



# THE RITZ - CARLTON SPA

MALDIVES, FARI ISLANDS





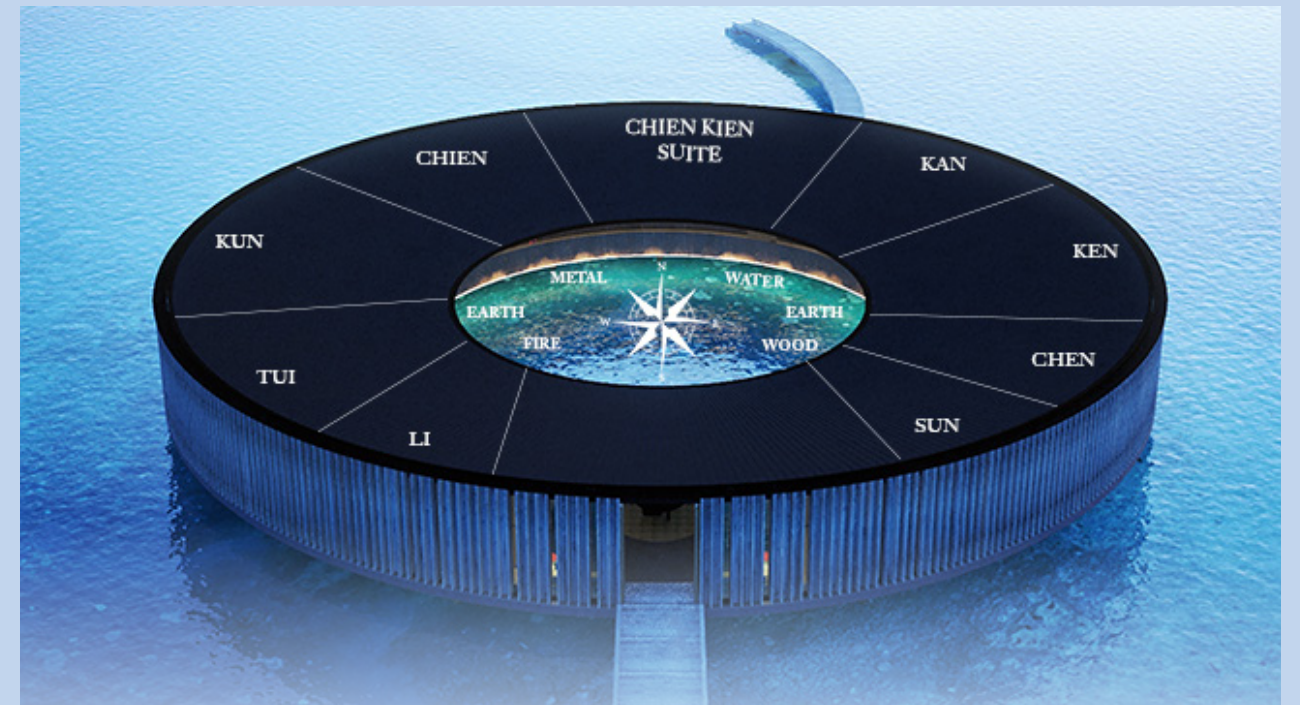
Awaken your senses to the sound of the Sangu shell and feel the flow of the ocean as we take you on a healing journey through time and nature's wonders. Island-inspired massages, signature Bamford treatments and traditional therapies are curated and personalised for a holistic experience.



THE RITZ-CARLTON SPA

## PHILOSOPHY OF YIN AND YANG

Envelop in the earthly element of water at The Ritz-Carlton Spa. The names of the treatment rooms are inspired by and aligned with the ancient Chinese philosophy of Yin and Yang energies.



MALDIVES



# SIGNATURE

## BAMFORD SIGNATURE JOURNEY

150 MINUTES

Exclusively designed for The Ritz-Carlton Maldives, this healing journey begins with a coconut oil massage using a combination of Japanese Shiatsu and Swedish motions to release tension and balance meridians, followed by wave-like massages to the ocean's rhythm. The therapist aligns your Chakras with a heated sacred stone by placing it on the abdomen. Slip into complete bliss as the therapist performs a face and Indian head massage. The ritual is completed with relaxing breathwork using Maldivian seashells and a fragrant bath to soak any impurities.

