

TIME TO SPA

Time stands still at The Spa by Clarins – a luxurious retreat designed to pamper your body, mind and spirit. Indulging your senses, The Spa by Clarins offers an selection of blissful spa treatments, hair and beauty services, inspired by exotic rituals and western cultures.

Let our unique Clarins treatments, kissed by the charm of Asian hospitality, enchant you and renew your vitality and spirit for life.

Free your mind with a series of yoga classes at our extensive meditation area built upon an ocean view deck. Let the pure sea breeze and Mother Nature's soft touch take away the cares of the world and renew your spirit.

Indulge your senses at The Spa by Clarins.

SIGNATURE MESSAGES

HEAVEN

Luxuriate in a heavenly experience with a body and face massage that relaxes you from head to toe. This deep soothing treatment relieves sore, tired muscles with the heat from basalt stones.

Heaven (For One)

50 mins: USD120

90 mins: USD160

Heaven (For Two)

50 mins: USD230

90 mins: USD305

PEACE

Incorporating a combination of massage techniques from Bali, this is the perfect remedy for stress relief. Using pressure from the fingers, elbows and palms, this treatment stimulates, relaxes and soothes acupressure points and energy meridians.

Peace (For One)

50 mins: USD120

90 mins: USD160

Peace (For Two)

50 mins: USD230

90 mins: USD305

WAVES (4 HANDS)

The Spa by Clarins' signature treatment at The Residence Maldives. Two therapists will work on you simultaneously, in synchrony and in serene silence for the ultimate indulgence.

50 mins: USD235

PURE

Warm virgin coconut oil infused with pure essential oils is used to massage the scalp and shoulders with eastern and western techniques. This treatment improves nourishment circulation of the hair and scalp, relieves headaches and leaves your hair glossy and healthy.

60 mins: USD110

ESSENCE

Experience a luxurious treat for the scalp and hair with a cleansing scalp treatment. Particularly beneficial after a day of sun, sea and sand, this treatment restores lustre and shine to the hair. Choose the hair treatment that is most appropriate for you. For dry, damaged, oily or fine hair.

20 mins: USD50 (Without Styling)

RELIEF

Reflexology balances the body's energy by palpating miniature pressure points on the soles of the feet. With 7,000 nerve endings in our feet, it is no wonder we feel relaxed after a foot reflexology treatment.

60 mins: USD115

30 mins: USD75

SALON SERVICE

SHAMPOO & BLOW DRY (Short Hair)

45 mins: USD40

SHAMPOO & BLOW DRY (Long Hair)

60 - 75 mins: USD55

STYLE CUT & BLOW DRY (For Ladies)

60 - 75 mins: USD70

HAIRCUT (For Men)

30 mins: USD40

HAIRCUT (For Children)

30 mins: USD40

MAKE-UP

BRIDAL MAKE-UP

80 mins: USD90

EVENING MAKE-UP

60 mins: USD70

HANDS & FEET

MANICURE

30 mins: USD55

PEDICURE

45 mins: USD65

MANICURE & PEDICURE

75 mins: USD114

FRENCH MANICURE

30 mins: USD60

FILE & POLISH

30 mins: USD30

YOGA

Complimentary daily yoga classes are available to all guests.

(Saturday to Thursday)

Sunrise: At 6.00 am

Sunset: At 6.30 pm

Personal yoga classes are conducted by our yogi on the over-water deck. Choose a class that is most suitable to your needs.

WELL-BEING

60 mins: USD75

90 mins: USD95

ENERGY

60 mins: USD75

90 mins: USD95

MEDITATION

60 mins: USD75

90 mins: USD95

MOTHER

60 mins: USD75

90 mins: USD95

CHILD

60 mins: USD75

90 mins: USD95

SPA PACKAGES

Honeymoon Delight

A beautifully package to bring out the beauty and awaken the inner senses in you and your loved one. The Peace Massage for 2 in the same room is believed to cure and de-stress mind, body and soul .Following with a Clarins Beautiful Hands and Clarins Beautiful Feet and a Clarins Totally Gentle Facial Treatment. A selection of herbal teas and fruits will be offered at the end of each session.

