

BAROS, MALDIVES

AQUUM

Spa Treatment Menu

Welcome to the peaceful tranquil sanctuary at Aquum. We have created a space to renew your strength and inner sense of wellbeing. Select from the finest botanical treatments for the face and body. Let us care for you body, mind and spirit.

At Aquum spa we offer you unique experiences where the focus is only on you; we will nurture and inspire you in some of the world's most desirable locations.

All of our services include a foot ritual and consultation with personalised prescription.

To book your Aquum experiences contact – ext 460





SIGNATURE RITUAL

Baros Indigenous Bliss

Experience the soft textures of natural white sand and island coconut. Enjoy a full body exfoliation and tropical garden rainshower followed by a relaxing full body massage. Feel the essence of the Maldives. This ritual is perfect for soothing the body, and uniting it with the mind and spirit.

2hr 15min

MASSAGE ELEMENTS

Let go of your physical cares. Immerse yourself in an intuitive massage. Choose from elements that incorporate techniques from across the holistic world.

Aquum Bespoke

Custom designed to suit your needs. Seamlessly blending a synergy of massage techniques according to your individual requirements.

Hot Stones

This luxurious combination of heated stones and essential oils is the ultimate for stress relief.

Thai Massage

This ancient Thai technique uses stretching and pressure to reduce muscle tension.

Thai Herbs

Heated herbal compresses soothe and relax muscles while the Thai massage increases flexibility.

Balinese

A traditional deep tissue technique from Bali to release physical tension and renew energy.

Massage Elements available for 1hr or 1hr 30min

FACE ELEMENTS

Caviar Facial

Lavishly uniting anti-aging with absolute luxury. This treatment uses pure Russian caviar, ground pearl extract and Escutox, a Botox alternative, to relax harsh wrinkles and rejuvenate your skin. You'll come away with radiant skin that is empowered with preserved elasticity and prolonged vibrancy.

1hr 30min

Botanical Affinity

This specially designed facial treatment uses powerful botanical ingredients to deliver optimum balancing for a truly perfect complexion. Complemented by a designer lift off mask, this facial will dramatically improve skin against the demanding conditions of time, climate and lifestyle.

1hr

Aroma Balance

This holistic facial is the perfect introduction to corrective treatments; suitable for young skins and those who are new to the facial experience. Using essential oils and a deeply relaxing pressure point massage, this facial will balance and re-energise the body and spirit.

1hr

Men's Facial

Designed exclusively for men, this facial will rebalance and re-energise the skin. The unique combination of botanical extracts and age-defying caviar technology will leave the skin smooth and refined.

1hr

Eye Inspire

This advanced freeze dried mask is rich in ginkgo biloba and is designed to reduce fine lines, dark circles and puffiness. The treatment visibly firms eye contours and the cooling sensation of ice therapy lifts and tones to leave your eyes bright and destressed.

30min

Island Hair Nourishment with Moor Mud

Reveal radiant, healthy hair! Moor, a rich organic mud, has long been recognised for its curative powers. This powerful scalp and hair treatment repairs and heals depleted or damaged hair through the application of Moor mud followed by a revitalising scalp massage for maximum ingredient absorbency.

50min

BODY ELEMENTS

Papaya & Pineapple Salt Mousse Exfoliation

This aroma-sensory experience begins with the fluffy lather removing impurities and toxins by gently polishing your skin. As the salt dissolves, negative ions and repairing fruit extracts are quickly absorbed. The skin emerges smooth to the touch and visibly brightened. Ideal for all skin types.

50min

Pure Silk Body Polish

This gentle body buffer uses a creamy blend of rose and chamomile essential oils and jojoba beads. The skin is polished and hydrated; perfect prior to a wrap or massage treatment.

50min

COCOON ELEMENTS

Papaya & Pineapple Crème Fraîche Wrap

A complete de-aging body experience, this exquisite tropical body wrap counteracts premature aging and sun damage by delivering wrinkle-smoothing and rejuvenating benefits. The luscious Crème Fraîche formula is applied all over your body for a glorious sensory escape. As you are enveloped by the scent of vanilla and enticing tropical fruits, the skin is nourished and repaired.

1hr 15min

Aromatic Moor Mud

This scientifically-proven holistic, healing black magma dates back to ancient civilisations. A warm aromatic Moor mud rich in natural vitamins, minerals and enzymes is generously applied to your entire body. Sore muscles, aches and pains are alleviated as your body's circulation is stimulated.

1hr 15min

Pure Shores

This treatment begins with a purifying sea foam rinse and full body exfoliation followed by a warm aromatic seaweed wrap. The finest seaweed is used to activate circulation and detoxify your body while a scalp massage will send waves of calm throughout your body.

1hr 15min

Vibrant Waters

A unique wrap made from soothing gel of water lily. This treatment offers exceptional skin soothing effects which also provide deep hydration. The perfect after sun wrap; cooling and healing for stressed, damaged skin.

1hr

NAIL SERVICES

Manicure and pedicure services are available at Aquum. Both manicure and pedicure includes filing of nails, cuticle work, massage and buffing. Polish application is optional.





COLLECTION RITUALS

Restoration Escape

Restore your skin to natural radiance with an aromatic salt exfoliation followed by an organic seaweed wrap. As stress and toxins are eliminated, your entire body will feel replenished by further hydration in the form of an invigorating intuitive massage. Bringing balance and purity, this ritual unites the body and mind in harmony.

2hr 15min

Men's Sanctuary

This essential grooming facial is specifically formulated for the male complexion. Natural balms and oils help to purify, hydrate and revitalise the skin. A special back cleanse and exfoliation is followed by a full body vital force massage, completed with grooming nail care.

2hr 15min

Rendezvous

Let us create an environment to share and renew your senses with your partner. Enjoy this treatment as a couple. Skin will feel like silk after a foaming body polish and tailored massage. Complete this journey with a luxurious scalp ritual.

2hr

PHYSICAL AND MENTAL HARMONY

Yoga

Yoga is a Sanskrit word meaning union. It is an ancient practice that builds union between body, mind and spirit.

We know yoga as the practice of physical postures or asanas. The postures make up only one of the 8 limbs of yoga, the others being focused on purity, meditation, mental and spiritual development.

Unlike ordinary exercise, the asanas have a specific effect on the internal organs, increasing vitality to the body as well as developing strength and flexibility.

Pranayama (breathing) increases lung function and restores balance, reducing the stress of everyday tasks. The increase in oxygen absorption to the body results in higher levels of energy and more rapid brain activity.

Some of the positive benefits you can achieve from yoga include relaxation, stress management and relief from muscle tension. Yoga is also associated with the minimisation of chronic disease and illness brought on by lifestyle factors.

By improving blood circulation, lymph drainage and nerve function, you are capturing youthful vitality.

At Aquum spa we welcome you to experience our Yoga, a place where you can begin your unforgettable journey of liberation.

Please contact a member of our spa team to find out more about our individual and group sessions.

