



lime

Come out of your shell

At LIME you are invited to drop your robe, cares, guard and anything else that has been weighing you down. LIME is more than skin deep. We get right to the pulp, without ignoring the outer peel. Our team will treat you intuitively and individually, whether through our bespoke facials or unforgettable rituals.



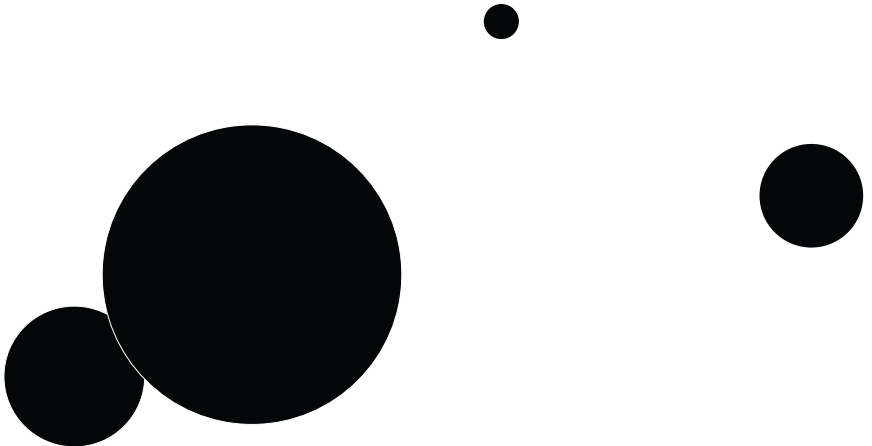


## u-time

for a dedicated lime  
programme incorporating all lime  
elements during your stay  
please enquire through our spa team.

# Underwater Rituals

This iconic designer underwater space offers an exclusive post-treatment experience of private reflection time in another world. Please allow thirty minutes for the post-treatment experience, to chill in your own underwater surroundings, complete with a spa cocktail and island fruits.



## LIME Light

150 minutes

Embrace the essence of the Maldives with indigenous island coconut, lime and mineral offerings that create the basis for this authentic and holistic experience. A zesty foot ritual prepares for the steaming mineral poultices. Local virgin coconut oil massage completes and unifies ones natural self. Awaken during a melting application of Radiance Ice Cubes - leaving facial contours stimulated and the mind revived.



## Turquoise Explosion

90 minutes

Lay back and absorb our addictive underwater surroundings whilst your scalp, neck and shoulders are massaged and soothed.

An aromatic tension-releasing massage on the hands, legs and feet leaves you floating. Allow yourself to drift away during a replenishing island teaser facial, designed to suit specific skin concerns.



**Sole to Soul**

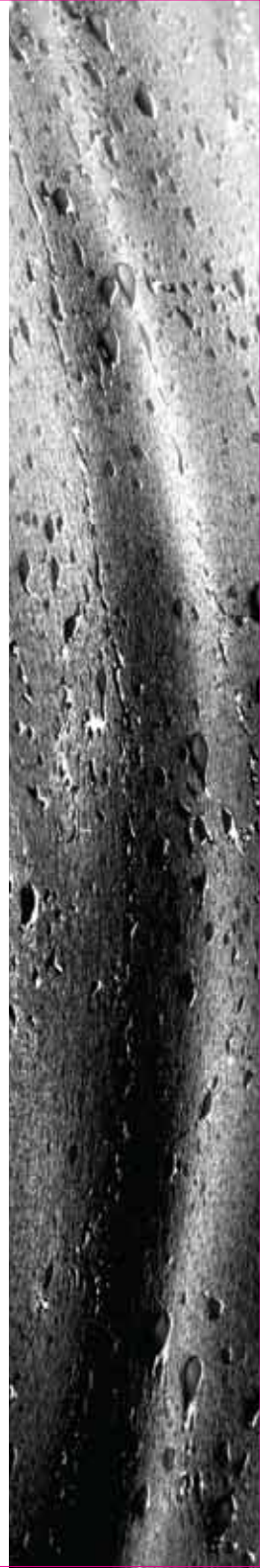
90 minutes

A bespoke journey for the soul. Watch the ocean come to life during your tailor made experience. Alleviate tensions and encourage inner peace during a holistic fusion of Indian head massage, marma pressure point massage and foot reflex.

