

One&Only, together with ESPA, has created a luxurious island spa retreat... a tranquil place where tension dissolves with the gentle ebb and flow of the ocean as the cares of the world outside quietly drift away.

Here on idyllic sandy shores, succumb to the expert care of therapists trained in ancient healing philosophies and modern-day sciences. Luxurious treatment villas, nestled beneath thatched roofs each with spectacular ocean views, provide the perfect tranquil space for your individualised, holistic wellness journey.

One&Only Spa by ESPA is an all-encompassing experience with swirling vitality pools, crystal steam rooms, saunas and stimulating ice fountains. Lifestyle showers offer a refreshing burst of tropical rain, and exotic spa cuisine, a delightful juice bar and relaxation pavilions complete the journey.



## Signature Experiences

Unwind. Restore. Elevate. These are the cornerstones of the One&Only Spa, three distinct philosophies around which all spa therapies are crafted.

Designed to nurture and rebalance the body in times of change, pressure and stress, our collection of Signature Experiences combines ancient therapeutic rituals with modern-day research. Let our expert therapists guide you on a luxurious and rejuvenating journey of wellness.

### **Unwind Signature Experience**

*2 hours*

The perfect treatment to combat jetlag, dehydration and stress. The body is cleansed with a soothing exfoliation followed by a deeply relaxing massage, using long strokes and warmed volcanic stones to release tension from tired, aching muscles. A scalp massage calms the mind, leaving you feeling completely rejuvenated.

### **Restore Signature Experience**

*2 hours*

Ideal for those who prefer a warm, stimulating massage to cleanse and revitalise body and mind. After a full body salt and oil exfoliation, this rhythmic, restorative, total body massage uses warm herbal poultices to help increase circulation and relieve aches and pains, helping to promote a feeling of wellbeing.

### **Elevate Signature Experience**

*2 hours*

Designed to reduce tension and improve muscle flexibility, this treatment commences with a cleansing exfoliation of hands and feet, and continues with a free flowing full body massage combining rocking movements and assisted stretching. A therapeutic head massage leaves you feeling supple, energised and full of vitality.

### **Holistic Body Ritual**

*2 hours*

A fusion of body treatments creates a truly personalised spa experience. Each holistic ritual – Unwind & Relax, Restore & Detox or Elevate & Invigorate – begins with a full body exfoliation followed by a total body wrap using warming Oshadi, detoxifying Algae or skin nourishing Marine Mud. A scalp massage and aromatherapy massage of your choice completes this all-encompassing experience.

## Signature Rituals

Truly indulgent and influenced by customs from around the world, these advanced treatment rituals are tailored to your individual needs, using ESPA products to deliver outstanding and long lasting results.

### **One&Only Reethi Rah Sun Ritual**

*2 hours*

A luxurious ritual to prepare your skin for a sun-kissed glow or nourish a sun-bronzed body. Wonderfully exfoliating sea salts are combined with moisturising essential oils to stimulate and soften the skin in preparation for a full body massage. A unique blend of aromatic oils and nourishing body cream infused with wild yam and flower algae leaves you feeling deeply revitalised and relaxed.

### **One&Only Energy Equaliser with Volcanic Hot Stones**

*2 hours*

This indulgent body treatment melts away tension and brings your body and mind back into harmonious balance. The treatment begins with body brushing and exfoliation to smooth and soften the skin. A massage follows, using nourishing essential oils and warmed volcanic stones to penetrate tired, aching muscles. A comforting head, neck and shoulder massage allows you to truly unwind before gentle stretching creates a state of total relaxation.

### **Advanced Back, Face & Scalp Treatment with Hot Stones**

*2 hours*

An ideal treatment for everyone, and a favourite amongst all our spa guests, this experience delivers triple results by targeting three key areas – the back, the face and the scalp. A back exfoliation and hot stone massage is followed by a personalised ESPA facial. A rejuvenating scalp massage concludes the indulgent treatment, leaving you feeling completely calm.



