

# IRIDIUM SPA

THE ST. REGIS MALDIVES VOMMULI RESORT  
VOMMULI ISLAND, DHAALU ATOLL  
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LITERALLY MEANING 'OF RAINBOWS', THE WORD 'IRIDIUM' COMES FROM THE GREEK MYTHOLOGICAL GODDESS IRIS, WHO TRANSCENDS SEA AND SKY AS A MESSENGER AND IS MANIFESTED AS A RAINBOW. AND TODAY, IRIDIUM ITSELF IS ONE OF THE MOST PRECIOUS AND RAREST ELEMENTS ON EARTH. A TRANSITION METAL OF THE PLATINUM FAMILY, IRIDIUM IS THE SECOND MOST DENSE ELEMENT IN THE WORLD AND IS TEN TIMES LESS ABUNDANT THAN PLATINUM. RARE AND REFINED FROM ARRIVAL TO DEPARTURE, IRIDIUM SPA PROVIDES GUESTS WITH THE RAREST OF LUXURIES: TIME. IT IS HERE WHERE GUESTS CAN ENJOY EXCLUSIVE ACCESS TO ONE OF THE WORLD'S MOST COVETED BENEFITS. TIME DEDICATED TO YOU. WHETHER FOR HALF AN HOUR OR HALF A DAY, IT IS ABOUT THE INDIVIDUAL MOMENTS THAT ARE TAILORED PRECISELY TO YOU – GUIDING YOU THROUGH A SPECTRUM OF MOODS – WHETHER YOU WISH TO BE ENERGIZED, SIMPLY WIND DOWN OR COMPLETELY TAILOR YOUR OWN EXPERIENCE.

# COUPLE'S RETREAT

## YIN & YANG ROMANTIC TOUCH

*90 minutes | USD550 per couple*

Created for couples, this treatment harmonizes and pleasantly balances the flow of chi from within through the therapist's deep rhythmic strokes. Complementing Yin and Yang oils play off of the female and male energies as its applied through the island's natural banana leaves. The YIN & YANG massage offers couples complete relaxation in a soothing environment. During the experience, guests can opt to reconnect with one another by engaging in conversation or simply enjoy the healing power of touch as they quietly share this special time together.

## CHAMPAGNE TOAST CONNECT & HARMONIZE

*120 minutes | USD750 per couple*

Spend time connecting with your loved one through our champagne toast couple's spa treatment. Starting with a luxurious foot soak, feel your body relax as the soft bubbles of champagne float down your body through a soothing gentle massage. Then indulge in a rejuvenating grapeseed oil scrub, high in anti-oxidants that help tone the skin and increase circulation. Enjoy a detoxifying body mask using white clay infused with champagne and end the treatment with a romantic rose-petal bath, glass of champagne and the soothing sounds of the waves below.

# RITUALS

## LUXURIOUS CAVIAR JOURNEY

*210 minutes | USD750 per person*

Begin the journey with a deep breathing exercise, an exfoliation using bamboo and fruit enzymes, and a stimulating body buffing technique to refine texture and brighten skin. Utilizing anti-aging caviar proteins to firm, tone, refine, and deeply hydrate the skin, results are immediate; leaving skin looking supple, healthy, and luminescent. This is followed by a therapeutic massage using the finest Neroli Oil enriched with magnesium to enhance the serenity of the mind and circulation as muscles relax and tension dissipates. The Caviar Journey concludes with a lavender bath whilst sipping a glass of Champagne, savoring delectable caviar, and gazing out at the Indian Ocean from your bathtub.

## EXQUISITE MALDIVIAN HAFLA

*180 minutes | USD500 per person*

Experience a splendid spa journey that begins with a soothing coconut milk foot soak and is followed by a gentle, tropical hibiscus body exfoliation to polish your skin to perfection. Be enveloped in a delectable Mococa body wrap, linger in your tropical dream whilst your skin is being restored and hydrated. Soak in a warm bath of revitalizing, tropical essential body oils while overlooking the Indian Ocean. Be transported to a blissful state of mind with an Iridium full body massage using natural Maldivian sea shells, warm virgin coconut oil and as you reach the end of the journey, let your mind float away with an enzymatic facial.

