



# Spa Menu

*Amingiri*  
S P A



# Spa Menu

Drawing inspiration from the boundless beauty of nature and the breathtaking Indian Ocean, we evoke energy and optimism as well as attainable well-being at Amingiri Spa. Let us guide you through bespoke selections as you embark on a transformative wellness and lifestyle journey: from an array of nurturing treatments by our carefully selected spa brands and expert Wellness Designers, to uniquely designed hammam rituals and experiences especially created for gentlemen and young spa-goers.



**Spa**



**Lifestyle**



**Wellness**



**Young Zen by  
Amingiri Spa**

# Spa

## HAMMAM RITUALS

Inspired by the ancient ceremonies of Turkish baths, Hammam rituals purify and rebalance, revealing your skin's supple glow.

### Turkish Royal Ceremony | 120 minutes

Indulge in all the secrets of Turkish tradition. A soft steam and scrub with black soap is followed by a relaxing foam massage, a wrap with purifying Rhassoul and a full body mask with honey and royal jelly, for soft and satin-smooth skin.

**Hammam steaming. Body scrub. Foamy massage. Body wrap. Hair and scalp.**

### Oriental Ritual | 90 minutes

An invitation to fulfilment and serenity. This unique ritual begins with a soft steam and scrub with black soap, followed by a massage in a cloud of foam to help the skin regain its original texture and brightness.

**Hammam steaming. Body scrub. Body wrap. Hair and scalp.**

### Moroccan Ritual | 60 minutes

Argan oil and orange blossom water make this tailored ritual perfect for those seeking to cleanse, detoxify and feel rejuvenated.

**Hammam steaming. Body scrub. Body wrap.**

### Traditional Hammam | 45 minutes

Experience a soft steam followed by a body scrub with nourishing black soap.

**Hammam steaming. Body scrub.**



# Spa

## SIGNATURE BODY MASSAGES

Exclusively designed for Amingiri Spa, the treatments are infused with the mystical, harmonising powers of infused signature blends. This “stress-relieving happy juice” is infused in your water or tea at the beginning of your treatment. Bring health, harmony and joy to your body and mind. Unwind with floral essences with a splash of refreshing mint.

### Age Defying | 90 minutes

Deeply hydrating organic shea butter is used in this ultra-luxe deep conditioning massage. Lotus, ginkgo, and clinically-proven paracress extract firm and plump for smooth, youthful skin. An infusion of biodynamic flower essences calms the nervous system and comes with detoxifying effects.

### Immune Boosting | 90 minutes

This supercharged immune boosting treatment includes upper body polishing followed by a hot stone full body massage to ease tension, initiate immune recovery and naturally strengthen resistance to disease.

### Liquid Memories | 90 minutes

Select gentle, mindful aromas during your guided aroma journey ritual. These will be combined to originate a completely distinctive and personalised fragrance to be used throughout your massage, leaving a healing imprint.

## ANCIENT HEALING BODY MASSAGE

Intuitive and holistic well-being techniques from the past, refined over the centuries and captured in ancestral memories of healing.

### Four Loving Hands Massage

Balancing and nurturing | 60 minutes

A perfectly synchronised treatment done by two therapists, characterised by Huna’s loving hands. This treatment balances the physical, mental and spiritual dimensions with long, gentle gliding strokes done rhythmically. A beautiful way of bringing you into a total sense of well-being.

### Muscle Release

Deep tissue massage | 60 minutes/90 minutes

A deeply conditioning full body massage melts away tension while the replenishing oil infusion of coconut, sunflower, safflower, passion flower and vitamin E leaves your skin cashmere-soft and provides long-lasting protection.

### Traditional Thai Massage

Dry and flexible | 60 minutes/90 minutes

This traditional Thai massage is a blend of passive yogic stretches and pressure point work, performed fully clothed without oil according to the ancient traditions of Siam.