# Private Spa Suite Experience

An indulgent experience customised for two – couples, friends, or family – our Private Spa Suites offer the ultimate spa escape, a perfect choice for those seeking complete privacy. Each of our two elegant Private Spa Suites are suspended over water, linked to the island via a secluded walkway.

Each Private Spa Suite Experience is scheduled as ESPA Time and includes full use of the personal heat experiences including an ocean-side bath and steam room for two. Your therapist will assist you in your selection of ESPA body, face or Ayurvedic treatments in advance of your session\*.

## **Private Spa Escape for Two**

*2 hours 45 minutes*

- 2 hours of ESPA treatments\*
- 45 minutes relaxation time with full use of Private Spa facilities
- Refreshing Champagne cocktail served with canapés

## **Private Spa Retreat for Two**

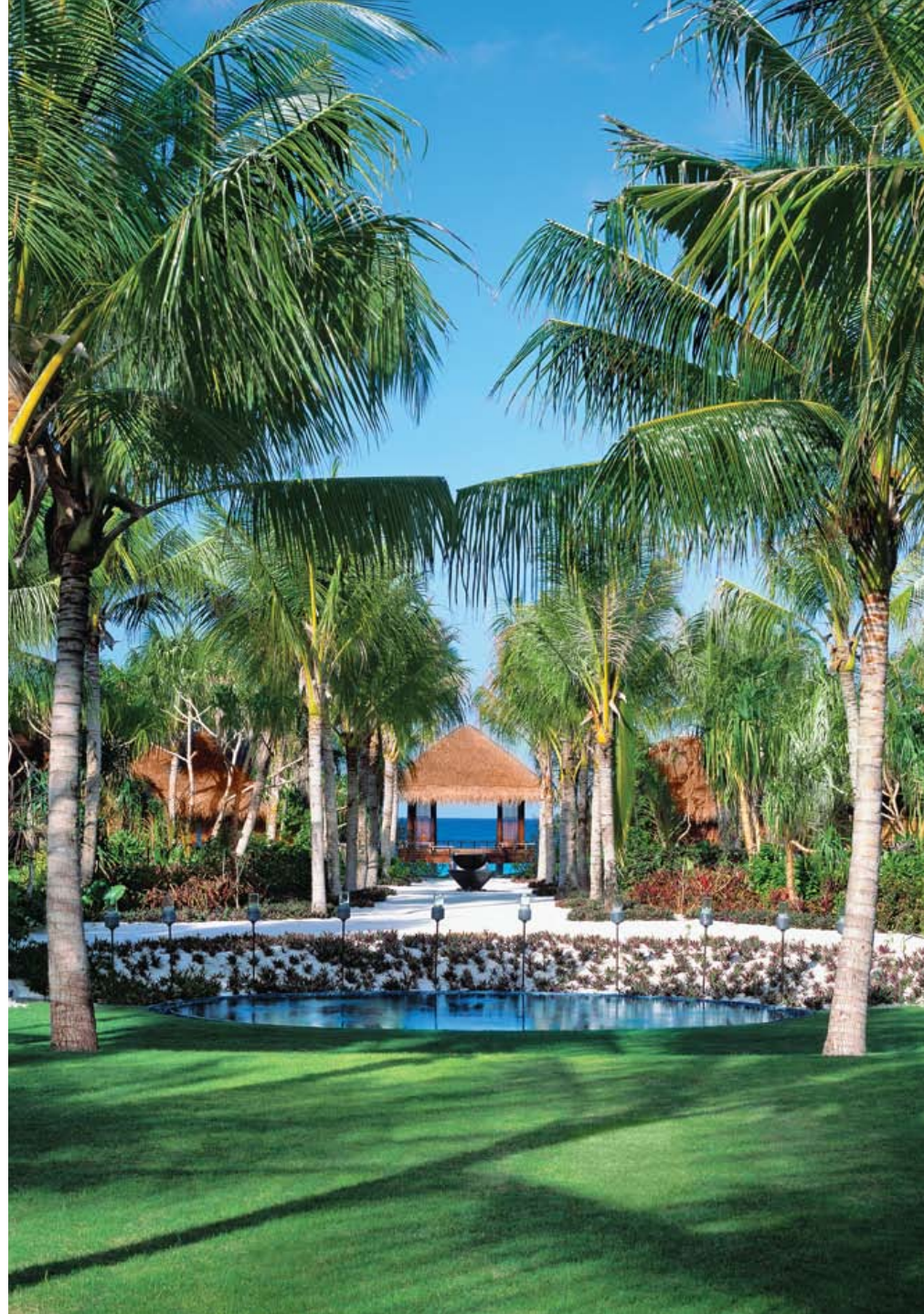
*3 hours 45 minutes*

- 2 hours of ESPA treatments\*
- 1 hour ESPA facial of your choice
- 45 minutes relaxation time with full use of Private Spa facilities
- Freshly prepared spa juices and exotic fruits

## **ESPA Time**

Place yourself in our hands and let your mind, body and soul succumb to the expert pampering of our experienced therapists. With ESPA Time decisions are unnecessary. The One&Only Spa by ESPA is a sanctuary where time has no meaning, and where your journey to carefree inner peace and self-discovery begins. Your therapist guides you in your choice of treatments and rituals, ensuring your therapeutic journey is best suited to your needs at this moment in time. ESPA Time is scheduled for a minimum of 2 hours... you simply reserve ESPA Time and we will do the rest\*.

\* All ESPA Time excludes the Purva Karma Four Hands Massage and Thai Massage



# Facial Treatments

Our facials begin with a detailed consultation and in-depth skin analysis using technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to your individual needs and includes cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage and mask.

## Age Defying

### Lift & Firm Facial

*90 minutes*

An advanced facial using Super Active™ products to improve skin tonicity and firmness and enhance cellular regeneration. Specialised facial massage lifting techniques help combat the signs of ageing, stimulate collagen production and deliver intensive results.

