

THE RESIDENCE  
MALDIVES

by *Cenizaro*



*spa by*  
**CLARINS**



*Prices are subject to 12% government tax.*

# TIME TO SPA

Time stands still at The Spa by Clarins – a luxurious retreat designed to pamper your body, mind and spirit. Indulging your senses, The Spa by Clarins offers a selection of blissful spa treatments, hair and beauty services, inspired by exotic rituals and western cultures.

Let our unique Clarins treatments, kissed by the charm of Asian hospitality, enchant you and renew your vitality and spirit for life.

Free your mind with a series of yoga classes at our extensive meditation area built upon an ocean view deck. Let the pure sea breeze and Mother Nature's soft touch take away the cares of the world and renew your spirit.

Indulge your senses at The Spa by Clarins.



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# SIGNATURE TREATMENTS

## SEA SERENITY BY CLARINS

Embark on a voyage of well-being with the Clarins signature treatment for the body and face created exclusively for The Residence Maldives. Awaken your senses and soothe the mind with the unique Clarins deep touch massage movements using aromatic oils and plant extract honey. This massage energizes as it relaxes; toning the body and stimulating the senses. To harmonize, a revitalizing facial using Clarins Pure Melting Gel deep cleanses and through a series of Clarins “magic” touches; restores luminosity and radiance, concluding with a facial mask and natural custom blend moisturizer application.

**90 minutes (for one)            USD 190**

**90 minutes (for two)            USD 360**

## PEACE

Incorporating a combination of massage techniques from Bali, this is the perfect remedy for stress relief. Using pressure from the fingers, elbows and palms, this treatment stimulates, relaxes and soothes acupressure points and energy meridians.

### Peace (for one)

**50 minutes            USD 120**

**90 minutes            USD 160**

### Peace (for two)

**50 minutes            USD 230**

**90 minutes            USD 305**



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# SIGNATURE TREATMENTS

## HEAVEN

Luxuriate in a heavenly experience with a body and face massage that relaxes you from head to toe. This deep soothing treatment relieves sore, tired muscles with the heat from basalt stones.

### Heaven (for one)

**50 minutes**                    **USD 120**

**90 minutes**                    **USD 160**

### Heaven (for two)

**50 minutes**                    **USD 230**

**90 minutes**                    **USD 305**

## WAVES (FOUR HANDS)

The Spa by Clarins' signature treatment at The Residence Maldives. Two therapists will work on you simultaneously, in synchrony and in serene silence for the ultimate indulgence.

**50 minutes**                    **USD 235**



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# SIGNATURE TREATMENTS

## PURE

Warm virgin coconut oil infused with pure essential oils is used to massage the scalp and shoulders with eastern and western techniques. This treatment improves nourishment circulation of the hair and scalp, relieves headaches and leaves your hair glossy and healthy.

**60 minutes**

**USD 110**

## RELIEF

This treatment balances the body's energy by palpating miniature pressure points on the soles of the feet.

**60 minutes**

**USD 115**

**30 minutes**

**USD 75**



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# CLARINS FACIAL TREATMENTS

## ULTRA-HYDRATING FACIAL TREATMENT WITH KATAFRAY

Katafray is a tree with water storage capacities and grows in the desert. Its extracts help to stimulate skin natural hydration process. To regain a softer more supple and more comfortable skin.

**50 minutes**

**USD 145**

## TOTALLY GENTLE FACIAL TREATMENT WITH CHRISTOPHINE

Christophine is a plant with skin-softening virtues. The soothing treatment designed for fragile, weakened skin. It repairs and rebalances the skin natural defenses.

**50 minutes**

**USD 145**

## YOUTHFUL LIFT FACIAL TREATMENT WITH HOPS

Hop tree extracts are known for its energizing and skin-firming benefits. A spectacular youth-boosting effect for a smoother and firmer skin.

**50 minutes**

**USD 145**



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# CLARINS FACIAL TREATMENTS

## **RADIANT & PURE FACIAL TREATMENT WITH TANAKA POWDER**

Tanaka is a tree originally from Burma and from which is extracted a powder known for its purifying properties. Your skin texture is firmer and your skin complexion clearer.