**Marine Wave**

75 minutes

A sublime aromatic full body and scalp massage experience, from the shores of Huvafen Fushi. Synchronised flowing and soothing movements lull you into a deep state of peace and tranquillity as soft palms and forearms melt the tension and stresses of the day. This healing massage allows your therapist to work intuitively on the front of the body, whilst targeting upper-back tension.

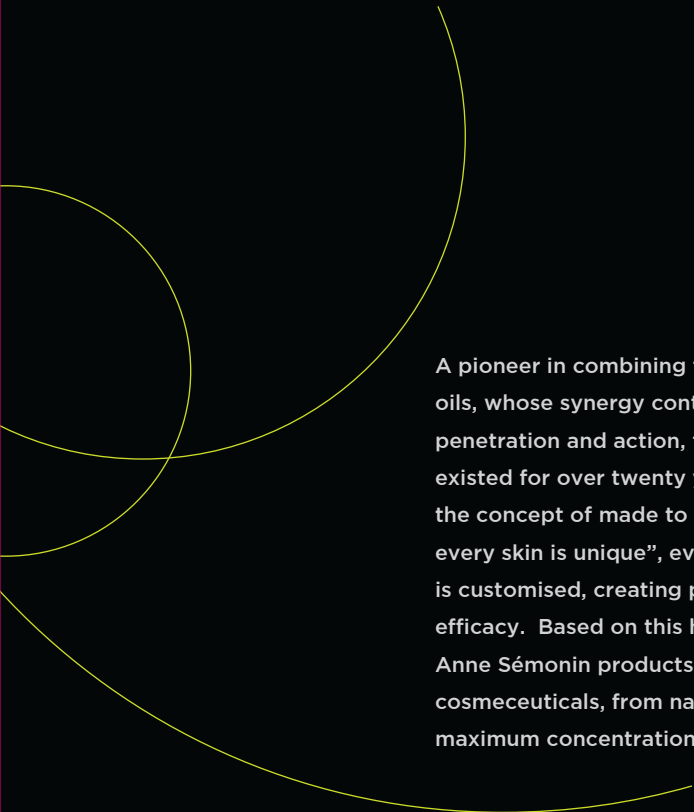






ANNE SÉMONIN





A pioneer in combining trace elements and essential oils, whose synergy contributes to effective penetration and action, the Anne Sémonin brand has existed for over twenty years and was the precursor to the concept of made to measure beauty. “Because every skin is unique”, every Anne Sémonin programme is customised, creating perfect blends for optimum efficacy. Based on this holistic and personal approach Anne Sémonin products are designed in the image of cosmeceuticals, from natural ingredients used in the maximum concentration that is possible.

