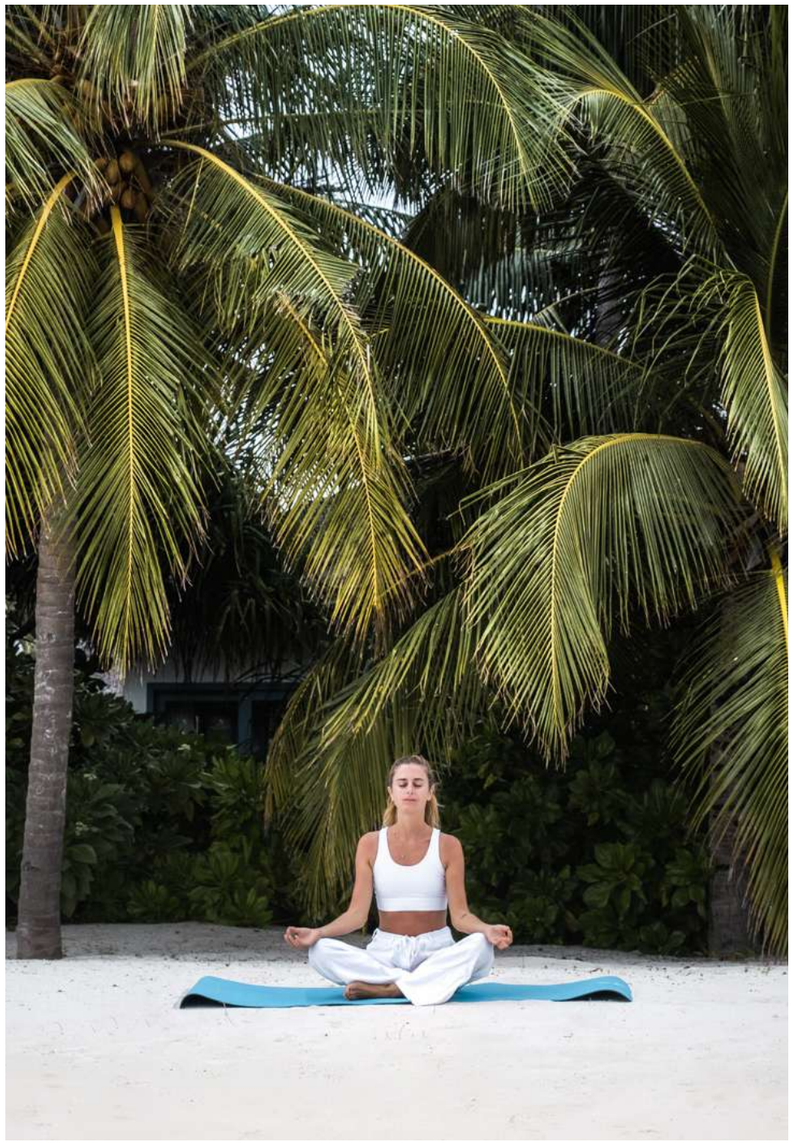
RAFFLES

MALDIVES
MERADHOO



# WE ARE COMMITTED TO PROVIDING DEDICATED PERSONAL SERVICE IN AN OASIS OF REFINED LUXURY

The magnificence and beauty of the lotus is admired by cultures across the world. Elegantly delicate at first glance, the flower's daily transformation is an inspiring symbol of revitalization and raw natural strength. It begins as a bud of pure vitality beneath the water's surface. At sunrise, it breaks through into the fresh air, radiant in full bloom, and then retires once more to the calm stillness of the water when night falls. It is this regenerative rise and retreat following the natural rhythm of the day that influences our vision for a Raffles Spa.

We believe that a balance between exertion and relaxation is the key to achieving a feeling of inner tranquility and rejuvenation. Raffles Spa Journeys are a considered mix between traditional and local methods, each ready to be expertly personalized to ensure that your sensory escape is everything you hoped for and more. Our thoughtful and knowledgeable therapists will guide you on a journey to rediscover mental, physical and spiritual harmony, leaving you feeling enlivened and transformed.

**Escape. Indulge. Transform.**
**This is Raffles Spa.**

# OUR SPA

*Set over the water surrounded by the blue skies above, Raffles Spa Maldives is a haven of serenity, where the harmony of the therapeutic power of nature and a sensory journey of an authentic well-being experience blend together to provide a memorable journey to emotional well-being.*

Escape time and indulge in our Raffles spa features three overwater Couple Spa Treatment Rooms and one Overwater VIP Couples Spa Treatment Suite, group or private fitness or yoga sessions with our private instructor on a secluded open deck that oversees the Indian Ocean, a state of the art fitness centre, and an outdoor swimming pool, male and female beauty services as well as relaxation areas.

At Raffles spa, allow us to pamper your every indulgence.

