \$220 / 370 / 515**

## PRIVATE SUNRISE YOGA, 60 MIN.

Start the day with gratitude. Honouring of sun through a series of positions. This is a great dynamic combination of invigorating Sun Salute sequence, breath and stretch exercises.

**PRICE \$100**

## PRIVATE SUNSET YOGA, 60 MIN.

Evening recharge program of gentle and relaxing poses, along with a beautiful Maldivian sunset.

**PRICE \$100**

## YOGA CLASSES, 60 MIN.

SWEAT AND STRECH YOGA  
RESTORE AND RELEASE YOGA  
BALANCE YOGA  
DETOX YOGA  
INDIVIDUAL YOGA

**PRICE \$100** *per person / \$175 per two person*

MEDITATION - 30 MIN.

**PRICE \$40**

## YOGA PACKAGES, 60 MIN.

YOGA CLASSES 3 days / 5 days / 7 days

**PRICE \$260 / 430 / 605**

## ADDITIONAL PERSON CHARGE, 60 MIN.

**For All yoga classes**

**PRICE \$30**

## SPA ETIQUETTE

### **Spa Opening Hours**

The Spa is open every day from 9:00 AM to 9:00 PM. First appointment is available from 10.00 am gym is open 24 hours.

### **Spa Reservations**

For spa enquiries or reservations, please dial the spa button as marked on your telephone display or ask your butler for assistance. Advance bookings are recommended to secure your preferred treatment time.

### **Timing**

Please arrive 15 minutes before your scheduled time to check in and prepare of your time at the spa. Arriving late for a spa appointment may make it necessary to limit the time for your treatment, unless the schedule enables us to offer you the full treatment.

### **Health**

Please inform us of any health conditions or concerns you may have, such as high blood pressure, allergies or pregnancy. This allows us to assist you in selecting the best treatments for you. We do not recommend the consumption of alcohol before or directly after spa treatments or a work out in the gym.

### **Ambience**

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

### **Prior to Arrival**

We do not assume any liability for personal items and recommend you leave all jewellery and valuables in your villa before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

### **Cancellation Policy**

The treatments you select are reserved especially for you. Should you need to cancel or reschedule your appointment, we ask that you provide 3 hours' notice to avoid a charge of 100% of the treatment price.

### **Children**

Appointments for young guests (5-12 years) are available between 09:00 AM to 02:00 PM and an adult may be present in the room throughout the treatment.

### **Gym policies**

For your personal safety, we ask that you wear sports shoes. Children under 16 years old must be accompanied by an adult when using gym equipment.

### **Prices**

We reserve the right to change prices without further notice. Prices are per person with the exception of exclusive treatments for two. All Baglioni Spa treatments are suitable for men and women and are available to book in pairs.



BAGLIONI RESORT

MALDIVES

#BaglioniResorts #BaglioniMaldives #BaglioniSpa