



THE SPA

at Baros Maldives



WELCOME TO THE SPA

at Baros Maldives

The Spa at Baros Maldives infuses universal natural remedies with botanical ingredients from the earth and sea.

A garden and holistic concept: a fusion of key products selected as the focus of our spa philosophy. Natural, botanical, sea and herb based products have been carefully chosen and intertwined to create exclusive treatments and unique spa experiences to balance your mind, body and spirit.

Working in the garden...gives me a profound feeling of inner peace. - Ruth Stout



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 Lava Rock therapy. The coconut oil leaves the hair as smooth as silk. What more could you ask for?

For Him Only

145 minutes

A hot steam to relax the muscles before an Oriental Care 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 Recharge Massage, followed by a Sea of Plenty Facial, perfect for purifying and toning a woman's skin. Suitable for all skin types.

After Sun

135 minutes

A cooling water lily gel is used as the main ingredient to decrease redness as well as to nourish and hydrate your skin. The therapy begins with a serenity wrap and is followed by a sun soothing massage before finishing with a calm lagoon facial treatment.

Spa for Two

120 minutes

This is especially for a couple, receiving a treatment in the same room at the same time. A Floral Polish Scrub cleanses the skin, followed by a Swedish Recharge or Oriental Care Massage of your choice, and finishing off with a hair wrap or head massage.



MASSAGES

Baros Signature Treatments

- to renew, revive and restore.

Baros Signature Massage

60/90 minutes

Our Signature Massage is a combination 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.

Piano Deck Couples Massage

60 minutes

Indulged in a relaxing Swedish or Oriental Care massage as the sun sets, the stars twinkle and the moon glows, on a deck isolated in the middle of a sparkling lagoon. The only sound is the natural music of splashing waves and the whisper of the caressing breeze. A truly one of a kind experience.

Baros Sand Poultrice

90 minutes

A poultrice filled with heated fresh sand from the beach, grated ginger and warming black pepper, is dipped in extra virgin coconut oil and then pressed to various parts of the body and energy centres. This improves circulation, relieves stiff muscles, alleviates stress, draws out toxins and brings relief to joint conditions, while reducing water retention.



Relaxing Treatments

- to calm, soothe and repose.

Swedish Recharge

60/90 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

Oriental Care

60/90 minutes

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

Lava Rock

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.

Invigorating Treatments

- to refresh, boost and energise.

After Flight

60/90 minutes

The ideal massage technique to banish fatigue and sluggishness associated with jet lag. The movements are designed to stimulate and invigorate you. A re-energising oil is used with lemongrass and eucalyptus to inspire a feeling of renewal.

Meridian Pressure Point

60/90 minutes

A medium to firm finger pressure massage applied to the meridian points to stimulate and unblock the channels of energy

Lazy Man's Yoga

60/90 minutes

This massage is oil free. The stretching and pressure point techniques release tensions, restoring your energy and balance. It is an excellent way of reviving after a long flight.

Detoxifying Treatments

- to clean, clear and eliminate.

Detox Massage

60/90 minutes

A detox massage is a deep tissue massage focusing on the body's key detox 'tools': our muscles, our lymphatic system and our mind. When these three areas are working to maximum efficiency, toxins like artificial additives, pesticides and other foreign nasties are more easily eliminated, and we'll feel healthier and happier as a result.

Lymphatic Drainage

90 minutes

Lymphatic drainage is a specialized massage technique that assists the body's own waste removal system. Soft pressure is applied to direct the flow of toxins to be excreted from the body. It is also a valuable massage technique to assist with health conditions such as edema, acne, cellulite, weight loss, reduced circulation and some skin disorders.



Anti-Stress Treatments

- quick and focused.

Anti-Stress 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.

Anti-Stress 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.

Anti-Stress Head and Scalp Massage

30 minutes

A tantalising massage experience for complete relaxation of the mind. Excellent to conclude any spa experience.

Specialised Treatments

- for specific needs.

Prenatal Care

60/90 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).

Sun Soothing Massage Treatment

60/90 minutes

The therapist gently massages cooling water lily gel into sunburnt skin to relieve the stinging sensation and help repair the skin while promoting lymph drainage.

Anti-Cellulite Massage

30/60 minutes

Starts with lymph drainage to aid the detoxification process and flows into an invigorating spot massage treatment to increase the micro-circulation in problematic cellulite areas to aid the breakdown of adipose tissue.



BODY EXFOLIATION

Deep Cleansing 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.

Anti-Ageing Forbidden Fruit Scrub

45 minutes

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

Serene Floral 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.



BODY ENVELOPMENT

Anti-Ageing

Tropical Cocoon

60 minutes

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

Anti-Cellulite

Temptress Wrap

60 minutes

Micronised Green Coffee stimulates your body's ability to breakdown fat with the help of chlorogenic acid, reducing cellulitic areas and effectively eliminating water retention

Detoxifying and Healing

Graceful Sea 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.

Refreshing and Restoring

Serenity 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.



FACIALS

Restore and Renew

Fountain of Youth

75 minutes

This is the latest in Phyto-technology. The Moroccan Argon stem cell plumps and densifies the dermis by stimulating the fibro-blast cells. This starts reproducing collagen and elastin again after it has slowed down, if not ceased, in maturing skin. It will stimulate the stem cell to reproduce new skin cells. The effect? Regeneration of new skin!

Anti-Ageing

Opulent Feast

75 minutes

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

Lift and Glow

Bright Utopia

60/75 minutes

Instantly redefines the facial contour by increasing the skins elasticity and firmness while brightening the skin and restoring a healthy radiance.

