



BAGLIONI SPA

The Italian way of Wellbeing

BAGLIONI SPA | YOGA PAVILION



BAGLIONI SPA



BAGLIONI SPECIALS

La famiglia è tutto / *Family is everything*

As Italians we unquestionably prize life, enjoy living it and relish the pleasures it brings. We always prefer to do it together. Celebrating this tradition, Baglioni Spa offers treatments to enjoy with the ones you love. The together treatments are performed in our double treatment room that also offer a Bathtub, that you may add extra time for. Below is our suggestion of shared moments, other treatments on the menu is also possible to book in pairs.

BAGLIONI SPECIALS

BAGLIONI DETOX JOURNEY

This active body therapy begins with a zesty exfoliation of Lemon-Ylang Ylang-Frankincense essential oils to revitalize, tone, and cleanse the skin. Then, unwind as an exquisite mineral-rich clay infused with potent herbs, such as lavender and chamomile, and Dead Sea mud purifies your body to the highest degree. Leave with toned skin and a revitalized body and mind.

120 mins. - \$215

BAGLIONI SENSORY JOURNEY

A journey that begins before you enter the treatment room and lasts long after you've left. A one-of-a-kind variation of a four-hand massage performed by two highly trained therapists. A luxurious foot bath, skin-rejuvenating treats, warm towels, and enticing aromas are only the beginning. You will receive an aromatherapy massage with long, smooth strokes that are synchronized with a cleansing facial and a stress-relieving scalp massage.

90 mins. - \$300

BAGLIONI RESTORING JOURNEY

This intensive facial and body repair treatment provides nutrients and hydration to the skin. Indulge in a relaxing full-body massage with warm shea butter or coconut oil, which you are wrapped in to fully absorb. Your therapist will tend to your skin in the interim by applying a nourishing face mask and massaging your scalp.

90 mins. - \$200

COPPIA COUPLE'S JOURNEY

Experience a combination of revitalizing and balancing treatments with your significant other.

90 mins. - \$330 per couple

NOTES

All prices are quoted in US Dollars and are exclusive of a 10% Service Charge and the applicable 16% GST.



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BODY TREATMENTS

MALDIVIAN KAASHI RUB

A revitalizing and refreshing treatment consisting of a natural coconut body scrub followed by a honey and papaya wrap. A coconut oil massage seals in freshness and moisturizes the skin.

60 mins. - \$120

SUNBURN SOOTHER

After sun exposure, this body and face treatment consists of applying Aloe Vera to soothe and replenish the skin. The soothing ingredients will help alleviate pain, as well as soothe and revitalize the skin. The treatment will conclude with a gentle head massage from the therapist.

45 mins. - \$85

BODY DETOXIFIER

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90 mins. - \$200

BODY TONER

This unique body mask's combination of antioxidant-rich Rooibos and Baobab fruit extracts, combined with natural moisturising oils, reduces the negative effects of free radicals and inflammation.

90 mins. - \$180

BODY TREATMENTS

BODY FIRING

The Body Firming Treatment includes a coffee-based body scrub, a red wine-based body mask, and a moisturizer. Scars, stretch marks, dry skin, body breakouts, and cellulite can be reduced. Additionally, it provides immediate and noticeable effects on the skin, including firming and toning. This is a potent detoxifier, metabolism stimulant, and anti-ageing agent.

90 mins. - \$180

BAGLIONI SPA RITUALS

SPA RITUAL | \$180

Day 1	Private Yoga Class	60 mins.
Day 2	Tailor-made Massage	60 mins.

MALDIVIAN INSPIRATIONS | \$325

Day 1	Maldivian Kaashi Rub	60 mins.
Day 2	Maldivian Theyo Dhemun	60 mins.
Day 3	Foot Massage	60 mins.

HEALING CEREMONY | \$525

Day 1	Anti-Jetlag Massage	60 mins.
Day 2	Foot Massage	60 mins.
Day 3	Balinese Massage	60 mins.
Day 4	INSIUM Facial	60 mins.
Day 5	Private Yoga Class	60 mins.

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ITALIAN BEAUTY

SOGNO LIFTING FACIAL

SOGNO is synonymous with DREAM. The SOGNO Lifting Facial treats the scalp, face, neck, and décolletage. This luxurious and calming treatment is designed to alleviate the stresses of our modern, hectic lifestyles and specifically targets fine lines and wrinkles. It includes an enzymatic peel for a revitalized and revitalized appearance.

90 mins. - \$220

TEMPO ANTI-AGE FACIAL

TEMPO is synonymous with TIME. The TEMPO Anti-Ageing Facial includes cleansing, exfoliation, infusion, masking, and massage of the face and scalp. This anti-ageing treatment works on muscle tissue to restore firmness to the facial contours, resulting in a more youthful appearance immediately. It is compatible with all skin types.

