



## HIDEAWAY SPA SIGNATURE TREATMENTS

### Lomi Massage

A beautiful massage ideal for island weather! This energizing treatment restores balance and harmony between the mind and body. You will be taken to a peaceful place to relieve stress and restore physical and mental being.

**1 hour, \$172**

### Papaya Scrub

Experience this tropical bliss using home grown papaya, rich in Vitamin E, Vitamin C and anti-oxidants. Great treatment to exfoliate from head to toe, leaving your skin glowing, soft and hydrated.

**50 minutes, \$179**





## HIDEAWAY SPA HOLLISTIC TREATMENTS

### Empowerment Ritual

Your journey begins with body brushing followed by Hot Stone massage. You will then be cocooned in body mask and receive hot stones foot massage for total relaxation.

**2 hours, \$326**

### Uplifting Ritual

Perfect treatment for those wanting to regain sense of joy and happiness! The ritual begins with invigorating body brushing followed by Ylang- Ylang, Orange & Lemongrass Therapy Massage. You will then receive a stimulating scalp massage while cocooned in Orange body mask.

**2 hours, \$326**

### Confidence Ritual

This ritual starts with full body exfoliation using Honey and Himalayan Salt leaving your skin radiant and glowing. Relax with a Swedish massage, body mask and stimulating hand massage melting away any stress and tension.

**2 hours, \$326**

### Harmony Ritual

The treatment starts with a body exfoliation using peppermint and Dead Sea salt. You will then experience energy massage using warm oils followed by soothing body mask with refreshing aromas of lavender, ginger and mint. This ritual ends with foot reflexology.

**2 hours, \$326**

### Clearing Ritual

You will be taken on a journey to greater clarity of mind. We begin by full body exfoliation followed by a body mask and purifying facial leaving you feeling utterly relaxed.

**2 hours, \$326**

### Inspiring Ritual

This treatment starts with an invigorating body scrub based on the Ayurvedic philosophy. You will then receive full body massage with warm oils that will bring your body into balance. While wrapped in softening body mask, heated sesame oil will be poured onto the third eye, bringing peace and clarity to the mind.

**2 hours, \$326**

### Spirit Ritual

This ritual begins with a full body exfoliation to prepare you for a true holistic experience. Enjoy Lomi Lomi massage followed by warm body cocoon, enhanced with a divine acupuncture scalp massage.

**2 hours, \$326**

### Honeymoon Ritual

A blissful treatment that starts with a dry body scrub using silk body powder to remove the dry skin, followed by a relaxing massage to spoil body and mind and finished with a golden body wrap and a mini facial leaving you totally relaxed.

**2 hours, \$326**



## HIDEAWAY SPA MASSAGES

### Four Hands Massage

Why not try a sensual deluxe four hands massage? Try out two talented therapists at once performing synchronized relaxing Swedish massage. A must have for the experienced client as well as those wanting to indulge in an unforgettable journey in massage.

**50 minutes, \$302**

**1 hour & 20 minutes with ritual, \$333\***

### Anti-Cellulite Massage

This invigorating massage not only helps to remove the cellulite, it also stimulates the blood and lymphatic circulation for healthier skin. This treatment effectively eliminates toxins from the body and extra water from the tissue leaving the skin softer, firm and muscles more toned.

**50 minutes, \$216**

### Balinese Massage

This treatment combines four massage techniques: Swedish, Shiatsu, Thai and Reflexology allowing feelings of calm and peace. This brings a sense of wellbeing and deep relaxation.

**50 minutes, \$172**

**1 hour & 20 minutes with ritual, \$209\***

### Thai Massage

There is no instrument more precise than human hand. A massage treatment from Thailand using deep static and rhythmic pressure along the body's vital lines. This dry massage experience applies acupressure relieving muscle aches and pains and improving blood circulation.

**50 minutes, \$172**

**1 hour & 20 minutes with ritual, \$209\***

### Swedish Massage

Using Swedish massage techniques this treatment is designed for utter relaxation, relieving physical stress and tension. It's ideal for those finding it hard to relax, sleep or feeling generally run down.