# OUR PRODUCT PHILOSOPHY

*When choosing products for each of the Raffles Spas around the world, we place careful emphasis on many aspects. With luxury in mind, each chosen brand is proven in delivering results-driven treatments which are tailor-made to suit the needs of our valued travelers.*

Environmental sustainability is considered whenever and wherever possible, reflecting our social responsibilities as a brand. Our relationships with the product houses are important in ensuring we have the finest spa products and training available for each and every encounter with our guests.

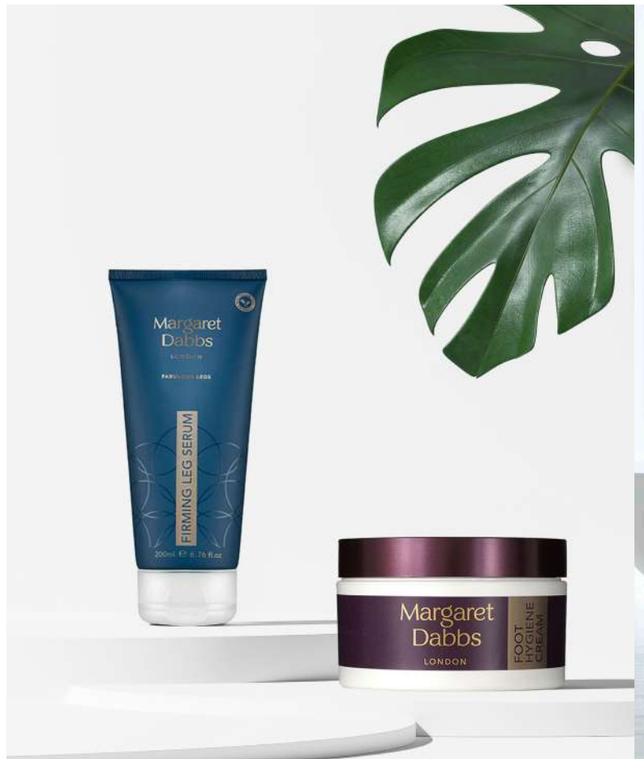
## VALMONT

Since its creation, Valmont has dedicated its savoir-faire to the field of anti-aging, offering professional treatments that combine expertise, high-performance products and precise gestures.Featuring unique and exclusive care protocols, Valmont treatments stand out from all others thanks to the "butterfly motion" that sets the tone for each program.

A world away from traditional beauty care, Valmont treatments are composed like a symphony. Thecadence of the movements reconciles opposites; it is at once enchanting and unexpected. The client leaves both relaxed and invigorated, the skin well rested and reawakened. Each beauty ritual benefits from its own iconic treatment, with a name inspired by the brand's Swiss heritage.

## MARGARET DABBS, LONDON

This expert led beauty brand offers amazing foot, hand and leg treatments which combines the best medical knowledge with the best of beauty. With unrivalled treatment results and products, Margaret Dabbs London has earned its position in the top tier of beauty treatments worldwide.



## SODASHI

A pioneer of clean beauty Since 2000, our vegan and cruelty-free skin care has been hand-crafted on the pristine coast of Western Australia from pure botanical ingredients. When it comes to product, our promise is simple – unique, powerful formulas that nourish the skin on every level to give healthy, radiant skin.

# RAFFLES WELLNESS

*We know that exercise is a vital component to daily life, especially for travelers on the go, and we appreciate the desire for high-quality, well-equipped fitness facilities.*