**INCLUDES** Japanese Shiatsu, Swedish Massage, Face and Indian Head Massage

## MALDIVIAN SIGNATURE REJUVENATION

180 MINUTES

Feel the Maldives in this luxurious island-inspired treatment that incorporates organic coconuts and pearly-white sand to nourish, relax and rejuvenate. Skin is slowly exfoliated with fresh coconut scrub, stimulating and awakening your senses, followed by a full-body oil massage with pure warm coconut oil paired with heated sand poultices to ease your muscles. The experience is completed with a coconut milk bath locking in moisture and leaving you refreshed and renewed.

**INCLUDES** Coconut Scrub, Full Body Oil Massage, Coconut Milk Bath



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# EXPERIENCE

## BAMFORD AFTER-DIVE RITUAL

120 MINUTES

This treatment is curated to heal from intense diving adventures and letting you immerse completely in the underwater beauty of the Maldives. Ease your muscles and joint stiffness with a crab-like motion focusing on pressure points, simultaneously soothing your body with wave-like moves to the tunes of the ocean.

Find inner peace as the therapist covers you in a lavender and peppermint-cool wrap.

**INCLUDES** Lavender and Peppermint Cooler Wrap

## B SILENT TREATMENT

90 MINUTES

Be Silent is a de-stressing massage curated with B Silent body oil and balm, a botanical elixir of Roman chamomile, Cannabis Sativa and lavender flower oils to boost serotonin or 'happy hormones' and restore a healthy sleep cycle.

A relaxing foot ritual, followed by a therapeutic back, neck and shoulder massage with B Silent body oil.

A final application of B Silent Organic Temple Balm on the forehead and temples to induce a deep sense of calmness.

**INCLUDES** Back, Neck and Shoulder Massage

## B VIBRANT TREATMENT

90 MINUTES

The revitalising B Vibrant experience is designed to awaken the energy channels, marma points.

A refreshing foot ritual sets the tone to the massage, followed by sound therapy to rebalance your energy channels and exfoliated by a warm botanic sugar polish to promote circulation.

Further, stimulating the marma points with a full body and Indian head massage using Citrine crystals, completed with a soothing breathwork for a holistic experience.

**INCLUDES** Full Body Massage, Indian head Massage, Sound Therapy



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# MASSAGE

## HOT AND COLD JADE STONE TREATMENT

90 MINUTES

Relax to a combination of hot volcanic and cold jade stones full body massage that deeply penetrates your muscles, while firmly massaging back, neck and shoulders, releasing tension and harmonising body and mind.

**INCLUDES** Full Body Massage

## BAMFORD RELAXING TREATMENT

60 MINUTES **OR** 90 MINUTES

This therapeutic massage uses a combination of Shiatsu and relaxing techniques to increase circulation, soothe tight muscles and strengthen areas of concern, leaving you feeling restored and revived.

**INCLUDES** Full Body Massage

## B STRONG MASSAGE

60 MINUTES **OR** 90 MINUTES

Strengthen your muscles through full bodywork with a combination of Shiatsu and deep tissue massages.

**INCLUDES** Full Body Massage, Japanese Shiatsu

## DE-STRESS MASSAGE

60 MINUTES

A stress-relieving massage focused on tensed back muscles, by mixing Shiatsu pressure motions and Swedish back and leg massages. Achieve energy flow and improve circulation, completed with a reflex zone foot therapy to enhance overall wellness.

**INCLUDES** Japanese Shiatsu, Swedish Massage, Reflex Zone Foot Therapy

## FOOT RELEASE

60 MINUTES

Soothe your soles with a relaxing Ayurvedic foot massage, *Padabhyanga*, slowly calming and balancing your nervous system with deep massages from the heel to the toes.

