

Raffles Spa Journeys assure the act of inner and outer transformation by travelling from one place to another through sensory pleasures, unique surroundings and rejuvenating sensations. Leave feeling well-rested and on your journey to living well.

JOURNEY TO MINDFULNESS

150 minutes \$259

Experience a unique and bespoke island treatment to connect with your inner peace. Begin your journey to mindfulness with the meditation session followed by a natural sand exfoliation that refreshes the skin. Complete the journey with a sand poultice massage using the unique blend of aromatherapy essential oils to pinpoint the areas of tension and bringing relief to tired aching muscles.

ISLAND INDULGENCE

120 minutes \$209

Your luxury begins with our Skin Instant Lab analysis, followed by the customized 90-minute Biologique Recherche Facial to restores the natural balance of your skin, leaving your face, neck & chest smooth and glowing. Experience an ultimate reviving foot reflexology whilst the mask to relieves strain and stress from all parts of your body.

SANCTUARY ESCAPE

120 minutes \$209

Unwind in an island of serenity for a luxury sanctuary escape. Your therapist will guide you with an aromatic foot ritual followed by the layering of rich rose serum, oil and cream; leaving your body radiant, soft and smooth and your spirits bright and uplifted. Complete the journey with the ultimate aromatherapy massage experience using natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind.

*All prices are subject to 12% government tax and 10% service charge.
Peak season surcharge applies for stays between December - April.*

REGENERATING ANTI-AGING FACIAL

90 minutes \$229

A genuine alternative to fillers, this exceptional anti-aging treatment will visibly lift and treat all signs of aging. It is an intense, regenerating treatment that, thanks to its action on the extracellular matrix, also accelerates the healing process. Designed for mature skin damaged by the signs of age, it is the best alternative to cosmetic injections.

BIOLOGIQUE RECHERCHE CUSTOMIZED FACIAL

60 / 90 minutes \$129 / \$159

Using the Biologique Recherche Methodology, this highly customized facial, first assesses your skin, using a physiological, behavioral and tactile approach, while considering your long-term and short-term beauty goals. Our skilled therapist will deliver a deeply restorative treatment, using Biologique Recherche’s highly-personalized protocols and products for visible lifting to create a radiant results.

FACIAL ENHANCEMENT

Upgrade your facial experience for even more visible results by choosing one or more of our created facial enhancements. Enhancements are available as incorporated addition to facial services without adding additional time to the treatment. All enhancement must be booked and received with a treatment.

- Firming Eye Patch Defatigants..... \$69
- Masque PIGM 400..... \$69
- Masque Cofactors..... \$109

ENRICH YOURSELF

90 minutes \$159

Bring back your radiance with this comforting and restorative treatment designed to rejuvenate dry skin. An intensive body exfoliation stimulates the body’s circulation while removing dead cells to revive tired-looking skin. Your body is layered in a deeply hydrating gel, followed by a moisturizing and softening mix of oil and cream that penetrates the skin after the body is wrapped. The treatment is finished with an Ayurvedic scalp massage that helps to dissolve tension and stress so that mind and body are nourished and rejuvenated.

RADIANT ROSE HYDRATOR

60 minutes \$129

This intensely hydrating treatment includes the layering of rich rose serum, oil and cream, leaving your body radiant, soft and smooth. Rich moisturizing oils and creams are layered onto freshly exfoliated skin before being gently wrapped and left to deeply penetrate with the body’s own heat. The essential oils work simultaneously on the physical, mental and emotional aspects of wellbeing.

SUN SOOTHER COCONUT ALOE WRAP

60 minutes \$129

The Maldivian revere the coconut for its many uses and admire aloe gel for its soothing properties. Pamper your skin after time in the sun with our exceptional cooling treatment. The natural coconut scrub helps to deeply moisturize your skin while the banana leaf aloe gel wrap leaves it softer and more supple.