# MASSAGES

## IRIDIUM SIGNATURE MASSAGE

*90 minutes | USD260 per person*

Indulge in a carefully tailored, signature spa experience which rejuvenates your senses and takes you into a tranquil bliss. Experience a fusion of traditional Asian techniques applied to your body with pure natural oils to feed your skin with vital nutrients. This is followed by a warm sand bundle from Vommuli Island's beach, which is dipped in virgin coconut oil and rubbed over the upper back, to penetrate organic minerals into the skin, relieve muscle tension, and improve blood circulation.

## LAVA SHELL MASSAGE

*90 minutes | USD240 per person*

A body treatment using tiger-striped clam shells as a massage tool, filled with lava gel and activator liquid to produce self-heating. The heat from the lava shells will gently relax and smooth away knots. The shells also give off calcium ions when heated, which transfers to your skin during the massage. Calcium can help to firm and regenerate skin. The massage can boost circulation of blood and lymph, soothe aches and pains, and relax you.

## ESSENCE OF BALI

*60 minutes | USD190 per person*

*90 minutes | USD240 per person*

A profoundly rejuvenating massage handed down from generation to generation using the unique technique of skin rolling, long kneading strokes, and natural aromatic essential oils. It renews and heals the inner mind and calms muscles.

## QUIRO GOLF DEEP TISSUE

*90 minutes | USD240 per person*

An intense massage focused on the deeper layers of tissue using Quiro Golf along with elbows and forearms to create firm pressure, as well as deep stroking and kneading movements. The cross-fiber technique ensures relaxation for deep-seated muscles. This treatment is ideal for active guests.

# MASSAGES

## THAI MASSAGE

*90 minutes | USD240 per person*

A massage with a history of more than 2,500 years that is performed by stretching the body to relieve muscular tension as well as provide mental stability. This continuously choreographed massage concentrates on the energy line to synergize the healing process.

## KU NYE MASSAGE

*90 minutes | USD290 per person*

A Tibetan style of massage that focuses on the energy meridians using 'tapping' which bring a lot of intention - tapping out negative energy and tapping in positive thoughts. This technique will help ground energy within our core.

## KUNDALINI MASSAGE

*90 minutes | USD290 per person*

A term for a spiritual energy or life force located at the base of the spine. This massage is deeply soothing and balances the nervous system which aims to weave together the masculine and feminine energy within you.

## MOTHER-TO-BE

*60 minutes | USD190 per person*

To achieve an overall sense of well-being, focus on yourself with this relaxing experience. It starts with a cleansing massage using a calming cream. The process also nourishes and softens your skin during the months when it needs extra care, giving a radiant appearance to the skin. This is the ideal treatment to prepare the skin for changes during pregnancy.

# CHAKRA BLESSINGS

## MULADHARA

*120 minutes | USD350 per person*

The root chakra – is located at the base of the spine. The root chakra anchors the spirit to the material world and the body to earth. A balanced Muladhara increases our inner wisdom so that we can start to hear our body's innate intelligence. It encourages us to attend to our need for nourishment, as well as enabling us to nourish others. Combining foot wash, frankincense smoke, singing bowls, a slow scrub and deep tissue massage with grounding vetiver, patchouli and jatamansi oils; this treatment calms body and mind, balances stress levels and creates a profound inner peace.

## SWADHISTHANA

*120 minutes | USD350 per person*

The sacral chakra – is located in the lower abdomen. It is the centre of our emotions and desires and governs fertility, self-worth and creativity. It is also associated with emotional balance, desire and pleasure. This chakra helps us to 'let go' and find a healthy balance in life. When it is functioning well, Swadhisthana brings enhanced emotional gratification, higher self-esteem and free-flowing creative energy. The Swadhisthana journey includes a warm coconut oil pouring over the chakras, a salt body scrub and a tuberose milk bath. This is then followed by a connected and restorative body massage and a hormone-balancing adaptogenic abdomen wrap. Using the oils of jasmine, rose geranium and patchouli - happiness is renewed and the desire for life and love is reinvigorated.