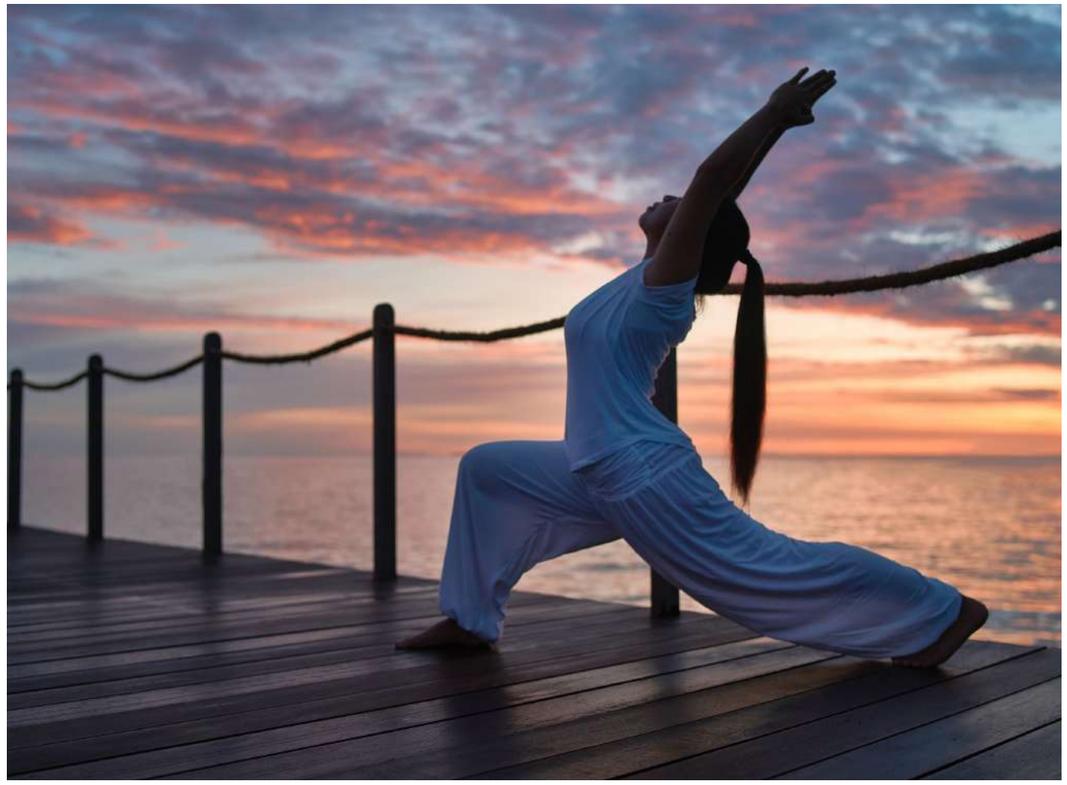
Our Lifefitness® provides spacious, customized, wellness areas and supplies fitness facilities to meet all your needs. Catering to your own fitness level, ability or age, our dedicated wellness professionals are here to assist you in achieving your personal health and fitness goals, supporting you every step of the way.

Raffles Spa is the perfect environment for living well, with access available exclusively to hotel guests and private members, offering the following facilities and services:

We understand that exercise is a vital component to daily life, especially for travelers on the go, and we appreciate the desire for high-quality, well-equipped fitness facilities. Our Life fitness® provides spacious, customized, wellness areas and supplies fitness facilities to meet all your needs. Catering to your own fitness level, ability or age, our dedicated wellness professionals are here to assist you in achieving your personal health and fitness goals, supporting you every step of the way.

Raffles Spa is the perfect environment for living well, with access available to hotel guests, offering the following facilities and services:

Group or private fitness
Oceanview yoga
Fitness centre
Relaxation areas
Locker facilities available



## YOGA

The word “yoga” translates as the “union” or “discipline” of breath control, simple meditation, and the adoption of specific bodily postures, widely performed for a greater sense of well-being.

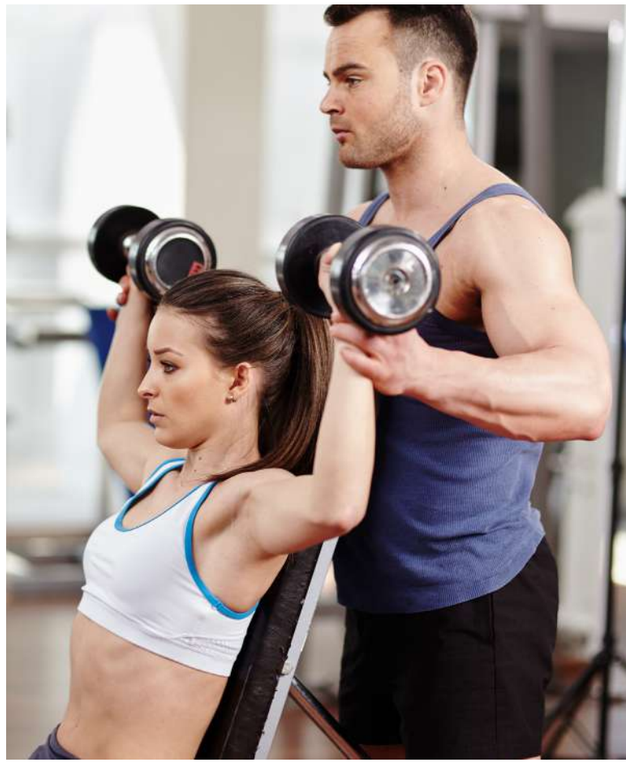
The practice of yoga has been known to increase flexibility, decrease stress levels, and energize and restore the mind. Our certified instructors at Raffles Spa offer a variety of different yoga techniques, available in personal or group classes at our private studio.

*Additional charges apply for private session

The fitness center is open daily at the following times.
Fitness Centre: 24 hours daily

## PERSONAL TRAINING, NUTRITION & LIFESTYLE

Attain peak performances whilst achieving your desired fitness results. Combine workouts with one-to-one strength training, fitness coaching and lifestyle sessions. Including a BMI (body mass index) assessment, offered by our dedicated trainers. We would be delighted to help you create a customized programme, aimed at balancing physical activity with relaxation.