**50 minutes**

**USD 145**

## **VITAL LIGHT TREATMENT WITH PIONEER PLANTS**

Exceptional anti-wrinkle treatment, which restores the luminosity and vitality that disappears with age. Enables the deep, inner luminosity of your skin to instantly be reflected on the skin surface. The face is brighter and revitalized.

**50 minutes**

**USD 145**

## **FACIAL FOR MEN WITH BISON GRASS**

Bison Grass is used for its energizing properties. A treatment to retrieve a skin more supple and radiant. Face features are relaxed and firmer.

**50 minutes**

**USD 145**



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# CLARINS BODY TREATMENTS

## **CONTOURING BODY TREATMENT WITH UNCARIA TOMENTOSA**

Uncaria Tomentosa helps to limit the formation of excess lipids in the body. This treatment is for those who want to slim and to remodel the silhouette while gaining a real feeling of lightness.

**50 minutes**

**USD 145**

## **FIRMING BODY TREATMENT WITH LEMON THYME**

Lemon Thyme extracts help to keep elasticity properties of the skin. Perfect treatment to retrieve tonicity and slimmer contours together with a soft and supple skin.

**50 minutes**

**USD 145**

## **MOISTURE RELAX BODY TREATMENT WITH PEACH MILK**

Peach extract is used for its hydrating and nourishing virtues. A wave of hydration and comfort for thirsty skin that become more comfortable, more supple and thus more resistant to external aggressions.

**50 minutes**

**USD 145**



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# CLARINS BODY TREATMENTS

## **BRONZING BODY TREATMENT WITH COCOA BEAN EXTRACTS**

A self-tanning treatment for face and body that delivers a natural-looking, healthy glow and soft, well-hydrated skin. Let's try this delicious treatment for an uniform and subtle tan.

**50 minutes**

**USD 140**

## **EXFOLIATING BODY TREATMENT WITH BAMBOO POWDER**

Exfoliating is an absolute 'must' treatment before any further body treatment because it helps product absorption and increases product effectiveness. Your skin, perfectly exfoliated and smooth, ultra-soft and luminous is revived and revitalized, like a new skin.

**50 minutes**

**USD 140**

## **MOTHER-TO-BE TREATMENT WITH 100% PURE PLANT OIL**

Preventative treatment that prepares the body for the changes during pregnancy. It helps to prepare the skin to support the distension and prevents stretch marks. Provides comfort and well-being.

**50 minutes**

**USD 150**



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# CLARINS BODY WRAPS

## **BODY WRAP RELAXING**

This gentle wrap is based on green clay and essential oils. It has a mineralizing action on the skin and promotes a wonderful feeling of relaxation. Skin feels silky soft and comfortable.

**50 minutes**

**USD 130**

## **BODY WRAP TONIFYING**

An exotic wrap based on orange, cinnamon and rice powders. Energizes and revitalizes. Skin feels smooth and soft.

**50 minutes**

**USD 130**

## **BODY WRAP CONTOURING**

A deeply purifying wrap based on red cranberry, raspberry and rice powders. Helps refine contours and leaves skin soft and firm.

**50 minutes**

**USD 130**



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# CLARINS BODY MESSAGES

## REBALANCING MASSAGE WITH ESSENTIAL OILS

This massage uses enveloping movements for an incomparable feeling of well-being. Tonic Oil issued to stimulate the body and mind or Relax Oil for a feeling of complete relaxation.

<b>50 minutes</b>	<b>USD 125</b>
<b>90 minutes</b>	<b>USD 180</b>

## MELTING HONEY DEEP TOUCH MASSAGE

An intense massage that uses deep pressure to relieve tension, eliminate any stiffness and release energy. These measured movements are combined with either Tonic or Relax Sweet Honey Massage Oil to prolong a feeling of well-being long after the massage is over.

<b>50 minutes</b>	<b>USD 125</b>
<b>90 minutes</b>	<b>USD 180</b>

## SPORTS MASSAGE

A great massage for the athlete in you! Before a sport activity, it promotes looser muscles and optimizes muscular response. After exercise, it relieves tension and tightness and allows joints and muscles to recuperate better.

