



# THE SPA

at Baros Maldives



WELCOME TO THE SPA AT BAROS MALDIVES  
A HAVEN WITHIN A HAVEN



## TREATMENT OVERVIEW JUST FOR YOU

We adapt all of our treatments especially to meet your requirements and would be delighted if you would drop in at the Spa at any time during the day to discuss your needs with our therapists so we can assess what is best for you. In these pages are details of the variety of therapies we have created, and we invite you to browse through this booklet at your leisure so you have an idea of the possibilities available at our Spa.

MASSAGE SELECTION  
A VARIETY TO CHOOSE FROM

BODY SELECTION  
SCRUBS • WRAPS

FACE SELECTION  
FACIALS

HANDS & FEET SELECTION  
MANICURE & PEDICURE • NAIL POLISH

HEAD & EYE SELECTION  
MALDIVIAN COCO HAIR WRAP •  
EYE INSPIRE • COLLAGEN CRYO

ADD-ON SELECTION  
DESIGN YOUR OWN TREATMENT

SPECIAL COMBINATIONS  
A VARIETY TO CHOOSE FROM

SPECIALIST SELECTION  
ACUPUNCTURE • AYURVEDA

YOGA & MEDITATION SELECTION  
YOGA • MEDITATION



MASSAGE SELECTION



## MASSAGE SELECTION

### MASSAGES

#### Baros Signature Massage

60/ 90 MINUTES

Our Signature Massage is a unique marriage of four different massage techniques: Swedish, Thai, Pressure Point and Hot Stone. The treatment adapts the finer points to your specific needs. The result? A blissfully rejuvenating experience.

#### Balinese Massage

60/ 90 MINUTES

A deep massage practised in Bali for generations, using sweeping invigorating strokes interspersed with kneading, and gentler strokes to coax away those knots.

#### Thai Massage

60/ 90 MINUTES

This massage is oil free. Sometimes known as “lazy man’s yoga”. The stretching and pressure point techniques release tensions, restoring your energy and balance. It is an excellent way of reviving after a long flight.

#### Swedish Massage

60 MINUTES

This massage is known the world over as the “Father of Massage”. It can be experienced with soft or medium pressure, and is a great treatment for relaxation as well as being a fulfilling introduction to massage.

#### Back, Neck & Shoulder Massage

45 MINUTES

This massage can help reduce shoulder tightness and a sore back by working gently on the tight spots to encourage the healing process.

#### Hot Stone Massage

60/ 90 MINUTES

Soft flat volcanic stones are heated and gently placed on the body. Essential oils are warmed and added to the mix. The experience is pure heaven and total relaxation. A brilliant start to your holiday.

#### Foot Massage

45 MINUTES

There are no less than 26 bones in each foot and each deserve to be treated with care and attention. And that is exactly what we do. After the massage you will feel like you are walking on air.

#### Pregnancy Massage

60 MINUTES

This massage is especially designed for those who are pregnant, allowing you to experience treatment in comfort and with the knowledge that your baby is safe. (Permissible after the 1st trimester).



BODY SELECTION



## BODY SELECTION

### SCRUBS

#### Baros Signature Scrub

45 MINUTES

Soft sand from the beach, virgin coconut oil from the trees, grated coconut, and the finest Pevonia ingredients are a winning combination to cleanse and nourish your skin. A great way to start your holiday.

#### Pineapple & Papaya Salt Mousse Scrub

45 MINUTES

Treat your skin to a gentle scrub cleaning away all impurities and dead cells. The nourishing properties of these fruits will make your skin silky soft. Excellent for all skin types.

#### Rose & Chamomile Cream Body Polish

45 MINUTES

Jojoba beads gently exfoliate the skin, the essential oils nourishing and hydrating – the result is smooth clean skin ready for any wrap or massage.

### WRAPS

#### Pineapple & Papaya Cream Wrap

60 MINUTES

This is a perfect wrap to help prevent premature ageing. The combination of these tropical fruits mixed with a hint of vanilla, leaves the wrinkles smoothed, nourished and repaired.

#### Seaweed Wrap

60 MINUTES

Seaweed is known for its healing and detoxifying properties. This natural Algae wrap is full of vitamins and Oligo-elements after which your skin will feel firmer and more toned.

#### Sun Calmer Wrap

60 MINUTES

Too much sun maybe? No problem, we can help reduce the discomfort and redness. The soothing gel of water lilies cools, calms and repairs damaged skin.

FACE SELECTION





## FACE SELECTION

### FACIALS

#### Vitalising Facial

45 MINUTES

This facial is brilliant for all skin types. Even the most sensitive of skins will benefit. A gentle treatment using Chamomile and Marigolds with a special Oxy-vital soothing mask.