TROPICAL MARINE BODY POLISH

60 minutes \$129

Polish your skin with this highly cleansing body polish that has been formulated to draw toxins out of the skin. The green Tea Sea salt scrub creates invigorating exfoliation while the seaweed draws out toxins and impurities leaving the skin feeling smooth and revitalized.

RAFFLES MALDIVES SIGNATURE MASSAGE

90 minutes \$189

Inspired by the natural healing resources of the island, our skilled therapists have developed the most therapeutic and relaxing treatment that begins with a consultation to understand your current state of being. Encompassing several techniques of soothing chakra's, traditional Asian fusion and warm bamboo massage techniques to effectively soothe achy tired muscles and decompress your nerves. The treatment ends with a warm coconut oil scalp massage focusing on your third eye to induce deep relaxation and release all your worries.

ISLAND HARMONY THERMAL MASSAGE

90 minutes \$169

This unique holistic thermal massage experience accentuates the benefits of the ocean, ancient Asian healing rituals and energy that balance your body and mind. The thermal healing experience incorporates volcanic stone therapy, ocean seashells, or herbal poultice in order to harmonize and balance your energy flow, allowing your body to de-stressed and soothe you into a deep state of relaxation.

TRADITIONAL THAI MASSAGE

90 minutes \$169

Feel the mind and body succumb to complete relaxation with this ancient healing massage combining acupressure, stretching, and assisted yoga postures. Loose fitting clothing is recommended for guest comfort.

PERSONALIZED WELL-BEING MASSAGE

60/90 minutes \$129/\$159

Calm yourself after a long journey and unwind with Aromatherapy Associates De-Stress, Relax, Revive or Renew Rose with natural healing power ingredients to effectively enhance the state of physical, mental and emotional wellbeing.

DE-STRESS MUSCLE MASSAGE

60/90 minutes \$129/\$159

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Swedish and cross muscle fiber massage techniques combined with stretching and draining, are partnered with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the buildup of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

TRADITIONAL BALINESE MASSAGE

60/90 minutes \$129/\$159

Experience the authentic traditional Balinese methods. This treatment eases muscle tension, calms neural pathways, encourages circulation and reduces stress through stretching and a focus on palm, thumb and elbow pressure points. Specially blended aromatic essential oils reinstate peace of mind with their unique calming and soothing qualities.

ORIENTAL FOOT MASSAGE

60 minutes \$99

Experience holistic revitalization and deep relaxation as your therapist applies specific thumb and finger techniques to various reflex points on the feet, which effectively stimulate corresponding organs in the upper body.

Customise your couple experiences by choosing a selection of treatments from the menu to suit your needs of the day. Whether it is a gathering with friends or you want to impress that certain someone we can cater to all your needs. The Raffles Spa couples suite is an exclusive private environment which includes, private bath tub and massage tables with enough space to relax for hours. You can also upgrade your experience with the following upgrades:

- Signature Meradhoo Bath Rituals
- Healthy Lunch or Romantic Dinner selection from our dining menu
- Alcoholic or non-alcoholic beverages

ESCAPE TO ROMANCE

120 minutes \$299

Embark on a journey for two in the intimate confines of Raffles Spa couple suite. Choose the ceremony to relax and unwind with our Signature Meradhoo Bath Ritual followed by the 90-minute Personalized Well-Being Massage. Using a blend of natural plant and flower oils, with these wonderful exotic scents provide powerful therapeutic benefits for body and mind. End the journey for two with our Raffles Spa blend tea mixology ritual.

TREASURED TIME

90 minutes \$269

Enjoy the treasured time and privacy of the Raffles Spa couple suite, shower cubicle and an astonishing ocean view. We empower couples with our unique touch to enjoy side by side indulgence with the 60 minute personalized well-being massage using an aromatic oil combined with 30 minute express customized facial.