### Balinese Massage

Relaxing and deep tissue | 60 minutes

Sink into bliss with a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and *qi* (energy) around your body, and bring a sense of well-being, calm and deep relaxation.

### Therapeutic Reflex

Foot soak and reflexology | 60 minutes

Treat your soles to the healing and detoxifying power of Epsom salt and arnica-infused water, combined with pressure point reflexology to induce deep relaxation and draw toxins out of the body.

### Warm Oil Crown

Head massage | 45 minutes

Patterned after the traditional Shirodhara massage of India, a luxurious blend of vitamin E, passion flower and coconut oil is drizzled over the scalp for a nourishing, sensitive-skin-soothing scalp massage and shine-boosting hair treatment.

# Spa

## BODY TREATMENTS

An array of nourishing wraps and fragrances to renew and revitalise your skin.

### Detoxifying Spirulina Wrap

Slimming | 60 minutes

Using an all-natural, live spirulina algae, this seaweed treatment contains essential vitamins, minerals and protein to nourish and revitalise. The body is wrapped to soak up essential elements from the Spirulina Masque. The application of remineralising body crème mixed with lavender bath and body oil finishes this purifying and remineralising treatment. The wrap is very effective when used as part of a slimming or nourishing programme.

### Remineralising Aloe Vera Wrap

Soothing | 60 minutes

The healing and moisturising properties of aloe vera are combined with the remineralising and nourishing properties of algae and soothing qualities of lavender in this deluxe hydrating body wrap. The treatment includes a luxurious scalp and neck massage as well as foot massage with alpine foot balm.

### Age Defying Wrap

Full body | 45 minutes

Hydrating shea butter is melted and painted in long strokes onto the body, infusing the skin with vitamin E and smoothing, firming paracress extract, followed by a soothing coconut oil scalp massage.

### Age Defying Polish

Full body polish | 30 minutes

A warm oil effleurage and an infusion of sugar, salt, and shea is used to gently buff, deeply hydrate dry, dull skin, and unveil your glow, followed by an anti-aging, immunity-boosting probiotic hydration.

### Bespoke Wrap

Full body wrap | 45 minutes

Together with a personalised aroma of your choice, hydrating shea butter is melted and painted in long strokes onto the body, infusing the skin with vitamin E and smoothing, firming paracress extract, followed by a soothing coconut oil scalp massage.

### Bespoke Polish

Full body scrub | 30 minutes

Tailored to your personalised aromas, a warm oil effleurage and an infusion of mineral salt and lavender oil combine to gently buff and deeply hydrate dry, dull skin, and unveil your glow, followed by a calming, immunity-boosting lavender hydration.



# Spa

## FACIAL CARE

A luxurious facial elevates the skincare experience. With distinctive facial massage techniques and 16-point acupressure, you're in for memorable treatments that provide visible results.

### Marine Ultimate Facial

Intense hydration | 90 minutes

A decadent facial utilising advanced anti-aging formulas and an algae-based sheet masque to firm, tone, refine and deeply hydrate. Results are immediate, leaving skin supple, healthy and luminous.

### Correcting

Brightening facial | 60 minutes/90 minutes

Advanced formulas and a rice peel-off masque target hyperpigmentation of face, neck and décolleté for immediate improvement in tone, texture and luminosity. The 90-minute brightening facial includes a luxury multi-acid peel and foot massage.

### Gua Sha Facial

Instant lift | 60 minutes/90 minutes

This exclusive facial rejuvenation technique stimulates lymphatic drainage, boosts circulation and releases fascia to leave skin visibly firm, contoured and glowing.

### Marine Anti-Aging Facial

Age defying | 60 minutes/90 minutes

Age-defying skincare in the form of powerful marine actives and botanicals firms and refines skin tone, condition, and function.

### Natural

Customised deep cleansing | 60 minutes

An exfoliating peel, deep-cleansing massage and personally selected masque to purify, balance and nourish any skin type.