### Regenerating Facial

*60 minutes*

A luxurious facial for maturing skin helps minimise lines and wrinkles around the eyes, neck, lips and jaw line. A selection of age-defying products works to replenish and revitalise the skin, leaving your complexion visibly toned, radiant and rejuvenated.

### Regenerating & Firming Eye Treatment

*30 minutes*

An effective firming and hydrating treatment using products rich in seaweed extract, green tea and vitamin C, helping to reduce the appearance of fine lines around the eyes, offering protection against the impact of the environment. This is a luxurious addition to any ESPA facial.

## Sensitive

### Repair & Restore Facial

*90 minutes*

Designed to help counter the effects of harsh products and protect your skin against environmental elements, this specialised facial uses advanced Super Active™ products, to enhance cell renewal, strengthen and restructure skin.

## Calm & Soothe Facial

*90 minutes*

A technically advanced facial helps cool and comfort irritated skin prone to redness and heat flushing. A light lymphatic massage, Super Active™ products and soothing Rose Quartz Crystals work to improve circulation, strengthen capillary walls and naturally purify – leaving your skin refreshed, calm and hydrated.

### De-Sensitiser Facial

*60 minutes*

De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce sensitivity leaving skin calmed, nourished and comfortable.

## Hydrating

### Cellular Hydration Facial

*90 minutes*

A concentrated and deeply nourishing facial for dry, dehydrated skin. Our moisture Super Active™ Cellular Hydration Intensive Serum, rehydrates and smoothes skin, leaving your complexion dewy, supple and beautifully radiant.

## Radiance

### Skin Brightening Facial

*60 minutes*

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of Super Active™ Skin Brightening Complex, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth and reduce irregular pigmentation.

## Re-Balancing

### Skin Purifying Facial

*60 minutes*

Ideal for congested and problematic skin, this deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

### Gentlemen's Personalised Facial

*60 minutes*

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience a personalised facial, which your therapist will tailor to suit your skin's needs that day.



