

BAROS

maldives

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Pampering in PARADISE

The Spa at Baros Island Resort takes the spa experience to a new level of indulgence

By Erica Paredes

THE BEST SPA experiences are the ones I only vaguely remember—because those are the ones that leave me so relaxed, I fall asleep! I have been to many places that I don't see the need to go very often. I clearly remember these places because of message therapists who treat me like a piece of meat that needs to be tenderized or exfoliated so hard to the point of rubbing my skin raw. On the other end of the spectrum are places that deserve every letter of the word "spa." They are comfortable, professional and luxurious, but understand—all in all, the most relaxing experience a woman who wants to spend herself could ask for.

The Spa at Baros Island Resort in the Maldives is exactly that kind of spa. The moment you walk through the door, the bath-

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FLY, TAN, SPA

The Spa at Baros is located at Baros Island Resort, Maldives. For more information on the spa and resort, visit www.baros.com.

Singapore Airlines flies to the Maldives via Singapore. From Manila, take the 3-hour flight to Singapore and then continue with another 5-hour flight to Male. The airport is located right beside the port, and from there it's a 30-minute speedboat ride to Baros Island Resort.

ing, too in your face all contribute to the best at first sight experience you might have when you walk in.

The rooms are equally impressive with an outdoor shower and tub, and even a little sitting area where you can cool up with a good book. And the treatments? Well, the treatments. Gentle, relaxing and definitely worth getting. ✦

METRO RECOMMENDS

Peponia Spa treatments you should try

Baros Indulgence Bliss

What It Is: A 2.25-hour treatment that includes a white sand scrub and a coconut oil massage.

Why we loved it: The pleasantly warm white sand isn't too abrasive and exfoliates just the right amount of skin. Plus, the long, gentle strokes of the massage make it impossible not to relax and drift off.

Get It If: You want to take a break from the real world and treat yourself in the beauty of Maldives.

Peponia Papaya and Pineapple Salt Massage Exfoliation and Peponia and Pineapple Creme Franche H wrap

What It Is: An exfoliating body wrap that uses France's tropical line, followed by a moisturizing body wrap in a warm cocoon.

Why we loved it: The Salt Massage doesn't go good, you'll have to resist the urge to binge it while you're in the shower! The Creme Franche wrap, on the other hand, treatment only leaves your skin silky smooth and pretty smelling.

Get It If: You have dry, dull skin. And if you want to smell like an exotic tropical desert.

Peponia Corral Facial

What It Is: An exfoliating facial that contains a blend of Hawaiian coral, crushed pearls and韶韶, a natural flower blend that mimics the effects of honey.

Why we loved it: Each step of the treatment exfoliates and tightens skin and instantly makes you feel younger. The mask leaves your skin so soft and clear, you can go around without makeup the whole day.

Get It If: Your stressful lifestyle creates premature fine lines and a dull complexion. The effects of the facial can be prolonged with the following:



Peponia Corral skin care line, which includes an eye, contour cream, facial cleanser, repair cream and repair serum.

90 METRO | JULY 2010