## MANIPURA

*120 minutes | USD350 per person*

The navel chakra - is located in the solar plexus. It is our centre of health and vitality and governs our capacity to grow and develop. A healthy third chakra exhibits energetic vitality. It gives us a firm grasp of who we are, filling us with personal power and enabling us to take on challenges, undergo risks, and dispel negative energies. This elevating journey floods the body with vital energy and inner warmth. An energizing body scrub, bio- energy mud wrap and a prana vitality massage help to restore positive feelings, renew strength and leave the skin brilliantly luminous.

# CHAKRA BLESSINGS

## ANAHATA

*120 minutes | USD350 per person*

The heart chakra – is located in the chest. It is the centre of unconditional love and governs forgiveness, generosity and wellbeing. Balancing this chakra is important for the circulatory system, heart and thymus gland. A balanced heart chakra helps to free us, giving us the space we need to heal, and awakening us to unconditional love. It develops strength and immunity and nurtures peacefulness. This tender combination of foot wash, warmed poppy seed and salt scrub, lymphatic massage and healing heart work using rose oil and warmed rose quartz, gently reconnects the body and mind to inner peace and stillness.

## VISSUDHA

*120 minutes | USD350 per person*

The throat chakra – is located in the centre of the neck. It governs our communication and self-expression and is linked to creativity and honesty. It also encourages strong leadership. A strong throat chakra embodies the spirit of truth and intuition; when it is weak or low in energy, our thoughts become unstable and our sleep patterns are disturbed. This journey entails a purifying palo santo smoke ritual, cleansing body scrub, cocooning of nourishing body balm and a multi-layered, rejuvenating facial therapy. Using a synergistic blend of oils to awaken the blissful higher energy of the whole body, this very subtle facial will totally rejuvenate the skin with radiant energy as well as calming the mind, promoting restful sleep and dreams.

## AJNA

*120 minutes | USD350 per person*

The third-eye chakra – is located in the centre of the forehead. Responsible for physical sight, and spiritual insight, it also deals with perception and intuition, imagination, concentration and peace of mind. This treatment assists in opening the third eye, which allows us to continue to look, to see beyond, to perceive deeper patterns and meaning. This blessing involves guided breathing techniques to stabilize your Pranic energy and a pearl and jasmine scrub and pure amethyst body wrap to deeply relax the nervous system. This is followed by a delicate Ajna facial using precious gems, crystal elements and three types of gold to raise the spirit's vibration into the third eye. Light and sonic wave therapy treats the skin deeply and washes the internal screen of the third eye where memory, fantasy, imagination and images intertwine.

*All prices are quoted in US dollars. Prices are subject to 10% service charge and applicable GST.*

# CHAKRA BLESSINGS

## SAHASRARA

*120 minutes | USD350 per person*

The crown chakra - is located at the top of the head. Sahasrara represents inner wisdom and as the point of entry for celestial energy - it is our connection to the cosmic universe. This blessing reconnects us to our inner light and to the interconnectedness of all beings. This enlightening and unifying treatment rejuvenates the nervous system through a sequence of chakra healing. Back massage and zone therapy on the head and feet channel energy from the heart of the earth to the higher self. We then focus on the region of the crown chakra, using a mini Shirodhara pouring over the third eye and crown to attract cosmic light in the body. To finish, pure Rose and Amethyst crystal cream is gently applied to the face with lymphatic massage techniques. The treatment is sealed with exquisite and sacred sound healing.

## 5 DAYS OF CHAKRA BLESSINGS

*600 minutes | USD1500 per person*



# HANDS AND FEET TREATS

## OXYGEN HANDS

*30 minutes | USD65 per person*

This deeply nourishing and relaxing hand massage will ease muscle tension in the hands caused by external aggressors. Discomfort will instantly disappear to reveal radiant, revitalized skin.

## OXYGEN FOOT

*30 minutes | USD65 per person*

Erase years of stress and reveal smooth, supple, and comforted skin. This hydrating treatment will deeply renew and replenish your skin.

## FOOT REVIVER

*45 minutes | USD135 per person*

Deep thumb strokes and pressure points utilizing energizing aromatic oils will nourish your skin and increase the energy flow in your feet. This restorative delight will repair and recover your feet from any tension.

# BESPOKE BODY SCRUBS

## REVIVING JUNIPER GLOW

*60 minutes | USD175 per person*

Toning and deep cleansing organic salts will buff away dull, dry skin from the body using energizing and stimulating blends of pure juniper berry, cypress, and rosemary. After a rinse, juniper berry body lotion is applied to deeply hydrate and nourish your skin and to leave you feeling rejuvenated.