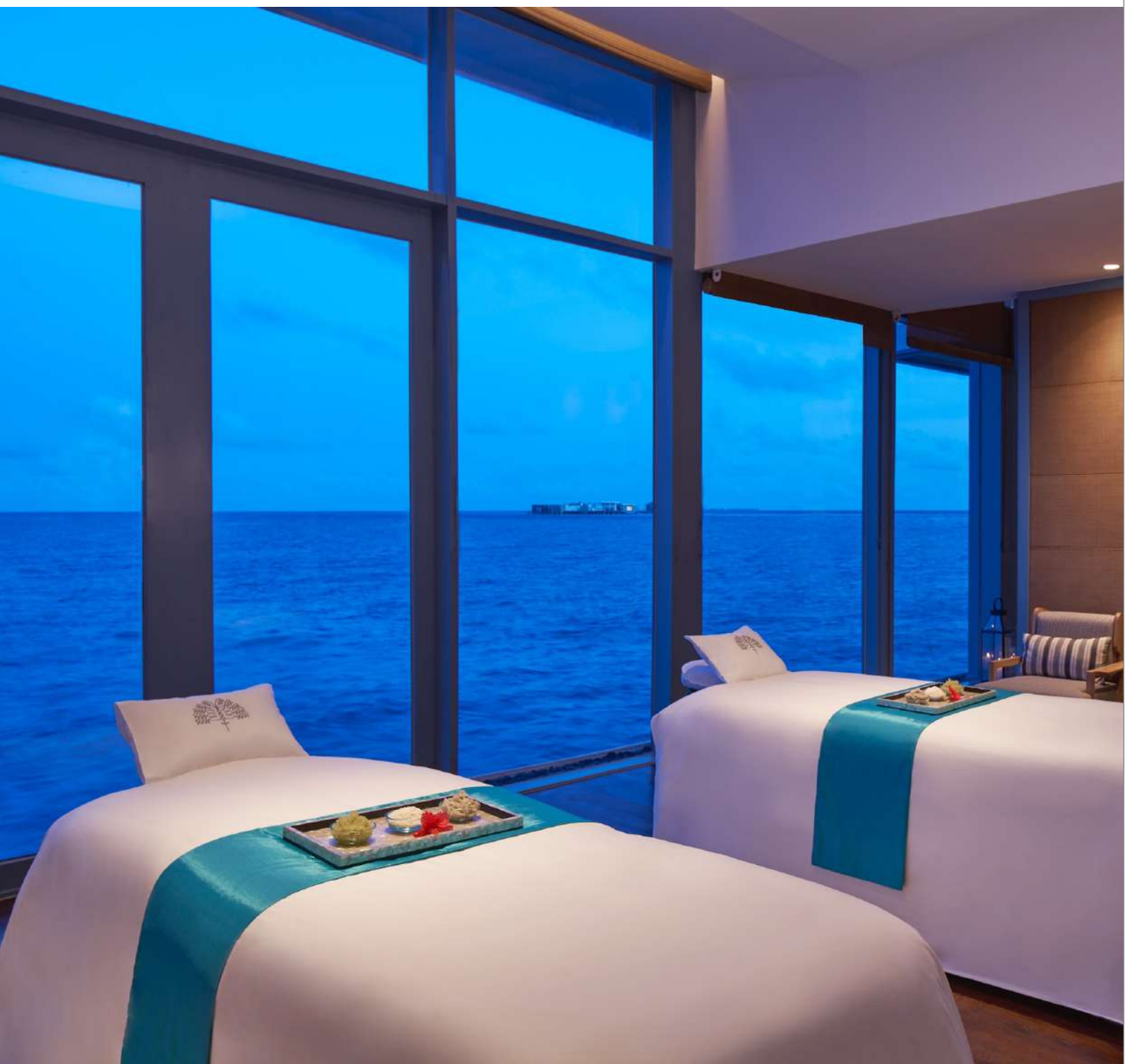


## NUTRITION OF PLEASURE

Raffles Spa offers an irresistible menu with an authentic approach to balanced nutrition, because we believe that true luxury is not about what you do, it’s about how you feel. Wellness begins from within.

# RAFFLES SPA RETREAT

*Raffles Spa Retreat assure the act of inner and outer transformation by travelling from one place to another through sensory pleasures, unique surroundings and rejuvenating sensations. Leave feeling well-rested and on your journey to living well.*



## MERADHOO REJUVENATION

**3 DAYS ($1,250)**

*Experience a unique and bespoke treatments to connect with your inner peace. We have carefully selected the beautiful treatments to create your short stay to make it meaningful and rejuvinating yourself at most.*

**DAY-1**

Sodashi Love Chakra Facial (60 min)
De-Stress Muscle Massage (60 min)
Yoga (60 min)

**DAY-2**

Meditation (60 min)
Island Relaxing Massage (90 min)

**DAY-3**

Raffles Maldives Signature Massage (90 min)
Yoga (60 min)

Raffles Spa Exclusive Welcome gift
Bath ritual 30 mins
$100 credit for spa retail

All prices are subject to 16% government tax and 10% service charge.