# Bespoke Facials

## **The LIME Couture**

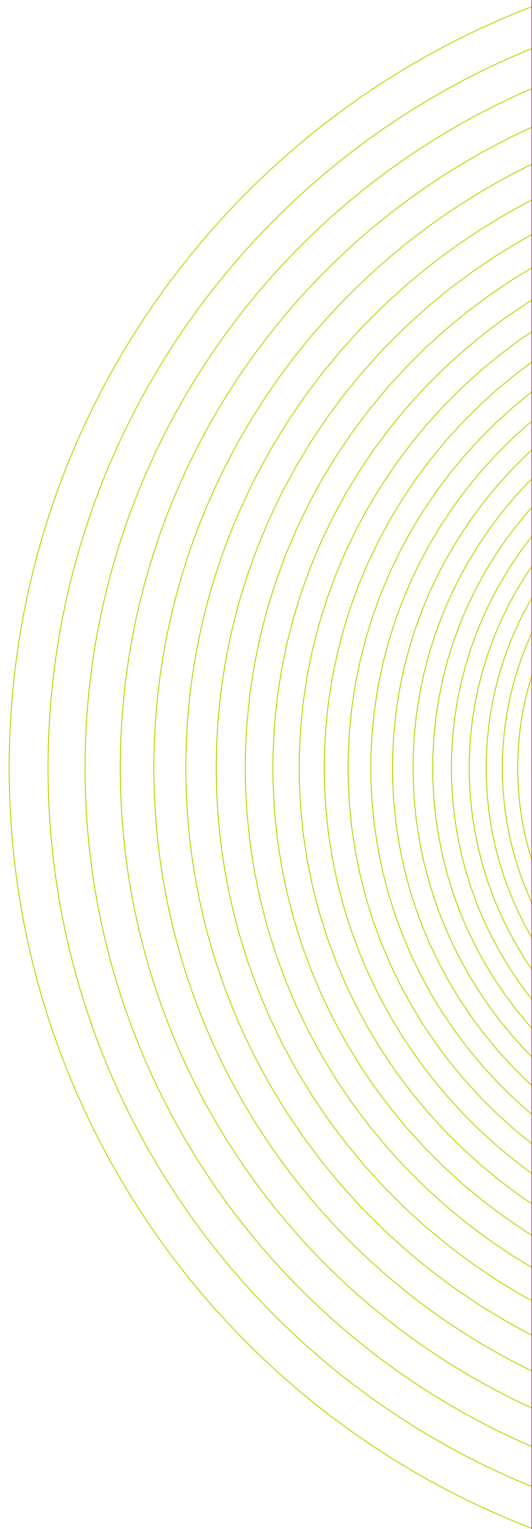
60 minutes

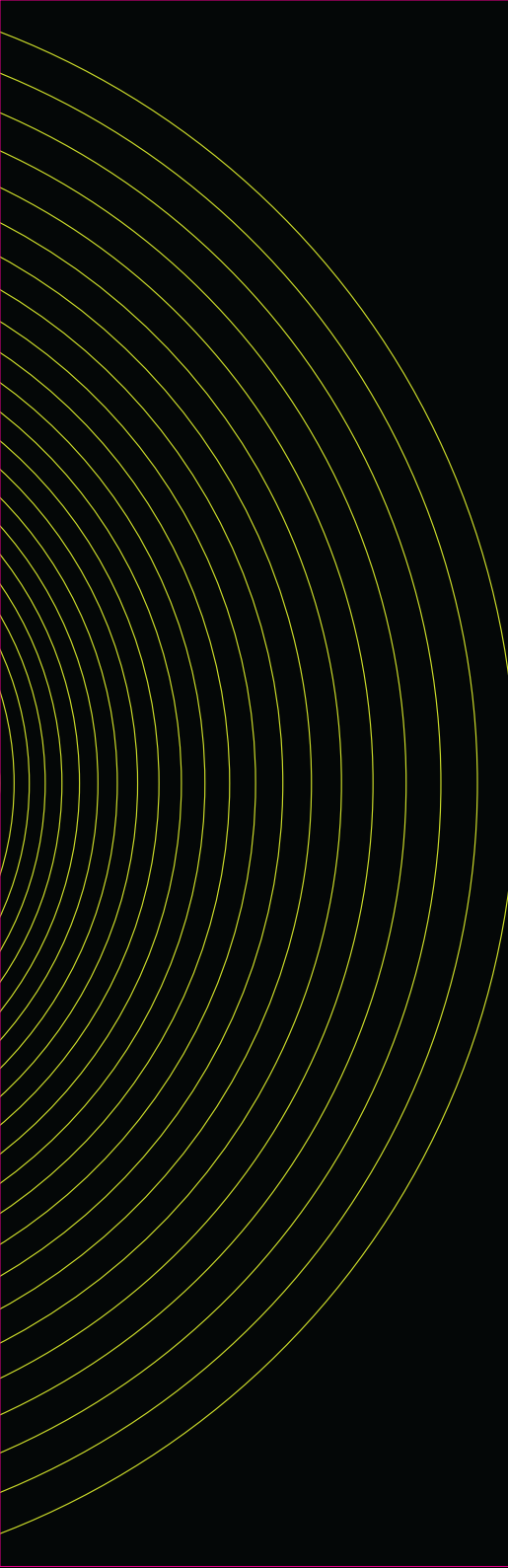
Skin-enhancing “made-to-measure facials”. This collection has been designed to be tailor-made to your individual skin needs through botanical active serums, aromatic intensive complexes and masks.