## DAMASK ROSE RADIANCE

*60 minutes | USD175 per person*

A mixture of Damask rose, rose geranium, and lavender with organic salts are swirled over your body to remove dead skin cells. This treatment will leave your skin soft, smooth, and glowing. After a rinse, nourishing rose body lotion is applied on the body to keep your skin smooth as silk and to harmonize your senses.

# BESPOKE BODY WRAPS

## DETOX MARINE ESSENCE

*60 minutes | USD175 per person*

A complete reclamation process that will purify and help regenerate your skin cells using bamboo microfibers. The body is wrapped in marine nutrients to feed the skin with vital minerals, and concludes with a nourishing lavender body lotion to retain your hydrated skin.

## SUN SOOTHER BODY WRAP

*60 minutes | USD175 per person*

A curative and cooling blend of natural Aloe Vera, cucumber, and asparagus with herbal oil and pure lavender essentials will be applied to your body, which is then cocooned in banana leaves for maximum effect. Lavender body lotion will be applied on the body to complete the treatment.

## COCONUT AND VANILLA BODY WRAP

*60 minutes | USD175 per person*

A deliciously fragrant body envelopment is used to enrich and soothe stressed skin for a relaxing spa experience that celebrates the richly fragrant bounty of Asia. During this exotic body wrap treatment, your body will be cocooned with tropical coconut milk, infused with pure natural vanilla - and a botanical mask, followed by an application of virgin coconut oil with a relaxing back massage to balance well-being.

# FACIALS

## THE O<sub>2</sub> RELAX

PURIFIES · BRIGHTENS · BALANCES

*60 minutes | USD175 per person*

Awaken your skin with the revitalizing energy of pure oxygen to decongest, brighten, and clarify a dull complexion. Perfect for the frequent flyer and urbanite whose skin suffers from everyday aggressors.

## CITRUS ESSENCE

REVITALIZES · STIMULATES · FIRMS

*60 minutes | USD200 per person*

Drench your skin with the antioxidant power of vitamin C. This nutrient rich treatment revitalizes the senses, stimulates the production of collagen, reduces inflammation and intensely hydrates skin.

## THE CURE

DETOXIFIES · RESTORES · HYDRATES

*75 minutes | USD225 per person*

This deep cleansing facial includes an innovative enzymatic detox and steam to open and purify the pores as well as a meticulous extraction process, revealing extraordinarily soft and radiant skin.

## CAROLINE ASTOR

AGE GOLD CELLULAR

*90 minutes | USD300 per person*

A delicate facial which nourishes the skin using Himalayan poultices and sonic wave resulting in a radiantly healthy complexion that glows with vitality. Precious gems, crystal elements and three types of gold are used to raise the spirit's vibration into the third eye.

## CAVIAR ANTI-AGING FACIAL

*90 minutes | USD350 per person*

Experience our age-defying skincare in the form of protein-rich caviar and powerful marine actives, to firm and refine skin tone and condition.

# SLIM & TRIM

## ANTI-CELLULITE & SLIMMING TREATMENT

*150 minutes | USD500 per person*

(Includes body scrub, anti-cellulite massage and body mask)

Anti-cellulite and slimming body scrub is a gentle body exfoliator that cleanses, exfoliates and moisturizes the skin. It can improve blood circulation, stimulate and firm the skin, and enhance the renewal of cells.

Anti-cellulite and slimming massage is a full body massage that concentrate on legs, back, abdomen and upper arms which are common problem areas for many women and some men. This massage is energetic and invigorating. Helps with water retention and breaking down fatty deposits, aids poor circulation, increases metabolism and removes toxins.

Anti-cellulite and slimming body mask/wrap can help tighten saggy skin and reduce cellulite.

# AYURVEDIC RITUALS

Ayurveda is an ancient Indian medicinal system, which is considered one of the most sophisticated and powerful mind-body health systems. More than a mere system of treating illness, Ayurveda is a science of life in which Ayur means life and Veda means science or knowledge. It offers a body of wisdom designed to help people stay vibrant and healthy while realizing their complete human potential. At Iridium, we offer Ayurveda in its greatest form with pure recipes under the guidance of our Ayurvedic doctors and therapist. The treatments performed are completely authentic and the products used are pure and natural. All 2-hour treatments include an abhyanga full body massage.