# ISLAND INDULGENCE

5 DAYS ($1,950)

*Your luxury begins with the meditation and De- stress massage to de stress your body & mind. Combine with wellness sessions as meditation and yoga to balance the state of mind and improve your flexibility. Also the iconic body and facial treatments from Sodashi and Valmont will complete your journey beautifully and transformed.*

**DAY-1**
De-Stress Muscle Massage (60 min)
Meditation (60 min)

**DAY-2**
Sodashi Detoxifying Marine Body Wrap (90 min)
Sodashi Marine Mineral Facial (60 min)

**DAY-3**
Island Hot Stone Massage (90 min)
Yoga (60 min)

**DAY-4**
Raffles Maldives Signature Massage (90 min)
Meditation (60 min)

**DAY-5**
L'elixir Des Glaciers Majestic Treatment (90 min)
Yoga (60 min)

Raffles Spa Exclusive Welcome gift
Bath ritual 30 mins
$190 credit for spa retail

All prices are subject to 16% government tax and 10% service charge.

# SANCTUARY ESCAPE

7 DAYS ($2,450)

*Unwind in an island of serenity for a luxury sanctuary escape ritual. Enjoying with our iconic spa treatments combine with luxurious spa products that will give the most relaxing experience and heal your body & mind. This 7 days ritual will create you the authentic well-being experience to provide the emotional wellbeing of Raffles Spa.*

**DAY-1**
Meditation (60 min)
Sodashi Vanilla Body Bliss (60 min)
De-Stress Muscle Massage (60 min)

**DAY-2**
Raffles Maldives Signature Massage (90 min)
Yoga (60 min)

**DAY-3**
Island Relaxing Massage (60 min)

**DAY-4**
Meditation (60 min)
Sodashi Love Chakra Facial (60 min)

**DAY-5**
Traditional Thai Massage (90 min)
Yoga (60 min)

**DAY-6**
Island Hot Stone Massage (90 min)

**DAY-7**
L'elixir Des Glaciers Majestic Treatment (90 min)
Yoga (60 min)

Raffles Spa Exclusive Welcome gift
Bath ritual 30 mins
$250 credit for spa retail

All prices are subject to 16% government tax and 10% service charge.

# EXCLUSIVE FACIAL

*Experience a healing fusion, where touch and technology are tubo-charged by the power of minerals, plants, and active natural aromatics. Defy the hands of time with clinically proven anti-wrinkle, radiance, and resurfacing facials for instant results. Choose from the following option that matches your needs.*

## SODASHI SAMADARA ULTIMATE AGE-DEFYING FACIAL

The Samadara Ultimate Age-Defying Facial uses a sequence of timeless, anti-aging techniques rooted in Ayurvedic healing traditions designed to reawaken the skin's natural healing energies. Turn back the hands of time and transform the skin with this intensely hydrating and nourishing treatment to firm, increase elasticity, correct pigmentation, diminish the appearance of fine lines and restore a youthful glow. A Rose Quartz Crystal facial massage melts away tension and enables the powerful Samadara Crèmes to penetrate deeply into the skin for maximum radiance.

90 MINS $319.00

## SODASHI MARINE MINERAL FACIAL

This brightening facial restores vitality with glow to dull or lacklustre skin with activated marine mineral ingredients. An abundance of youth-enhancing omega-rich botanical extracts help to promote even skin tone and enhance natural radiance, for visibly brighter and smoother skin. Tailored to your exact skin type, it is the perfect pick me up for tired a complexion and helps to treat and reduce pigmentation.

60 MINS $239.00

## SODASHI LOVE CHAKRA FACIAL

The Sodashi Heart Chakra Facial uses a fusion of healing modalities to bring balance and harmony to the chakra system while restoring your complexion with a rejuvenating facial. It consists of deep massage and stretching on the shoulder area to clear tension and stagnant energy in the upper body. A nurturing and tranquil facial massage that energetically clears the upper chakra and minor marma points using healing White Jade crystal massage buds. Crystal placement and sound therapy using a Tibetan singing bowl on or over the major chakra points, raise your vibration further during this soul soothing experience.

60 MINS $239.00

All prices are subject to 16% government tax and 10% service charge.

