

The magnificence and beauty of the lotus is admired by cultures across the world. Elegantly delicate at first glance, the flower's daily transformation is an inspiring symbol of revitalization and raw natural strength. It begins as a bud of pure vitality beneath the water's surface. At sunrise, it breaks through into the fresh air, radiant in full bloom, and then retires once more to the calm stillness of the water when night falls. It is this regenerative rise and retreat following the natural rhythm of the day that influences our vision for a Raffles Spa.

We believe that a balance between exertion and relaxation is the key to achieving a feeling of inner tranquility and rejuvenation. Raffles Spa Journeys are a considered mix between traditional and local methods, each ready to be expertly personalized to ensure that your sensory escape is everything you hoped for and more. Our thoughtful and knowledgeable therapists will guide you on a journey to rediscover mental, physical and spiritual harmony, leaving you feeling enlivened and transformed.

Escape. Indulge. Transform.

This is Raffles Spa.

## OUR SPA

Set over the water surrounded by the blue skies above, Raffles Spa Maldives is a haven of serenity, where the harmony of the therapeutic power of nature and a sensory journey of an authentic well-being experience blend together to provide a memorable journey to emotional well-being.

Escape time and indulge in our Raffles spa features three overwater Couple Spa Treatment Rooms and one Overwater VIP Couples Spa Treatment Suite, group or private fitness or yoga sessions with our private instructor on a secluded open deck that oversees the Indian Ocean, a state of the art fitness centre, and an outdoor swimming pool, male and female beauty services as well as relaxation areas.

At Raffles spa, allow us to pamper your every indulgence.









## OUR PRODUCT PHILOSOPHY

When choosing products for each of the Raffles Spas around the world, we place careful emphasis on many aspects. With luxury in mind, each chosen brand is proven in delivering results-driven treatments which are tailor-made to suit the needs of our valued travelers. Environmental sustainability is considered whenever and wherever possible, reflecting our social responsibilities as a brand. Our relationships with the product houses are important in ensuring we have the finest spa products and training available for each and every encounter with our guests.

### **BIOLOGIQUE RECHERCHE**

Biologique Recherche's personalized methodology has a reputation for astounding. It's based on a clinical approach to beauty care using intentionally pure, concentrated, raw ingredients, as well as innovative and meticulous protocols and procedures.

### **AROMATHERAPY ASSOCIATES**

For more than 30 years Aromatherapy Associates, a truly British brand, has been specialising in harnessing the healing powers of the finest natural ingredients, purest extracts and essential oils in their products and treatments. Their experienced therapists have witnessed first-hand the success essential oils on the state of people's physical, mental and emotional wellbeing. Their award-winning products and treatments have transformed the aromatherapy experience into something highly effective yet luxurious and exceptional.

### **MARGARET DABBS LONDON**

This expert led beauty brand offers amazing foot, hand and leg treatments which combines the best medical knowledge with the best of beauty. With unrivalled treatment results and products, Margaret Dabbs London has earned its position in the top tier of beauty treatments worldwide.





**SPLENDERMINE**  
 SÉRUM AUTHENTIQUE  
 PHASE DE SOIN  
 Sérum tonifiant pour le visage  
 Toning serum for face  
**BIOLOGIQUE RECHERCHE**  
 PARIS  
 125 ml 4.2 FL.OZ



**DERMOPORE**  
 SÉRUM AUTHENTIQUE  
 PHASE DE SOIN  
 Sérum pour les pores dilatés  
 Serum for dilated pores  
**BIOLOGIQUE RECHERCHE**  
 PARIS  
 125 ml 4.2 FL.OZ



**VG TENSIL**  
 SÉRUM AUTHENTIQUE  
 PHASE DE SOIN  
 Sérum effet tensif pour le visage  
 Tensile effect serum for face



**EXTRAITS TISSULAIRES**  
 SÉRUM AUTHENTIQUE  
 PHASE DE SOIN  
 Sérum hydratant et revitalisant  
 pour le visage  
**BIOLOGIQUE RECHERCHE**  
 PARIS  
 125 ml 4.2 FL.OZ

## RAFFLES WELLNESS

We understand that exercise is a vital component to daily life, especially for travelers on the go, and we appreciate the desire for high-quality, well-equipped fitness facilities. Our Life fitness® provides spacious, customized, wellness areas and supplies fitness facilities to meet all your needs. Catering to your own fitness level, ability or age, our dedicated wellness professionals are here to assist you in achieving your personal health and fitness goals, supporting you every step of the way.

Raffles Spa is the perfect environment for living well, with access available to hotel guests, offering the following facilities and services:

- Oceanview yoga
- Garden jogging track
- Fitness centre
- Outdoor swimming pool
- Relaxation areas
- Locker facilities available

### YOGA

The word “yoga” translates as the “union” or “discipline” of breath control, simple meditation, and the adoption of specific bodily postures, widely performed for a greater sense of well-being. The practice of yoga has been known to increase flexibility, decrease stress levels, and energize and restore the mind.

***\*additional charges apply for private session***

The fitness center is open daily at the following times.

Fitness Centre: 24 hours daily

Fitness Trainer from 9.00am - 9.00pm





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## SPA ETIQUETTE

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### SPA EXPERIENCE

Raffles Spa offers a variety of luxury experiences using only the very best in spa products. Choose from a variety of massages, body treatments, facials and Spa day packages.

### SPA ENVIRONMENT

Raffles Spa is a quiet sanctuary. For your peace and privacy, phones and other electronic devices are not permitted. If you wish to receive messages during your time with us, please let our staff know. Members and guests must be a minimum of 18 years of age. Children of members or guests may use the Facilities if accompanied by a parent or guardian over 16 years of age.

### MAKING SPA APPOINTMENTS

T: + 960 682 8800

Extension: 535

Email: [spa.maldives@raffles.com](mailto:spa.maldives@raffles.com)

The Spa is located on the opposite of the main Resort Reception of Raffles Maldives.

Advanced reservations are recommended to ensure availability. Our Spa Hosts will be delighted to guide you to select your spa experience.

### FEES AND SERVICE CHARGE

All prices are in US Dollars and exclusive of local sales tax. For your convenience a 12% tourism general service tax and 10% service charge will be added to your final bill for each service. Additional gratuities are at your discretion.

### SPA CANCELLATION POLICY

If you must reschedule or cancel any spa appointments or packages, please notify the Spa 4 hours in advance. Missed appointments without proper notices are subject to a 100% charge for reserved services. The same applies for no shows.

### SPA ARRIVAL AND ETIQUETTE

We recommend you arrive 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience. To make any changes to your booking, please contact Spa reception at + 960 682 8800 Extension: 535

### PERSONAL MATTERS

Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we may better customize your experience to your needs.

### SPA ATTIRE

You will receive a robe and sandals to wear between treatments and a locker for your personal belongings. We request that you please leave jewelry and valuables in your hotel room or the safe provided for you.

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## TO BOOK YOUR SPA JOURNEY

T + 960 682 8800

E [spa.maldives@raffles.com](mailto:spa.maldives@raffles.com)

## OPENING HOURS

Spa Treatments: 9.00am - 9.00pm

Fitness Trainer: 9.00am - 9.00pm

Fitness Centre: 24 hours access

## RAFFLES SPA

Raffles Maldives Meradhoo

Meradhoo, Gaafu Alifu Atoll

Republic of Maldives

T + 960 682 8800

E [spa.maldives@raffles.com](mailto:spa.maldives@raffles.com)

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