## **Facial Glacier**

90 minutes

Incorporating an “eye zone” treatment, your skin is charged with powers of evening primrose oil, red micro-algae and wild indigo. Experience the renowned effects of Anne Semonin’s ‘Express Radiance Ice Cubes’ which result in a more radiant, tighter skin.





### **Man Made**

60 minutes

This phyto-aromatic facial is tailored to your individual concerns. Following a consultation, the facial is created for your skin using a blend of essential oils, trace elements, serums and botanical oils.

### **Pure**

75 minutes

With a botanical blend of lemon, cypress and sage, this gentle but powerful steam and extraction facial will help clarify and regulate congested skin.

Experience the skin benefits of sea minerals and plant extracts during our specialised facial massage and peel-off seaweed mask session.



Bespoke Massage

### **Intuitive**

60 minutes  
90 minutes

We seek to create the unforgettable. Following an initial consultation, your therapist will assist you in choosing from our selection of therapeutic techniques from classic massages, such as Swedish, Shiatsu, Aromatherapy & Balinese. A personally prescribed blend of warmed botanical oils will rebalance and restore.

### **Evolve**

90 minutes

An all-embracing treatment incorporating intensive hot basalt stone massage. We will listen and be guided by your energy. Warmed aromatic oils combined with the therapeutic effects of the hot stones are used to massage the body to aid in a sense of deep relaxation.

### **Traditional Thai**

60 minutes  
90 minutes

Replenish energy levels and rebalance during this alternative holistic Thai yoga massage. Stretching and a trigger pressure-point massage will release blocked energy from the meridians resulting in inner calm.

### **Scrummy Mummy**

60 minutes

A combination of pregnancy-specific techniques, adapted to each stage of this precious journey, bringing much needed release and relief. Virgin coconut oil nurtures, protects and strengthens leaving skin soft and supple.

Bespoke Body





### **Pulp Friction**

45 minutes

Re-mineralise and stimulate during this zesty full-body exfoliation. Pure botanical oil and mineral sea salts slough off dead skin cells to reveal radiant skin. Treatment concludes with an application of silky botanical lotion.

### **LIME Cocoon**

75 minutes

Nourish or detox your body with essential extracts of earth or ocean. These luscious body cocoons incorporate a soothing scalp massage. Your choice of

**Detoxifying Spirulina  
or  
Nourishing Pink Clay Mud**

### **Glow**

60 minutes

Sooth and replenish from top to toe during this skin quenching treatment for post sun exposed skin. The body is enveloped with a blend of healing Kaolin, cooling Aloe Vera and Cucumber. Treatment concludes with a hydrating application of botanical body milk.



Escape

60 minutes

This embracing back treatment is designed to release tension and combat tight muscles. After a muscle-melting target massage, allow yourself to breathe deeply during the self-heating mud application. Let yourself unfold whilst the feet and lower legs are carefully massaged to improve circulation.