60 | 75 mins. - \$150 | \$170

LUNA NIGHT FACIAL

LUNA means MOON. This effective, targeted skin-brightening treatment is best utilized at night. It visibly brightens the complexion, reducing the appearance of uneven skin tone with a specific enzymatic peel that prepares the skin for a flawless tan overnight.

60 | 75 mins. - \$150 | \$170

SOLE AFTER-SUN FACIAL

SOLE means SUN. The SOLE After-Sun Facial consists of cleansing, infusion, cold stone application, masking, and a cooling facial massage.

45 mins. - \$125

BAGLIONI SPA





HANDS & FEET

Add-on CND Shellac Nail Gel	30 mins. - \$80
Gel Soak off	15 mins. - \$50
Nail cutting and filing	30 mins. - \$65
Spa Manicure	30 60 mins. - \$50 \$90
Spa Pedicure	30 60 mins. - \$60 \$100
Men's Manicure	45 mins. - \$75
Men's Pedicure	30 mins. - \$90

BAGLIONI BATH

Mineral Salt Bath	\$70
Herbal Bath	\$70
Milk & Honey Bath	\$70
Oriental Bath	\$70

BAGLIONI SPA OFFERS

5 Massages	60 90 mins. - 10% Discount
7 Massages	60 90 mins. - 15% Discount
10 Massages	60 90 mins. - 20% Discount

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MASSAGE

ANTI-JETLAG MASSAGE

This back, scalp, and leg massage is the ideal spa indulgence after a long flight or when you're feeling fatigued.

60 | 90 mins. - \$140 | \$180

AROMA MASSAGE

This is a gentle massage that focuses on the therapeutic properties of aromatherapy oils to relax the body and revive the spirit. It oxygenates the cells, improves blood circulation, reduces tension, and stimulates the immediate balancing of the body's energies.

60 | 90 mins. - \$140 | \$180 | \$170

BALINESE MASSAGE

This traditional Balinese massage is tailored to your body's needs and is deeply relaxing and restorative. Our therapists induce a complete state of relaxation by combining acupressure and skin rolling with firm but smooth massage strokes.

60 | 90 mins. - \$140 | \$180 | \$170

DEEP TISSUE MASSAGE

Deep Tissue Massage is a deep, firm massage in which your therapist intuitively selects techniques based on the needs of your muscles. Through the use of pressure, deep muscle compressions, and cross-fiber friction, this massage will eliminate toxins and soothe sore or aching muscles.

60 | 90 mins. - \$150 | \$190

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MASSAGE

DETOX MASSAGE

The rhythmic strokes and pressure applied to muscles, tissues, and organs during the Detox Massage therapy help to increase blood flow. Toxins are literally “squeezed” out from between muscle fibres and cells when pressure is applied to tissue and fat.

60 | 90 mins. - \$150 | \$190

HOT STONE MASSAGE

The Hot Stone Massage therapy is a profoundly relaxing and therapeutic treatment that relieves muscle tension by loosening knots and delivering relief deep within the muscle. This calming yet stimulating massage improves circulation and induces a deep state of relaxation.

90 mins. - \$200

MALDIVIAN THEYO DEMUN

(Theyo translates to “Oil,” and Dhemun means “Massage.”) This traditional body treatment is the perfect combination of tension relief and relaxation. It is a warm aromatherapy in which virgin coconut oil from the Maldives is drizzled over the body, followed by healing massage techniques to release tension and stress from the body and mind.

60 | 90 mins. - \$150 | \$190

THAI MASSAGE

This massage technique was originally practiced by Buddhist monks in Thai temples. Due to its stretching and bending movements, it is often referred to as “Yoga Massage.” It increases energy flow, relaxes the muscles, and improves flexibility. We do not use any oil during this treatment, and we provide you with a Thai robe to wear.

60 | 90 mins. - \$150 | \$190

EXPRESS RITUALS

BACK MASSAGE

Shoulder and back massage to relieve upper body tension, break up knots, and increase flexibility.

30 | 45 mins. - \$70 | \$85

FOOT MASSAGE

Technique of Chinese massage that focuses on the feet and lower leg reflex zones to release tension in the feet and improve circulation.

30 | 45 mins. - \$70 | \$85

HEAD MASSAGE

Includes a restorative neck and collar massage, as well as a relaxing head and scalp massage.

30 | 45 mins. - \$70 | \$85

FULL BODY SCRUB

This massage ritual exfoliates and moisturizes the skin, leaving it silky and soft.

