



## BATH CONCIERGE MENU

Soak in the surreal. Indulge in calming treats, and choose from bath blends to relax or revive.

### RESET

USD 85++

Float away jet lag.

*Vetivert, chamomile and sandalwood.*

*Raw chocolate, cranberry and pistachio balls and creamy hot cocoa.*

### RELEASE

USD 99++

Destress mind and muscles.

*Wild chamomile, petitgrain and frankincense.*

*French brie, peppered berries and walnut loaf served with red wine.*

### UPLIFT

USD 130++

Reawaken body and mind.

*Geranium, patchouli and sandalwood.*

*Canapés and Champagne.*

### EXHALE

USD 85++

Breathe deeply.

*Eucalyptus, pine and tea tree.*

*Vegetable crudités and walnut paste with hot herbal tea.*

## AROMA DREAMS

USD 215 ++

The most indulgent drift into dreams with candlelit bliss, a sandalwood & tea tree bath, and intuitive massage beneath the stars. Hot cocoa, lavender & lemon cookies, and soft music lull you into the deepest heavenly sleep.

Please dial Q or contact your Thakuru for reservations. Advance booking is required.

# FAMILY MENU



## Family SPArty

**USD499++**

To be enjoyed in the luxury of your own villa or in a private Spa Sanctuary:

Parents worries will melt away in a relaxing luxury bath, while the children relax with 30minute massages. Following this the parents can enjoy 60minute NIYAMA massages each.

Children options: Movie, Ice Cream, Popcorn, Nanny service \$20 ++ per hour, Explorers Kids Club.

## Parent & Child Connection

**USD160++**

30 minute massage for you and your prince or princess to enjoy along side each other. Restore your family connection and soothe away the stresses of modern family life.

## Family Yoga

**USD120++**

45minute Private Family Yoga session. Bringing equilibrium and inner peace into the family unit. Enjoy on the beach, air conditioned stretch room or in the privacy of your own Villa.

## Family Massage Workshop

**USD120++**

Massage is an ancient practice and conveys to the child a sense of security and trust. Children who grow up with healthy views of touch are known to grow up into adults with self-esteem and develop long standing relationships. This 90minute workshop will teach the parents and the children different therapeutic massage techniques.

# CHILDREN'S MENU



## Children's Pick n' Mix Corner

Daphne the Dolphin Massage

30minutes

USD70++

60minutes

USD100++

Little Star Fish Couture Facial

30minutes

USD60++

Cool Camel After sun Treatment

30minutes

USD70++

Curly the Seahorse Body Scrub

30minutes

USD70++

Captain Red Claw Mani

30minutes

USD35++

Happy Feet Pedicure

30minutes

USD35++

## Children's Add-ons

Polish for paws

15minutes

USD25++

Additional Nail Art

Complimentary

Hair Braiding

Complimentary

Ice Cream Sundaes - Post Treatment

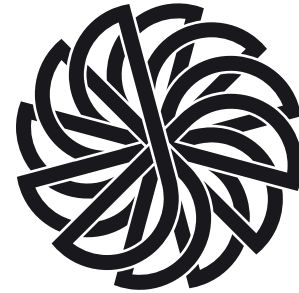
USD6++

Music Rock Star - Bring your own IPOD!

Complimentary

Spa Children's age range up to 12 years old

Address: PER AQUUM Niyama, Dhaalu Atoll, Maldives  
Tel Number: 00960 676 1280 (Or dial 2 from your room)  
Email: [lime.pniy@peraquum.com](mailto:lime.pniy@peraquum.com)  
Website Address: [www.niyama.peraquum.com/lime-spa](http://www.niyama.peraquum.com/lime-spa)



# GENTLEMEN'S TONIC

MAYFAIR

## Face

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Express (30 Mins)	\$85.00
Hydration (60 Mins)	\$155.00
Detox (60 Mins)	\$155.00
Anti-Aging (60 Mins)	\$175.00

## Massage

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Deep Tissue (60 Mins)	\$155.00
Deep Tissue (90 Mins)	\$195.00
GT Traveller Massage (90 Mins)	\$210.00

## Body

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Express Hand Treatment (30 Mins)	\$60.00
Express Foot Treatment (30 Mins)	\$60.00
Bespoke Hand Treatment (50 Mins)	\$75.00
Bespoke Foot Treatment (50 Mins)	\$75.00
Old World Body Scrub (45 Mins)	\$85.00
Back Tone & Tonic (45 Mins)	\$90.00
Back Tone & Tonic & Express Facial (75 Mins)	\$165.00

All prices are quoted in US Dollars and are subject to 10% service charge and 12% GST.