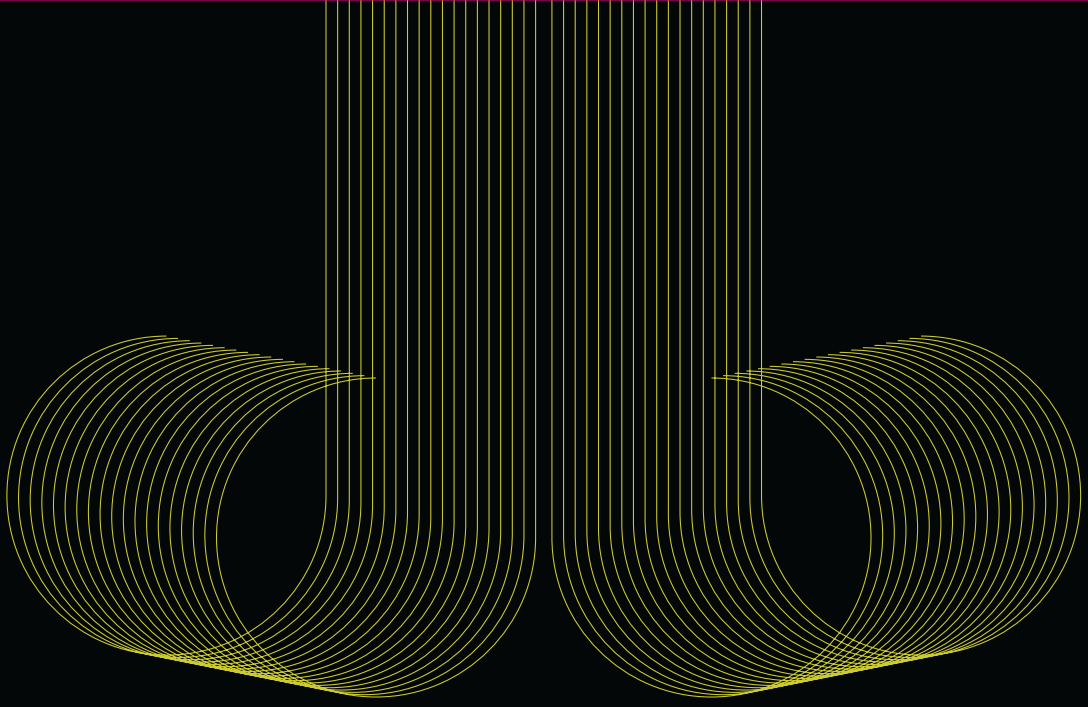
Sculpt

80 minutes

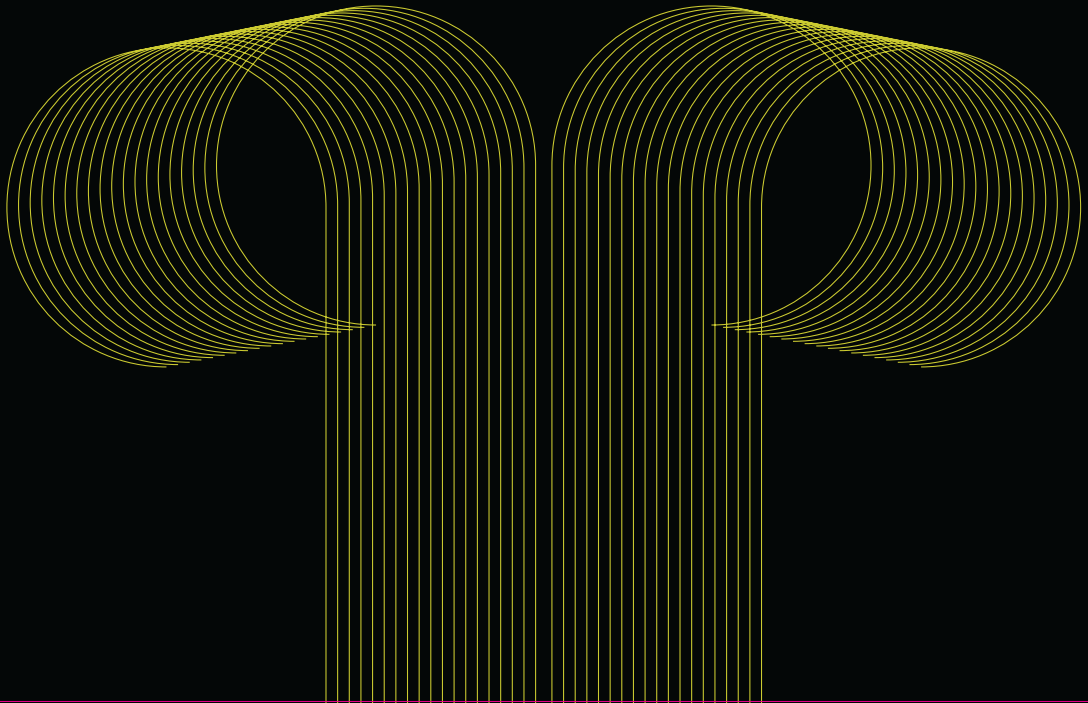
An anti-cellulite specialised treatment designed to smooth uneven skin tone in stubborn areas. Sea salt and botanical oil body exfoliation prepares skin. Using a blend of firming and draining complexes, the legs are deeply massaged.