**50 minutes, \$172**

**1 hour & 20 minutes with ritual, \$209\***

### Customized Massage

See the color, smell the aromas and feel the touch of this personalized massage. Choose between Swedish, Balinese or Reflexology massage with your own choice of Massage oil.

**50 minutes, \$172**

**1 hour & 20 minutes with ritual, \$209\***

\* The massage ritual begins with an aroma reflex foot ritual, followed by relaxing in a jacuzzi to indulge and rejuvenate and culminates with a massage of your choice.



## HIDEAWAY SPA FACIALS

### Natura Bisse The Cure Facial

The ultimate luxurious treatment reinforces the skin's natural defense system instantly re-energizing, strengthening and visibly tightening the skin. It will leave your skin feeling softer and smoother than ever.

**1 hour & 20 minutes, \$246**

### Oxygen Facial

Experience oxygen treat for the skin. It deeply hydrates, revitalizes and restores a youthful glow. Perfect for the frequent flyers and whose skin suffers from everyday aggressors.

**1 hour, \$240**

### Anti-ageing Facial

This advanced treatment uses anti ageing ingredients to firm, tone and lift. The skin becomes firmer and plumper with more elasticity, allowing the face to regain its youthful contours.

**50 minutes, \$209**

### Recovery Facial

This experience is for delicate skin that has become vulnerable to the sun. It prevents skin damage and promotes rejuvenation.

**1 hour, \$179**

### Pure Balancing Facial

A rebalancing and purifying deep clean for oily/problematic skin. This cleansing and exfoliating treatment will leave your skin clear and perfectly balanced.

**50 minutes, \$179**

## ADD ONS

### The Express Facial

Created specifically for those on the go. Deeply hydrating treatment for skin maintenance and rejuvenation.

**30 minutes, \$92**

### Eye Mask

A refreshing mask that instantly restores vitality and moisture to the eye area. An infusion of active ingredients that plump the skin with hydration for smoother, healthier looking skin.

**15 minutes, \$37**





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## HIDEAWAY SPA PACKAGES

### Royal Citrus Experience

This ritual starts with Aromatherapy Footbath followed by energizing citrus facial using bitter orange soufflé as a treatment mask. You will then relax in Aromatherapy Floral Bath and continue your journey with warm Bamboo Massage, in the next stage of relaxation you will be cocooned in luxurious Body Wrap and to finish off Tired Legs Massage will leave you feeling relaxed, refreshed and revived.

**2 hours & 20 minutes, \$388**

### Total Repair Ritual

This powerful treatment is great for hypersensitivity and inflammation. A soothing algae wrap is followed by detoxifying body massage, revealing luminous and soft skin. Perfect for sensitive or sunburnt skin.

**1 hour & 50 minutes, \$351**

### Diamond Rose Experience

A luxurious body treatment that will transport you through a journey of restoration and relaxation in a wonderful atmosphere of roses. Enjoy a nourishing exfoliation followed by a regenerating massage with the exquisite absolute Damask rose oil and diamond dust.

