



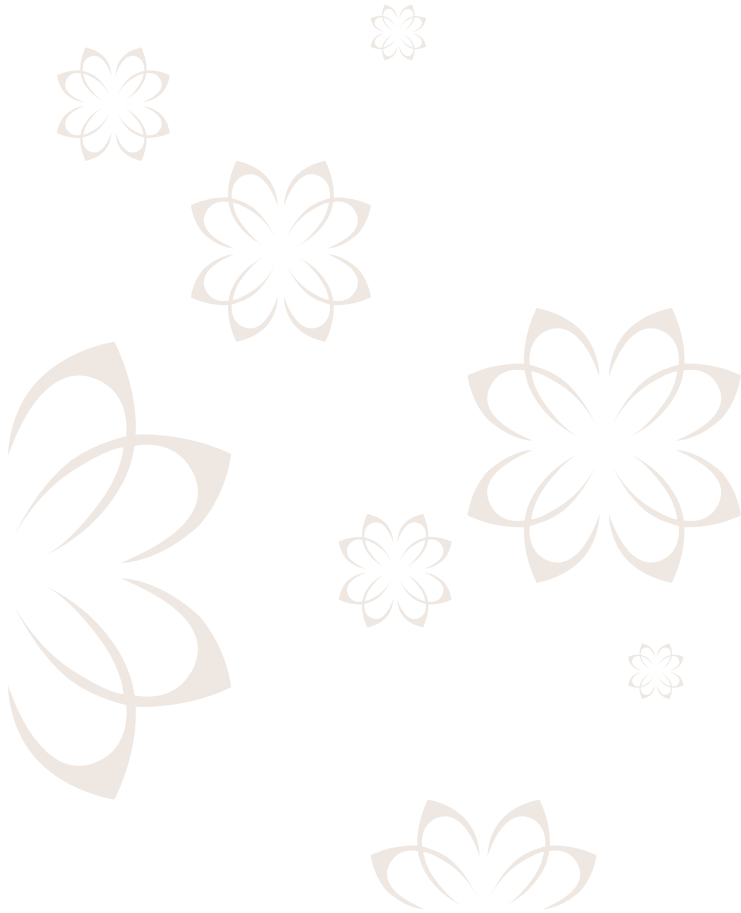
THE RESIDENCE


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MALDIVES

THE SPA

*spa by* CLARINS



A tropical beach scene with turquoise water and a dramatic blue sky with white clouds. The water is crystal clear, showing the sandy bottom near the shore. The sky is a deep, vibrant blue, filled with large, fluffy white clouds that catch the light. The horizon line is straight and divides the image roughly in half. The overall mood is serene and peaceful.

*Within you there is a stillness and a sanctuary  
to which you can retreat at any time and be yourself*

*Hermann Hesse*

SPA BY CLARINS  
THE RESIDENCE  
MALDIVES



*Hugging the equator in the middle of the Indian Ocean, the isolated islands and atolls of the Maldives are scattered like a bejeweled necklace across the azure ocean.*

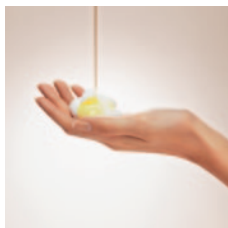
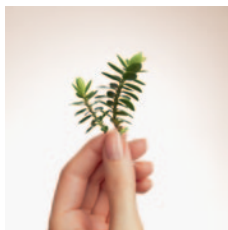
*Step into a haven of tranquillity at the first and only Spa by Clarins in the Maldives. Separated from the main land by a stretch of jetty, the spa overlooks the soothing waters of the lagoon and a rainbow of coral reef. Comprising six separate pavilions and an ensuite hair salon, the spa offers an array of holistic face and body treatments, pampering massages and hair services that will help you rejuvenate your body and mind.*

*The large, breezy open deck is the ideal spot dedicated to meditation and yoga classes. Embrace the natural elements while improving your inner wellness.*





spa by CLARINS



## SCIENCE, EXPERIENCE, SENSES.

*The expertise behind Clarins' high-performance professional treatments*

At the heart of Clarins expertise are plants which offer their beauty secrets and precious extracts. Researchers select the most effective active ingredients to give women and men the very best from nature and science. Every Clarins formula is the result of innovative research and rigorous effectiveness and tolerance tests carried out in their laboratories.