A cleansing seaweed peel-off mask is then applied. Treatment concludes with an application of skin-smoothing botanical lotion. A course of treatments is recommended.





# LIME Rituals



### **Iconic**

*Holistic aromatic luxury*  
150 minutes

Foot ritual

Black sand full body exfoliation

Lime body cocoon

Intuitive full body massage

### **Aqua**

*Reconnect, re-mineralise*  
150 minutes

Foot ritual

Aromatic sea salt and fresh lime peel  
full body exfoliation

Facial glacier

Muscle melt back massage

Explore the essence of nature and allow  
yourself to discover a new level of awareness.  
Synergies of earth and sea elements  
create a sensory journey.

### **Clarity**

*Relax, release*  
150 minutes

Foot ritual

Reflexology

Shirodhara - third eye soaking

Pure facial

### **Earth**

*Refine, energise*  
150 minutes

Foot ritual

Couture facial

Evolve - hot stone full body massage

Indian head massage

# Essential Nails

## Fingers First

60 minutes

Warm botanical oils soothe and strengthen, transforming hands and nails from the practical to the beautiful. Restore and refine with aromatherapy infused oils and healing, mineral rich mud. File, buff to shine or a splash of nail colour completes the experience.



### **Well-heeled**

75 minutes

The ultimate foot-to-toe treat concentrating on those high heel pressure points. Foot ritual and soothing sea salt exfoliation prepares for an aromatherapy infused sole massage and warm mineral mud foot envelopment. Cuticles are tidied, nails filed then polished to perfection.



### **Sole Man**

75 minutes

Neglect no longer. This complete spa foot treatment incorporates ritual cleansing followed by deep exfoliation. Warmed basalt stones ease away muscle tension whilst infusions of essential oils soften dry soles. Mineral-rich mud envelops feet before nails are tidied, trimmed and buffed to shine.



LIME Wellness

**Ear Candling** 60 minutes

The gentle art of ear candling balances and restores the equilibrium of your senses. The treatment includes facial massage and lymphatic sinus drainage using essential oils.

**Reflexology** 75 minutes

Go beyond ordinary foot rubs and get to the core of your well-being during this precision on-sole massage.

**Reiki** 75 minutes

Experience a hands-on empowering technique that allows energy to flow to your entire being. Reiki works on all levels to balance, cleanse and promote a state of pure relaxation.

**Shirodhara** 90 minutes

This ancient ritual nourishes and restores your nervous system whilst invigorating the mind. A soaking of the third eye uses warm the healing oil of black sesame combined with traditional Ayurvedic massage.

Personal Training      60 minutes

A fusion of gym programmes to suit individual needs.

Yoga                      60 minutes  
Private sessions

Yoga promotes inner calm and mental focus through stretching, breathing and balancing exercises.

Sunrise and sunset form the backdrop for this essential practice.