# intra

# ceuticals

it's in the skin

*Recommended by Skincare Professionals,  
Celebrities, Professional Make-up Artists,  
Photographers and Stylists all over the world.*

**PER AQUUM Niyama**  
Dhaalu Atoll PO Box 2002  
Republic of Maldives

All prices are quoted in US Dollars and  
Subject to 10% service charge and 12% GST

For more information, please contact

Phone: +960 6761280  
Email: [lime.pniy@peraquum.com](mailto:lime.pniy@peraquum.com)  
Website: [peraquum.com/niyama](http://peraquum.com/niyama)

# intra

# ceuticals

oxygen facial  
treatments





## REJUVENATE TREATMENT

60 minutes USD 295++

This skin quenching treatment provides the ultimate in intense hydration. Perfect for all skin types, the Rejuvenate Serum contains vitamins and antioxidants that dramatically lift, tone and hydrate the skin. Results are not only instant but continue to improve in the following days.

*Skin Type: all: deeply hydrates, enhances volume and facial contour, comforts, calms, freshens, reduces the appearance of fine lines and wrinkles*

## REJUVENATE ANTI-AGEING TREATMENT

75 minutes USD 355++

Get the best of both worlds! For even more remarkable results, allow the powers of the Rejuvenate and Atoxylene Treatment to combine and instantly reduce the appearance of fine lines and wrinkles while tightening and firming for more defined facial contour.

*Skin Type: All*

## REJUVENATE BOOSTER TREATMENT

No additional time is required USD 95++

*Enhance your Rejuvenate results with:*

**Collagen** - State of the art collagen building peptides for extra firming and tightening.

**Vitamin C+3** - Three forms of vitamin C work together to protect and promote healthy glowing skin.

**Vitamin A** - A new form of Retinol that refines and defines.

**Antioxidant** - Natural super fruits from the Australian Rainforest protect and balance travel weary skin

## ATOXYLENE TREATMENT

20 minutes USD 125++

This targeted treatment is the perfect, non-surgical alternative to more invasive procedures, the Atoxylene Treatment natural amino acids instantly firm, lift and plump your skin for a dramatically reduced appearance of fine lines and wrinkles.

*Skin Type: All – ideal for: fine lines and wrinkles, expression lines, prematurely aging skin.*

## CLARITY SENSITIVE TREATMENT

60 minutes USD 295++

Refines the appearance of problem prone skin with the ultimate weapon against impurities and irritation. The Clarity Treatment clears oil build-up, leaving skin clarified and refined. Results are not only instant but continue to improve in the following days.

*Skin Type: blemish prone, oily or combination, also sensitive problem prone*

## CLARITY SENSITIVE ANTI-AGEING TREATMENT

75mins USD 355++

Fight problematic skin as well as targeting fine lines and wrinkles. This treatment uses a combination of Clarity and Atoxylene to clarify and refine problem prone skin and dramatically reduce the appearance of fine lines and wrinkles.

*Skin Type: blemish prone, oily or combination, also sensitive problem prone, prematurely aging skin*

## OPULENCE TREATMENT

60 minutes USD 295++

Reveal a more radiant you! The Opulence Treatment combines botanical brighteners and super concentrated Vitamin C to brighten and balance dull, uneven skin tone. Pigmentation is minimized, leaving your skin luminous, toned and more radiant. Results are not only instant but continue to improve in the following days.

*Skin Type: Uneven and dull skin: deeply hydrates, helps balance uneven skin tone, reveals brighter skin, increases luminosity and radiance*

## OPULENCE ANTI-AGING TREATMENT

75 minutes USD355++

All the beauty of a brightened and young skin achieved with the radiance revealing combination of botanical skin brighteners, super concentrated Vitamin C and Atoxylene serum. The treatment results in a much glowing, brightened skin with significant reduction in appearance of fine lines and wrinkles.