### Eye Lift Treatment

Lifting | 45 minutes

An intensive eye treatment designed to diminish lines and wrinkles, treat dark circles and puffiness, and improve clarity for brighter, more luminescent skin. This treatment includes a *gua sha* lifting massage around the eye area as well as scalp *gua sha*.

### Eye Rescue Treatment

Targeted rescue | 30 minutes

Targeting the delicate eye area with special attention, the Eye Rescue Treatment is ideal for reducing fine lines, dark circles and puffiness, letting skin regain its radiance.





## MAMA-TO-BE

Specifically created for expectant mothers, these treatments cradle you in the gentle hands of our therapists.

### Mama-to-Be

Pregnancy | 60 minutes

This gentle massage provides relief from the aches and pains of pregnancy. Includes an application of unscented Concreta to the belly and hips to help reduce the signs of stretch marks and soothe your skin.

### Mama-to-Be Belly Butter

Belly and stretch mark treatment | 30 minutes

Ease the appearance of stretch marks with a Belly Butter Enhancement, a soothing infusion of clean, unscented, 98% organic Concreta.

### Mama-to-Be Foot Ritual

Foot | 30 minutes

Enjoy a relaxing, soothing soak with ultra-moisturising organic shea butter, Epsom salt and arnica to help relieve tension and manage swelling in the feet. A gentle foot polish removes dull, dry skin and unscented softening Concreta shea butter balm is applied afterwards.

### Mama-to-Be Polish

Full body | 30 minutes

A luscious, warm vitamin E oil application, followed by a gentle buff with sugar, salt, and shea butter brings vibrancy to dull skin and unveils your glow. Deeply nourishing organic shea butter balm is applied to dry areas to soften and protect skin.

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## BATH RITUALS

Indulgent rituals arranged in the privacy of your own villa. Advance reservations are required.

### Bath Bliss

Discover your deepest level of relaxation with a personalised bath soak in your favorite aroma. Your detoxifying, blissful aroma sensory bath can be enjoyed self-guided or drawn for you at your preferred time.

### Spa Bliss

Take a self-guided, spa-inspired ritual journey including an opulent bath soak, smoothing

body polish and fortifying probiotic body lotion enriched with shea butter to deeply hydrate and nourish your skin before bedtime.

### VIP Bath Butler

Your personal Bath Butler will arrive to take you on a scent journey. An array of ultra-hydrating products in your favourite aroma will then be delivered to your villa for you to enjoy for the duration of your stay.

# Spa

## GENTLEMEN'S SPA EXPERIENCE

Created with an emphasis on modern gentlemen's care and well-being, our treatments focus on overall health and skincare refinement.

### Groomed | 2 hours and 30 minutes

Let us guide you through a world of self-appreciation that is truly purifying and invigorating. Enjoy and relax with our muscle melt massage, followed by a pedicure to pamper and revive your feet. End with a luxurious hot towel wrap and comfortable shave.

### Biominerall Facial | 60 minutes/90 minutes

Powerful pre and probiotics, a skin-clearing massage, a nourishing masque and a customised serum blend return the skin's microbiome to its ideal state. The 90-minute facial includes acupressure points on the face and a foot massage.

### Muscle Melt Massage | 60 minutes/90 minutes

Designed for easing muscle pain and tight joints, the massage combines deep tissue techniques and Thai stretching to leave you feeling energised afterwards.

### Tonic Massage | 60 minutes/90 minutes

Firm pressure and cross-fibre strokes combined with unscented coconut oil, musk-scented massage oil and heat-generating herbalised balm improve the circulation and help loosen tight muscles, particularly around the shoulders and lower back.

### Age Defence Facial | 60 minutes

The ultimate in skin maintenance, a personalised facial minimises pores, diminishes fine lines and brightens tired complexions. Hands and feet are cleansed, exfoliated and massaged, while our signature face, neck and shoulder massage induces deep relaxation.

### Reviving the Back | 60 minutes

Recommended for those with back issues to address, the treatment starts with an exfoliating scrub followed by a soothing mud application, and ends with a targeted back massage.