Stretch Yoga

Individual

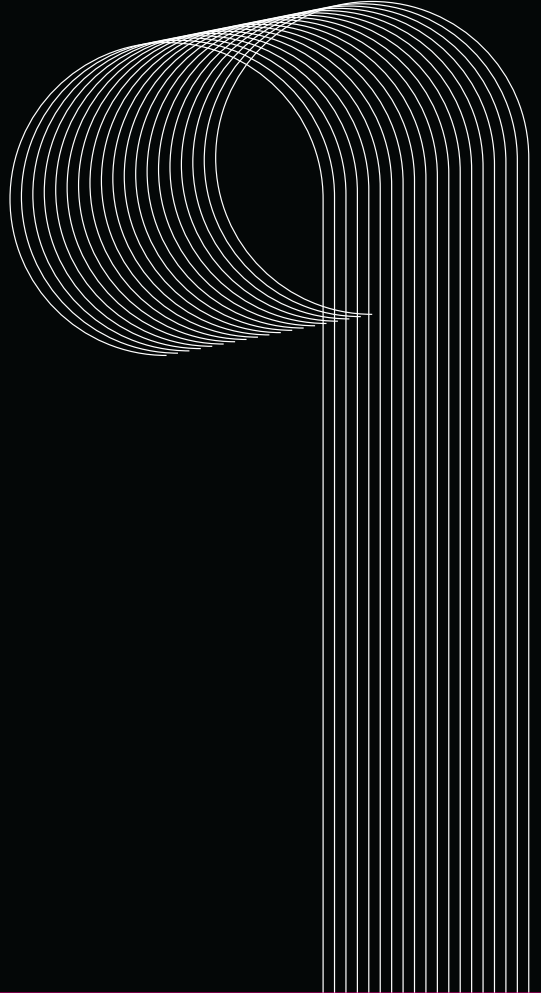
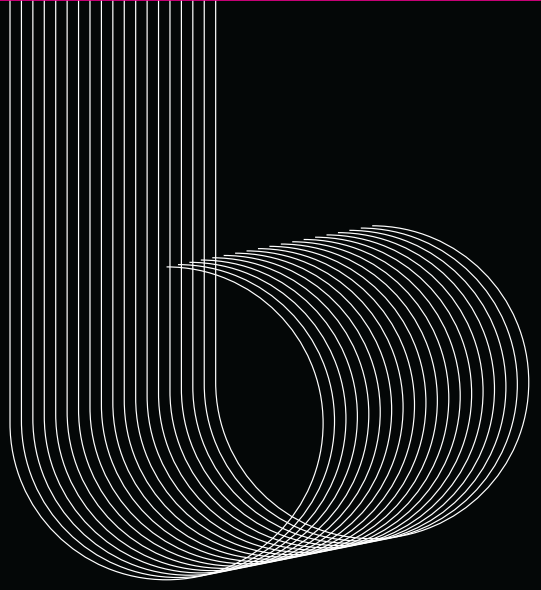
Group Class

### LIME Recommends

100% raw cuisine. Original. Creative. Natural.

For those who care about their bodies yet eschew the bland and the boring, we highly recommend incorporating the RAW experience into your wellness journey. Enjoy the wholesome food and juice bar set over the water.





# How to LIME

## Avant LIME

We recommend that you arrive 30 minutes prior to your appointment time to allow yourself to relax and explore Sublime – LIME's pre-treatment spaces – as well as our calming surroundings.

Whilst we will always try to accommodate your treatments in full, we would hate for your treatment to be cut short due to your late arrival.

## LIME Health

Please inform your therapist if you have any known medical conditions that may effect your treatment. As a healing environment, our priority is your well-being.

## Cancellations

We understand that sometimes you may need to change your schedule. We kindly ask that you give us a minimum of twenty four hours' notice. Appointments cancelled within 12 hours will incur a 50% cancellation fee. Appointments cancelled within four hours will incur a 100% cancellation fee.

## LIME Wear

Please wear whatever makes you feel comfortable. Upon arrival you will be provided with a robe and towels. Swimwear for communal areas is required for heat and water experiences.

## Emerald and Jade

Whilst lockers are provided for you, we recommend that you leave all valuables in your resort room, as we do not assume any liability for loss and damage of any kind.

## Green Environment

LIME is a fresh and pure environment – free from environmental noise pollution. Please help us to maintain Lime's serenity by refraining from smoking and turning off mobile phones before entering.