*Skin Type: All*



# THE SALON

by Pedro Sanchez  
PER AQUUM Niyama, Maldives



## THE SALON BY PEDRO SANCHEZ

FOR THE ULTIMATE PAMPERING, RELAX IN OUR DESIGNATED HAIR SALON  
AND ENJOY YOUR CRÈME HAIRBATH OR TREATMENT.  
ENCOUNTER THE EXPERTISE OF OUR RENOWNED HAIRSTYLISTS FROM  
THE PEDRO SANCHEZ HEADQUARTERS IN ZURICH.

THE STYLISTS ARE HIGHLY TRAINED TO CONSIDER EVERYTHING, FROM THE  
NATURAL FALL OF THE HAIR, TO FACE SHAPES, CHARACTER,  
AND SKIN TONE, IN ORDER TO ACHIEVE FLATTERING PERSONALISED RESULTS.

FROM SIMPLE CUTS TO GLAMOROUS BLOW OUTS AND UPDOS,  
THE SALON AT PER AQUUM NIYAMA MALDIVES OFFERS A HAIRSTYLING  
EXPERIENCE THAT WILL EXCEED YOUR EXPECTATIONS.

LADIES' CUT AND STYLE	FROM USD	130 – 180
MEN'S CUT AND STYLE	USD	110
SHAMPOO AND BLOW DRY	FROM USD	80 – 150
UP STYLE	FROM USD	130
CHILDREN'S CUT	FROM USD	60 – 120
COLOUR	FROM USD	110 – 160
HIGHLIGHTS	FROM USD	150 – 300
TONER	FROM USD	90 – 150

**SHU UEMURA ESSENTIAL CEREMONY**  
30 MINUTES

USD 75

**SHU UEMURA LUXE CEREMONY**  
45 MINUTES

USD 110

**KERATIN TREATMENT**

FROM USD 600-900

All Prices are quoted in US Dollars and are subject to 10% service charge and 12% GST'

## THE ART OF CEREMONIES

THE CALM, PRECISION AND BEAUTY OF THE TEA CEREMONY ARE THE MOTIVATION OF THE HAIR BEAUTY CEREMONIES. A UNIQUE, CUSTOMISABLE PROFESSIONAL TREATMENT THAT COMBINE SHIATSU BASED GESTURES WITH HIGH PERFORMANCE FORMULAS USING PRECIOUS NATURAL INGREDIENTS.

### SHU UEMURA ESSENTIAL CEREMONY & BLOW OUT – USD 190

COMPLETE HAIR BEAUTY STARTS AT THE ROOTS WITH A HEALTHY AND BALANCED SCALP USING A PURE CONCENTRATION OF ACTIVE NATURAL INGREDIENTS WITH AROMATIC AND TREATING PROPERTIES.

### SHU UEMURA LUXE CEREMONY & BLOW OUT – USD 220

A DELUXE EXPERIENCE THAT COMBINES THE ESSENTIAL AND INFUSION HAIR BEAUTY CEREMONIES FOR AN ULTIMATE HAIR TREATMENT. REVITALISING TREATMENT THAT DEEPLY CLEANSSES THE SCALP AND HAIR TO LEAVE IT FRESH, BALANCED AND FREE FROM DAILY IMPURITIES. HIGH-PERFORMANCE ABSOLU OILS ARE CUSTOM BLENDED WITH TREATMENT MASQUES TO SEDUCE THE SENSES AND RESTORE HAIR TO A HEALTHY STATE.

THE SALON BY PEDRO SANCHEZ IS LOCATED IN THE LIME SPA  
DIAL 2 FROM YOUR VILLA FOR MORE INFORMATION  
OR CONTACT YOUR THAKURU FOR A RESERVATION.