**INCLUDES** Head Massage, Foot Massage

## BAMFORD PREGNANCY MASSAGE

60 MINUTES **OR** 90 MINUTES

Developed by an expert in pregnancy, this full-body massage is designed especially for second and third trimesters of pregnancy with carefully selected unscented oils to ail backaches, muscle tensions and heavy legs. Warm oils provide a gently uplifting experience, leaving you in pure bliss.

**INCLUDES** Full Body Oil Massage

## THAI MASSAGE

90 MINUTES **OR** 120 MINUTES

Awaken your body and inner spirit with a combination of acupressure, deep stretches and respiratory exercises with traditional Thai massage.

**INCLUDES** Full Body Thai Massage

## BAMBOO MASSAGE

90 MINUTES

This massage penetrates deep into the tissue by using heated bamboo sticks, kneading the muscles to stimulate blood circulation and enhance flexibility.

**INCLUDES** Full Body Massage



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# BODY

## LAVENDER AND PEPPERMINT AFTER SUN COOLER

60 MINUTES

A mix of lavender with cooling peppermint and wheatgerm oil and rich body milk to replenish your body, completed by wrapping cool cotton sheets to soothe your skin.

**INCLUDES** Full Body Wrap

## BAMFORD FULL BODY EXFOLIATION

45 MINUTES

This regenerative treatment removes impurities by lightly massaging your whole body with a warm blend of pure sea salt and brown sugar, finished with invigorating oils and moisturising geranium-infused body butter to enrich your skin.

**INCLUDES** Full Body Exfoliation

## NATURAL BODY WRAP

45 MINUTES

Embrace the sun-kissed beaches; our Natural Body Wrap is designed to heal and restore your skin using a combination of Maldivian herbs and aloe vera.

**INCLUDES** Full Body Wrap



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# FACIAL

PERFORMED WITH BAMFORD PRODUCTS

## RESURFACE ORGANIC FACIAL

60 MINUTES **OR** 90 MINUTES

This radiance-boosting facial uses a powerful fruit acid elixir and exfoliating mask to smoothen your skin. Especially for damaged and uneven skin.

**INCLUDES** Facial Treatment

## REJUVENATING ORGANIC FACIAL

60 MINUTES **OR** 90 MINUTES

A rejuvenating mask with soy stem cells and hyaluronic acid, to soothingly lift and firm your skin, and reduce the appearance of fine wrinkles. Designed for dry or mature skin.

**INCLUDES** Mask

## DETOXIFYING ORGANIC FACIAL

60 MINUTES **OR** 90 MINUTES

Feel the impurities lift with steam in this detoxifying cleanse, designed to brighten and balance skin microbiome, treating the harsh effects caused by pollution. This facial is recommended for oily, pigmented or menopausal skin.

**INCLUDES** Facial Cleanse



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# MEN

PERFORMED WITH BAMFORD PRODUCTS

## RECOVERY TREATMENT

60 MINUTES

Recover from the woes of modern life with the Bamford Grooming Department Edition 1, a hot stone massage using a blend of our special oil to set you back on track.

**INCLUDES** Hot Stone Back Massage

## SIGNATURE GENTLEMEN'S TREATMENT

120 MINUTES

This massage is specially curated for gentlemen with an active lifestyle in the modern world. Designed to make blood circulation flow, relieve muscles and induce deep relaxation. Layers of impurities are removed using an exfoliation with sea salts and organic coconut island, followed by Japanese Shiatsu, Swedish massage, hot stone therapy and reflexology to restore your body's equilibrium.

**INCLUDES** Japanese Shiatsu, Swedish Massage, Hot Stone Therapy, Reflexology

## SIGNATURE GENTLEMEN'S FACIAL

60 MINUTES

This bespoke journey begins with a complete skincare consultation and skin analysis. The treatment is a combination of deep cleansing, reflexology and lymphatic drainage to refine your skin, while hot and cold jade stone motions stimulate circulation using a tonic containing prebiotics and microalgae to balance your skin. The facial is finished with a special eye cream applied using moonlight stones that will leave your skin hydrated and youthful.

