

SPA MENU

THE SPA
BAROS
maldives

Welcome to The Spa at Baros Maldives

A Haven within a Haven

TREATMENT OVERVIEW

Below we offer you a taster of our menu. The descriptions you will find over the page. However, if turning the page is something you don't wish to do on your relaxing holiday, please tell us and we will take you through the menu helping you to decide what you would like to experience.

MASSAGE SELECTION

BODY SELECTION

SCRUBS • WRAPS

FACE SELECTION

FACIALS

HANDS & FEET SELECTION

MANICURE & PEDICURE • NAIL POLISH

ADD ON SELECTION

DESIGN YOUR OWN TREATMENT

SPECIALIST SELECTION

ACUPUNCTURE • AYURVEDA

SPECIAL COMBINATIONS

MASSAGE SELECTION

MASSAGES

Baros Signature Massage

Our Signature Massage is an unique marriage of four different massage techniques, Swedish, Thai, Pressure Point and Hot Stone. The treatment is designed especially for you, tailoring the finer points to your needs. The result? A blissfully rejuvenating experience not to be missed.

Balinese Massage

A deep massage practiced in Bali for generations, using sweeping invigorating strokes interspersed with kneading and gentler strokes to coax away those knots.

Thai Massage

This massage is oil free. Sometimes known as the lazy man's yoga. The stretching and pressure point techniques release tensions, giving you back energy and balance. It is excellent after a long flight.

Swedish Massage

This massage is known the World over as the Father of Massage. It can be taken with a strong or medium pressure, a great treatment for targeting problem areas.

MASSAGE SELECTION

Back Neck & Shoulder Massage

So many of us hold tightness in our shoulders and suffer from sore backs. This massage can help such problems. By gently working on the tight spots we can let the healing process begin.

Hot Stone Massage

Soft flat volcanic stones are heated and gently placed on the body. Essential oils are warmed and added to the mix. The experience is pure heaven and total relaxation. A brilliant start to your holiday.

Foot Massage

With 26 bones in each foot they deserve to be treated with care and attention. And that is exactly what we do. After the massage you will feel as if you are walking on air.

Pregnancy Massage

This massage is specially designed for the pregnant lady allowing her to experience a treatment in comfort and with the knowledge that her baby is safe. (Offered after the 1st trimester).

BODY SELECTION

SCRUBS

Baros Signature Scrub

Soft sand from the beach; virgin coconut oil from the trees grated coconut and the finest Pevonia ingredients, is a winning combination to cleanse and nourish your skin. A great way to start your holiday.

Pineapple & Papaya Salt Mousse Scrub

Treat your skin to a gentle scrub cleaning away all impurities and dead cells. The nourishing properties of these fruits will make your skin silky soft. Excellent for all skin types.

Rose & Chamomile Cream Body Polish

Jojoba beads gently exfoliate the skin, the essential oils nourish and hydrate; the result is a smooth clean skin ready for any wrap or massage.

BODY SELECTION

WRAPS

Pineapple & Papaya Cream Wrap

This is a perfect wrap to help prevent premature aging. The combination of these tropical fruits mixed with a hint of vanilla, leaves the wrinkles smoothed, nourished and repaired.

Seaweed Wrap

Seaweed is known for its healing and detoxifying properties. This natural Algae wrap is full of vitamins and Oligo-elements after which your skin will feel firmer and more toned.

Sun Calmer Wrap

Too much sun maybe? No problem, we can help reduce the discomfort and redness. The soothing gel of water lilies cools, calms and repairs damaged skin.

FACE SELECTION

FACIALS

Vitalizing Facial

This facial is brilliant for all skin types. Even the most sensitive of skins will benefit. A gentle treatment using Chamomile and Marigolds with a special Oxy-vital soothing mask.

Essential Facial

This healing facial is a good choice for the younger skin; a perfect introduction to the World of facials. Gentle essential oils along with a pressure point massage will leave your face feeling clear, clean and balanced.

Seaweed Facial

If your skin is dry or feels a little dull this facial is for you. The repairing powers of Seaweed and Propolis, with their antiseptic and antiviral properties, will help your skin to repair and once again blossom.

PAVONIA products are used exclusively for all facials.

FACE SELECTION

Caviar Facial

What could be more luxurious? An anti-aging facial using Russian Caviar, ground pearl extract and Escutox (an alternative to Botox). It will relax harsh wrinkles and bring your skin back to life. We also relax your body with a neck, hand and foot massage.

Sun Calmer Facial

A cooling Water Lily treatment. Over exposure in the harsh sun can damage the face. This facial ensures a good degree of repair, while soothing and calming the face.

Gentleman's Facial

This facial is especially designed for the gentlemen who wish to restore any dull skin. We cleanse, exfoliate, and massage restoring to a former glory. During the mask we offer a head and neck massage.

PAVONIA products are used exclusively for all facials.

HANDS FEET SELECTION

MANICURE & PEDICURE

Manicure & Pedicure services are available, which includes cleansing, filing, massage and buffing. Polish is applied if required.

Nail Polish only is also a possibility.

OPI nail polish is used for our Manicures and Pedicures.

ADD ON SELECTION

DESIGN YOUR OWN TREATMENT

You can design your own treatment. Add any of the following 30 minute possibilities to any Body Treatment or Facial.