## L'ELIXIR DES GLACIERS MAJESTIC TREATMENT

TThis comprehensive treatment designed for the face and the décolleté offers a moment of perfect delight, including beautifying care for the hands. Soin Majestueux nourishes, sculpts and remodels, with pride of place for massage treatments: the face and neck enjoy a voluptuous 45-minute massage. This exclusive treatment combines three different massage protocols. The face enjoys the finest technical expertise from Magicien du Temps. An energizing massage, leaving the face smooth and radiant. A youth massage inspired by the Japanese Kobido massage technique. Kobido was created in Japan in 1472 for the Empress, and went on to become a traditional art of rejuvenation for Japanese women. A lifting, nourishing massage inspired by surgical lifting techniques targets the muscles of the face for toning action that smooths facial lines.

90 MINS $405.00

## SOURCE OF BISSES

This treatment was designed from examining an irrigation system called 'Bisses' that is used by mountain dwellers in the Valais region of Switzerland. Valmont brings this ancestral irrigation technique to the skin. A moisturizing bath, Source of Bisses quenches even the thirstiest skins. Filled with water, the skin comes back to life and the dermis becomes plump, smoothing wrinkles and dehydration lines. An essential treatment, it leaves the skin as fresh as the morning dew.

75 MINS $285.00

All prices are subject to 16% government tax and 10% service charge.

## VITALITY OF THE GLACIERS

The first of the Valmont treatments, Vitality of the Glaciers quickly became an icon. It has accompanied the brand since 1985 and reflects the technical prowess of the Swiss anti-aging expert. A beauty booster, this cabin treatment stimulates the skin's energy and cell renewal – both of which diminish over time. After the treatment, the complexion is once again fresh and radiant, features are relaxed, and the skin has never been fuller.

75 MINS $285.00

## BRIGHTNESS OF ICE

An original Valmont creation, the Brightness of Ice treatment is dedicated to restoring youthful purity and freshness to the complexion. With this exclusive professional treatment, Valmont offers the perfect solution for gently awakening a bright and even completion. It also improves the texture of the skin while providing comprehensive anti-aging action.

75 MINS $285.00

## SUMMIT OF THE CERVIN

With this resolutely lifting and firming expert treatment, Valmont showcases its technical expertise in 5 steps, as a tribute to the 5th highest peak in the Swiss Alps. Summit of the Cervin unveils lastingly smoothed and firm skin… simply exuberant with youth!

75 MINS $285.00

All prices are subject to 16% government tax and 10% service charge.

# BODY TREATMENTS

*Body treatments are designed with a focus to exfoliate, cleanse, and moisturize the skin.*

## SUN SOOTHER COCONUT ALOE WRAP

The Maldivian revere the coconut for its many uses and admire aloe gel for its soothing properties. Pamper your skin after time in the sun with our exceptional cooling treatment. The natural coconut scrub helps to deeply moisturize your skin while the aloe gel wrap leaves it softer and suppler.

60 MINS $199.00

## REFINING BODY TONER

Invigorate the body and alleviate fatigue with this full body exfoliation. Warm soothing botanical oils are massaged into the skin followed by a vitality boosting mineral-rich Himalayan salt scrub. A warm shower, followed by a hydrating application of body lotion softens skin to reveal visible radiance. Gently stimulating the body's circulation, this scrub is a wonderful post travel treatment.

60 MINS $199.00

## VANILLA BODY BLISS

Rejuvenate skin tone and soothe the mind and body with this full body exfoliation. Warm botanical oils are massaged into the skin followed by a fragrant Vanilla and Sandalwood exfoliant to buff away dry skin and evaporates any tension. A warm shower, followed by a hydrating application of Vanilla body butter deeply nourishes to leave skin glowing. Safe for mothers-to-be.

60 MINS $199.00

## DETOXIFYING MARINE BODY TREAT

Invigorate and purify with a ritual that relieves sluggishness and revitalises skin texture. Circulation boosting full body exfoliation with mineral-rich Himalayan salts is followed by a detoxifying body mask to flush the body of unwanted toxins, for complete relaxation. After a refreshing shower, a hydrating application of enlivening lotion leaves skin toned and lustrous.

90 MINS $259.00

All prices are subject to 16% government tax and 10% service charge.

# BODY MASSAGE

*Expert therapists blend ancient practice and healing elements for a personalized escape.*

## RAFFLES MALDIVES SIGNATURE MASSAGE

Our skilled therapists have developed the most therapeutic and relaxing treatment that begins with a consultation to understand your current state of being. Encompassing several techniques of traditional Asian fusion, using hot compress and warm bamboo massage techniques to effectively soothe achy tired muscles and decompress your nerves. The treatment ends with a warm coconut oil scalp massage focusing on your third eye to induce deep relaxation and release all your worries.

90 MINS $295.00

## ISLAND HOT STONE MASSAGE

This unique holistic massage experience accentuates the healing rituals and energy that balance your body and mind. The thermal healing experience to harmonize and balance your energy flow, allowing your body to de-stressed and soothe you into a deep state of relaxation.