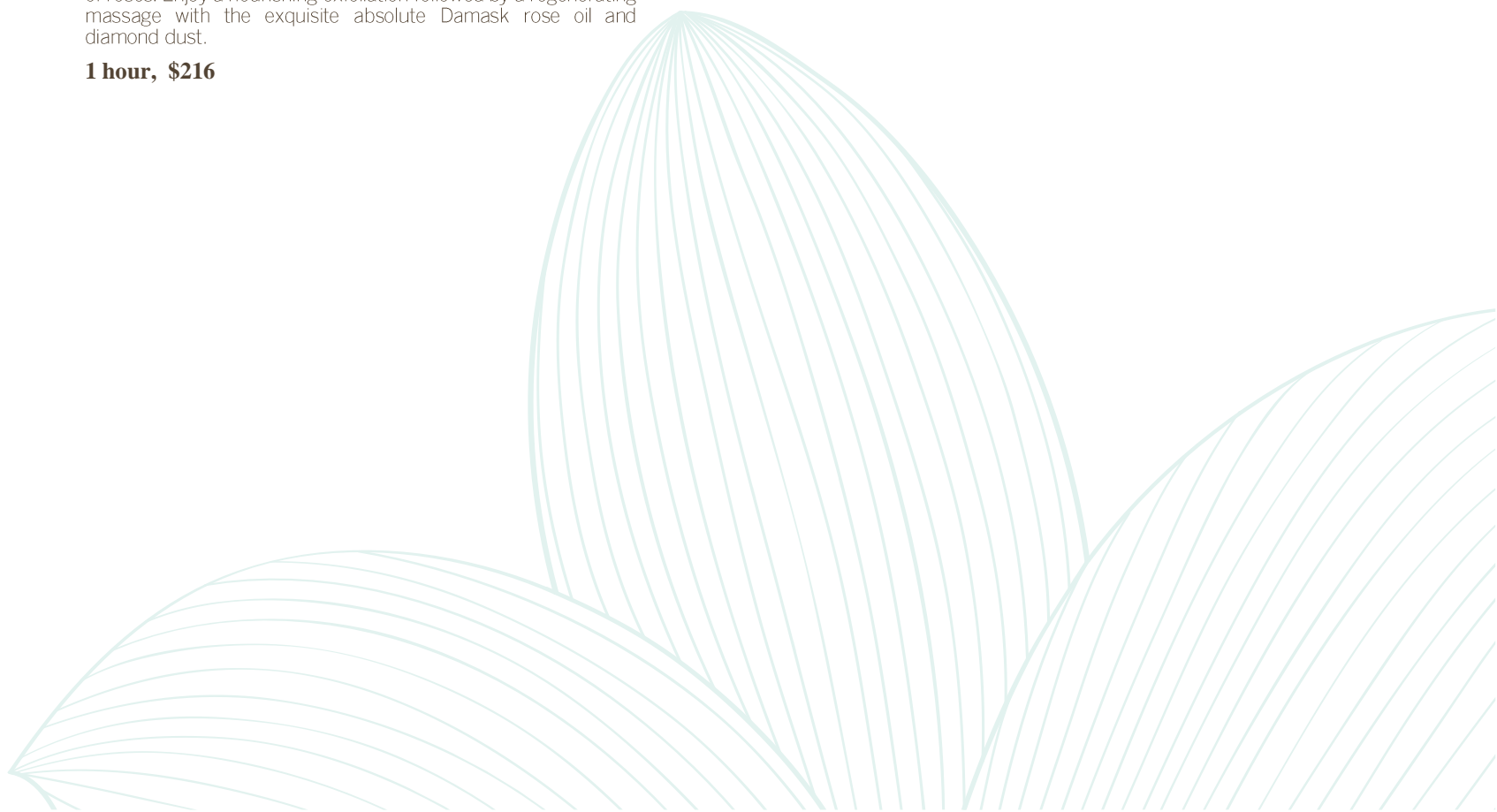
**1 hour, \$216**

## HIDEAWAY SPA BODY SCRUBS

Excellent exfoliating treatments that stimulate and promote blood circulation, leaving your skin smooth, nourished and rejuvenated. Choose from the following:

- Chocolate Scrub
- Green Tea
- Rice and Champaca
- Frangipani and Oatmeal
- Coconut and milk

**50 minutes, \$154**





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## BEAUTY SALON SERVICES

MANICURE	60 min	\$86
PEDICURE	75 min	\$99
FRENCH AD ON	15 min	\$25
NAIL ART AD ON	per nail	\$13