Margaret Dabbs London Fabulous Legs Treatment

60 minutes \$75

A bespoke and luxurious treatment for the legs that fuses medical expertise with beautifying benefits for transformative results. Utilizing the Margaret Dabbs London Fabulous Legs range, this innovative treatment focuses on venous de-congestion, boosting circulation and reducing heaviness and swelling, whilst at the same time refining the appearance of legs, illuminating the complexion and toning the skin. An indulgent treat that leaves your legs feeling healthy and visibly more slender, silky and light.

Margaret Dabbs London Supreme Pedicure

60 minutes \$80

Our outstanding expert pedicure gives long lasting results, with the indulgence of the full range of Margaret Dabbs London Fabulous Feet products and finishing with exfoliation, a foot bath and a wonderful revitalizing and hydrating foot massage. Pure transformation with effective results, leaving you feeling like you are "Walking on Air".

Margaret Dabbs London Supreme Manicure

60 minutes \$69

Our outstanding anti-ageing expert manicure treatment. Giving exceptional results, with the indulgence of the full range of Margaret Dabbs London Fabulous Hands products. The treatment concludes with a wonderful creamy scrub, anti-ageing hand serum and a hand and lower arm massage finished with polish. Simply the best manicure you can find.

For those of you who wish to upgrade any of our present treatment list with additional time and services, or for those who don't have the time to stay and indulge, we have created mini treatments to suit all your skin care needs, ensuring complete relaxation and rejuvenation. Choose from a variety of 30 minute mini treatments including:

EXPRESS CUSTOMIZED FACIAL	\$70
FIRMING EYE PATCH DEFATIGANTS.....	\$70
BESPOKE SKIN POLISH	\$70
HEAD AND SCALP MASSAGE	\$40
BACK, NECK AND SHOULDER MASSAGE	\$40
REVIVING FOOT REFLEXOLOGY	\$40
SIGNATURE MERADHOO BATH RITUALS	\$40
SKIN INSTANT LAB	\$30
NAIL POLISH OR FRENCH	\$30

Kids Relaxing Massage

60 minutes \$129
 Highly customized massage yet relaxing to address the needs of the young one. Select your massage oil to enhance your focus and cope better once you return to your busy school schedule.

Kids Manicure & Pedicure

60 minutes \$129
 Indulge to our special hydrating treatment of a healthy & well cared for hands and feet to promote growth of healthier nails. Fit into the crowd with confidence after we nurture your cuticles, nails, skin, and polish your nails with your favorite color.

Kids Facial

30 minutes\$65
 Discover an excellence of skin care ritual for a young one with this highly customized facial. Our professional therapist will evaluate and treat the kid’s sensitive and sometimes problematic skin which includes deep cleansing, exfoliation, mask and massage followed by the appropriate moisturizer.

Kids Coco Body Polish

30 minutes \$65
 Designed to help hydrate, cleanse, and smooth the skin to remove any impurities. Skin is cleansed and exfoliated and moisturizer is applied to complete the treatment.

Kids Hair Braiding Short..... \$65

Kids Hair Braiding Long..... \$85

Whether practising yoga at sunrise on the spa deck overlooking the water or at sunset on the soft white sand, you will find it easy to unite breathing, meditation and movement to enhance your overall sense of mindfulness, health and wellbeing. As a beginner or an experienced practitioner, you will increase flexibility, decrease stress levels, and energise and restore your mind.

If a private session is your preference, our instructor can come to your villa to guide you through Ashtanga Yoga, Hatha Yoga, Pranayama or meditation. Or for romantic candlelit couple's yoga. They are also qualified to offer prenatal and children's yoga.

ASTHANGA YOGA	\$49
HATHA YOGA	\$49
PRANAYAMA / MEDITATION.....	\$49
CHILDREN YOGA	\$49
SINGING BOWL THERAPY	\$49

IN-VILLA SPA EXPERIENCE

Raffles Spa offerings are available in the privacy and comfort of your villa. The additional surcharge of \$50 will apply per person.