90 MINS $285.00

## TRADITIONAL THAI MASSAGE

Feel the mind and body succumb to complete relaxation with this ancient healing massage combining acupressure, stretching, and assisted yoga postures. Loose fitting clothing is recommended for guest comfort.

90 MINS $285.00

All prices are subject to 16% government tax and 10% service charge.

## ISLAND RELAXING MASSAGE

Calm yourself after a long journey and unwind with exclusively Sodashi massage oil with natural healing power ingredients along with relaxing massage and draining techniques to improve blood circulation. Together with beautiful warm oil. Effectively enhance the state of physical, mental and emotional wellbeing.

60/90 MINS $185/ $275

## DE-STRESS MUSCLE MASSAGE

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Swedish and cross muscle fiber massage techniques combined with stretching and pressure points. are partnered with our exclusive massage oil will assist to de – stress your body and mind at once.

60/90 MINS $185/ $275

## TRADITIONAL BALINESE MASSAGE

Experience the authentic traditional Balinese methods. This treatment will give the most relaxing experience with long stroke techniques together with palms and thumbs pressure, encourages circulation and allow you to enjoy with slow flow movement. Specially blended aromatic essential oils reinstate peace of mind with their unique calming and soothing qualities.

60/90 MINS $175/ $265

## ORIENTAL FOOT MASSAGE

Experience holistic revitalization and deep relaxation as your therapist applies specific thumb and finger techniques to various reflex points on the feet, which effectively stimulate corresponding organs in the upper body and rescue your feet from tiredness and jetlag.

60 MINS $155.00

All prices are subject to 16% government tax and 10% service charge.

# BEAUTY TREATMENTS

*Our beauty studio presents tailored moments of pampering to guests seeking a bit of island glam. Deep conditioning treatments, bespoke elixirs, intensive repair, gentle rejuvenation and expert cutting, colouring and styling are masterfully performed in front of panoramic views.*

## MARGARET DABBS LONDON SUPREME PEDICURE

Our outstanding expert pedicure gives long lasting results, with the indulgence of the full range of Margaret Dabbs London Fabulous Feet products and finishing with exfoliation, a foot bath and a wonderful revitalizing and hydrating foot massage. Pure transformation with effective results, leaving you feeling like you are "Walking on Air".

60 MINS $129.00

## MARGARET DABBS LONDON SUPREME MANICURE

Our outstanding anti-ageing expert manicure treatment. Giving exceptional results, with the indulgence of the full range of Margaret Dabbs London Fabulous Hands products. The treatment concludes with a wonderful creamy scrub, anti-ageing hand serum and a hand and lower arm massage finished with polish. Simply the best manicure you can find.

60 MINS $109.00

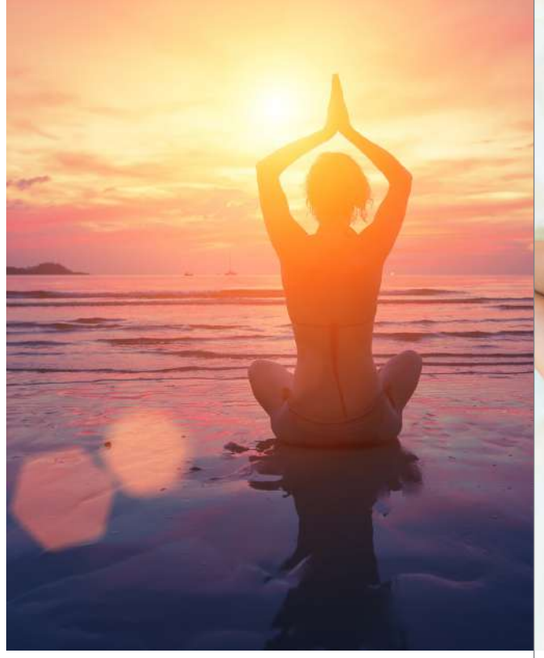
## MARGARET DABBS LONDON FABULOUS LEGS TREATMENT

A bespoke and luxurious treatment for the legs that fuses medical expertise with beautifying benefits for transformative results. Utilizing the Margaret Dabbs London Fabulous Legs range, this innovative treatment focuses on venous de-congestion, boosting circulation and reducing heaviness and swelling, whilst at the same time refining the appearance of legs, illuminating the complexion and toning the skin. An indulgent treat that leaves your legs feeling healthy and visibly more slender, silky and light.

60 MINS $159.00

| | |
|---|---|
| WOMEN HAIR CUT | $125.00 |
| MEN HAIR CUT | $105.00 |
| SHAMPOO & BLOW DRY | $145.00 |
| HAIR TREATMENT | $165.00 |
| HAIR DONE | $155.00 |
| HAIR STYLING | $105.00 |

All prices are subject to 16% government tax and 10% service charge.