180 minutes \$ 750(1 day or 4 days)

Travel Reviver

The treatment starts with the Heaven Massage which relieves soreness and stress-related tension. Follow with the Clarins lighter legs. For ladies we have the Clarins Ultra-Hydrating Facial Treatment and Clarins Skin Facial for Men; both give a fresh and healthy complexion. Relax and take a couple of moment with an herbal tea, fresh juice and seasonal fruit before returning to reality.

180 minutes \$315 (1 day or 3 days)

Super -Detox

The best spa detox and slimming treatments recommended by the Spa, This therapeutic spa package will nourish, detoxify and rejuvenate your body, inside out (for ladies and gentlemen). Which includes a Clarins Exfoliating Body Treatment to prepare the skin for the absorption of the very active detox ingredients of the Clarins Contouring Body Treatment, Clarins Body Wrap Tonifying followed by a Linfo-Drainage Massage .A selection of detox drinks and fruits will be offered at the end of each session.

240 minutes \$525 (1 day or 4 days)

Sun Lovers

The Exfoliating Body Treatment by Clarins will shed the dead layers of skin with a thorough body exfoliation, getting ready for optimum sun tanning. After a Clarins Moisture-Relax Body Treatment with soothing ingredients it is applied to the entire body.

120 minutes \$270 (for long lasting tan repeat for a list 2 times).

Sport's Recovery

Focusing on tight calf and strained back muscles. First the application of the Clarins Body Wrap Relaxing will release muscular tension and then the special Clarins Sport Massage will relax and soften tired muscles. During the break we serve iced tea with a fruit platter.

120 minutes \$260

The Residence Indulgence

The best way to “spoil” yourself! A Clarins Body Scrub will gently exfoliate your skin before continuing with the soothing Waves 4 hands Massage offering a selection of 4 different Aromatherapy oils. To complete the pampering Clarins Ultra-Hydrating Facial Treatment will remove the last traces of a hectic daily schedule. We serve a fresh young coconut drink with tropical fruit during the interlude.

170 minutes \$ 495 (1 day or 3 days)

Clarins A La Carte

The greatest way to start your days at The Residence Maldives if you enjoy 30 minutes spa treatment you can choose any of the follow for 4 days.

Luminous Eyes
Neck & Shoulder Relief
Back Relief
Lighter Legs
Beautiful Hands
Beautiful Feet
Face & Back Relief

120 minutes \$250 (30 min for 4 days)

Junior Choice

For our junior island dwells this package consists of 50 minutes of gentle Swedish Massage and 30 minutes Mini Facial. A selection of Ice cream will be offered after the section.

80 minutes \$180 (1 day or 2 days)

CLARINS SPA

Pro-Aromatic Facial Treatments

Ultra-Hydrating Facial Treatment with Katafray

Katafray is a tree with water storage capacities and grows in the desert. Its extracts help to stimulate skin natural hydration process. To regain a softer more supple and more comfortable skin.

At Home: Clarins HydraQuench skin care

60 minutes \$ 145

Totally Gentle Facial Treatment with Christophine

Christophine is a plant with skin-softening virtues. The soothing treatment designed for fragile, weakened skin. It repairs and rebalances the skin natural defenses.

At Home: Clarins Gentle Care skin care

60 minutes \$145

Youthful Lift Facial Treatment with Hops

Hop tree extracts are known for its energizing and skin-firming benefits. A spectacular youth-boosting effect for a smoother and firmer skin.

At Home: Clarins Multi-Active skin care, Clarins Extra-Firming skin care and Clarins Super Restorative skin care

60 minutes \$145

Radiant & Pure Facial Treatment with Tanaka Powder

Tanaka is a tree originally from Burma and from which is extracted a powder known for its purifying properties. Your skin texture is firmer and your skin complexion clearer.

At Home: Clarins Truly Matte skin care

60 minutes \$145

Vital Light Treatment with Pioneer Plants

Exceptional anti-wrinkle treatment, which restores the luminosity and vitality that disappears with age. Enables the deep, inner luminosity of your skin to instantly be reflected on the skin surface. The face is brighter and revitalized.

At Home: Clarins Vital Light skin care

60 minutes \$145

Facial for Men with Bison Grass

Bison Grass is used for its energizing properties. A treatment to retrieve a skin more supple and radiant. Face features are relaxed and firmer.

