

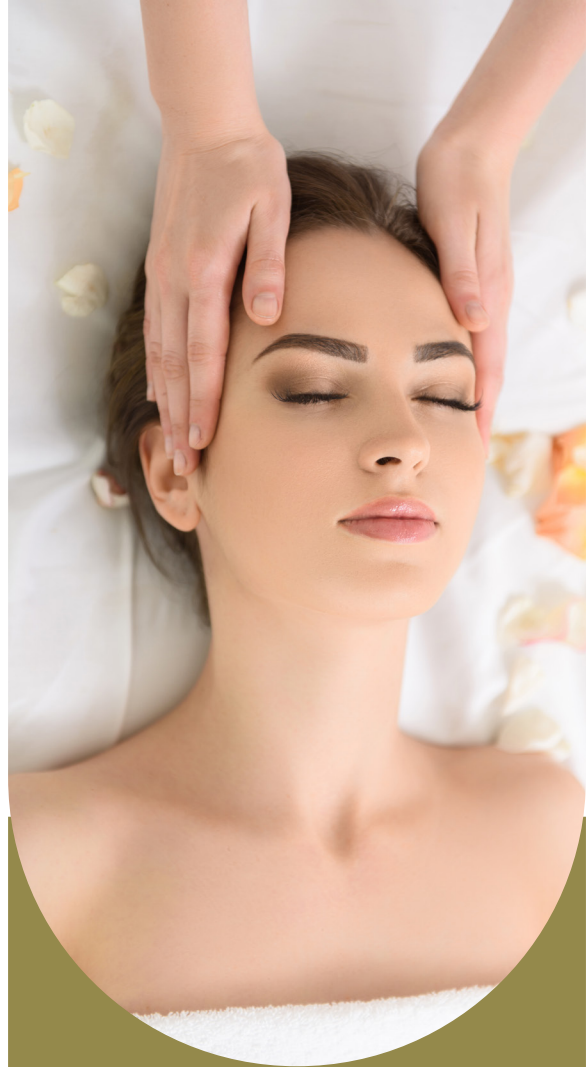
SO/ MALDIVES
SPA MENU

SALON C. STELLAR

Where ancient wisdom meets modern science.

THE BEST MASSAGE BY SALON C. STELLAR 60 / 90 min - \$210 / \$280

This is not a drill! It's time to give the body something back and balance you with the very best of CBD and Touch. The Best Massage therapy session will be uniquely designed in consultation with you - opt for invigorating or deeply relaxing. Employing techniques that include but are not limited to deep, light touch, sports, lymphatic and relaxing massage this is for anyone wanting to improve general well being. This can be relaxing, rigorous or a combination of all targeting specific concerns to you on the day.



INDIAN HEAD MASSAGE 45 min - \$150

Our Indian Head Massage is a 45-minute escape into pure relaxation and rejuvenation. This ancient practice, adjusted to your preferences and cultural considerations, encompasses the head, neck, arms, shoulders, and face, allowing you to experience a harmonious blend of acupressure techniques that soothe both body and mind. Whether you choose to keep garments on or prefer an authentic approach, our skilled therapists will tailor the experience to your comfort level. For those seeking the utmost privacy and convenience, this exquisite treatment can also be delivered from the comfort of your guest suite. Immerse yourself in this relaxing journey and discover the profound benefits of our Indian Head Massage, leaving you feeling refreshed, revitalized, and deeply relaxed.

Advance reservations required.

Rates are quoted in US Dollars and are subjected to 16% GST and 10% service charge.

SPA & WELLNESS EDITS

The Body Edition

DEEP TISSUE MASSAGE

60/90 min - \$200 / \$270

For when your muscles are desperate for relief, a deep tissue massage focuses on the deepest layers. The massage technique prioritises slow strokes and sustained pressure to target the inner layers of muscles, deep below the surface. Deep tissue massage can have incredible effects in increasing mobility and reducing chronic pain.

HOT STONE MASSAGE

90 min - \$280

As its name suggests, a hot stone massage is a treatment using heated stones. The heat from the stones penetrates through muscle to open your blood vessels and promote a deeper massage. As this happens, blood flows more freely through your body for better circulation. The warmth you feel on your body will help relax your mind, too. Stress and anxiety are quickly forgotten with this restorative heat-based massage.

MOTHER TO BE MASSAGE

60/90 min (from 4–6 months) - \$200 / \$270

Most importantly, pregnancy massage is done by a specialist who understands the physiological changes that occur in the body during the pregnancy. The Mother To Be massage uses gentle and supportive techniques to target specific areas of discomfort, such as the lower back, hips, legs, and shoulders from the specialist and understanding therapists.

SPOT ON MASSAGE

30 min - \$110

A powerful perk of spot massage is that it boosts the speed at which muscles recover from fatigue, reduces inflammation and accelerates muscle healing, while also promoting relaxation. The Spot massage t focuses on a specific area of your choice. Choose from a neck & shoulders, foot and back massage.

AFTER SUN SOOTHING

60 min - \$175

Aloe Vera gel is a soothing, cooling and calming treatment and specifically designed to care for the skin after sun. It helps to soothe and hydrate the skin after sun exposure, which can help reduce the risk of peeling and skin damage. Followed by After Sun Rescue, it will soothe the skin and prepare it for moisturisation.

BODY CLAY MASK

60 min - \$175

Still today, the practice of clay therapy is present. Many people suffer from skin issues today, and this is usually down to the exposure to a wide range of toxins, stress and environmental pollutants. Most of these imbalances come down to these three primary issues, all of which can be remedied with the application of clay topically to the skin.