# Lifestyle

## SKYE DECK SELECTIONS

### A Little Bit of Everything

A selection of quick, calming treatments on the tranquil outdoor deck with its infinite panoramas of the Indian Ocean. All services are a minimum of 30 minutes.

### Target Massage

- Arm, Hand and Shoulder
- Arm, Neck and Head
- Back and Arm
- Back, Neck and Head
- Express Foot Massage

### After Sun Selections

- After Sun Body Restorative
- After Sun Facial Recovery
- Top to Toe Pre and Post Sun Care



# Lifestyle

## THE STYLIST

### Salon & Grooming Services

Our team of Stylists will be delighted to help you style your appearance, whether you're in the mood for a subtle change or a dynamic new look.

### Elegant Nails

Begin with a sensory journey that carries you through the entire treatment. Following detailed nail shaping, cuticle and heel care, enjoy an arnica-infused foot soak, organic shea butter and probiotic mask.

- Classic Pedicure | 60 minutes
- Classic Manicure | 60 minutes
- Express Pedicure | 30 minutes
- Express Manicure | 30 minutes
- Add-on Polish | 30 minutes

### Foot Care

Treatments are patterned after ancient practices based on the principle of healing through the foot's reflex points, which corresponds to different organs and glands, and can be individually enjoyed or combined as a package.

- Dry Scrub and Herbal Foot Soak
- Foot Scrub and Mask
- Milk Scrub and Milk Soak

### Glamour

Go from daytime radiance to nighttime glamour, or create the perfect face for special milestones.

- Bridal Hair and Makeup
- Basic Makeup

### Hair Innovation

We have carefully selected a range of sustainable beauty products with nature-derived ingredients specifically formulated to address various hair and scalp conditions.

- Dry Hair and Split Ends Treatment
- Nourishing Hair and Scalp Treatment
- Replumping Hair Treatment
- Hair Cut

### Hairstyle

Professional hairdressing to ensure you look your best.

- Creative Styling
- Curl S/M/L
- Ironing S/M/L
- Roller Set S/M/L
- Updo

### Perfect Nails

Solutions for a quick retouch and revival, accompanied by a refreshing spa beverage.

- Dress Me (Change or add nail polish)
- Hand and Foot Therapy
- Good to Go (Cut, file and polish)
- Shape and Shine (Cut, buff and file)





## GENTLEMEN'S GROOMING

Essential grooming for the modern gentleman.

### **Ultimate Shave Experience** | 60 minutes

Enjoy the pleasure of our traditional hot towel wet shave with a deep relaxing face massage.

### **The Essential Cut**

A bespoke experience delivered by a well-trained and experienced professional, hair is trimmed and styled specifically to your preference. The cut includes dry shampooing and wet shampooing, as well as conditioning of the hair and scalp. A trim around the ears, neck and eyebrows are added. A forearm and shoulder massage is also applied at the end of the service.

### **Express Hot Towel Wet Shave** | 30 minutes

The pre-shave oil is applied with a luxurious hot towel wrap, followed by a rich shaving cream and finished with a close and comfortable shave.

### **Eyebrow Sculpture** | 30 minutes

A trained professional will determine whether wax, tweezers or just a trim is required to create the desired impact with well-groomed brows.

### **Hand Grooming** | 30 minutes

This session focuses on a gentleman's hands and arms, ensuring the nails are impeccably manicured, and also uses in-depth reflexology.

### **Scalp Shave** | 30 minutes

Your scalp will be gently cleansed and a luxurious pre-shave oil will be massaged into the scalp to soften the hair and prepare for a meticulous shave. The signature Hommage razor and badger hairbrush will be used to ensure the closest shave possible. An application of a soothing shave balm will cool and calm the skin and help promote cellular repair.

### **Shave & Shape** | 30 minutes

Allow our expert barber to shave and shape your beard to elevate your holiday style.