#### Essential Aroma Facial

60 MINUTES

This healing facial is a good choice for the younger skin; a perfect introduction to the World of Facials. Gentle essential oils along with a pressure point massage will leave your face feeling clear, clean and balanced.

#### Marine Facial

75 MINUTES

If your skin is dry or feels a little dull, this facial is for you. The repairing powers of Seaweed and Propolis, with their antiseptic and antiviral properties, will help your skin to repair and once again blossom.

#### Caviar Facial

90 MINUTES

What could be more luxurious? An anti-ageing facial using Russian Caviar, ground pearl extract and Escutox (an alternative to Botox). It will relax harsh wrinkles and bring your skin back to life. We also relax your body with a neck, hand and foot massage.

#### Sun Calmer Facial

30 MINUTES

A cooling Water Lily treatment. Over exposure to the harsh sun can damage the face. This facial ensures a good degree of repair, while soothing and calming the face.

#### Gentleman's Facial

75 MINUTES

This facial is especially designed for the gentleman who wishes to revive dull skin. We cleanse, exfoliate, and massage, restoring to a former glory. During the mask therapy we offer a head and neck massage.

PEVONIA products are used exclusively for all facials.

HANDS & FEET SELECTION





## HANDS & FEET SELECTION

### MANICURE & PEDICURE

Manicure & Pedicure Available on request. These include cleansing, filing, massage and buffing. Polish is applied if required. 60 MINUTES each

Nail Polish only Also possible. 30 MINUTES

OPI nail polish is used for our Manicures and Pedicures.



HEAD & EYE SELECTION

## HEAD & EYE SELECTION

### HEAD

#### Maldivian Coco Hair Wrap

45 MINUTES

Our warm aromatic Coconut Oil heals and conditions damaged hair affected by the sun and chemicals, leaving a healthy and shiny head of hair. This nourishing treatment includes an energising hair brushing, and ends with a scalp, shoulder and neck massage. Wonderful for restlessness and fatigued muscles and leaves the head feeling clearer and lighter.

### EYE

#### Eye Inspire

35 MINUTES

Perfect for puffy eyes. This efficient decongesting treatment, drains away toxins, tightens soft skin, reduces puffiness and any signs of fatigue around the eyes. A great addition to any treatment.

#### Collagen Cryo

35 MINUTES

Wonderful for treating wrinkles. A rich, yet non-greasy, 100 % pure anti-ageing collagen formula, treating lines and wrinkles leaving a soft and plumper eye contour. This can be an extra part of any treatment.





ADD-ON SELECTION



## ADD-ON SELECTION

### Design Your Own Treatment

You can design your own treatment. Add any of the following 30 minute possibilities to any Body Treatment or Facial.

- Maldivian Coco Hair Wrap
- Eye Inspire (puffy eyes)
- Collagen Cryo Eye treatment (anti-ageing)
- Steam & Bath
- Mini Facial
- Foot Massage
- Head, Neck & Shoulder Massage



SPECIAL COMBINATIONS

## SPECIAL COMBINATIONS

### Baros Signature Combination

150 MINUTES

You begin with a steam treatment to relax and open the pores. The sand scrub gently exfoliates the skin and then you truly relax with our Signature Massage, which includes some Hot Stone Therapy. The coconut oil leaves the hair as smooth as silk. What more could you ask for?

### Spa for Two

120 MINUTES

This is especially for a couple, receiving a treatment in the same room at the same time. A creamy silk scrub cleanses the skin, followed by a Swedish or Balinese Massage of your choice, and finishing off with a hair wrap or head massage.

### Smooth as Ever

135 MINUTES

Before receiving a Balinese or Swedish Massage of your choice we will offer you a seaweed body scrub followed by a seaweed wrap. The healing and soothing properties of the seaweed leaves the skin soft and renewed.



### Hot and Cool Fusion

120 MINUTES

A 30 minute steam and soak in the outdoor bath, relaxing you before your Hot Stone Massage. A ginkgo eye treatment will remove any hints of puffy eyes.

### For HIM only

145 MINUTES

A hot steam to relax the muscles before a Balinese Massage, followed by an especially created Gentleman's Facial. Rejuvenating Caviar replenishes the cells promoting healthy, youthful looking skin.