*Over 50 years of studying and researching the skin*

Since the first Clarins Institute was created, product effectiveness has been optimised thanks to exclusive 100% manual application methods to ensure a personalised and unforgettable moment of sensorial pleasure.

The expert hands of Clarins professional beauty therapists hold the supreme power of touch to tone, relax, firm, contour and rejuvenate your skin. It is through a constant dialogue with women and men across the world that Clarins has gained its unique experience, enabling them to continually improve product formulas.

*Awakening, harmony, balance*

To optimise treatment benefits, Clarins has created a special atmosphere to awaken the senses: an environment designed for relaxation with subtle aromatherapy fragrances, soothing music, wonderfully smooth, comforting product textures and a relaxing tea after the treatment. The Clarins beauty therapist gently awakens the five senses for perfect harmony and balance of the body and mind for a deep and total feeling of well-being. Discover the unique excellence of Clarins treatments and massages in the refined atmosphere of The Spa by Clarins at The Residence Maldives: cocooned between the bluest skies and the whitest sands, experience pure rejuvenation and come undone.



## CLARINS FACE TREATMENTS

### *Totally Gentle Facial Treatment with Christophine*

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

### *Radiant and 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. The skin's texture becomes firmer and the complexion clearer.

### *Youthful Lift Facial Treatment with Kiwi, Hops or Pueraria Lobata*

An anti-aging treatment specially adapted to your skin's needs. It helps reduce the appearance of early wrinkles, stimulate the vital functions of the skin and visibly redefine your facial features. Your skin is smoother, younger-looking, toned and more radiant.

### *Ultra-Hydrating Facial Treatment with Katafray*

Katafray is a tree with water storage capacities and grows in the desert. Its extracts help to stimulate the skin's natural hydration process to promote softer, suppler and more comfortable skin.

### *Vital Light Treatment with Pioneer Plants*

An 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 revitalised.

### *Facial for Men with Bison Grass*

Bison Grass is used for its energising properties. A treatment to restore suppler, radiant skin. Facial features are relaxed and firmer.

*Duration of all Clarins Treatments: 50 mins*



## CLARINS BODY MESSAGES



## CLARINS BODY WRAPS



### *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.

### *Rebalancing Massage with Essential Oils*

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

### *Sports Massage*

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

### *BodyWrap Relaxing*

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

### *BodyWrap Tonifying*

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

### *BodyWrap Contouring*

A deeply purifying wrap based on red cranberry, raspberry and rice powders. Helps refine contours and leaves skin soft and firm.

*Duration of all Clarins Treatments: 50 mins*





## CLARINS BODY TREATMENTS

### *Exfoliating Body Treatment with Bamboo Powder*

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

### *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 remodel the silhouette while gaining a real feeling of lightness.

### *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 becomes more comfortable, suppler and thus more resistant to external aggressions.

### *Firming Body Treatment with Lemon Thyme*

Lemon thyme extracts help to maintain the skin's elasticity. The perfect treatment to restore skin tone and streamlined body contours, along with soft, supple skin.

### *Mother-to-be Body Treatment with 100% Pure Plant Oil*

A preventive treatment that prepares the body for the changes that occur during pregnancy. It prepares skin for stretching and thus helps to prevent stretch marks. Provides comfort and well-being.

### *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. Try this delicious treatment for an even, natural looking tan.

*Duration of all Clarins Treatments: 50 mins*







## CLARINS SPECIFICS

*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 concern. Recommended in addition to other Face and Body Treatments. (For women and men)*

### *Luminous Eyes (20 mins)*

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

### *Neck & Shoulder Relief (30 mins)*

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

### *Back Relief (30 mins)*

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

### *Lighter Legs (30 mins)*

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

### *Beautiful Hands (30 mins)*

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

### *Face & Back Relief (30 mins)*

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

## CLARINS STOPOVERS

*Must-do treatment stopovers at Clarins to relax and unwind during the journey. (For women and men)*

### *Anti-Jet Lag Stopover: Face & Body (60 mins)*

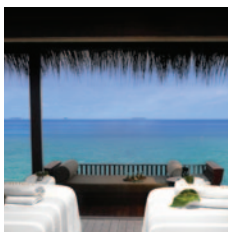
Frequent travellers are going to love this energy-boosting face and body treatment designed to erase all signs of fatigue linked to jet lag.