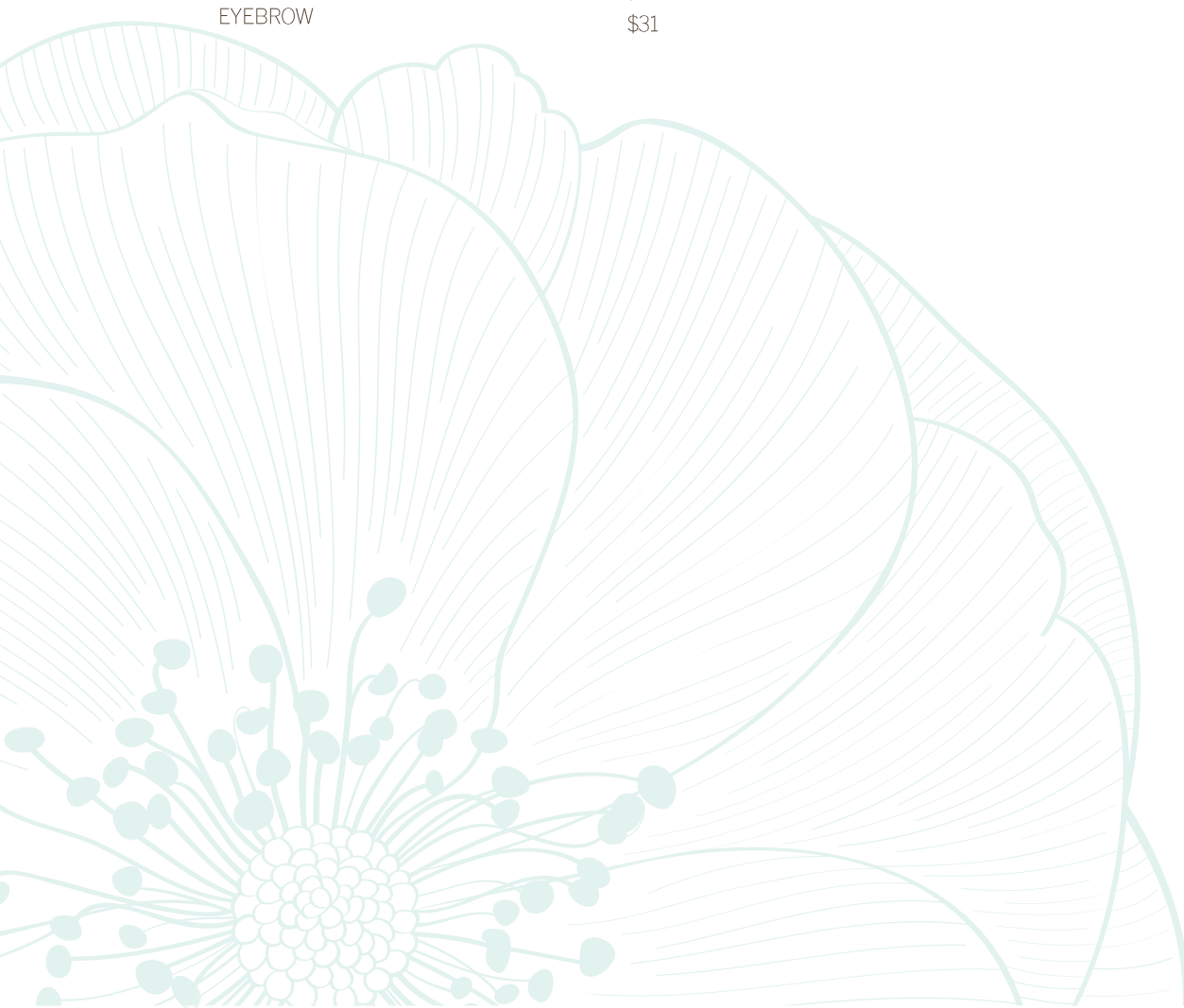
### WAXING

FULL LEG	\$74
HALF LEG	\$49
ARM	\$62
HALF ARM	\$25
UNDERARM	\$25
BIKINI LINE	\$43
BRAZILIAN	\$74
CHEST	\$74
BACK	\$74
LIP AND CHIN	\$31
EYEBROW	\$31

## HAIR SALON SERVICES

LADIES HAIRCUT	60 min	\$74
MEN'S HAIRCUT	30 min	\$43

	<b>Short</b>	<b>Medium</b>	<b>Long</b>
HAIRSTYLE	\$62	\$86	\$111
HAIR TREATMENT	\$37	\$49	\$74
TINT & SEMI-PERMANENT	\$62	\$86	\$111
FULL HIGHLIGHT/WAVE	\$86	\$111	\$136
REGULAR MAKEUP		\$62	
WEDDING MAKE UP		\$92	





## AYURVEDIC MASSAGE & RITUALS

### Abyangam Ritual

A Sanskrit word meaning oil application. This traditional ritual begins with a head & face massage followed by a whole body massage and ends with a steam bath. It offers utter relaxation as it calms the mind, relieves tension and muscle pain and improves blood circulation.