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KÄMBELGASSE 4  
8001 ZÜRICH  
SWITZERLAND  
HAIR @ PEDROSANCHEZ.CH  
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**LSW**  
*Exclusive Member of*  
THE **LEADING SALONS** OF THE WORLD™

[WWW.PEDROSANCHEZ.CH](http://WWW.PEDROSANCHEZ.CH)

[WWW.PERAQUUM.COM](http://WWW.PERAQUUM.COM)



# COME OUT OF YOUR SHELL

Time is not of the essence at LIME. We want you to savour your surroundings, so we have added time to everything.

You cannot create an experience. You have to live it.

Come into LIME.







Signature Treatments	6
Private LIME	8
Intraceuticals Oxygen Facials	12
Holistic Zone (Face & Body)	14
Gentlemen's Tonic	20
LIME Massages	22
Yoga	26
Margaret Dabbs Nail	28
LIME Finishing Touches	30
How to LIME	31

# THE SPIRIT OF PER AQUUM NIYAMA

The essence of the Maldives.

Signature PER AQUUM Niyama experiences created with local and natural ingredients.



### **PER AQUUM Niyama Scrub**

*45 minutes*

The first step to cleansing and a prelude to any massage or body experience. Removes dead skin, toxins and improves circulation. A rain shower provides a refreshing, light sensation. Maldivian coral sand with coconut, oil, shells and fruit. A luscious blend that melts into the skin, gently polishing away impurities.

### **PER AQUUM Niyama Signature Massage**

*1 hour / 1 hour 30 minutes*

This unique treatment has been carefully customised for the guests of LIME Spa, to enjoy a combination of Lomi Lomi, Shiatsu and Thai stretching and will release tension and induce relaxation. Witness the power of our Signature oil blend and unique technique which you can only experience here at LIME Spa.

### **PER AQUUM Niyama Recovery**

*1 hour 30 minutes*

Inhalations of selected essential oils and a stimulating body brushing prelude an aroma pressure massage of the back, neck and shoulders. A recharging gel body masque rich in minerals and plant essences is applied, while an acupuncture foot and scalp massage with essence of lime will release trapped energy. An eye massage with chilled lava stone invigorates and reduces puffiness. Perfect for pre or post travel.

### **PER AQUUM Niyama Holistic Duo**

*1 hour 15 minutes (for couples)*

Synchronise the energetic vibration between the two of you. The journey begins with balancing the chakra energy levels with precious healing oils, and simple breathing exercises. A healing Aromatherapy Massage for you and a Himalayan Singing Bowl session for your partner conclude the experience guiding you both into a deep state of relaxation.

# PRIVATE LIME

Create your own personalised spa ritual. It's simple. You tell us the time you would like and what you want to experience from the menu in that time.

Spoiled for choice? We will guide you.

Our Private Spa Sanctuaries with outdoor shower, bath and day bed set in the midst of a sultry, tropical garden, will be your next destination.

Please choose your treatment from;

- ❖ Anne Semonin Couture Facial
- ❖ Balinese Massage
- ❖ Reflexology
- ❖ NIYAMA body scrub
- ❖ Pedicure
- ❖ Gentlemen's Tonic Hydration Facial
- ❖ Deep Tissue Massage
- ❖ Recovery body treatment
- ❖ Manicure
- ❖ Ear Candling

A black silhouette of a person in a running pose, positioned on the left side of the page. The person's right leg is forward, and their arms are in a running motion. The background is white.

JUST FOR YOU  
OR ENJOY AS A  
COUPLE



## **U Two**

*2 hours*

- ❖ 1 Hour 30 minute Spa Experience of Your Choice
- ❖ Outdoor Rain Shower
- ❖ 30 Minutes of LIME-Time in Your Sanctuary
- ❖ Fresh Juice, Teas and Tropical Fruits

## **Just 2**

*3 hours*

- ❖ 2 Hour Spa Experiences of Your Choice
- ❖ Outdoor Bath for Two
- ❖ 1 Hour of LIME-Time in Your Sanctuary
- ❖ Fresh Juice, Tropical Fruits, Tea and Authentic Delicacies

## **Love Is**

*4 hours*

- ❖ 3 Hour Spa Experiences of Your Choice
- ❖ Outdoor Bath for Two
- ❖ 1 Hour of LIME-Time in Your Sanctuary
- ❖ Fresh Juice, Tropical Fruits, Tea and Authentic Delicacies