30 | 45 mins. - \$70 | \$85

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EXPRESS RITUALS

MINI FACIAL

Quick facial cleansing, light exfoliation, and a soothing facial massage. The finishing touch consists of applying a balancing mask and a light moisturizer.

30 | 45 mins. - \$70 | \$85

EYE RECOVERY

Puffiness, and dark shadows that are specifically related to ageing around the eyes are revitalized and refreshed by these products.

60 | 90 mins. - \$150 | \$190

EPILATIONS

Full Leg Waxing	60 mins. - \$80
Half Leg Waxing	30 mins. - \$50
Full Arm Waxing	35 mins. - \$65
Under Arm Waxing	30 mins. - \$45
Upper Lip/ Eyebrow Waxing	30 mins. - \$30
Brazilian Bikini Waxing	45 mins. - \$75
Back/ Chest Waxing	30 mins. - \$45

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JUNIOR SPA

BAMBINI MASSAGE

Customized massage for the back, neck, legs, and arms to promote relaxation.

30 | 45 | 60 mins. - \$50 | \$70 | \$85

BAMBINI FACIAL

Acne-specific deep cleansing facials consist of cleansing, a clay mask, serum, and a light facial cream.

30 | 45 | 60 mins. - \$50 | \$85 | \$125

BAMBINI MANICURE

A gentle exfoliation, a soothing hand massage, and a manicure will leave your hands looking and feeling fantastic. (Nail polish is not required.)

30 | 45 mins. - \$45 | \$55

BAMBINI PEDICURE

A gentle exfoliation, a soothing foot massage, and a manicure will leave your feet looking and feeling magnificent. (Nail polish is not required.)

30 | 45 mins. - \$50 | \$65

SPA ETIQUETTE

OPENING HOURS

The Spa is open from 9:00 a.m. to 9:00 p.m. daily. The first available appointment is at 10 a.m.

RESERVATIONS

For Spa inquiries and reservations, please dial the number displayed on your phone's display or consult your butler. To secure your preferred treatment time, we recommend booking in advance.

TIMING

Please arrive 15 minutes in advance of your appointment to check in and prepare for your Spa experience. If you arrive late for your Spa appointment, we may be unable to provide you with the full treatment, unless the schedule permits us to do so.

HEALTH

Please inform us of any health problems or concerns, such as high blood pressure, allergies, or pregnancy. This enables us to assist you in selecting the most suitable treatments. We do not recommend consuming alcohol before or immediately after Spa treatments or a Gym session.

AMBIENCE

Baglioni Spa is a peaceful and serene area. Please set your mobile phone on silent to ensure complete relaxation.

PRIOR TO ARRIVAL

Before visiting the Spa, it is best to leave jewelry and other valuables in your villa, as we are not responsible for their safety. Male clients are advised to shave prior to facial treatments in order to achieve optimal results.

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SPA ETIQUETTE

CHILDREN

Appointments for children ages 5 to 12 are available between 9:00 a.m. and 2:00 p.m., and an adult may remain in the room throughout the treatment.

GYM POLICIES

For your own safety, we require that you wear athletic shoes. When using Gym equipment, children under 16 must be accompanied by an adult. The Gym is open 24 hours.

PRICES

We reserve the right to alter prices at any time and without notice. Except for exclusive treatments for two (couples), all prices are per person. All Baglioni Spa treatments are appropriate for both men and women and can be reserved in pairs.

CANCELLATION POLICY

The treatments you select are reserved exclusively for you. If you need to cancel or reschedule your appointment, we require a minimum of four hours' notice to avoid being charged the full cost of the service.

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AYURVEDIC THERAPY

ABHYANGA

An energising head-to-toe massage using medicated herbal oils to boost immunity, circulation, relieve fatigue, and slow the signs of ageing.

75 minutes - \$180

KATI-VASTI

Kati-Vasti is a nurturing back treatment that promotes muscle and ligament strength to support the spine by pooling warm medicated oils on the lower back. It soothes lower back pain and spinal conditions, lubricates joints, and is beneficial for sports injuries and overall health.

45 minutes - \$150

SHIROABHYANGA

This treatment addresses the source of hair and scalp issues by increasing blood circulation, reducing hair loss, limiting hair thinning, and controlling dandruff; it also slows the graying process. This highly relaxing scalp massage combines the powers of herbal oils.

45 minutes - \$150

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AYURVEDIC THERAPY

SHIRODHARA

Shirodhara is a profound spiritual treatment that relaxes the nervous system and boosts the immune system. As warm, medicated oil is constantly poured over the third eye, the pineal gland, which produces serotonin and melatonin, is stimulated. These hormones improve your emotional balance, help you age more slowly, and improve your overall well-being. This treatment is recommended as part of a treatment regimen.