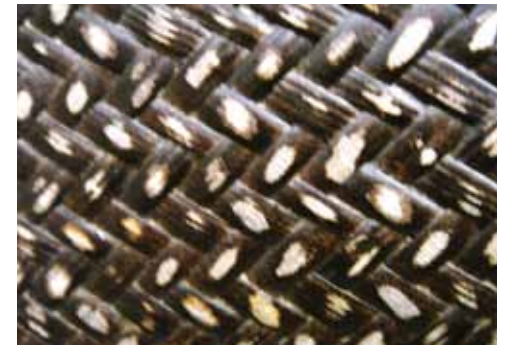
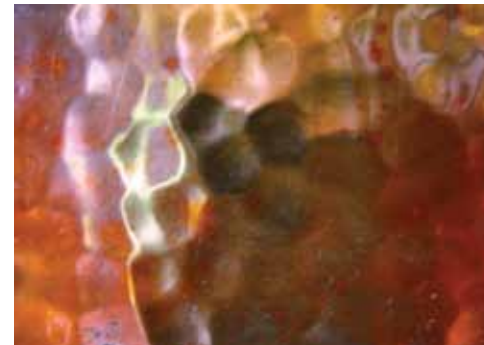
### For HER only

145 MINUTES

A hot steam bath to relax the muscles before a Swedish Massage, followed by a Marine Seaweed Facial, perfect for purifying and toning a woman's skin. Suitable for all skin types.

You can also include any other therapy in **DESIGNING YOUR OWN TREATMENT**

SPECIALIST SELECTION



## SPECIALIST SELECTION

### HOLISTIC TREATMENTS

#### ACUPUNCTURE

Acupuncture, which originated in China, is one of the oldest forms of medicine. It is a comprehensive system based on the natural laws of the body. A session of Acupuncture helps balance your energy, stimulates natural healing processes and puts you into a deep state of relaxation. It is also good for reducing stress, lifting depression, maintaining fitness and overall well-being.

#### Most commonly treated conditions:

- Mind & Spirit: Stress • Restless Sleep • Anxiety/ Depression • Lack of mental focus • Fatigue • Emotional trauma • Jetlag
- Muscular & Skeletal: Neck and shoulder pain • Back pain • Upper/ lower • Sciatica, Pain and numbness of the extremities • Arthritis/ Painful joints
- Neurological: Headache • Migraine
- Gastrointestinal: Gastritis • IBS (Irritable Bowel Syndrome) • Constipation

We use fine point disposable needles unwrapped in front of you.



#### AURICULOTHERAPY - EAR ACUPUNCTURE

This is a wonderful system for diagnosis, as well as treating emotional and physical ailments. The specialist is able to get a clear picture of the guest's condition through Auriculotherapy diagnosis and treat it through the traditional Asian perspective. The power of this system lies in being able to find painful areas that correspond to specific illnesses and then to use associated points that can instantly release the pain and therefore treat the underlying sickness. This style is very gentle and allows you to immediately feel the effects of the needles.

#### Our Suggestion

Book yourself a **15 minutes complimentary Auriculotherapy** (ear diagnosis) and consultation and we will create a personal programme for you that you can enjoy during your stay at Baros Maldives.



## SPECIALIST SELECTION

### THE COMPLETE HOLISTIC SPA 120 MINUTES

#### Steam, Signature Massage & Acupuncture

If you have a stiff back, sore shoulders or a troublesome neck this treatment could be for you. We begin with steam therapy to relax the muscles, followed by a strong massage and then 30 minutes of healing acupuncture. It will make a marvellous difference.

#### AYURVEDA

Ayurveda is Sanskrit meaning “the science of life”. It is an old philosophy based on deep understanding of eternal truths about the human body, mind and spirit.

At The Spa at Baros Maldives we offer a few of these remedies. After a consultation your body constitution is determined and relevant oils are selected in accordance with your main *dosha*.

#### Abhyanga

90 MINUTES

A whole body massage using warm relaxing Ayurvedic oil, followed by 15 minutes in the steam room to help absorb the herbs.

#### Shirodhara

45 MINUTES

Warm herbal oil is slowly poured onto the forehead covering the entire scalp. This deeply relaxing treatment focuses on stimulating the “the third eye”. This can aid sleep and reduce stress.

#### Abhyanga & Shirodara

105 MINUTES

We can combine the two Ayurvedic treatments in one session to suit your mood, and you are invited to discuss this with your therapist.

#### OUR RESIDENT SPECIALIST

has trained and practised extensively in traditional Chinese Medicine, Acupuncture, Auriculotherapy, Ayurveda and Panchakarma. As he is also a massage therapist, he can apply all his skills to create a treatment suitable solely for you.

YOGA & MEDITATION SELECTION



## YOGA & MEDITATION SELECTION

### YOGA

Yoga is a scientific system of physical and mental practices that originated in India more than 3,000 years ago. Its purpose is to help participants achieve their highest potential and to experience enduring health and happiness. With Yoga, you can extend your healthy, productive years far beyond the accepted norm and, at the same time, improve the quality of your life.