### *After Sun Stopover (60 mins)*

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.







## SIGNATURE MESSAGES

*Inspired by time-honoured Eastern traditions and innovative European therapies; unwind to the indulgent and invigorating signature treatments of The Spa at The Residence Maldives.*

### *Heaven (50 mins / 90 mins)*

Balance your spirit and senses with this relaxing head to toe massage using the energy from heated Basalt stones - an ancient healing therapy that is deeply soothing for the mind, body and soul.

### *Peace (50 mins / 90 mins)*

A revitalising remedy for stress relief; this stimulating deep tissue massage features traditional Balinese massage techniques. Let your tensions melt away as the healing touch of fingers, elbows and palm pressure on acupressure points and energy meridians; stimulate, relax and soothe.

### *Waves (50 mins)*

In serene silence and synchrony... two skilled therapists working simultaneously in harmony for the ultimate experience of total bliss. This rhythmic four-hand massage brings you to a deep state of relaxation and heightened lightness.


### *Pure (60 mins)*

Immerse in this rejuvenating head massage treatment as warm virgin coconut oil infused with pure essential oils is gently massaged into the scalp to help improve circulation, nourish and hydrate the hair and scalp as it restores the shine.

### *Relief (30 mins / 60 mins)*

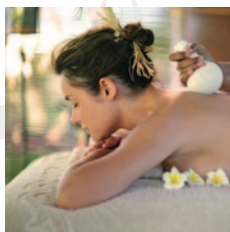
A therapeutic foot massage applied through palpating miniature pressure points on the sole of the feet; reflexology revives by stimulating energy, reducing stress and improving circulation.





*Be still. Stillness reveals  
the secrets of eternity*

*Lao Tzu*



## SPA JOURNEYS

### *Honeymoon Delight (180 mins)*

A luxurious, tranquil couple indulgence to awaken the senses and evoke beauty and bliss. Caressed by warm sea breezes and lulled by lapping waves, unite with a Peace Massage in the soothing solitude of a couple spa pavilion. Complete the pampering with a nourishing Clarins Beautiful Hands and Beautiful Feet treatment and the soothingly radiant Clarins Totally Gentle Facial Treatment. Conclude with a sip of herbal infusions and refreshing tropical fruits.

### *The Residence Indulgence (170 mins)*

A holistic total well-being experience; polish and pamper with the Clarins Body Scrub, gently exfoliating before continuing with the deeply soothing four-hand Waves Massage using aromatic essential oils. For an enviable radiance, complete the pampering with Clarins Ultra-Hydrating Facial Treatment. Enjoy a fresh young coconut drink with tropical fruits during the interlude.

### *Deep Detox (240 mins)*

Perfect for detox and slimming, this uplifting spa journey will nourish, detoxify and rejuvenate your body, inside out. A full body exfoliation, the Clarins Exfoliating Body Treatment prepares the skin for the absorption of the nutrient-rich, active ingredients in the Clarins Contouring Body and Clarins Body Wrap Tonifying treatments before concluding with a Lymphatic Drainage massage. Complete the purification with a cleansing detox infusion and refreshing island fruits.

### *Travel Reviver (180 mins)*

For renewed vitality begin with the Heaven Massage, a stimulating deep tissue massage to relieve soreness and stress-related tension. Re-energize with the Clarins Lighter Legs treatment before renewing your glow with Clarins Ultra-Hydrating Facial (for ladies) and Clarins Skin Facial (for men). Refresh with a herbal infusion or fresh juice and tropical island fruits.

### *Sun Lovers (120 mins)*

A thorough body exfoliation, the Clarins Exfoliating Body Treatment will slough off impurities, residues and dead cells; ideal for even-toned bronzing or to keep already-tanned skin golden and glowing. Complete the body beautifying journey with the nourishing Clarins Moisture-Relax Body Treatment featuring hydrating and soothing peach extracts.

### *Sports Recovery (120 mins)*

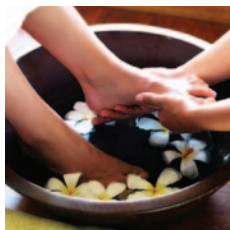
Restore and recover from the rigours of sports; ease tired legs and relax strained muscles with the Clarins Body Wrap Relaxing therapy which continues with a deeply relaxing Clarins Sport Massage. Rejuvenate with a refreshing iced tea elixir and tropical island fruits.