# Wellness

## FITNESS

### Exercise & Training Sessions

Get your heart rate up with exercise sessions custom designed by our fitness specialists.

#### **Fitness Break** | One day

Complete a different series of fitness workouts for a day. This programme is designed to bring out a clear idea of your strengths and weaknesses and enough information to change how to do your personal exercises at home.

#### **Aquaerobics** | 60 minutes

Water has a natural way of releasing the flexibility of your body, and this exercise is perfect for easing muscle tension and improving joint movements. This also speeds up metabolism and enhances sleep quality.

#### **Circuit Training** | 60 minutes

This routine helps to improve aerobics fitness, muscular strength and muscle tone. A total body conditioning workout that effectively combines endurance and resistance training performed circuit-style.

#### **Functional Training** | 60 minutes

Simply by using the weight of your body and the power of gravity, you can build muscle, burn fat, and create good energy. These exercises typically use the whole body to emphasise core strength and stability.

#### **HIIT Training** | 60 minutes

High-intensity interval training is a training technique in which you give all-out, one-hundred-percent effort through a quick burst of exercise, followed by a short active recovery period. This training regimen gets and keeps your heart rate up, helping to burn fat in less time.

#### **Personal Training** | 60 minutes

A one-on-one programme to motivate and guide you to achieve your personal fitness goals, which may include losing weight, building muscle, increasing core strength or improving cardiovascular fitness.

#### **Pilates** | 60 minutes

Pilates is based on the concept that we should be working all the muscles of the body together, in the way that they should be functionally engaging for truly healthy alignment and human movement.

#### **Tabata** | 60 minutes

The programme incorporates high interval training with each round including 20 seconds of highly intense movements followed by 10 seconds of rest. This efficient interval workout is effective and suitable for those who are short on time.





# Wellness

## BREATHE & MEDITATE

### **Aerial Yoga** | 60 minutes

Aerial yoga brings awareness to your mind-body connection while also helping increase your strength and flexibility, through traditional poses that lift you off the ground with an aerial hammock. Feeling grounded in this elevated form of yoga takes deep concentration and mindfulness.

### **Ashtanga Vinyasa Yoga** | 60 minutes

An authentic yoga practice leading to liberation and greater expression of our spiritual potential by working on our eight limbs.

### **Hatha Yoga** | 60 minutes

Hatha yoga is renowned for building power and confidence and improving flexibility. This guided class will foster inner balance and spiritual peace of mind.

### **Guided Meditation** | 30 minutes

A quick way to recharge and focus, achieving mental, physical and emotional healing through a journey to the inner self.

### **Pranayama Exercise** | 30 minutes

Breath is the true foundation of providing life to the body. This ancient healing practice is an effective therapy for releasing tension in the chest and respiratory muscle, improving your quality of breath and its direct impact on your vital energy.

## HEALTH ASSESSMENT

### **Body Alignment Assessment** | 45 minutes

Our fitness and wellness specialist will guide you through different ways of aligning your body's needs. Through a private consultation, we can identify the specific areas to balance and realign your strength and focus.

### **Body Composition** | 45 minutes

BMI analysis provides a deeper understanding of your current body mass composition, allowing you to have the highest accuracy for your present status. This will lead you to understand your body's optimal workout and identify where to improve.

### **Daily Diet Consultation** | 45 minutes

Book a private daily diet consultation with your family or for a solo session. Our naturopathy doctor will guide you through enhancing the health of your daily intake without depriving you of your favourites.

### **Naturopathy "Way of Life" Consultation** | 45 minutes

A personalised consultation with our naturopathy doctor to talk about health, inner peace, physical guidance and lifestyle goals.

# Young Zen

by Amingiri Spa

## WELLNESS FOR ALL AGES

Young Zen by Amingiri Spa is a tailor-made programme for children and teenagers from ages 5 to 18. Our age-appropriate scent journeys, spa rituals, beauty workshops and fitness sessions have been carefully selected to encourage a sense of holistic wellbeing.