## ABHYANGA

*75 minutes | USD290 per person*

An energizing, revitalizing, and synchronized four-handed massage performed by two therapists massaging the entire body with warm medicated Ayurvedic herbal oils. The ritual enhances and nourishes the body and increases the immunity. This traditional Ayurvedic treatment is recommended for daily practice to adjourn the sign of aging.

## SHIROABHYANGA

*45 minutes | USD160 per person*

Known as champi this head massage uses Ayurvedic herbal oils applied warm and performed gently but firmly over the head, neck, and shoulder areas. This immensely calming treatment will help in conditioning the hair and scalp guiding you to a sound sleep afterwards.

## SHIRODHARA

*120 minutes | USD400 per person*

Experience a blissful sense of inner peace through a treatment which involves pouring a steady stream of warm herbal oil onto the third eye chakra on the forehead. This ritual is performed always preceding the abhyanga treatment to prepare the body for an exceptional journey towards enlightenment.

## CHOORNA SWEDA

*120 minutes | USD400 per person*

This authentic massage is carried out using a bundle of herbs and power heated in medicated oil. The effective strokes of the bundle strengthen the muscle and tone the skin to eliminate harmful toxins through perspiration. This relaxing treatment is ideal for treating muscle aches and various diseases like arthritis.

# AYURVEDIC RITUALS

## NAVARAKIZHI

*120 minutes | USD400 per person*

This deeply nourishing treatment using bundled navara, a variety of medicated rice enriched with vitamin E cooked in milk with herbs. The mellow strokes of the bundle feed the skin and cleanse the circulation channels, which removes metabolic waste to leave you with the softest skin.

## JAMBIRA PINDA SWEDA

*120 minutes | USD400 per person*

A refreshing blend bundled with fresh lime and grated coconut infused with Ayurvedic herbs and spices as well as castor oil to deeply nurture the skin. The bundle will be used warm to massage the body to enhance blood circulation, heal pigmentation, and reduce body aches.

## UDVARTHANA

*60 minutes | USD260 per person*

Refine and tone the body by exfoliating with warm Ayurvedic herbal powder rubbed in an upward direction over the body. This energizing method will improve the skin complexion, provide tremendous stress relief, and ultimate refreshment.

## KATI VASTI

*30 minutes | USD120 per person*

A fostering back treatment using warm medicated oil, which is pooled on a targeted area of the back, kati vasti uses this treatment to strengthen the muscles and ligaments that rope the spine. It deeply lubricates the joints and relieves lower back and spine related pains.

## NASYA

*30 minutes | USD120 per person*

This is one of the five Ayurvedic detoxification therapies used to clear the airways. The nose is the gateway into the head, sinuses, and deeper into the lungs. Nasya treatment commences with a forehead, neck, and face massage, followed by gently introducing a small amount of oil into the nostrils. The treatment enhances the mental and sensory acuity, promotes mental clarity, and emotional happiness.

*Please Note: This treatment will be performed only after a consultation with our Ayurvedic wellness consultant.*

## KARNA POORANAM

*30 minutes | USD120 per person*

The treatment includes a head, neck, and shoulder massage followed by the ears, which are filled with lukewarm herbal Ayurvedic oils. An essential treatment for lubricating the delicate ear canal, extricating impurities, refining hearing as well as a pure natural treatment for earaches, headaches, and tinnitus.

*Please Note: This treatment will be performed only after a consultation with our Ayurvedic wellness consultant.*

*All prices are quoted in US dollars. Prices are subject to 10% service charge and applicable GST.*

# WELLNESS THROUGH AYURVEDA

## 7-DAYS AYURVEDIC WELLNESS PACKAGE

*USD2450 per person*

- ◆ Initial consultation and six meetings with Ayurvedic physicians
- ◆ 3 private yoga classes
- ◆ 7 spa treatments (75-120 minutes daily)
- ◆ One private Anti Gravity Yoga class
- ◆ Ayurvedic cookery class
- ◆ Herbal medicines and tonics
- ◆ Complimentary yoga mat
- ◆ Private hydrotherapy session