**INCLUDES** Reflexology, Lymphatic drainage, Hot and Cold Jade Stone Massage



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# MEN

PERFORMED WITH TRUEFIT & HILL PRODUCTS

## ULTIMATE GROOMING EXPERIENCE

120 MINUTES

The ultimate grooming experience comprises a Haircut and Shampoo, Traditional Hot Towel Wet Shave and Manicure and Facial Treatment, designed for a complete groom complemented with a personalised consultation to provide the best result.

**INCLUDES** Haircut and Shampoo, Traditional Hot Towel Wet Shave, Facial Treatment, Manicure

## GROOMING EXPERIENCE

90 MINUTES

The Grooming Experience ensures a perfect groom with a Haircut & Shampoo, Traditional Hot Towel Wet Shave and Manicure – beginning with a personalised consultation to provide the best result.

**INCLUDES** Haircut & Shampoo, Traditional Hot Towel Wet Shave and Manicure

## BEARD AND MOUSTACHE TRIM

30 MINUTES

This luxurious beard and moustache trim is curated based on your personal style, ensuring comfort.

**INCLUDES** Beard and Moustache Trim

## TRADITIONAL HOT TOWEL WET SHAVE

30 MINUTES

This steaming hot towel treatment uses a combination of oil, luxurious cream and balm, finished with your choice of cologne.

**INCLUDES** Pre-Shave Oil, A Hot Towel Treatment, Application of Shaving Cream, Aftershave Balm, Cologne

## HAIRCUT, SHAMPOO & STYLING

45 MINUTES

A fresh haircut with deep cleansing shampooing, conditioning and stimulating scalp friction, styled as per your preference.

**INCLUDES** Haircut, Shampoo, Styling

## CLASSIC MANICURE OR PEDICURE FOR MEN

45 MINUTES

This treatment includes a cleanse and a manicure or pedicure.

**INCLUDES** Soak, Cut & File, Conditioned

## CHEST OR BACK WAXING

30 MINUTES

Remove unwanted hair safely.

**INCLUDES** Chest Waxing, Back Waxing



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# BEAUTY

## REHAB

60 MINUTES

Heal your nails with our Rehab treatment - a revitalising oil mask and a moisturising treatment to leave your nails healthy.

**INCLUDES** Soak, File, Oil Mask, Moisture Treatment and Topcoat or High Shine Buff

## MANICURE

40 MINUTES

This classic manicure is designed for essential maintenance of the hands.

**INCLUDES** Soak, Cut & File, Cuticle Work, Application of Hand Cream and Buff

## PEDICURE

30 MINUTES

Maintain amazing results and keep nails in good condition with this conditioning treatment.

**INCLUDES** Soak, Nail File & Shape, Exfoliate, Cuticle Work, Application of Foot Cream and Buff

## GEL MANICURE OR PEDICURE

60 MINUTES

Gel polish is applied like a varnish and set under UV lightning. Your nails are completely dry by the time your manicure is over, to enjoy an incredibly long-lasting treatment with superior shine.

**INCLUDES** Cut & File, Cuticle Work, Gel Application

## ULTIMATE MANICURE

50 MINUTES

This indulgent treatment provides long-lasting results using deeply nourishing products to repair, replenish and condition your nails.

**INCLUDES** Soak, Cut & File, Exfoliate, Cuticle Work, Massage, Personalized Mask, Polish or Buff

## ULTIMATE PEDICURE

50 MINUTES

An intensive treatment using deeply nourishing products to repair, replenish and condition your nails applied on your individual needs.

**INCLUDES** Soak, Nail File & Shape, Exfoliate, Cuticle Work, Massage, Polish or Buff

## OTHER NAIL TREATMENTS

ONLY SIGNATURE NAIL POLISH

ONLY NAIL GEL

SOAK OFF

GEL SOAK OFF

PARAFFIN MOISTURE TREATMENT (ADD ON)



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# BEAUTY

## ISLAND MAKE-UP APPLICATION

60 MINUTES

Island Make-Up is designed to accentuate your natural beauty.