### Family Retreats

Our retreats have been crafted to encourage families to embrace mindful togetherness. Our wellness specialist will conduct a quick and professional consultation to personalise the retreat just for you. Select from any of our programmes below:

- Three-hour Introductory Retreat
- One-day Balance Retreat
- Three-day Retreat to Reconnect

### Fancy Package | 90 minutes

Encouraging awareness of self-care, the treatment starts with a gentle body scrub, followed by a target massage of your choice. A gentle hand or foot treatment with mini facial completes the indulgent experience. A refreshing healthy smoothie is served at the end of the journey.

**Body scrub. Body massage. Hand treatment. Mini facial.**

### Dazzling Back Facial

Back cleanse, scrub, massage, and mask | 60 minutes

We begin the back facial with a gentle cleanse and exfoliation to purify and prepare the skin to absorb the nourishment of the massage oil and mask. The treatment is completed with an application of ultra-hydrating probiotic body lotion, leaving you feeling refreshed and de-stressed.

### Hot't Body Wrap by Zents | 45 minutes

Select from an array of products designed to care for sun-warmed skin. A refreshing facial cleanse follows.

### Slammin' Body Scrub by Zents | 45 minutes

Let your senses select the scent for this body polish that exfoliates and energises, revealing the natural radiance of your skin.





# Young Zen by Amingiri Spa

## **Muscle Masters**

Junior body | 30 minutes/60 minutes

Sink into a state of blissful relaxation as your therapist uses just the right amount of pressure for you. Select the 30-minute massage which treats the back of the body or the 60-minute massage which includes the front of the body and crown of the head.

## **Express Facial**

Rescue | 30 minutes

Designed as a swift and efficient rescue for skin that requires care and healing.

## **Basic Aerial Yoga**

Learn the exciting essentials, and perfect some engaging poses.

## **Concentrate & Focus**

A short meditation class that parents may or may not attend. Especially useful when preparing for a big day back at school.

## **Generation Zen Workshop**

This workshop is perfect for teens learning how to care for their skin, and includes beauty essentials for hair and nails.

- Art-in-Me Henna Tattoo
- Basic Makeup
- Facial Workshop
- Hair Recovery
- Sparkling Fingers and Twinkling Toes
- Stylish Hair

## **Learn How to Breathe**

Breathing exercises to enhance the lung capacity and be healthier during play time.

## **Twist & Turn Workshop**

A lively flexibility workshop. Our wellness specialist will prepare the most interactive session that you prefer.

## **Yoga for Lifestyle**

A relaxing, mindful yoga session for the family to bond. For those who prefer a solo session, our wellness specialist will assist you in designing your workout.

# Wellness Etiquette

Amingiri Spa is a place of tranquility. We appreciate you turning off your mobile phone and electronic devices. To respect the relaxation and privacy of our Guests, we kindly request you speak quietly. Smoking is not permitted throughout all areas of the spa.

## Age Requirement

All Guests aged under 12 should be accompanied by parents or guardians. Selected treatments are available, subject to the advice of our specialist.

## Arrival

For maximum enjoyment of your spa journey, please arrive 15 minutes prior to your appointment in order to relax and perform the formalities. A late arrival will decrease the time of your treatment.

## Cancellations

We require notice for all treatment cancellations four hours prior to your appointment time. As we may turn away other Guests to hold your reservation, any cancellations within four hours of the treatment will be charged.

**No-shows will also be charged at the full treatment price.**

## Health

Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications are advised to consult the doctor before signing up for any treatments. Please notify our spa reception of any existing medical conditions.

## Prices

All prices are in US dollars and are subject to 10% service charge and 16% applicable government taxes. Prices are subject to change without prior notice.

## Reservations

We recommend booking treatments in advance to ensure your preferred timings and services are available. Our dedicated team will assist you in selecting the best treatment options to suit your needs and preferences.

## Valuables

We advise you not to bring any valuables during your visit. Amingiri Spa accepts no responsibility for the loss of money or valuables of any kind.