## **Decadent**

- ❖ A Bottle of Champagne
- ❖ Chocolates
- ❖ Canapés and Petit Fours
- ❖ Fruit Platter
- ❖ An Additional Hour of LIME-Time



# INTRACEUTICALS OXYGEN TREATMENTS

Align yourself with the Hollywood A-list. Get camera ready with a combination of art and science for immediate results. Pressurised oxygen and unique protocols are utilised to deliver the highly effective anti-aging ingredients to any skin type. Take the first step in your skin's transformation. Your skin will look and feel years younger, visibly lifted, toned and hydrated.

## Rejuvenate Treatment

*1 hour*

A skin quenching treatment that provides intense hydration. The Rejuvenate Serum contains vitamins and antioxidants that also dramatically lift and tone. Results are instant and continue to improve in the following days.

## Rejuvenate Booster Treatment

Enhance your Rejuvenate results with:

Collagen – State of the art collagen building peptides for extra firming and tightening.

Vitamin C+3 – Three forms of vitamin C that work together to protect and promote glowing skin.

Vitamin A – A new form of Retinol that refines and defines.

Antioxidant – Natural super fruits from the Australian rainforest that protect and balance travel weary skin.

\*No additional time required.

## Atoxelene Treatment

*20 minutes*

This treatment is the perfect, non-surgical alternative to more invasive procedures. It uses natural amino acids to firm, lift and plump your skin for instant results and dramatically reduced fine lines and wrinkles.

## Opulence Treatment

*1 hour*

Reveal a more radiant you by combining botanical brighteners and super concentrated Vitamin C to brighten and balance dull, uneven skin tone. Pigmentation is minimised, leaving you with luminous, toned and more radiant skin. Results are instant and continue to improve in the following days.

## Rejuvenate Anti-Aging Treatment

*1 hour 15 minutes*

For even more remarkable results, combine the powers of the Rejuvenate and Atoxelene Treatments. Instantly reduce the appearance of fine lines and wrinkles, while tightening and firming for a more defined facial contour.

## Opulence Anti-Aging Treatment

*1 hour 15 minutes*

Get brightened and radiant young skin with the combination of botanical skin brighteners, super concentrated Vitamin C and Atoxelene serum. The treatment results in glowing, brightened skin with a significant reduction in the appearance of fine lines and wrinkles.

# HOLISTIC ZONE

ANNE SEMONIN Face and Body:

Combines trace elements and essential oils.

Customised for the individual.

Holistic and personal, it is a revolutionary approach to skincare.

Maximum concentration.

Optimum results.



# HOLISTIC FACE

## Ultimate Experience

*1 hour 15 minutes*

### *Option One: Age Protect*

A new generation in facials. This contouring and firming facial is designed to combat the visible signs of aging using the renowned effects of the 'Radiance Ice Cubes' on the eye-zone. These are the latest in 'neuro-cosmetics'. 100% intense plant active serums, masks and aromatic complexes combined with a drainage massage to restore a more radiant complexion and instant youthfulness. Hands and arms are cleansed and massaged during this facial.

### *Option Two: Marine Mineral Purifier*

Deep cleansing, decongestion, remineralising. Traditional steam and extraction techniques combine with the power of marine elements resulting in a deeply purifying treatment. The advanced Anne Semonin peel off mask, with the highest concentration of minerals and algae, leaves the skin instantly calmed, decongested and silky smooth.

## **LIME Couture**

*1 hour*

- ❖ Age Defend
- ❖ Oligo Skin Protect
- ❖ Soothing Skin Saviour
- ❖ Baby Bliss Pregnancy Facial

Made-to-measure facials. This collection is tailor-made to your skin's needs through unique massage techniques, botanical active serums, aromatic intensive complexes and powerful masks.

## **Sublime Radiance Express**

*30 minutes*

Instantly revive a tired complexion with a facial cleanse and mineral mask to boost circulation and reveal clarity.