## BRIDAL MAKE-UP

60 MINUTES

Bridal Make-Up is designed for the perfect look for your big day, with personalised touches by our beautician.

## WAXING

UPPER LIP / EYEBROWS

UNDER ARMS

HALF ARMS / FULL ARMS

HALF LEGS / FULL LEGS

BIKINI LINE

BRAZILIAN WAX

BACK WAX



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# HAIR

## AFTER SUN HAIR TREATMENT

60 MINUTES

This recovery hair treatment cures sun-damaged hair; begin with a deep hair wash, adding moisturising sprays containing rich extracts and exotic oils for a lush and sultry hair texture.

**INCLUDES** Hair Wash, Hair Moisture

## SUN RITUAL

30 MINUTES

This carefully curated treatment offers a sun protection oil application, completed with a scalp massage to heal sunburns.

**INCLUDES** Sun Protection Oil Application, Scalp Massage

## NATURAL REMEDIES HAIR TREATMENT

60 MINUTES

Nourish your hair with this traditional treatment finished with shampoo and a blow-dry.

**INCLUDES** Hair Treatment

## HAIR SALON

BRIDAL HAIRSTYLE

UP STYLE

WASH AND BLOW DRY

LADIES HAIRCUT

STYLIST BRAIDING

HAIR CUT FOR CHILDREN



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# ENHANCEMENTS

## FACIAL ENHANCEMENTS

### BAMFORD EXPRESS FACIAL 30 MINUTES

An express anti-ageing facial to restore youth by enhancing skin firmness and elasticity, reducing fine lines and wrinkles.

### INDIAN HEAD MASSAGE 30 MINUTES

Drawing from ancient traditions, dating back to 1800 BC, Indian Head Massage stimulates the vital energy centres, improving blood flow to the head and neck, leaving you rejuvenated.

## BODY ENHANCEMENTS

### BAMFORD BACK, NECK AND SHOULDER MASSAGE 30 MINUTES

This massage strongly focuses on specific tension points in the body, by applying Swedish massage techniques to relieve stress knots, leaving you relaxed.

### HERBAL COMPRESS 30 MINUTES

A detoxifying herbal and spice massage using the healing properties of lemongrass, kaffir lime leaves, tamarind and turmeric to reduce inflammation.

## THE RITZ-CARLTON SPA SUITE 60 MINUTES

Retreat to The Ritz-Carlton Spa suite after an indulging treatment for a private steam and a bespoke Bamford relaxing bath.



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# GUIDELINES

To enjoy your spa experience to the fullest potential, please familiarize yourself with the Spa Guidelines.

## **RESERVATIONS**

To confirm your preferred time and treatment, please contact your Aris Meeha or The Ritz-Carlton Spa directly.

## **HEALTH CONDITIONS**

When making your spa reservation, kindly advise us of any health conditions, allergies or injuries, which could affect your treatment. We do not recommend heat or water facilities for pregnant women.

## **CANCELLATION POLICY**

For cancellations or changes in appointments, a minimum of 24 hours advance notice is required in order to avoid being charged in full.

## **AGE REQUIREMENT**

We accept reservations for guests of at least 16 years of age.

## **ARRIVAL TIME**

We encourage you to arrive 30 minutes before your scheduled appointment for us to offer a spa consultation during the check-in process. Please understand that late arrivals will not receive an extension of scheduled treatments.

## **SPA ETIQUETTE**

Our spa environment is tranquil and relaxing. Please respect all spa guests' right to privacy and serenity. Use of mobile phones and cameras are not permitted within the spa.

## **REFUND POLICY**

Products sold are not refundable or exchangeable.

## **LOSS OR DAMAGE**

The resort is not be held liable for any loss or damages to personal belongings during your visit.

## **ACCIDENT OR INJURIES**

We will not be held liable for any accidents or injuries sustained during your visit.

## **PRICES**

All prices are expressed in USD, subject to prevailing service charge, goods and services tax.

## **OPENING HOURS**

Daily 9 am - 9 pm