**1 hour & 15 minutes, \$277**

### Srotho Sudhi Ritual

A ritual that aims to detoxify the unwanted toxins in the body. This includes Sneha Karma (full body massage with herbal oils), succeeded by a massage with roasted Ayurvedic Herbs assembled in a muslin bag (Elakizhi). It is best treatment for back pain, joint pain and stiffness and provides a profound deep healing and nourishment to the deeper cells.

**1 hour & 15 minutes, \$277**

### Sareerakanthi Ritual

A nurturing ritual that starts with a relaxing Abyangam massage for 50 minutes followed by whole body Njavara Rice and milk herbal pack. It is good for skin problems like psoriasis, eczema, dry, scaly skin, leaving the skin soft and glowing. It also helps to relax the body, strengthens the muscles and promotes a good sleep.

**1 hour & 30 minutes, \$314**





## Kerala Massage

The most ancient form of Indian massage originating from Kerala using a special massage foot technique to massage the whole body targeting the Marama points (vital energy points) and NAOI system (Chanel System). It revitalizes, purifies and strengthens the body. This originated from Kalari System (Kerala's Martial Arts) and it could be given for one hour 1 to 3 days to achieve the total effect.

**1 hour, \$209**

## Shirodhara Massage

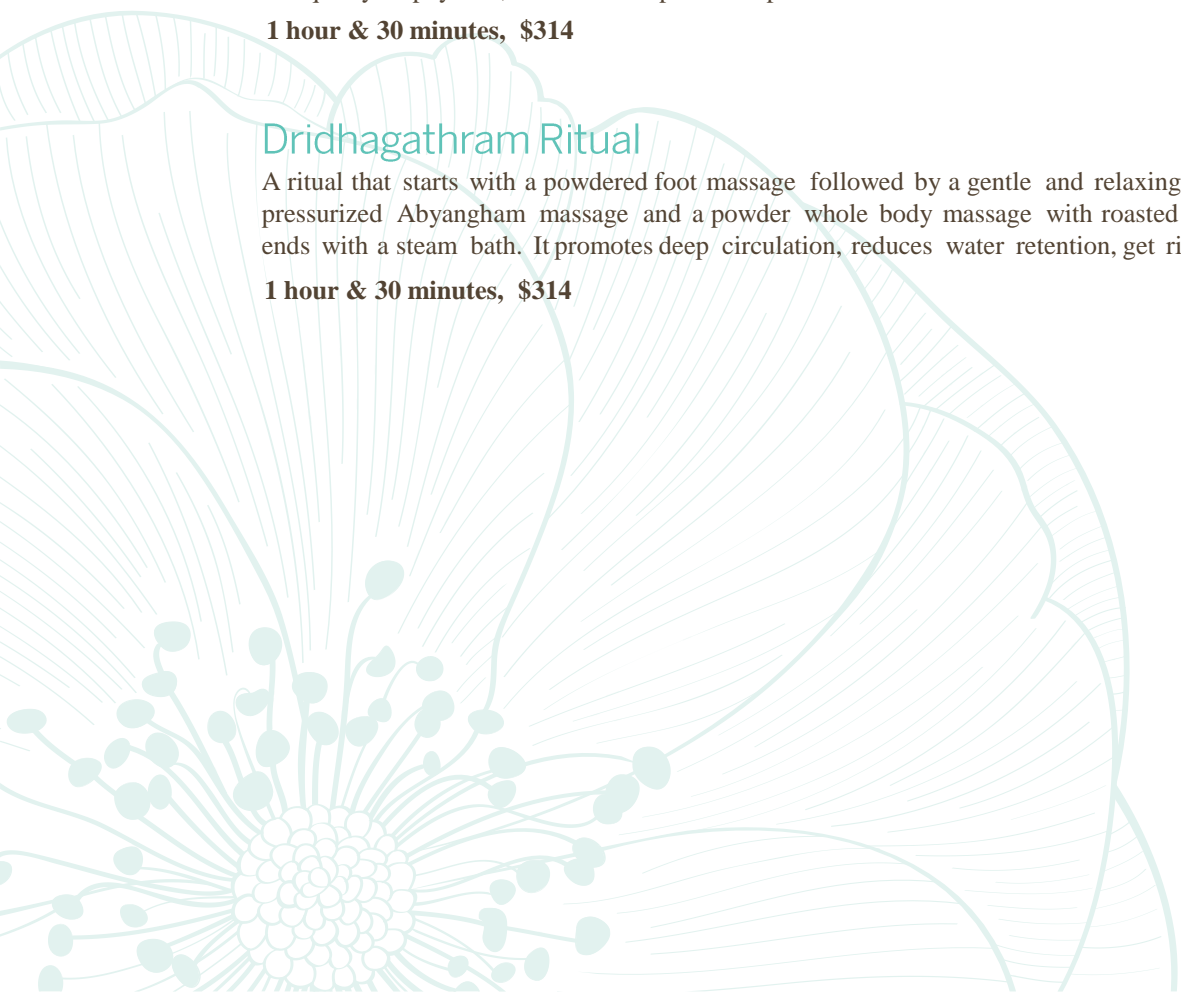
A gentle and continuous dripping flow of warm oil in the forehead; Shiro meaning head and Ohara meaning flow. It incorporates 50-minute Abyangam massage followed by 30-minute Shirodhara. This massage gives the highest sense of tranquility in physical, mental and spiritual aspect.