## Ayurvedic Body Treatments

Centuries-old Ayurvedic wisdoms are infused with contemporary western practices to create harmonious therapies designed to restore body and mind to their singular natural state. Each treatment is a truly personal experience and begins with a cleansing foot ritual.

### **AMA Releasing Abhyanga**

*2 hours*

Ideal for those experiencing high levels of stress or poor sleep patterns, this unique treatment provides a renewed sense of wellbeing and calm. The body is exfoliated to stimulate and smooth the skin, and the face is cleansed and soothed. Using Ayurvedic massage techniques and a warm infusion of oils, this ritual concludes with a deeply relaxing and de-stressing scalp massage.

### **Purva Karma Four Hand Massage**

*2 hours*

The ultimate experience for those who find it difficult to unwind, this indulgent therapy begins with a welcome foot ritual, followed by a body exfoliation and facial cleanse. The skilled hands of two therapists flow in synchronised harmony for a tension-releasing body massage. Using long, sweeping movements, this treatment incorporates warm oil and hot volcanic stones, finishing with a soothing therapeutic head massage to achieve relaxation and total bliss.

### **Ayurvedic Abhyanga**

*90 minutes*

This sophisticated and bespoke massage uses Ayurvedic oils to create balance for mind and body. The Abhyanga massage is tailored to suit your specific Dosha type – Vata, Pitta or Kapha – and is designed to bring your body back into harmonious balance. Warmed oils are poured onto the centre of the back as elongated sweeping movements soothe and de-stress the entire body.

### **Shirodhara**

*15 minutes*

This traditional Ayurvedic treatment\* involves the practice of warm oil poured onto the forehead and scalp to help ease the stress of the body and calm the emotions of the mind.

\* While not offered as a stand-alone treatment, it is a wonderful addition to our Ayurvedic Abhyanga treatment.

# Advanced Body Treatments

Our Advanced Body Treatments have been carefully designed to target the stresses and strains of modern life. Business pressures, poor diet, lack of sleep, sedentary lifestyle and pregnancy can all have detrimental effects on the body resulting in tense, aching muscles, unbalanced skin and fatigue. These treatments help to combat and minimise those daily life stresses, leaving your mind and body relaxed and rebalanced.

## **Anti-Cellulite Hip & Thigh Treatment**

*60 minutes*

A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture. The body is exfoliated with iced mitts using a specialised blend of potent marine extracts helping to stimulate the lymphatic system to improve skin appearance – an ideal treatment for those concerned with the appearance of cellulite. Relevant reflex zones and pressure points on the feet are activated to leave you feeling totally revitalised and refreshed. A course of six treatments is recommended.

## **Post-Sun Body Envelopment**

*60 minutes*

Calm, comfort and hydrate your sun-exposed holiday skin with this treatment using ESPA's Moisturising Balm and Oils to nourish dry, dehydrated skin. A gentle facial cleanse and massage of the face, neck and scalp soothes the mind and body.

## **Pre & Post Natal Treatment**

*90 minutes*

A deeply nourishing body treatment designed to target areas prone to stress and tension during pregnancy. Gentle body exfoliation is followed by a nourishing massage and a moisture rich body mask. Finally, truly relax mind and body whilst your scalp is massaged.



# Body Massage Treatments

At One&Only Spa, our therapists seek to create an experience that encapsulates your whole being – evaluating your lifestyle and specific needs to achieve your mind and body wellness objectives.

## Personalised Massage

*60/90 minutes*

- Aromatherapy
- Balinese
- Swedish
- Hot Stone *90 minutes only*

After a detailed consultation our therapists will determine the most suitable massage for you.

## Fitness Massage

*60/90 minutes*

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

## Thai Massage

*90 minutes*

This time-honoured massage uses traditional techniques to promote relaxation and renew your energy and vitality. Passive stretching, acupressure massage techniques and synchronised breathing exercises help to heighten relaxation and encourage meditation, invigorating the mind and body, to evoke a general sense of wellbeing.