## 14-DAYS AYURVEDIC WELLNESS PACKAGE

*USD4750 per person*

- ◆ Initial consultation and six meetings with Ayurvedic physicians
- ◆ 6 private yoga classes
- ◆ 14 spa treatments (75-120 minutes daily)
- ◆ 2 private Anti Gravity Yoga classes
- ◆ Ayurvedic cookery class
- ◆ Herbal medicines and tonics
- ◆ Complimentary yoga mat
- ◆ Private hydrotherapy session

## 14/21/DAY WEIGHT MANAGEMENT THROUGH AYURVEDA

A practical diet programme combined with special Ayurvedic weight loss treatments, specific yogic exercises and slimming treatments. The package is individually designed to help you lose weight.



# ACUPUNCTURE

This time-tested, 5,000-year-old traditional medicinal system promotes the natural self-healing process by stimulating specific acupoints in the body. This authentic procedure relaxes the body, reduces pain, and increases body functions as well as effectively treating chronic or acute pain, migraines, sciatica, sports injuries, and more. The goal of acupuncture is to unblock disorders in the flow of qi or life energy, which allows the body to heal itself. Our qualified acupuncture therapist identifies any issue through personalized consultations and will create customized sessions for you.

Initial session

*90 Minutes | USD180 per person*

Follow-up sessions

*60 minutes | USD135 per person*

# ACUPUNCTURE CURATIVE JOURNEYS

The following packages will include one personalized consultation with our acupuncturist and one initial treatment for 90 minutes. Further sessions will be 60 minutes.

# STRESS ELIMINATOR

*3/5 Days | USD400/645 per person*

A bespoke session customized for reducing stress, balance the qi, and enhance your ability to thrive in stressful environments.

# PAIN RELIEVER

*3/5 Days | USD400/645 per person*

These effective and beneficial sessions are crafted to reduce pain and provide muscle relaxation by focusing on specific body areas.

# GENTLEMEN'S RETREAT

## MAGNESIUM MASSAGE

*60 minutes | USD190 per person*

*90 minutes | USD240 per person*

This revitalizing wellness treatment promotes detoxification and healthy energy levels to improve sleep, muscle function, and overall well-being by replenishing commonly deficient magnesium levels.

## EXPRESS DE-STRESS REMEDY

*30 minutes | USD90 per person*

*45 minutes | USD135 per person*

This treatment targets key areas like head, neck, and shoulder tension with aromatherapy and acupressure to clear the mind, promote relaxation, and ease stiffness and pain. It concludes with a comforting, quick, and intensive hair repair massage. Please note that 30 min. treatments will not include hair repair session.

## GENTLEMAN'S PURIFYING FACIAL

*60 minutes | USD175 per person*

A deep cleansing, therapeutic facial designed especially for the skin care needs of men. This luxurious treatment relaxes the skin as it refines pores and includes a deep purgative mask specially designed for sensitivity and razor burns.

## TURKISH SALT SCRUB

*60 minutes | USD175 per person*

An invigorating and remineralizing exfoliation experience using thermal salt, natural minerals, and a loofah scrub to thoroughly energize and smooth the body. The treatment will then take you for a quick rinse and conclude with an application of silky, satin lotion and a hydrating lavender body lotion.

## IRIDIUM BLUE HOLE EXPERIENCE

*45 minutes | USD45 per person (group session)*

*45 minutes | USD 180 per couple (private session)*

Unwind in our Blue Hole hydrotherapy pool, with a spectacular view of the Indian Ocean, that incorporates gentle and more powerful jets of water massages. This delivers exceptional therapeutic properties for the body with cleansing of the skin. The warm salt water helps relieve pain and induces muscle relaxation. It also increases buoyancy which in turn gives a greater range of movement.

## IRIDIUM SIGNATURE BATH RITUALS

### DIVINE DUO

*40 minutes | USD150 per person*

Rekindle the romance as you smooth each other's skin with a natural pure rose oil. Relish the moment with a private view of the beautiful Indian Ocean while sipping Champagne complemented by fresh berries.

### PURE PARADISE

*40 minutes | USD150 per person*

Relax and calm your spirit by sinking into the soothing bliss of an aromatherapy bath along with Champagne and our homemade chocolate lollipops to elevate the experience.