# HOLISTIC BODY

## **Melt**

*1 hour 30 minutes*

Melt away stress with this anti-fatigue back remedy. A full body experience using detoxifying, self-heating seaweed mud on the back followed by a full body aromatic massage with marjoram, lavender and rosewood essential oils. Let yourself unfold as aches and pains are dissolved and clarity is restored. Perfect for pre or post travel.

## **LIME Cocoon**

*1 hour 30 minutes*

Your body is cleansed then snugly wrapped to provide either nourishment or detoxification with powerful essential extracts from the earth or ocean. Savour a soothing drainage massage of the scalp and face whilst the body mask works its magic; after an invigorating shower your body is massaged with botanical elixirs. Richly aromatic. Smooth. Full of vitality.

## **Sunset! Be Repaired**

*1 hour*

The ideal after sun therapy tailored to repair, heal and soothe. The perfect way to prolong your tan. Your body and face are wrapped in a rich nourishing cream mask with soothing apricot kernel and essential oils restoring a healthy glow.



## Sculpt Collection

*1 hour 30 minutes*

Anti-cellulite, firming, toning action treatments

Add-in: Extra problematic areas with additional cost

### *Option One: Silhouette Re-Sculptor*

A specific trouble-shooting treatment for cellulite accumulation. This treatment breaks down fatty deposits with an exfoliation, a special treatment with Lipoliss, a stimulating massage for the legs and a detoxifying and firming mask on localised areas. An energising abdominal massage assists in the elimination of toxins and waste which contributes to cellulite formation. Your legs are left feeling refreshed, energised and firm.

### *Option Two: Cryo-lipoliss*

“Au revoir” dimpling and uneven skin. Anne Semonin fights small cushions and cellulite with its new 3-phase treatment cure. Inspired by cryotherapy techniques, an ultra-cold treatment designed to shock the body into action by reviving up blood circulation and boosting the immune system. Followed by a specially designed detox massage using an active ingredients complex of brown and red algae and a firming body mask application on problematic areas. The result: your legs are left feeling refreshed; skin tone is visibly improved and the skin contour looks firmer and more even after just one treatment. For perfect and long lasting results, a series of treatments is recommended.

# GENTLEMEN'S TONIC

## FACE

### **GT Advanced Anti-Aging Facial**

*1 hour*

An instant lifting and firming treatment, active ingredients and peptides combine to accelerate cell renewal and promote collagen production. Elasticity is improved and the skin appears significantly brighter and a more youthful complexion is achieved.

### **GT Hydrate Facial**

*1 hour*

A blend of serums enriched with nourishing anti-oxidants, vitamins and soothing botanical extracts, nourish and rehydrate the skin, combating the signs of pre-mature aging. The skin appears taut and a glowing complexion is achieved.

### **GT Detox Facial**

*1 hour*

Ideal for a more congested skin type, an active anti-oxidant peel combined with a purifying mask removes the dead skin cells, unblocking the pores and deep cleansing the skin by drawing out impurities. Clarity and overall complexion of the skin is improved.

### **GT Express Facial**

*30 minutes*

Tailored to the client's needs, this is an introductory or 'quick fix' facial, using Gentlemen's Tonics' products, this facial is swift, efficient, cleanses tones and hydrates the skin.

### **BODY**

#### **Back Tone and Tonic**

*45 minutes*

A gentle exfoliating blend of walnut shell extract, aromatic essential oils and vitamins combine in this luxurious back treatment to reveal silky smooth skin which will leave you feeling energised and invigorated. Followed by an express brightening facial and a relaxing scalp massage, this is the perfect treatment for the face and body leaving the skin polished and thoroughly hydrated.

#### **The Traveller Massage**

*1 hour 20 minutes*

Gentlemen's Tonic's award winning head to toe luxury massage. This massage helps to release and eliminate tired, tense muscles while enhancing deep relaxation. This is exceptional for those who have been in the air for a while, or are permanently on the go.

# LIME MESSAGES

We seek to create the unforgettable.

All our massages can be personalised to your needs and desired results.

## Traditional Thai

*1 hour / 1 hour 30 minutes*

Replenish, relieve and rebalance at every level. Yoga stretches; compression and trigger pressure point massage releases blocked energy. Your life force, flexibility and mobility are awakened.