## Opening Hours

**AMINGIRI SPA** | 10:00am – 8:00pm

**FITNESS CENTRE** | 6:00am – 9:00pm  
(24-hour access with villa key card)

**YOGA PAVILION** | 6:00am – 6:00pm

**SALON AND GROOMING LOUNGE** |  
10:00am – 8:00pm







# Spa Price List

## HAMMAM RITUALS

<b>Turkish Royal Ceremony</b> 120 minutes	USD 275
<b>Oriental Ritual</b> 90 minutes	USD 230
<b>Moroccan Ritual</b> 60 minutes	USD 195
<b>Traditional Hammam</b> 45 minutes	USD 150

## SIGNATURE BODY MASSAGES

<b>Age Defying</b> 90 minutes	USD 200
<b>Immune Boosting</b> 90 minutes	USD 200
<b>Liquid Memories</b> 90 minutes	USD 200

## ANCIENT HEALING BODY MASSAGE

<b>Four Loving Hands Massage</b> 60 minutes	USD 250
<b>Muscle Release</b> 60 minutes/90 minutes	USD 150/USD 195
<b>Traditional Thai Massage</b> 60 minutes/90 minutes	USD 150/USD 195
<b>Balinese Massage</b> 60 minutes	USD 150
<b>Therapeutic Reflex</b> 60 minutes	USD 150
<b>Warm Oil Crown</b> 45 minutes	USD 130

## BODY TREATMENTS

<b>Detoxifying Spirulina Wrap</b> 60 minutes	USD 130
<b>Remineralising Aloe Vera Wrap</b> 60 minutes	USD 130
<b>Age Defying Wrap</b> 45 minutes	USD 90
<b>Age Defying Polish</b> 30 minutes	USD 70
<b>Bespoke Wrap</b> 45 minutes	USD 90
<b>Bespoke Polish</b> 30 minutes	USD 70

## FACIAL CARE

<b>Marine Ultimate Facial</b> 90 minutes	USD 220
<b>Correcting</b> 60 minutes/90 minutes	USD 160/USD 200
<b>Gua Sha Facial</b> 60 minutes/90 minutes	USD 160/USD 200
<b>Marine Anti-Aging Facial</b> 60 minutes/90 minutes	USD 160/USD 200
<b>Natural</b> 60 minutes	USD 160
<b>Eye Lift Treatment</b> 45 minutes	USD 130
<b>Eye Rescue Treatment</b> 30 minutes	USD 100

## MAMA-TO-BE

<b>Mama-to-Be</b> 60 minutes	USD 150
<b>Mama-to-Be Belly Butter</b> 30 minutes	USD 70
<b>Mama-to-Be Foot Ritual</b> 30 minutes	USD 70
<b>Mama-to-Be Polish</b> 30 minutes	USD 70

## BATH RITUALS

<b>Bath Bliss</b>	USD 70
<b>Spa Bliss</b>	USD 70
<b>VIP Bath Butler</b>	USD 70

## GENTLEMEN'S SPA EXPERIENCE

<b>Groomed</b> 2 hours and 30 minutes	USD 280
<b>Biomineral Facial</b> 60 minutes/90 minutes	USD 150/USD 195
<b>Muscle Melt Massage</b> 60 minutes/90 minutes	USD 150/USD 195
<b>Tonic Massage</b> 60 minutes/90 minutes	USD 150/USD 215
<b>Age Defence Facial</b> 60 minutes	USD 150
<b>Reviving the Back</b> 60 minutes	USD 150

## SKYE DECK SELECTIONS

<b>Target Massage</b>	
• Arm, Hand and Shoulder	USD 70
• Arm, Neck and Head	USD 70
• Back and Arm	USD 70
• Back, Neck and Head	USD 70
• Express Foot Massage	USD 70
<b>After Sun Selections</b>	
• After Sun Body Restorative	USD 70
• After Sun Facial Recovery	USD 70
• Top to Toe Pre and Post Sun Care	USD 70

All prices are in US Dollars and are subject to service charge and applicable taxes.