<b>50 minutes</b>	<b>USD 125</b>
<b>90 minutes</b>	<b>USD 180</b>



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# CLARINS STOPOVERS

## **ANTI-JET LAG**

Frequent travelers are going to love this energy-boosting face and body treatment designed to erase all signs of fatigue linked to jet lag.

**50 minutes**

**USD 140**

## **AFTER SUN**

Replenishes skin deep-down on the face and body. It optimizes the benefits of the sun and helps prevent any drying effects it may cause. Ensures a beautiful-looking, long lasting tan.

**50 minutes USD 140**



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# CLARINS SPECIFICS

## LUMINOUS EYES

Complete eye contour treatment to decongest, smooth and freshen the entire eye zone.

**20 minutes**                      **USD 40**

## NECK & SHOULDER RELIEF

Relaxes and removes feelings of tension that accumulate in the neck and shoulder area.

**30 minutes**                      **USD 65**

## BACK RELIEF

A deeply relaxing treatment to relieve all feelings of tension. Immediately calms and soothes.

**30 minutes**                      **USD 65**

## LIGHTER LEGS

A refreshing treatment that relaxes and relieves tired, heavy-feeling legs.

**30 minutes**                      **USD 70**



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# CLARINS SPECIFICS

## BEAUTIFUL HANDS

A youthful treat that promotes softer, smoother hands and conditions nails.

30 minutes

USD 65

## BEAUTIFUL FEET

Leaves feet feeling light and looking impeccable. This treatment also includes a hand and scalp massage.

30 minutes

USD 65

## FACE & BACK RELIEF

A relaxing massage for a maximum of well-being, and it shows! Both the face and the back are perfectly relaxed and de-stressed.

30 minutes

USD 65



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# SPA JOURNEYS

## HONEYMOON DELIGHT

A beautifully package to bring out the beauty and awaken the inner senses in you and your loved one. The Peace Massage for 2 in the same room is believed to cure and de-stress mind, body and soul .Following with a Clarins Beautiful Hands and Clarins Beautiful Feet and a Clarins Totally Gentle Facial Treatment. A selection of herbal teas and fruits will be offered at the end of each session.

**180 minutes (for two)      USD 750**

## THE RESIDENCE INDULGENCE

The best way to “spoil” yourself! A Clarins Body Scrub will gently exfoliate your skin before continuing with the soothing Waves 4 hands Massage offering a selection of 4 different Aromatherapy oils. To complete the pampering Clarins Ultra-Hydrating Facial Treatment will remove the last traces of a hectic daily schedule. We serve a fresh young coconut drink with tropical fruit during the interlude.

**170 minutes      USD 495**



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# SPA JOURNEYS

## TRAVEL REVIVER

The treatment starts with the Heaven Massage which relieves soreness and stress-related tension. Follow with the Clarins lighter legs. For ladies we have the Clarins Ultra-Hydrating Facial Treatment and Clarins Skin Facial for Men; both give a fresh and healthy complexion. Relax and take a couple of moment with an herbal tea, fresh juice and seasonal fruit before returning to reality.

**180 minutes**

**USD 315**

## DEEP -DETOX

The best spa detox and slimming treatments recommended by the Spa, This therapeutic spa package will nourish, detoxify and rejuvenate your body, inside out (for ladies and gentlemen). Which includes a Clarins Exfoliating Body Treatment to prepare the skin for the absorption of the very active detox ingredients of the Clarins Contouring Body Treatment, Clarins Body Wrap Tonifying followed by a Linfo-Drainage Massage .A selection of detox drinks and fruits will be offered at the end of each session.

**240 minutes**

**USD 525**



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# SPA JOURNEYS

## SUN LOVERS

The Exfoliating Body Treatment by Clarins will shed the dead layers of skin with a thorough body exfoliation, getting ready for optimum sun tanning. After a Clarins Moisture-Relax Body Treatment with soothing ingredients it is applied to the entire body.

**120 minutes**

**USD 270**

## SPORT'S RECOVERY

Focusing on tight calf and strained back muscles. First the application of the Clarins Body Wrap Relaxing will release muscular tension and then the special Clarins Sport Massage will relax and soften tired muscles. During the break we serve iced tea with a fruit platter.