RENEW · NOURISH · RELAX

60 min - \$175

Time to renew yourself. Sink into this indulging treatment and re-emerge with amazingly soft, supple skin. Feel the exfoliating magic of Dead Sea salt crystals and rice powder and the sumptuous nourishment of a delightful body mask and oil of your choice. An extraordinary journey that leaves your skin revived, hydrated, ultra- smooth, and illuminated.

Advance reservations required.

Rates are quoted in US Dollars and are subjected to 16% GST and 10% service charge.

SPA & WELLNESS EDITS

The Face & Body Edition

CURATED SPA DAY

180 min - \$420

Unwind and awaken your senses with a special spa journey designed by you. As life renews itself continuously, each guest is offered the ultimate wellness experience in paradise to balance inner harmony, rejuvenate the body and achieve peace of mind.

HOLISTIC

150 min - \$420

60 min Bespoke exercise programs
followed by 90 min Sound Massage

Resident and visiting wellness practitioners offer bespoke holistic treatments and exercise programs focusing on creating a positive effect on your health and wellbeing. This is followed by a sound massage using Tibetan Singing Bowls to help to balance your chakras and to promote a state of tranquility to retune your body, mind and spirit, encouraging relaxation and healing.

GLOW SESSION

120 min (Couple) - \$590 per couple

60 min Pampering Hammam
followed by 60 min The Best Signature Massage

This relaxing spa ritual begins with a luxury private Hammam session. This unique therapy rejuvenates and smooths your skin. Then why not indulge in a blissful couples experience with The Best Body massage. Our signature massage has been designed for overall relaxation - it's what your body ordered.



Advance reservations required.

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YOGA
\$95 / \$120
Single / Couple

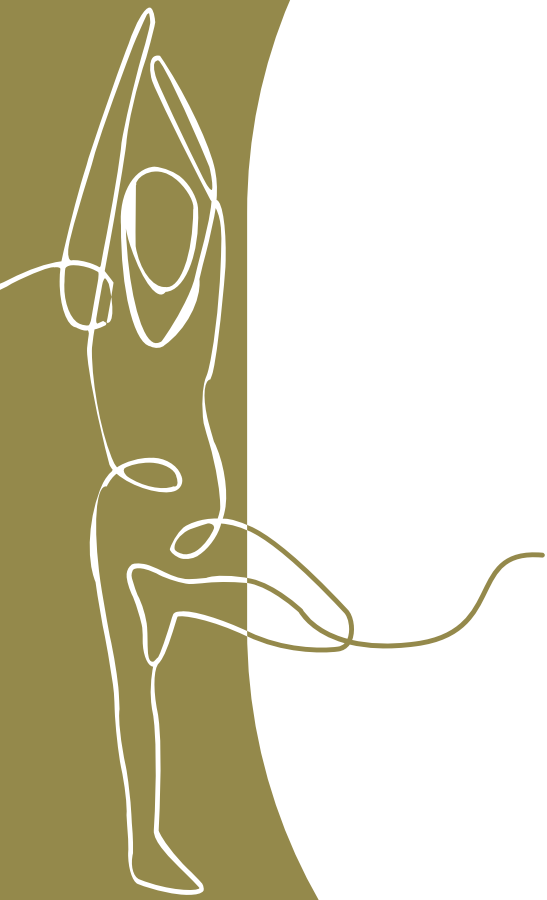
Hatha Yoga
Ashtanga Yoga
Yin Yoga
Aqua Yoga
Therapeutic Yoga
Restorative Yoga

MEDITATION
\$95 / \$120
Single / Couple

Pranayama Breathing
Sound Meditation or Sound Bath

PERSONAL TRAINING
\$95 / \$120
Single / Couple

Cardiovascular & Endurance Training
Strength Training
Resistance Training \$ TRX
Stretching
Mobility Training
Balance Training
High-Intensity Training
Core Muscle Training



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VICHY RAINFOREST SHOWER EDITION

Vichy Rainforest Shower experience is an indulging combination of rain shower and Hammam to prepare the body for the invigorating body scrub. A cascading Rain Shower uplifts your senses and is an ideal prelude to the body treatment that follows. Enjoy the pampering as you unwind and relax on the comfort of your treatment bed.

SPRINKLE VICHY SHOWER FOR HER

120-minute treatment - \$300

Our therapists will then beautifully apply a luxury COCO-Rose body scrub to slough away dead skin cells, as you unwind to the sensory pleasure of the trickling Rain Shower that embraces you with 7 shower jets from above your Rain Shower Bed.

More indulgent comfort comes with COCO - Rose body conditioner along with the Edition hair care treatment. Your experience is enhanced when we remineralise the skin, helping it regain its natural moisture balance and silky softness.

120-minute treatment includes: 10-minutes Steam bath: 15-minutes Body wash: 30-minutes Body Exfoliate & Rain Shower: 45 minutes Body Conditioner & Hair wash treatment: 10-minutes Rain Shower: 10-minutes Body moisturiser.

DELIGHT VICHY SHOWER FOR HIM

120-minute treatment - \$300

This water treatment is a luxurious way to detoxify, hydrate and relax. Relax on the relaxing bed with Vichy shower jets to experience the body wash, foliation and full body conditioner with aedit of Hammam Cray products.

Rejuvenating your body with spot massage provides a relaxing and calming wet body treatment to make you feel extremely pampered.

120-minute treatment includes: 10-minutes Steam bath: 15-minutes Body wash: 30-minutes Body Exfoliate & Rain Shower: 45 minutes Body Conditioner & Spot on Massage: 10-minutes Rain Shower: 10-minutes Body moisturiser.

Advance reservations required.

Rates are quoted in US Dollars and are subjected to 16% GST and 10% service charge.