## Shiatsu Massage

*90 minutes*

This traditional Japanese massage focuses on releasing physical and emotional tension and negative energy by balancing the flow of Chi energy with specific massage techniques on the body's pressure points.

## Maternity Massage

*60 minutes*

A relaxing full body massage promotes relaxation and helps improve skin elasticity, reduce fatigue and target areas prone to tension during pregnancy.

*Spa staff are available to answer any questions you may have.*

## Reflex Zone Foot Massage

*60 minutes*

An essential element of Chinese culture, this ancient therapy concentrates solely on the feet and lower legs, helping to relax the entire body and mind, ground energy and regulate the movement of the Qi through the body.



# Pedi:Mani:Cure Studio

## by Bastien Gonzalez

Bastien Gonzalez, internationally famous French podiatrist renowned for his clinics in Paris, London and New York, has hand-picked and personally trained the specialists at One&Only Spa. His exclusive pedicure includes a specific massage focusing on flexibility and skin conditioning.

### **Bastien's Duo**

*75 minutes*

The ultimate in foot luxury and total relaxation. This synchronised four hands treatment focuses on your nails, hands, feet, legs and arms.

### **Bastien's Pedicure**

*60 minutes*

This signature Bastien pedicure gently buffs nails to a shine without lacquer, eliminates skin irregularities and dryness and massages feet and legs to relieve tension and heaviness.

### **Bastien's Manicure**

*45 minutes*

An outstanding cuticle and nail treatment, including a natural beauty finish to the nail, and a thorough massage of the forearms, wrists, hands, and fingers.

### **Foot Refoundation**

*35 minutes*

Ideal for heavy tired legs after a long flight, this truly relaxing toe-to-knee massage focuses on muscular flexibility, joint mobility, blood circulation and skin elasticity.

### **Global Massage Refoundation**

*35 minutes*

A totally relaxing leg and hand massage – toes to knee and fingers to elbow – this synchronised four hands massage brings a new lightness to the whole body.

### **Reverence Foot Spa Ritual**

*45 minutes*

Focusing on nails and cuticles, feet are soaked in hot water before a vigorous scrub, followed by your choice of a nail buffing or application of Révérence de Bastien nail lacquer.

### **Reverence Hand Spa Ritual**

*45 minutes*

An alternative to those who prefer the use of water: once soaked, nails and cuticles are treated, reshaped and buffed, or painted with a Révérence de Bastien nail lacquer.

### **Paraffin Touch**

*20 minutes*

Intensify your Bastien manicure and/or pedicure with this silky supplement. The warmth of this mixture aids the penetration of applied moisturisers for deep hydration.

### **Colour/French Touch**

*20/30 minutes*

Select your preferred colour from our range of Révérence de Bastien nail lacquers, which are free of camphor, formaldehyde, toluene and DBP. Includes nail reshaping.

*Please note that selected services are available in your villa, upon request.*

# Hair & Beauty Treatments

Our full service Salon offers a complete range of hair styling and technical treatments including hair rescue deep condition and nourishing treatments for ladies and gentlemen. Complimentary consultations are available on request.

## Hair Styling

- Ladies cut & finish
- Blow-dry & finish
- Bridal hair up
- Men's cut & finish

## Technical Services

- Highlights/lowlights
- Full head tint
- Tint re-growth

## Luxury Conditioning for Hair & Scalp

- Intense conditioning treatment
- Intense conditioning treatment with blow-dry

## Threading & Waxing

Available upon request



# Health & Fitness

Our highly qualified resident trainers are happy to motivate, challenge and guide you in all your fitness needs. Take advantage of our Fitness Centre's sophisticated Technogym® equipment (including Kinesis™ and Flexability™), a Pilates reformer and Power Plate®.

