

Maldivian Journey

3 hours 550

At One&Only Spa we are pleased to present the Maldivian Journey which celebrates the natural elements of the Maldives. Begin your journey in our Watsu Pool concealed within a lush setting and offering spectacular views of the Indian Ocean. Our pool is filled with mineral sea water tapped from a source beneath the island and heated to 36°C. Take a relaxing break, enjoy a refreshing fruit drink, and then continue this unique experience with an invigorating body scrub combining Maldivian sand and local coconut oil followed with a relaxing full body massage.

Watsu

60 minutes 300

Watsu: (WATER SHIATSU) is a form of aquatic therapy, which quiets the mind, relaxes the body and opens the heart. It is a uniquely nurturing combination of massage, yoga-like stretches and point work carried out in skin temperature (36°C) water. The weightless environment of the water allows for graceful, fluid movements which can release muscle tension, improve circulation and increase your range of motion.

These treatments will be available from 15 December 2011

All prices are USD and subject to 10% service charge and government tax

This tariff card is valid from 1 November 2011 until 31 May 2012 only

One&Only Spa

Signature Experiences

Unwind Signature Experience	2 hours	290
Restore Signature Experience	2 hours	290
Elevate Signature Experience	2 hours	290
Holistic Body Ritual (2 hours)	2 hours	290

Signature Rituals

One&Only Reethi Rah Sun Ritual	2 hours	290
One&Only Energy Equaliser with Volcanic Hot Stones	2 hours	290
Advanced Back, Face & Scalp Treatment with Hot Stones	2 hours	290

Private Spa Suite Experience

Private Spa Escape for Two	2 hours 45 minutes	725
Private Spa Retreat for Two	3 hours 45 minutes	985
ESPA TIME	2 hours	300

ESPA FACIALS

Lift&Firm Facial	90 minutes	275
Regenerating Facial	60 minutes	155
Regenerating & Firming Eye Treatment	30 minutes	95
Repair & Restore Facial	90 minutes	275
Calm & Soothe Facial	90 minutes	275
De-Sensitiser Facial	60 minutes	155
Cellular Hydration Facial	90 minutes	275
Skin Brightening Facial	60 minutes	155
Skin Purifying Facial	60 minutes	155
Gentleman Personalised Facial	60 minutes	155

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ESPA Ayurvedic Body Treatments

AMA Releasing Abyhanga	2 hours	300
Purva Karma Four Hand Massage	2 hours	445
Ayurvedic Abhyanga	90 minutes	230
Shirodhara	15 minutes	85

ESPA Advanced Body Treatments

Anti-Cellulite Hip & Thigh Treatment	60 minutes	160
Post-Sun Body Envelopment	60 minutes	160
Pre & Post Natal Treatment	90 minutes	225

ESPA Body Massage

Personalised Massage	60 minutes	160
Personalised Massage	90 minutes	225
Fitness Massage	60 minutes	160
Fitness Massage	90 minutes	225
Thai Massage	90 minutes	185
Shiatsu Massage	90 minutes	185
Maternity Massage	60 minutes	160
Reflex Zone Foot Massage	60 minutes	160

Pedi: Mani: Cure Studio By Bastien Gonzalez

Bastien's Duo	75 minutes	215
Bastien's Pedicure	60 minutes	160
Bastien's Manicure	45 minutes	95
Foot Refoundation	35 minutes	95
Global Massage Refoundation	35 minutes	110
Reverence Foot Spa Ritual	45 minutes	115
Reverence Foot Spa Ritual	45 minutes	75
Paraffin Touch	20 minutes	30
Colour/French Touch	20 minutes	30
Colour/French Touch	30 minutes	35

Hair & Beauty Treatments

Ladies cut & finish	90
Blow-dry & finish	65
Bridal hair up	80
Men's cut & finish	45
Highlights/lowlights	170
Full head tint	145
Tint re-growth	105
Intense conditioning treatment	45
Intense conditioning treatment with blow-dry	90

Health & Fitness

Personal Training	50 minutes	85
Personal Training	90 minutes	35
Fitness Assessment	50 minutes	85
Kinesis™ Programmes	50 minutes	85
Power Plate®	30 minutes	45
Assisted Stretching	30 minutes	45
Assisted Stretching	50 minutes	85
Aqua Training & Swimming	30 minutes	45
Boxing	30 minutes	45
Mat-based or Reformer-based Pilates	50 minutes	85
Mat-based or Reformer-based Pilates	90 minutes	135
Yoga	50 minutes	85
Yoga	75 minutes	115
Yoga	90 minutes	135
Meditation	50 minutes	85
Meditation	75 minutes	115

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