*\*Thai massage is performed on a Thai mat, no oil is used and loose pajamas are provided.*

## \*Balinese

*1 hour / 1 hour 30 minutes*

Traditional Balinese massage. Seamless blend of acupressure, skin rolling and firm smooth strokes stimulate energy flow and circulation. Spicy and warming aromas are used for optimum results.

## Shirodhara and Abhyanga

*1 hour 30 minutes*

Nourish and restore the nervous system with this ancient Ayurvedic ritual. A soaking of the third eye with hot black sesame oil combined with a traditional Ayurvedic massage will assure ultimate well-being.

## **Niyama Signature Massage**

*1 hour / 1 hour 30 minutes*

Release tension and relax with a full body massage that combines Lomi Lomi, Shiatsu and Thai stretching. Witness the power of our Signature oil blend and unique technique which you can only experience at LIME Spa.

## **\*Sleep Deeply**

*1 hour*

This head-to-toe massage uses carefully applied pressure to induce a serious state of relaxation, leaving you prepared for a sound night's sleep. The perfect choice to enjoy in the privacy of your own villa.

## **\*Ultimate Aromatherapy Experience**

*1 hour / 1 hour 30 minutes*

This hero treatment releases tension held in every part of the body. Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques relieve muscular tension and lymphatic drainage helps encourage a healthy circulation.

## **\*Mother to Be**

*1 hour*

Relieve stresses and strains, heavy legs and an aching back with this all over body treatment. Includes relaxing and rejuvenating full scalp and facial massage.

### Back Release

*30 minutes*

Relieve stress and muscular tension in the back, neck and shoulders.

### Indian Head Massage

*45 minutes*

Focusing on the head, neck, and shoulders, this pressure point massage technique frees the mind of stress and recaptures lost energy.

### Hot Stone

*1 hour 30 minutes*

Energy guides us. Using the purest oils and hot basalt stones as an extension of the Therapist's hands, melt away muscle stress leading you into a deeper sense of relaxation.

### Sports Massage

*1 hour*

This vigorous massage concentrates on specific muscles and muscle groups. Perfect for the active and athletic individual; deep manipulations relieve aches and discomfort and aid the natural healing process.

*\*Upon request some treatments are available in the comfort of your Private Villa.  
Please call Spa Reception for more information.*





# YOGA

Find your balance. Improve the suppleness of your limbs. Master your breathing. Join our on-going classes for both beginners and yogis in the making. Sessions include pranayama (breathing practices), asana (postures), vinyasa (flows), gentle anatomical sequences and dyana (meditation). Each week our classes change to keep it fresh and promote ongoing learning.

## **Hata Yoga**

*1 hour*

Develop your balance, strength, flexibility and breath control in held postures with this alignment-based class. Our Hata Yoga classes are based on the classic and ancient practices with attention to alignment and the deeper levels of yoga.

## **Candle Light Hata Flow Yoga**

*1 hour 15 minutes*

Set to music and lit only by candles, this soulful Hata Yoga class builds strength and flexibility while allowing the mind to flow into a state of meditation by travelling ever inward, further enhanced by the darkness. Attention is paid to the alignment of the physical form as well as the body's chakras.

## **Pranayama And Meditation**

*1 hour*

Pranayama is the relationship to our breath. It teaches us to control the movement of our minds. The more we become aware of our breath, the more we are able to calm the mind, and access and experience the bliss of our hearts through meditation.

## Yogabhyanga Signature

*2 hours*

Yoga and Ayurveda are complementary sciences in Indian Vedic tradition. They share a common understanding, and aim for a common goal. Yoga uses Ayurveda to reach its goal and Ayurveda uses Yoga for health benefits. The session includes 1 hour of Hata yoga and 1 hour of Ayurveda Abhyanga Massage.