- Coconut oil Hair Wrap
- Ginkgo Eye Treatment (de-stressing)
- Cryo Eye Treatment (anti-aging)
- Steam & Bath
- Mini Facial
- Foot Massage
- Head, Neck & Shoulders

SPECIALIST SELECTION

ACUPUNCTURE

Acupuncture, which comes to us from China, is one the oldest form of medicine. It is a comprehensive system of medicine based on the natural laws of the body. A session of Acupuncture helps balance your energy, stimulates natural healing processes and puts you into a deep state of relaxation. It is also good for reducing stress, lifting depression, maintaining fitness and overall well-being.

Most commonly treated conditions:

- Mind & Sprit: Stress • Restless Sleep • Anxiety/Depression • Lack of mental focus • Fatigue • Emotional trauma • Jetlag
- Muscular & Skeletal: Neck and shoulder pain • Back pain • Upper/lower • Sciatica, Pain and numbness of the extremities • Arthritis/Painful joints
- Neurological: Headache • Migraine
- Gastrointestinal: Gastritis • IBS (Irritated bowel syndrome) • Constipation

We use fine point disposable needles unwrapped in front of you.

SPECIALIST SELECTION

AURICULOTHERAPY – EAR ACUPUNCTURE

This is a wonderful system for diagnosis, as well as treating emotional and physical ailments. The specialist is able to get a clear picture of the guest's condition through Auriculotherapy diagnosis and treat it through the traditional Asian perspective. The power of this system lies in being able to find painful areas that correspond to specific illnesses and then to use associated points that can instantly release the pain and therefore treat the underlying sickness. This style is very gentle and allows you to instantly feel the effects of the needles.

OUR SUGGESTION

Book yourself a **15 minutes complimentary Auriculotherapy** (ear diagnosis) and consultation and we will create a personal program for you that you can enjoy during your stay on the Island.

SPECIALIST SELECTION

THE COMPLETE HOLISTIC SPA

Steam, Signature Massage & Acupuncture

If you have a stiff back, sore shoulders or a troublesome neck this treatment could be for you. We begin with a steam to relax the muscles, followed by a strong massage and then 30 minutes of healing acupuncture. It will make a difference.

AYURVEDA

Ayurveda is Sanskrit meaning the science of life. It is an old philosophy based on deep understanding of eternal truths about the human body, mind and spirit.

At The Spa Baros Maldives we offer a few of these remedies. After a short consultation your body constitution is determined and relevant oils are selected in accordance according to your main dosha.

Abhyanga

A whole body massage using warm relaxing Ayurvedic oil, followed by 15 minutes in the steam room to help absorb the herbs.

SPECIALIST SELECTION

Shirodhara

Warm herbal oil is slowly poured onto the forehead covering the entire scalp. This deeply relaxing treatment focuses on stimulating the 'the third eye'. This treatment can aid sleep and reduce stress.

Abhyanga & Shirodara

We can combine the two Ayurvedic treatments in one session if you wish. Please discuss this with your therapist.

OUR RESIDENT SPECIALIST

has trained and practiced extensively in traditional Chinese Medicine, Acupuncture, Auriculotherapy, Ayurveda and Panchakarma. As he is also a massage therapist he can tailor make your treatment, putting all his skills to use in order to balance the body as a whole.

SPECIAL COMBINATIONS

BAROS SIGNATURE COMBINATION

Steam – Sand scrub – Signature massage – Coconut hair wrap

You begin with a steam to relax and open the pores. The sand scrub gently exfoliates the skin and then you truly relax with our Signature massage, which includes some Hot Stone therapy. The coconut oil leaves the hair as smooth as silk. What more could you ask for?

SPA FOR TWO

Silky scrub – Massage of your choice – Coconut oil hair wrap

This is especially for a couple, receiving a treatment in the same room at the same time. A creamy silk scrub cleanses the skin, followed by a massage of your choice, and finishing off with a coconut hair wrap or head massage.

SMOOTH AS EVER

Seaweed scrub & wrap – Massage of your choice

Before receiving the massage of your choice we will offer you a seaweed body scrub followed by a seaweed wrap. The healing and soothing properties of the seaweed leaves the skin soft and renewed.

SPECIAL COMBINATIONS

HOT – HOT – HOT

Steam – Bath – Hot stone – Gingko eye treatment

(for puffy eyes)

A 30 minute steam and soak in the outdoor bath, relaxing you before your Hot Stone Massage. A gingko eye treatment will remove any hints of puffy eyes.

FOR HIM ONLY

Steam – Massage of your choice – Men's facial

A hot steam to relax the muscles before a massage of your choice, followed by a facial designed especially for the Gentleman.

For the Special Combinations you can choose either a SWEDISH or BALINESE massage.

You can also ADD ON anything that you wish thus
DESIGNING YOUR OWN TREATMENT

SPA ETIQUETTE

- You are welcome to come to the Spa in your robe or just as you are.
- We will provide disposable underwear for your comfort.
- Please leave all your valuables in the safe in your villa.
- Please arrive a few minutes ahead of your treatment.
- Please make sure to book in advance in order to avoid disappointment.
- Please inform us in advance if you cannot make your appointment.
- Treatments cancelled within 12 hours of the treatment will incur 50 % of the fee.
- Treatments cancelled within 4 hours of the treatment will incur 100 % of the fee.



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