At Home: Clarins Men skin care

60 minutes \$145

Pro-Aromatic Body Treatments

Contouring Body Treatment with Uncaria Tomentosa

Uncaria Tomentosa helps to limit the formation of excess lipids in the body. This treatment is for those who want to slim and to remodel the silhouette while gaining a real feeling of lightness.

At Home: High Definition Body Lift, Body Shaping Cream and Tonic Body Treatment Oil

60 minutes \$145

Firming Body Treatment with Lemon Thyme

Lemon Thyme extracts help to keep elasticity properties of the skin. Perfect treatment to retrieve tonicity and slimmer contours together with a soft and supple skin.

At Home: Body Firming Cream and Tonic Body Treatment Oil

60 minutes \$145

Moisture Relax Body Treatment with Peach Milk

Peach extract is used for its hydrating and nourishing virtues. A wave of hydration and comfort for thirsty skin that become more comfortable, more supple and thus more resistant to external aggressions.

At Home: Satin-Smooth Body Lotion and Moisture-Rich Body Lotion

60 minutes \$145

Bronzing Body Treatment with Cocoa Bean Extracts

A self-tanning treatment for face and body that delivers a natural-looking, healthy glow and soft, well-hydrated skin. Let's try this delicious treatment for an uniform and subtle tan.

At Home: Smoothing Body Scrub For a New Skin and Clarins Self-Tanners

60 minutes \$140

Exfoliating Body Treatment with Bamboo Powder

Exfoliating is an absolute 'must' treatment before any further body treatment because it helps product absorption and increases product effectiveness. Your skin, perfectly exfoliated and smooth, ultra-soft and luminous is revived and revitalized... like a new skin.

At Home: Smoothing Body Scrub For a New Skin

60 minutes \$140

Mother-To-Be Treatment with 100% Pure Plant Oil

Preventative treatment that prepares the body for the changes during pregnancy. It helps to prepare the skin to support the distension and prevents stretch marks. Provides comfort and well-being.

At Home: Smoothing Body Scrub For a New Skin, Stretch Mark Control, Tonic Body Treatment Oil and Bust Beauty Care

60 minutes \$150

Body Wrap Relaxing

This gentle wrap is based on green clay and essential oils. It has a mineralizing action on the skin and promotes a wonderful feeling of relaxation. Skin feels silky soft and comfortable.

At home: Relax Body Treatment Oil.

60 minutes \$130

Body Wrap Tonifying

An exotic wrap based on orange, cinnamon and rice powders. Energizes and revitalizes. Skin feels smooth and soft.

At home: Tonic Body Treatment Oil

60 minutes \$130

Body Wrap Contouring

A deeply purifying wrap based on red cranberry, raspberry and rice powders.

Helps refine contours and leaves skin soft and firm.

At home: Contour Body Treatment Oil.

60 minutes \$130

Massages

Clarins massages are based on a series of very precise, manual movements carried out by expert hands. They are combined with the effectiveness offered by exclusive skin care products that use the exceptional aromatic and skin care benefits of essential oils. A truly unforgettable experience that revives all of the senses.

Rebalancing Massage with Essential Oils

This massage uses enveloping movements for an incomparable feeling of well-being. Tonic Oil issued to stimulate the body and mind or Relax Oil for a feeling of complete relaxation.

At home: Relax Body Treatment Oil, Tonic Body Treatment Oil.

60 minutes \$125

Melting Honey Deep Touch Massage

An intense massage that uses deep pressure to relieve tension, eliminate any stiffness and release energy. These measured movements are combined with either Tonic or Relax Sweet Honey Massage Oil to prolong a feeling of well-being long after the massage is over.

At home: Relax Body Treatment Oil, Tonic Body Treatment Oil.

60 minutes \$125

Sports Massage

A great massage for the athlete in you! Before a sport activity, it promotes looser muscles and optimizes muscular response. After exercise, it relieves tension and tightness and allows joints and muscles to recuperate better.

At home: Relax Body Treatment Oil, Tonic Body Treatment Oil.

60 minutes \$125

Stopovers

Anti-jet lag

Frequent travelers are going to love this energy-boosting face and body treatment designed to erase all signs of fatigue linked to jet lag.

At home: Beauty Flash Balm, Energizing Emulsion, Tonic or Relax body care.