Yoga practices should only be performed when the stomach is light and you are wearing comfortable, loose clothing.



### Group Yoga

60 MINUTES

A specially designed Yoga session, in which "Equal Emphasis" is given to Postures (*Asanas*), Breath (*Pranayama*), Gestures of Energy Flow (*Mudras*) and Awareness of Mind (Meditation). The basic intention is to bring about a harmony in the Physical, Mental, Psychic and Spiritual Aspects of participants.

### Private Yoga Gentle

60 MINUTES

This group of *Asanas* is more personalised, and is devoted to loosening, strengthening and stretching the major parts of your body. Our Yogi will tailor private yoga exercises specifically for your body type, and explain the benefits and the contra-indications. He will end the session with a short relaxation, breathing exercise, or meditation practice.

### Private Couple Yoga

60 MINUTES

The definition of Yoga is "union". In Couple Yoga, the main emphasis is to connect you and your partner with the help of mutual understanding based on Yoga practice. Not only does it allow you to engage in the practice of Yoga, which self-connects soul to soul, but it also gives you strength and flexibility of body.

### Private Yoga Dynamic

60 MINUTES

Dynamic practices mainly involve energetic movements of the body. These are intended to increase flexibility and endurance. They stimulate blood circulation and release energy blocks. You will receive a renewed energy flowing through your whole being, and by practising *Pranayama* (controlled breathing) you will arrive at a place of calm and peace.

## YOGA & MEDITATION SELECTION

### Private Yoga Advanced

60 MINUTES

Static, classic Postures (*Asanas*) will be performed to produce a profound influence on your well-being. With the appropriate guidance of our teacher, intermediate and advanced participants can feel an enhanced level of awareness through the exploration of various Breath Control (*Pranayama*), Gestures of Energy Flow (*Mudra*) and Psychic Lock (*Bandha*) practices. The session comes to a close with a short relaxation procedure.

### Pranayama with Mudras & Bandhas

60 MINUTES

Balancing vital energy – through Breath, Gestures and Psychic Locks

*Pranayama* is a Yogic technique to control the intake and outflow of breath and in the process expand the vital energy within us. *Pranayama* when used with *Mudras* (Psychic, Emotional, and Aesthetic Gestures) and *Bandhas* (Psychic Locks) creates an intense flow of conscious energy in a specific region. Feel your breathing improve with this practice and also bring your nervous and *Pranic* system into equilibrium. End the session with a short meditation or relaxation procedure.

### Yoga Nidra – Yogic Relaxation

45 MINUTES

Psychic sleep for the evolution of the dormant potential within.

The advanced level of *Yoga Nidra* (Psychic Sleep) brings about a complete relaxation of the internal organs, synchronisation in the flow of breath and energy, resulting in a balanced state of mind. Through creative visualisations, you explore the dormant potential within, and sow a seed of resolve (*Sankalpa*) in the subconscious level of the mind to bring about a positive change.

### Shatkarma

60 MINUTES

These are practices of purification given in Hatha Yoga to purify and prepare the body for more advanced forms of Yoga practices. *Shatkarma* practices are excellent in alleviating diseases and several chronic respiratory and digestive ailments. They also work on a psychological level to impart an inner feeling of lightness and well-being.



### Sandbank Yoga

60 MINUTES

Start or finish your day practising asanas and meditation on our unique Sandbank set in the middle of the ocean, while the sun's rays break through dawn to greet the day or slip below the horizon. An experience to treasure.

Available on request at 6.00 hrs and 17.15 hrs

## MEDITATION

### Meditation

45 MINUTES

Meditation refers to the state of mind where the body is consciously soothed and relaxed, while the mind is made calm and composed. Since ancient times, it is believed that meditation restores harmony, and rejuvenates and heals the mind, allowing it to release stress and fatigue. Meditation helps to remove the subtle mental barriers within a person and presents a better understanding of your personality, thought processes and surroundings.



### SPA ETIQUETTE

- You are welcome to come to the Spa in your robe or just as you are.
- We will provide disposable underwear for your comfort.
- Please leave all your valuables in the safe in your villa.
- Please arrive a few minutes ahead of your treatment.
- Please make sure to book in advance in order to avoid disappointment.
- Please inform us in advance if you cannot make your appointment.
- Treatments cancelled within 12 hours before scheduled time will incur 50 % of the fee.
- Treatments cancelled within 4 hours before scheduled time will incur 100 % of the fee.



## **BAROS MALDIVES**

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**A UNIVERSAL RESORT**