## TIME TO SPA

*Daily 9:00 am - 8:00 pm*

## SCHEDULING AN APPOINTMENT

To schedule an appointment for your preferred treatment, please inform your personal St. Regis Butler. To ensure your preferred time and service is available, we recommend booking in advance. All spa appointments and packages are subject to availability and cancellation policy.

## SPA ETIQUETTE

To maintain a peaceful atmosphere and to respect other guest's right to privacy, we kindly request that your mobile phone and other electrical devices are silenced or switched off when you arrive at the spa. The Iridium Spa team reserves the right to ask you to do so whilst in the spa.

## ARRIVAL TIME

We recommend that you arrive 15 minutes prior to your first scheduled appointment. This will allow us time to discuss your requirement. Please note, late arrivals will not receive an extension of scheduled treatment if we have other guests scheduled immediately after your appointment.

## SPA ATTIRE

Changing and locker facilities are available in our change rooms as well as inside the treatment rooms. Bathrobes, slippers, and disposables are provided for added comfort.

## RESTRICTION ON THE USE OF SPA AND FACILITIES

The consumption of alcohol and tobacco are strictly prohibited in Iridium Room and at the Blue Hole.

## PRICES

All prices are quoted in US dollars and are subject to 10% service charge and applicable government taxes which may change at any time.

## ST. REGIS IRIDIUM SPA

We are delighted to help you for any inquiries. Should you need further assistance, please contact your personal St. Regis Butler.

## HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies, or injuries which could affect your choice of treatment when making your spa reservation. This will allow us to assist you in selecting the best experience for you and allow us to prepare any amendment that may need to be made to a treatment room or room set up.

## MINIMUM AGE

Guests of Iridium Spa must be 16 years old and above to access or use the spa facilities. Should you require assistance with childcare, please allow us to assist you in making the necessary arrangement prior to arriving for your treatment.

## CANCELLATION POLICY

Should you need to cancel or reschedule, a 6-hours notice is required before the scheduled treatment. A 50% cancellation fee will apply for appointments cancelled within 6 hours. For non-arrival or treatments cancelled within 1 hour of your scheduled time, the full price of the service will be charged. Late arrivals will shorten your treatment time.

## VALUABLES

Iridium Spa at The St. Regis Maldives Vommuli Resort is not responsible for any loss of valuables at any time on the spa premises. We advise that you leave valuables in the safe in your guest room. Please ensure any valuables put in your robe pockets are removed after your treatment. Lockers in the changing rooms and treatment rooms are provided for temporary holding of personal belongings.

## LOST PROPERTY

Any valuables left behind are handed over to the resort's lost and found department and we have no liability for such items.

# WELLNESS MENU

## PRIVATE YOGA CLASSES

Calibrate your body through customized private sessions with our resident yoga instructor. Each class is combined with various asanas (postures), breathing techniques, and meditations.

For reservations, please contact your personal St. Regis Butler.

### ASHTANGA VINAYASA YOGA

*60 minutes | USD100 per couple*

A multitude of techniques such as postures, breathing, concentration, and meditation exercises benefit physical, emotional, mental, and intellectual well-being.

### HATHA YOGA

*60 minutes | USD100 per couple*

A combination of postures with gentle, slower-paced stretching. Basic pranayama breathing exercises, and meditation, is recommended for beginners.

### PRANAYAMA MEDITATION

*60 minutes | USD100 per couple*

A set of guided breathing techniques where the breath is altered to purify the blood and the respiratory system, as well as to promote an instant experience of peace and blissfulness.

### ANTI GRAVITY YOGA

*60 minutes | USD150 per couple*

Exceptional Anti Gravity Yoga utilizing an elevated hammock in order to relieve muscle stiffness and pain, as well as to achieve a total body workout and balance. It involves performing a series of exercises inspired by yoga, pilates and calisthenics.

### COUPLES YOGA

*60 minutes | USD100 per couple*

A bonding experience created by achieving various postures with a partner to expand the connection and achieve a sense of safety, trust, levity, and unconditional love.

# WELLNESS MENU

## POWER YOGA

*60 minutes | USD100 per couple*

An intense yoga workout recommended only for advanced practitioners who seek fast, deeper rhythms to strengthen core muscles in the body.