## Ashta Yoga for Beginners

*3 days*

Day 1 - Hata Yoga (1 hour)

Day 2 - Breathing Exercises And Meditation (1 hour)

Day 3 - Hata Yoga And Meditation (1 hour 30 minutes)

## Prana Yoga

*5 days*

Day 1 - Hata Yoga (1 hour)

Day 2 - Yoga And Breathing Exercises (1 hour 30 minutes)

Day 3 - Breathing Exercises And Meditation (1 hour)

Day 4 - Ashtanga Yoga (1 hour)

Day 5 - Ashtanga Yoga And Meditation (1 hour 30 minutes)



## LIME ESSENTIALS

**The Margaret Dabbs Supreme Manicure**  
*1 hour*

A fabulous 60 minute signature manicure for the ultimate in nail treatments. Giving outstanding results and with the indulgence of the full range of Margaret Dabbs London products and finishing with a wonderful hand and lower arm massage and perfect polish.

### The Margaret Dabbs Supreme Pedicure

*1 hour*

A fabulous 60 minute signature pedicure for the ultimate in foot treatments. Giving outstanding long lasting results and with the indulgence of the full range of Margaret Dabbs London products and finishing with a foot bath, a wonderful foot massage and perfect polish. Pure transformation.

### Gentlemen's Manicure

*50 minutes*

### Gentlemen's Pedicure

*1 hour*

### Nail Shape and Polish

*20 minutes*

### Nail Shape with French Polish

*30 minutes*

### Detox Reflex Foot Massage

*20 minutes*

Enjoy some stress-free foot pampering with our fabulous Foot Massage, guaranteed to relieve and refresh over worked and tired feet. Perfect for jet lag.

# LIME FINISHING TOUCHES

## Hair Salon

Please call LIME Spa for more information on Hair Salon services.

## Tinting

- ♣ Eyebrow Tinting      *15 minutes*
- ♣ Eyelash Tinting      *30 minutes*

## Hair Removal

- ♣ Face and body waxing services are available  
with prices given upon request
- ♣ Indian threading is also available for the eyebrow  
shaping and upper lip

# HOW TO LIME

## Treatments and Rituals

All our rituals and experiences are available for singles and couples in:

- ❖ LIME Spa: Ocean facing suites and spa sanctuaries with outdoor bath, shower, garden and relaxation area.
- ❖ Your Studio or Pavilion: Don't move a muscle and let us bring a selection of our spa experiences to the comfort and the privacy of your Studio or Pavilion (subject to an additional 25% charge).
- ❖ After Dark: The Spa is open 24 hours. A selection of therapies from our menu are available anytime during the night. Our LIME Concierge is there to guide you. After Dark experiences at LIME (9:00 pm to 9:00 am) are subject to an additional 25% charge.
- ❖ All prices are quoted in USD and subject to service charge and Government Sales Tax.

## Arrival

To ensure you enjoy your time with us and receive the full benefits of your LIME Spa experience, we ask you to arrive at least 15 minutes ahead of your scheduled time. If you wish to take advantage and explore SubLIME, LIME's pre-experience spaces, as well as our calming surroundings we invite you to arrive in your own time.

## Cancellation

We understand you may need to change your schedule. We ask that you give us a minimum of 12 operating hours notice. Appointments cancelled within 12 hours will incur a 50% cancellation fee. Appointments cancelled within 4 hours, as well as a no show, will incur full payment.

## Reservation

We highly recommend that you reserve all your rituals and experiences in advance to avoid disappointment. Our LIME Concierge will be able to advise you about the best times and what is available for you during your stay.

## Late Arrival

If you arrive late for a scheduled appointment, you will receive the best experience possible within the remaining appointment time. It may be necessary to decrease your time with respect for the next reservation. Full costs will apply.

## Health

Please inform the LIME Concierge at the moment of your booking and your Therapist if you have any known medical conditions, ailments, allergies or are taking any medication. We recommend that you do not sunbathe after facials, aromatherapy or waxing for a minimum of up to 6 hours.

## Spa Attire

You will be provided with everything you need for your time with us, including disposable underwear, robe, slippers and towels. A bathing suit is necessary for the sauna, steam and spa baths.

## Ambience

LIME is a fresh and pure environment - free from noise pollution. Please help us to maintain serenity by refraining from smoking and turning off your mobile phones.

## Age Requirement

All guests must be 16 years of age and above.

## Valuables

We recommend that you arrive at LIME without your valuables. LIME Spa cannot accept responsibility for any loss or damage of any kind.



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