**1 hour & 30 minutes, \$314**

## Dridhagathram Ritual

A ritual that starts with a powdered foot massage followed by a gentle and relaxing head massage accompanied by a profound pressurized Abyangam massage and a powder whole body massage with roasted and Ayurvedic drugs (Udwarthanam) and ends with a steam bath. It promotes deep circulation, reduces water retention, get rids of fats and cellulites, and firms the skin.

**1 hour & 30 minutes, \$314**







# HIDEAWAY

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## TERMS AND CONDITIONS

### OPENING HOURS

Monday-Sunday 10am-9pm

All prices are quoted in US dollars. Prices are inclusive of 10% service charge and 12% TGST.

### BOOKINGS

We highly recommend that you book your treatments in advance to ensure that your preferred time and service is available.

### CANCELLATION POLICY

Please allow 24 hours notice to avoid charges. 50% cancellation fee will apply for treatments cancelled with less than 6 hours notice. Name, room number and signature are required at the time of booking.

### IN VILLA TREATMENT

In villa treatments are available on request and at extra 20% charge.

### MEDICAL CONDITIONS

When making your appointment please advise us of any health conditions, allergies or injuries that may affect your experience.

### ACCIDENT OR INJURIES

Spa at Hideaway shall not be liable for any accidents or injuries suffered by members or guests.

### SPA ETIQUETTE

We reserve the right to decline any guests who appear intoxicated or under the influence of illegal substances. Our therapists are professional and any inappropriate behavior will end your treatment.

### ARRIVAL TIME

Please arrive 15 minutes before your treatment is scheduled. This gives both you and your therapist time to plan and perfect treatment experience. Late arrival will limit the length of your session as treatments will always finish as scheduled to not delay and inconvenience the next client.

### PREGNANCY

We have treatments specifically designed for Mums-to-be and breastfeeding Mums. Our spa reception team can take you through your options.

### SPA BOUTIQUE

To continue your spa experience at home our beautiful products used in treatments are available for purchase in our Spa Boutique.

### REFUND POLICY

Unopened retail products can be exchanged within five working days of purchase and can only be processed with original receipt. No cash or credit card refunds.

### LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal belongings. For the protection of your clothing, please wear the robe provided.



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