## PRENATAL YOGA

*60 minutes | USD100 per person*

In preparation for childbirth, prenatal yoga is a great way for women to reclaim their physical, mental and emotional power and receptivity during the birthing process by practicing gentle asanas (postures).

## CHILDREN'S YOGA

*45 minutes | USD80 per child (ages 6-12)*

A positive way to teach children techniques for self-health, relaxation, and inner fulfillment, so they may navigate life's challenges with a little more ease. Yoga at an early age inspires self-esteem, body awareness, and co-ordination.

## PERSONAL FITNESS CLASSES

Our certified fitness trainers are available upon request for the below classes. All private fitness classes are USD80 per hour per person.

- ◆ Weight Training
- ◆ Aerobics
- ◆ Metabolic Conditioning
- ◆ Tabatha
- ◆ Gluteal Strengthening
- ◆ Kick Boxing Training
- ◆ TRX Workout
- ◆ Boot Camp

## TENNIS

Our resort's complimentary outdoor tennis court is available upon request and provides guests with tennis racquets and balls. Please contact your personal St. Regis Butler to book in advance.

## PRIVATE TENNIS LESSON

*60 minutes*

*USD120 per person*

*USD140 per couple*

*USD80 per child (below age 12)*

# KIDS SPA MENU

## KIDDY MASSAGE

*60 minutes | USD175 per child*

Gentle full body massage using virgin coconut oil leaves young VIP's blissfully relaxed after island playtime.

## COCONUT PLUSH

*45 minutes | USD130 per child*

A nourishing and rehydrating blend of freshly grated coconut and coconut milk powder to gently refine the texture of young skin. Followed by application of virgin coconut oil to end the treatment.

## BANANA SMOOTHIE WRAP

*45 minutes | USD130 per child*

Effectively restores moisture and repairs dry skin leaving little ones feeling sweet like a banana smoothie.

## PEPPY FACIAL

*30 minutes | USD95 per child*

Surrender to this invigorating facial treatment loaded with fresh avocado, honey and a yummy chocolate mask. A wonderful refreshing treatment perfect for after a day playing in the sun.

## HAPPY FAMILY

*75 minutes | USD215 per person*

Special treatment to build a stronger bond between you and your little ones, enjoy a 75-minute relaxing full body massage with chocolate face mask.

## MAGICAL MANICURE & PEDICURE

*60 minutes | USD120 per child*

A relaxing hand and foot massage with organic lavender lotion, paying special attention to little toes and fingernails, then finishing off with a fresh coat of your favourite nail polish or nail art.

# SALON

TREATMENTS	DURATION	PRICE (USD)
<b>HAIR SERVICES</b>		
LADIES' CUT AND STYLE	45/90 min.	95/150
MEN'S CUT AND STYLE	45/60 min.	65/95
CHILDREN'S CUT	30/45 min.	40/60
SHAMPOO AND BLOW DRY	45/90 min.	75/135
<b>HAIR CARE TREATMENTS</b>		
ORIBE SIGNATURE CEREMONY	75 min.	185
ORIBE NOURISHING CEREMONY	75 min.	185
RELAXING HEAD AND SHOULDER MASSAGE	45 min.	135
<b>EXPRESS NAIL SESSIONS</b>		
EXPRESS MANICURE	30 min.	55
EXPRESS PEDICURE	30 min.	65
FILE AND POLISH	30/45 min.	60/75
FILE AND POLISH FRENCH	45 min.	75
POLISH CHANGE	20 min.	40
<b>CLASSIC NAIL SESSIONS</b>		
CLASSIC MANICURE	60 min.	85
CLASSIC PEDICURE	75 min.	95
MANICURE AND PEDICURE	120 min.	155
<b>MAKE UP SERVICES</b>		
EXPRESS LOOK	45 min.	75
BRIDAL MAKE UP	60/75 min.	135/150
<b>WAXING SERVICES</b>		
HALF OR FULL LEG WAX	45/60 min.	50/100
HALF OR FULL ARM WAX	45/60 min.	40/90
UNDER ARM WAX	20 min.	30
BIKINI WAX	20 min.	30
BRAZILIAN WAX	60 min.	85
BACK WAX	45 min.	65