Gentlemen

Fall of Man

75 minutes

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

Repairing and Healing

Sea of Plenty

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.

Beginners

Balancing Bliss

45/60 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.



NAILS & WAXING

Indulging Spa Manicure or Lavish Spa Pedicure

60 minutes

With a specially created Hand and Foot Range from Pevonia Botanica, your hands, feet and nails are treated to an exfoliation, relaxing massage and corrective hand and foot mask, with cuticle care and a perfect polish to complete this exceptional Spa experience.

Express Manicure and Pedicure

30 minutes

Swift and caring exfoliation and cuticle work with a perfect polish to leave your hands, feet and nails fresh and renewed.

Hands or Feet Nail Polish / French Nail Polish

15/20 minutes

The soothing touch of expertise to make your nails shine with good health.

Waxing

The care and attention we devote to our exclusive waxing treatments will leave your skin smooth and soft.

Half or Full Leg Wax

30/45 minutes

Bikini or Brazilian Wax

30/45 minutes

Full Back Wax

30 minutes

Hand Arm Wax

30 minutes

Whole Body Wax

120 minutes

Under Arm Wax

20 minutes

Eye Brow or Lip Wax

20 minutes



HEAD & EYE

HEAD

Nourishing 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

Lumafirm Eye Contour

30 minutes

For a visibly lifted, firmed, and wrinkle-smoothed eye contour which lightens, brightens and repairs sun damage

Eye Inspire

30 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.

De-wrinkle Eye Treatment

30 minutes

Wonderful for treating wrinkles. A rich, yet non-greasy, 100 percent 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.



SPA BY DESIGN

Add on selections

You can design your own treatment. Add any of the following 15-30 minutes possibilities to any Body or Facial Treatment.

	Duration	Perfect Combination with	
		Facial	Body Therapy
Wet Steam	15 minutes	✓	✓
Flower Bath	15 minutes		✓
Anti-Stress Head and Scalp	15 minutes	✓	✓
Lumafirm Eye Contour	15 minutes	✓	
Eye Inspire	15 minutes	✓	
De-wrinkle Eye Treatment	30 minutes	✓	
Nourishing Coco Hair Wrap	30 minutes	✓	✓
Express Facial	30 minutes		✓
Anti-Stress Foot	30 minutes	✓	✓
Anti-Stress Back Neck & Shoulder	30 minutes	✓	✓
Floral Polish	30 minutes		✓
Baros Signature Scrub	30 minutes		✓
Forbidden Fruit Scrub	30 minutes		✓



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.

Abhyshirodhara

105 minutes

A combination of Abhyanga and Shirodhara treatment. Your treatment starts with a wet steam bath session to increase the detoxifying benefits.

Abhyanga

60/90 minutes

A warming full body massage incorporating long and vigorous massage movements stretched over the entire body while Ayurvedic Massage Oils relax and rejuvenate muscles and joints of the entire body

Shirodhara

45 minutes

Heated Ayurvedic Oils are drizzled over the forehead and scalp to alleviate any tension and slow down brainwaves for total and deep relaxation. This deeply relaxing treatment focuses on stimulating the “the third eye”. This can aid sleep and reduce stress.



YOGA & MEDITATION

Yoga is 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 life.

Private Gentle Yoga or Yoga Dynamic 60 minutes

Private Gentle Yoga is devoted to loosening, strengthening and stretching the major parts of your body. While 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. 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.

Yoga Nidra / Yogi Sleep 45 minutes

Yoga Nidra refers to the conscious awareness of the deep sleep state. It brings about a complete relaxation of the internal organs, synchronisation in the flow of breath and energy, resulting in a balanced state of mind. The practice of yoga relaxation has been found to reduce tension and anxiety.



YOGA & MEDITATION

Yoga on the Sandbank or Piano Deck

60 minutes

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

Available on request at 05.45 hrs and 17.15 hrs

Meditation

30 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

Opening Hours: The Spa is open from 9:00hrs and the last booking is at 18:45hrs.

Availability: Kindly dial extension 460 from your villa to book your preferred time or therapist.

Special Considerations: Our bespoke treatments can be adapted to accommodate illness, injury or pregnancy. Please contact The Spa Reception (Dial 460) to discuss special needs.

Arrival: Please arrive 10 minutes before your appointment so you have time to complete a health assessment form and can enjoy a complimentary, refreshing drink of ginger tea. Late arrival might decrease your Spa time because of other guests' bookings. Full cost will apply.

Cancellation: We understand schedules change. Since your Spa time is reserved for you, please notify us at least 24 hrs in advance of your appointment time to avoid cancellation charges. Treatments cancelled within 12 hours before the scheduled time will incur a 50% cancellation fee. Treatments cancelled within 4 hours before the appointment will incur 100% of the fee.

No Smoking: Kindly refrain from smoking in or around The Spa premises.

Valuables: Please deposit your valuables in the safe in your villa before coming for your appointment as The Spa is not liable for loss or damage of any kind to your personal property.

Age: Children under the age of 16 are not allowed in The Spa.

Spa Attire: You will be provided with everything you need for your time with us, including disposable underwear, robe, slippers and towels.

Treatment Preparation: Please do not eat at least one hour before your treatment time. We encourage you to bring a willingness to surrender and fully relax, so we can guide you and your body to a more balanced state of being.



BAROS

maldives

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A Universal Resort