90 mins. - \$210

UDWARTHANAM

Udwarthanam is performed by massaging the body with oil and herbal powder in upward strokes. The intensity of the massage generates heat, which in turn causes the body's excess fat to melt away. Consequently, the Udwarthanam Ayurvedic massage is in high demand among those wishing to lose weight. Additionally, it can work very well to boost the body's immunity and lymphatic flow.

90 mins. - \$210 | \$170

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YOGA





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YOGA MENU

PRANAYAMA MEDITATION

Pranayama is the art of controlling and extending the breath. Meditation is a yogic practice that provides the body with deep rest by allowing the mind to return to its natural state.

Therefore, Pranayama Meditation involves refining breathing ability and cultivating awareness of habitual thought patterns.

60 minutes - \$80 per person | \$140 per pair

PRIVATE SUNRISE/ SUNSET YOGA

Start the day with gratitude by performing a dynamic sequence of sun salutations, breath work, and stretching exercises. End the day with a program of gentle and relaxing poses, accompanied by a stunning Maldivian sunset.

60 minutes - \$80 per person | \$140 per pair

PREGNANCY YOGA

A wonderful way to concentrate on quality “we” time, maintain fitness, and prepare for the birthing process. Gentle, adapted asanas guarantee the safety of all practitioners.

60 minutes - \$80 per person

NOTES

Additional charge per person for all Yoga classes is \$25 for every 60 minute-session. All prices are quoted in US Dollars and are exclusive of a 10% Service Charge and the applicable 16% GST.

YOGA MENU

KIDS YOGA

The story-telling journey to the jungle, where Yoga moves for kids may include animal or other poses. Teaching young, growing minds better coordination on body balance and breathing awareness.

50 minutes - \$80 per person

YOGA THERAPY

This includes 3 or 5 days of yoga “prescription” from our Resident Yogi, tailored to your specific ailment, goal, injury, or intention. Become the master of your own wellbeing over three or five days of consultations and one-on-one sessions that teach bespoke breathing techniques and postures. The modules focus on specific ‘common’ ailments and lifestyle diseases. Immunity Builder, Stress Management, Diabetes Care, Spinal Care, Thyroid Health, Men’s Health, Women’s Health, Addiction Management, and Personalised Diet Practice are some of the programs available.

60 minutes per session. 3 days - \$210 | 5 days - \$350 | 7 days - \$490

NOTES

Additional charge per person for all Yoga classes is \$25 for every 60 minute-session. All prices are quoted in US Dollars and are exclusive of a 10% Service Charge and the applicable 16% GST.

TRAINING MENU

PERSONAL TRAINING

After evaluating your health and fitness level, our Personal Trainer will design a training program that meets your individual needs precisely. By incorporating muscular strength training, cardiovascular endurance training, and flexibility, the personalised training will help you achieve realistic fitness goals.

60 minutes - \$70

FUNCTIONAL TRAINING

Functional Training provides you with the necessary strength, stability, power, mobility, endurance, and flexibility to thrive in your life and sport. Functional training employs exercises that improve your movement proficiency in these primary patterns to give you an edge and boost your performance, allowing you to reach your goals in a safe and healthy manner.

60 minutes - \$80

MANUAL STRETCHING

Stretching is a form of exercise in which a specific muscle or tendon is stretched to increase flexibility and achieve a comfortable muscle tone. The stretching exercises are primarily a combination of Yoga and Thai massage techniques that help you achieve complete muscle relaxation and relieve tension.

30 minutes - \$40 | 60 minutes - \$75

ABS CLASS

A workout designed to strengthen the abdominal and core muscles.

30 minutes - \$40

TRAINING MENU

UPPER BODY

It improves the muscular strength and endurance of the arms, chest, back, and shoulders.

30 minutes - \$40

LOWER BODY

Legs are made strong and sculpted through these strength-training exercises that target the major lower-body muscles.

30 minutes - \$40

FITNESS TRAINING PACKAGES

3 Days - 60 minutes - \$180

5 Days - 60 minutes - \$300

7 Days - 60 minutes - \$420

TENNIS LESSONS

TENNIS CARDIO

Single - 60 minutes - \$90

Double - 60 minutes - \$150

TENNIS LESSONS

3 Days - 60 minutes - \$225

5 Days - 60 minutes - \$375

7 Days - 60 minutes - \$525

10 Days - 60 minutes - \$750

TEENIS LESSONS FOR JUNIORS (U-16)

Single - 45 minutes - \$50

3 Days - 60 minutes - \$150

5 Days - 60 minutes - \$250

7 Days - 60 minutes - \$350

10 Days - 60 minutes - \$500

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BAGLIONI GYM





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BAGLIONI HOTELS & RESORTS COLLECTION: ITALY | UK | MALDIVES