## **Personal Training**

*50/90 minutes*

Our personal trainers are specialists in a variety of fields and create programmes to suit each guest's ability and needs, whether you wish to strengthen or stretch, relax, run or simply regain lost energy.

## **Fitness Assessment**

*50 minutes*

During the complimentary consultation, a personal trainer will guide you through a specific health and fitness assessment, followed by tests to assess your body composition, muscular endurance, stamina and flexibility.

## **Kinesis™ Programmes**

*50 minutes*

Kinesis™ is an innovative training concept focusing on movement through balance, flexibility and strength.

- Move: improves everyday wellbeing
- Shape: for women to tone lower limbs and core
- Power: a more complete total training method
- Sports: enhance performance in tennis, golf, running and skiing

## **Power Plate®**

*30 minutes*

Power Plate training is the premium vibration training powering a new dimension in wellness solutions for all ages, lifestyles and physical abilities. It uses the principles of acceleration training to stimulate the body's natural response to vibration.

## **Assisted Stretching**

*30/50 minutes*

This one-to-one session is completely devoted to stretching and relaxation, helping to eliminate any tightness in the body and improve your overall flexibility.

## **Aqua Training & Swimming**

*30 minutes*

Water-based, weightless exercises use the natural resistance of water to strengthen and tone the muscles, joints and bones without the same risk of injury present when exercising on land.

## **Boxing**

*30 minutes*

This session combines boxing skills using pad work with body weight exercises, high repetitions, and relatively short recoveries. The boxing session ends with an assisted stretch.

## **Mind & Body**

### **Mat-based or Reformer-based Pilates**

*50/90 minutes*

Pilates bridges the gap between strength and flexibility training, combining the awareness of the spine and proper breathing techniques for a relaxing and core-strengthening workout.

## **Yoga**

*50/75/90 minutes*

An excellent way to de-stress, yoga works the nervous system in conjunction with muscles, bones and joints. The benefits are numerous, incorporating stretching, toning, strength, stamina and correct posture whilst learning how to relax the mind.

## **Meditation**

*50/75 minutes*

Learning to still and focus the mind is a powerful form of de-stressing and a beneficial discipline to help improve the attention span, powers of concentration and memory.

*For your comfort and safety, please be advised that appropriate gym attire and sports shoes are required in the Fitness Centre. Minimum age for Fitness Centre is 16 years.*

# Spa Experience

At One&Only Spa, every moment of your visit is carefully choreographed to ensure that with each step, stress and tension melts away. Prior to your appointments, you are invited to enjoy the Spa's unique amenities – vitality pools, crystal steam rooms, lifestyle showers, saunas and stimulating ice fountain.

**Should I make a reservation for my treatment?** Yes. To ensure your preferred times and services, we recommend advanced booking.

**What if I need to cancel my reservation?**

A 50% cancellation charge will be incurred for any treatment not cancelled at least 24 hours prior to appointment. Cancellations within 12 hours will incur a 100% charge.

**When should I arrive?** You are encouraged to arrive 45 minutes prior to your appointment to relax and enjoy the Spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

**Is there a minimum age requirement?** The One&Only Spa and Fitness Centre are restricted to young adults below the age of 16.

**Do you have services for expecting mothers?** Yes. We have specially designed treatments for expectant women (post first trimester) and nursing mothers.

**What if I have a health condition?**

Kindly advise us of any health conditions, allergies or injuries, which could affect your service when making your spa reservation.

**What is appropriate spa etiquette?**

To maintain serenity and privacy, the Spa is a mobile phone, pager and smoke free zone. Towels, slippers, shower caps and all amenities are provided.

**Pricing:** all prices are quoted in USD and subject to government sales tax and service charge. Prices are subject to change without prior notice.

**Is there an added gratuity?**

All treatments are automatically subject to a service charge. Gratuity for exemplary service is discretionary.

**Hours of Operation:** the Spa is open 9am to 9pm, and the Fitness Centre is open from 7am to 9pm, both seven days a week.