### *Junior Glow (80 mins)*

For our junior island dwellers, a spa treat begins with a 50-minute gentle Swedish Massage and ends with a 30-minute Mini Facial. The spa fun continues with an after-treatment choice of delightful ice cream flavours!

*One touch of nature  
makes the whole world kin*  
*William Shakespeare*





## HAIR, HANDS & FEET

*Indulge in our exquisite beauty and grooming treatments to lift you to a new level of radiance and glow.*

*Essence (20 mins)*

Perfect after days of soaking up the sun and sea... Experience a luxurious treat for the scalp and hair combining a relaxing, cleansing scalp treatment which conditions, hydrates and restores lustre to the hair. Choose from a customised range of treatments appropriate for dry, damaged, oily or fine hair.

*Shampoo and Blow Dry, Short Hair (45 mins)*

*Shampoo and Blow Dry, Long Hair (60 to 75 mins)*

*Style Cut and Blow Dry, Ladies (60 to 75 mins)*

*Gentlemen Hair Cut (30 mins)*

*Hair Cut for Children (30 mins)*

*Bridal Make-Up (80 mins)*

*Evening Make-Up (80 mins)*

*Manicure (30 mins)*

*Pedicure (45 mins)*

*Manicure & Pedicure (75 mins)*

*French Manicure (30 mins)*

*File & Polish (30 mins)*







## Y O G A

*Improve your flexibility, focus your mind and tone your body through deep breathing techniques, postures, stretching and relaxation.*

*Begin or close the day in stillness...*

Complimentary sunrise and sunset yoga classes are available to all guests from Saturday to Thursday on the over-water deck at the Spa.

*Yoga (60 mins)*  
*Sunrise at 6.00*  
*Sunset at 18.00*

Private personal yoga classes are also available. Select from the following specialised signature sessions. Please book your yoga session one day in advance.

*Wellbeing (60 mins)*

Restore strength, balance, flexibility and inner focus through a blend of breath-work and meditation.

*Energy (60 mins)*

Push yourself physically and mentally with longer held poses.

*Meditation (60 mins)*

Perfect for meditators with a focus on restoration, destressing and relaxation.

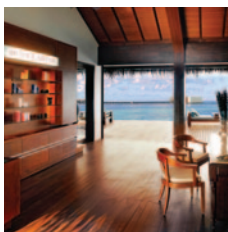
*Mother (60 mins)*

Pre and post natal yoga guide you along the journey of pregnancy and after.

*Child (60 mins)*

For children aged 7 years and above, help increase their focus and flexibility, develop their bodies gracefully and sleep soundly.





## HOW TO SPA



*Spa Operating Hours are 10.00 - 20.00 daily*

### *Spa Etiquette*

*The Spa environment is a place of calm and tranquillity. Please respect the quiet and privacy of our other Spa guests by speaking softly and turning off mobile phones.*

### *How do I make a Spa Reservation?*

We strongly recommend that you book your spa treatments well in advance to ensure that your preferred treatment and time is available. Reservations can be made in person or by dialing 503.

### *What time should I arrive for my treatment?*

Please arrive at The Spa at least 15 minutes before your scheduled appointment time – this allows us to have a brief consultation with you, and for you to enjoy the ambience, relax, unwind and prepare for your spa journey.

### *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 at least 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.

### *What happens if I am late for my appointment?*

As a courtesy to all guests, we endeavor to meet all timings and spa schedules. Arriving late will limit your treatment time, reducing the full benefit and enjoyment. Late appointments may not be honoured if there is a treatment booked immediately after and will be charged a 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.

### *What is the minimum age requirement?*

Spa guests must be 16 years and over to enjoy a treatment at The Spa without supervision. Younger guests under the age of 16 need to be accompanied by an adult to enjoy the selected teen treatments. Please approach our Spa Consultant for more details.

### *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.

### *What do I need to wear?*

There is no need to bring or wear any special clothing, as spa attire is provided. Disposable undergarments are provided for body treatments.

### *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.

### *I am pregnant – what treatments do you recommend?*

Our Spa Consultant will guide you in selecting the treatment best defined for you during this special time. We do not recommend full body massage in the first trimester of pregnancy and also advise limited body treatments throughout the term of pregnancy.

**THE RESIDENCE MALDIVES**

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