**120 minutes**

**USD 260**

## JUNIOR CHOICE

For our junior island dwells this package consists of 50 minutes of gentle Swedish Massage and 30 minutes Mini Facial. A selection of Ice cream will be offered after the section.

**80 minutes USD 120**



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# SPA JOURNEYS

## Clarins A La Carte

The greatest way to start your days at The Residence Maldives if you enjoy 30 minutes spa treatment you can choose any of the follow for 4 days.

- Luminous Eyes
- Neck & Shoulder Relief
- Back Relief
- Lighter Legs
- Beautiful Hands
- Beautiful Feet
- Face & Back Relief

**120 minutes**

**USD 250**



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# SALON SERVICE

## ESSENCE

Experience a luxurious treat for the scalp and hair with a cleansing scalp treatment. Particularly beneficial after a day of sun, sea and sand, this treatment restores lustre and shine to the hair. Choose the hair treatment that is most appropriate for you. For dry, damaged, oily or fine hair.

**20 minutes                      USD50**

## SHAMPOO & BLOW DRY (Short Hair)

**45 minutes                      USD 40**

## SHAMPOO & BLOW DRY (Long Hair)

**60 - 75 minutes              USD 55**

## STYLE CUT & BLOW DRY (For Ladies)

**60 - 75 minutes              USD 70**

## HAIRCUT (For Men)

**30 minutes                      USD 40**

## HAIRCUT (For Children)

**30 minutes                      USD 40**



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# SALON SERVICE

## BRIDAL MAKE-UP

80 minutes                      **USD 90**

## EVENING MAKE-UP

60 minutes                      **USD 70**

## MANICURE

30 minutes                      **USD 55**

## PEDICURE

45 minutes                      **USD 65**

## MANICURE & PEDICURE

75 minutes                      **USD 114**

## FRENCH MANICURE

30 minutes                      **USD 60**

## FILE & POLISH

30 minutes                      **USD 30**



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# YOGA

Personal yoga classes are conducted by our yogi on the over-water deck. Choose a class that is most suitable to your needs.

## WELL-BEING

60 minutes **USD 75**

90 minutes **USD 95**

## ENERGY

60 minutes **USD 75**

90 minutes **USD 95**

## MEDITATION

60 minutes **USD 75**

90 minutes **USD 95**

## MOTHER

60 minutes **USD 75**

90 minutes **USD 95**

## CHILD

60 minutes **USD 75**

90 minutes **USD 95**



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# HOW TO SPA

Spa operating hours are 10.00 - 20.00 daily

## ***How do I make a Spa Reservation?***

The Residence Spa is immensely popular with guests and as such we strongly recommend that you book your Spa treatments well in advance to avoid disappointments. Reservations can be made in person or by dialling 503

## ***What happens if I need to cancel my treatment?***

If you would like to reschedule or cancel your booking, you can do so at any time subject to providing a minimum of 12 hours' notice.

If a cancellation is made less than 12 hours prior to your appointment time, a 50% charge will apply. If there is no notice provided, a full charge will be made for the services reserved.

## ***How should I prepare for my Spa treatment?***

Please shower off any oils and suntan creams prior to your treatment to allow better absorption of the products applied.

## ***I am male – should I shave before my Spa treatment?***

For men, we recommend shaving prior to having a facial for maximum comfort and benefit to the skin.

## ***What do I need to wear?***

There is no need to bring or wear any special clothing, as Spa wear is provided. Disposable underwear is provided for body treatments.



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# HOW TO SPA

## ***What time should I arrive for my treatment?***

Please arrive at the Spa a minimum of 15 minutes before your scheduled appointment time – this allows you time to fill out your consultation form, enjoy the ambience and start the relaxation process before your treatment begins.

## ***What happens if I am late for my appointment?***

As a courtesy to all our guests, a prompt appointment schedule is adhered to. Late appointments may not be honoured if there is a treatment booked immediately after and will be charged the cancellation fee.

## ***What medical or physical concerns do I need to tell the therapist?***

All first-timers need to fill out a consultation form prior to their treatment – this is to provide you with the best possible experience and to assure your maximum safety and comfort.

*Note: Prices and treatments are subject to change without notice. Prices are subject to 12% government tax.*



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