60 minutes \$140

After Sun

Replenishes skin deep-down on the face and body. It optimizes the benefits of the sun and helps prevent any drying effects it may cause. Ensures a beautiful-looking, long lasting tan.

At home: Smoothing Body Scrub, Clarins After Sun range

60 minutes \$140

Specific Treatments

Targeted treatments for every beauty concern to ensure your face and body remain flawless. A truly precise combination of expert hands and effective skin care to ensure immediate solutions for every beauty issue. Recommended in addition to other Face and Body Treatments.

Luminous Eyes

Complete eye contour treatment to decongest, smooth and freshen the entire eye zone.

At home: Clarins Eye Contour Care.

20 minutes \$40

Neck & Shoulder Relief

Relaxes and removes feelings of tension that accumulate in the neck and shoulder area.

At home: Clarins Relax products.

30 minutes \$65

Back Relief

A deeply relaxing treatment to relieve all feelings of tension. Immediately calms and soothes.

At home: Clarins Relax products.

30 minutes \$65

Lighter Legs

A refreshing treatment that relaxes and relieves tired, heavy-feeling legs.

At home: Energizing Emulsion.

30 minutes \$70

Beautiful Hands

A youthful treat that promotes softer, smoother hands and conditions nails.

At home: Hand and Nail Treatment Cream ,Age-Control Hand Lotion.

30 minutes \$65

Beautiful Feet

Leaves feet feeling light and looking impeccable. This treatment also includes a hand and scalp massage.

At home: Smoothing Body Scrub, Foot Beauty Treatment Cream.

30 minutes \$65

Face & Back Relief

A relaxing massage for a maximum of well-being, and it shows! Both the face and the back are perfectly relaxed and de-stressed.

At home: Clarins Relax products.

30 minutes \$65

How to spa

Spa operating hours are 10.00 - 20.00 daily

Making reservations

How do I make a Spa Reservation?

The Residence Spa is immensely popular with guests and as such we strongly recommend that you book your Spa treatments well in advance to avoid disappointments. Reservations can be made in person or by dialing 503

I am pregnant – what treatments do you recommend?

As always, our number one priority is the safety and well-being of our guests. As such, we do not recommend full body massage in the first trimester of pregnancy and also advise limited body treatments throughout the term of pregnancy. To assist with your choice of available treatments, please contact one of our Spa Consultants.

What happens if I need to cancel my treatment?

If you would like to reschedule or cancel your booking, you can do so at any time subject to providing a minimum of 12 hours' notice.

If a cancellation is made less than 12 hours prior to your appointment time, a 50% charge will apply. If there is no notice provided, a full charge will be made for the services reserved.

How should I prepare for my Spa treatment?

Please shower off any oils and suntan creams prior to your treatment to allow better absorption of the products applied.

I am male – should I shave before my Spa treatment?

For men, we recommend shaving prior to having a facial for maximum comfort and benefit to the skin.

What do I need to wear?

There is no need to bring or wear any special clothing, as Spa wear is provided. Disposable underwear is provided for body treatments.

What time should I arrive for my treatment?

Please arrive at the Spa a minimum of 15 minutes before your scheduled appointment time – this allows you time to fill out your consultation form, enjoy the ambience and start the relaxation process before your treatment begins.

What happens if I am late for my appointment?

As a courtesy to all our guests, a prompt appointment schedule is adhered to. Late appointments may not be honored if there is a treatment booked immediately after and will be charged the cancellation fee.

What medical or physical concerns do I need to tell the therapist?

All first-timers need to fill out a consultation form prior to their treatment – this is to provide you with the best possible experience and to assure your maximum safety and comfort.

Note:

Prices and treatments are subject to change without notice. Prices are subject to a 10% service charge. Prices are also subject to a 6% goods and services

WAXING

BIKINI

20 mins: USD40

BRAZILIAN WAX

30 mins: USD55

FULL LEG

60 mins: USD90

HALF LEG

30 mins: USD45

EYE BROWS

15 mins: USD20

LIPS

10 mins: USD20

BACK & SHOULDERS (For Men)

60 mins: USD90

CHEST (For Men)

60 mins: USD90

THREADING

Groom and accentuate lips or eyebrows with this traditional Asian method of hair removal.

15 mins: USD25