## THE STYLIST

### Elegant Nails

- Classic Pedicure | 60 minutes USD 100
- Classic Manicure | 60 minutes USD 90
- Express Pedicure | 30 minutes USD 70
- Express Manicure | 30 minutes USD 70
- Add-on Polish | 30 minutes USD 30

### Foot Care

- Dry Scrub and Herbal Foot Soak USD 70
- Foot Scrub and Mask USD 70
- Milk Scrub and Milk Soak USD 70

### Glamour

- Bridal Hair and Makeup USD 250
- Basic Makeup USD 150

### Hair Innovation

- Dry Hair and Split Ends Treatment USD 110
- Nourishing Hair and Scalp Treatment USD 110
- Replumping Hair Treatment USD 110
- Hair Cut USD 90

### Hairstyle

- Creative Styling USD 80
- Curl S/M/L USD 80
- Ironing S/M/L USD 80
- Roller Set S/M/L USD 80
- Updo USD 80

### Perfect Nails

- Dress Me (Change or add nail polish) USD 30
- Hand and Foot Therapy USD 30
- Good to Go (Cut, file and polish) USD 20
- Shape and Shine (Cut, buff and file) USD 20

## GENTLEMEN'S GROOMING

**Ultimate Shave Experience** USD 150  
60 minutes

**The Essential Cut** USD 100

**Express Hot Towel Wet Shave** USD 70  
30 minutes

**Eyebrow Sculpture** USD 70  
30 minutes

**Hand Grooming** USD 70  
30 minutes

**Scalp Shave** USD 70  
30 minutes

**Shave & Shape** USD 70  
30 minutes

## WELLNESS MOVE

**Fitness Break** USD 200  
One day

**Aquaerobics** USD 60  
45 minutes

**Circuit Training** USD 60  
60 minutes

**Functional Training** USD 60  
60 minutes

**HIIT Training** USD 60  
60 minutes

**Personal Training** USD 60  
60 minutes

**Pilates** USD 60  
60 minutes

**Tabata** USD 60  
60 minutes

## BREATHE & MEDITATE

**Aerial Yoga** USD 60  
60 minutes

**Ashtanga Vinyasa Yoga** USD 60  
60 minutes

**Hatha Yoga** USD 60  
60 minutes

**Guided Meditation** USD 30  
30 minutes

**Pranayama Exercise** USD 30  
30 minutes

## HEALTH ASSESSMENT

**Body Alignment Assessment** USD 40  
45 minutes

**Body Composition** USD 40  
45 minutes

**Daily Diet Consultation** USD 40  
45 minutes

**Naturopathy "Way of Life" Consultation** USD 40  
45 minutes

## WELLNESS FOR ALL AGES

### Family Retreats

- Three-hour Introductory Retreat USD 1,200
- One-day Balance Retreat USD 750
- Three-day Retreat to Reconnect USD 420

**Fancy Package** USD 195  
90 minutes

**Dazzling Back Facial** USD 150  
60 minutes

**Hot't Body Wrap by Zents** USD 90  
45 minutes

**Slammin' Body Scrub by Zents** USD 90  
45 minutes

**Muscle Masters** USD 70/USD 150  
30 minutes/60 minutes

**Express Facial** USD 70  
30 minutes

**Basic Aerial Yoga** USD 30

**Concentrate & Focus** USD 30

### Generation Zen Workshop

- Art-in-Me Henna Tattoo USD 30
- Basic Makeup USD 30
- Facial Workshop USD 30
- Hair Recovery USD 30
- Sparkling Fingers and Twinkling Toes USD 30
- Stylish Hair USD 30

**Learn How to Breathe** USD 30

**Twist & Turn Workshop** USD 30

**Yoga for Lifestyle** USD 30

All prices are in US Dollars and are subject to service charge and applicable taxes.