## WELL-BEING

*Whether practising yoga at sunrise on the spa deck overlooking the water or at sunset on the soft white sand, you will find it easy to unite breathing, meditation and movement to enhance your overall sense of mindfulness, health and wellbeing.*

As a beginner or an experienced practitioner, you will increase flexibility, decrease stress levels, and energise and restore your mind. If a private session is your preference, our instructor can come to your villa to guide you through Ashtanga Yoga, Hatha Yoga, Pranayama or meditation. Or for romantic candlelit couple's yoga. They are also qualified to offer prenatal and children's yoga.

| | |
|---|---|
| ASTHANGA YOGA | $95.00 |
| HATHA YOGA | $95.00 |
| CHILDREN YOGA | $65.00 |
| PRANAYAMA / MEDITATION | $65.00 |
| SINGING BOWL THERAPY | $65.00 |
| PERSONAL TRAINING | $105.00 |

All prices are subject to 16% government tax and 10% service charge.

## KIDS SPA (6-11 YEARS OLD)

*Kids get the VIP treatment with gentle facials, massages and nail treatments just for them.*

### KIDS RELAXING MASSAGE

Highly customized massage yet relaxing to address the needs of the young one. Select your massage oil to enhance your focus and cope better once you return to your busy school schedule.

60 MINS $129.00

### KIDS MANICURE & PEDICURE

Indulge to our special hydrating treatment of a healthy & well cared for hands and feet to promote growth of healthier nails. Fit into the crowd with confidence after we nurture your cuticles, nails, skin, and polish your nails with your favorite color.

60 MINS $129.00

| | |
|---|---|
| KIDS HAIR BRAIDING SHORT | $79.00 |
| KIDS HAIR BRAIDING LONG | $89.00 |

All prices are subject to 16% government tax and 10% service charge.

# EXTRA TIME

*For those of you who wish to upgrade any of our present treatment list with additional time and services, or for those who don't have the time to stay and indulge, we have created mini treatments to suit all your skin care needs, ensuring complete relaxation and rejuvenation.*

*Choose from a variety of 30 minute mini treatments including:*

| | |
|---|---|
| REFLEXION ON A FROZEN LAKE (EYE) | $119 |
| HEAD AND SCALP MASSAGE | $95 |
| BACK, NECK AND SHOULDER MASSAGE | $95 |
| REVIVING FOOT MASSAGE | $89 |
| SIGNATURE MERADHOO BATH RITUALS | $89 |

# IN-VILLA SPA EXPERIENCE

All of Raffles Spa and Fitness Centre treatments and sessions can be offered in the privacy and comfort of your villa. The additional surcharge of $100 will apply per person.

# SPA ETIQUETTE

## SPA EXPERIENCE

Raffles Spa offers a variety of luxury experiences using only the very best in spa products. Choose from a variety of massages, body treatments, facials and Spa day packages.

## SPA ENVIRONMENT

Raffles Spa is a quiet sanctuary. For your peace and privacy, phones and other electronic devices are not permitted. If you wish to receive messages during your time with us, please let our staff know. Members and guests must be a minimum of 18 years of age. Children of members or guests may use the Facilities if accompanied by a parent or guardian over 16 years of age.

## MAKING SPA APPOINTMENTS

T: + 960 682 8800
Extension: 535
Email: spa.maldives@raffles.com

The Spa is located on the opposite of the main Resort Reception of Raffles Maldives
Advanced reservations are recommended to ensure availability. Our Spa Hosts will be delighted to guide you to select your spa experience.

## FEES AND SERVICE CHARGE

All prices are in US Dollars and exclusive of local sales tax. For your convenience a 12% tourism general service tax and 10% service charge will be added to your final bill for each service. Additional gratuities are at your discretion.

## SPA CANCELLATION POLICY

If you must reschedule or cancel any spa appointments or packages, please notify the Spa 4 hours in advance. Missed appointments without proper notices are subject to a 100% charge for reserved services. The same applies for no shows.

## SPA ARRIVAL AND ETIQUETTE

We recommend you arrive 30 minutes prior to your appointment time to start with a consultation and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience. To make any changes to your booking, please contact Spa reception at + 960 682 8800 Extension: 535

## PERSONAL MATTERS

Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we may better customize your experience to your needs.

## SPA ATTIRE

You will receive a robe and sandals to wear between treatments and a locker for your personal belongings. We request that you please leave jewelry and valuables in your hotel room or the safe provided for you.

**TO BOOK YOUR SPA JOURNEY**

T: + 960 682 8800
Extension: 535
Email: spa.maldives@raffles.com

**OPENING HOURS**

SPA TREATMENTS: 9.00 AM - 9.00 PM
FITNESS TRAINER: 9.00 AM - 9.00 PM
FITNESS CENTRE: 24 HOURS DAILY