

Malliouhana Spa

TREATMENTS & SERVICES

MALLIOUHANA SPA EXPERIENCE

Welcome to our exquisite ocean-front spa facility. The intention of all members of staff is to provide you with superlative service to ensure that you enjoy a truly memorable experience.

- Massage therapies
- Body polishes
- Body wraps
- Body masques
- Bathing rituals
- Facial treatments
- Fitness services
- Salon services
- Half day and full day spa therapies
- Spa packages

THE TREATMENTS

Malliouhana Spa offers an extensive repertoire of treatments drawn from the best of European, Asian and Ayurvedic perspectives. Our highly trained local and international therapists are attentive to your specific needs and requirements and your health and wellbeing are our primary considerations.

SPA FEATURES AND SERVICES

- Stunning 15,000 square foot spa ocean front full service spa and salon
- Over 65 traditional and contemporary spa treatments
- Multi-cultural staff provides a selection of techniques drawn from eastern and western cultures
- 5 Beautifully conceived individual treatment rooms and 1 outdoor treatment area
- 3 Private spa suites with outdoor balconies capable of accommodating individuals, groups and couples
- Indoor relaxation area
- Outdoor relaxation terrace
- Outdoor ocean view Jacuzzi on the terrace
- Separate male and female steam and sauna room
- Fully supervised fitness centre with Cybex and Life Fitness equipment with personal trainers
- Spa Cuisine from award winning restaurant available for breakfast, lunch and dinner
- Spa Boutique offering exclusive body and skin-care products

OPENING HOURS

Fitness centre	7am - 8pm
Locker room, steam, sauna and Jacuzzi	8am - 8pm
Spa and salon facilities	10am - 8pm

ACCESS

Spa facilities, comprising fitness centre, steam rooms, saunas, showers, terrace Jacuzzi and men and women's lockers and change areas are complimentary to hotel guests. For non- hotel guests full access to spa club facilities is complimentary with the purchase of a minimum of two 60 minute spa or salon services on the same day, otherwise spa facility fee is applied.

Spa Club Facility Memberships are available on a daily, weekly, monthly or annual basis to non-hotel guests between the hours of 9am and 5pm daily during the hotel season.

SPA SUITES

Offering a stunning view of Meads Bay, three beautiful day suites have been designed for ultimate privacy and repose. Each suite is equipped to offer massage, body and facial treatments and features a private balcony, a comfortable seating area, an air-jet hydrotherapy bath, wet and dry treatment tables, a unique multi-jet shower; beautifully appointed bathrooms and a fully-stocked vanity. Spa cuisine is available in spa suites.

All treatments may be offered in spa suites for an additional fee, subject to availability. All half-day and full-day spa packages are scheduled in the Spa Suites.

SERENITY AND VITALITY SUITE

Ideal for individuals or couples, suite packages are available for half-day or full day service.

TRANQUILLITY SUITE

The perfect retreat for couples or small groups, this spacious double suite is designed to offer simultaneous massage, facial and body treatments. In addition to the indoor hydrotherapy bath built for two, this suite also features a jet-action whirlpool Jacuzzi on its secluded balcony overlooking the sea.

SPA ETIQUETTE AND CONSIDERATIONS

YOUR COMFORT

- A digital locker will be provided for your personal belongings for the duration of your stay in the Spa. We recommend that you keep your valuables in the safe in your room or at the Concierge. The Spa is not responsible for the loss of personal items.
- A robe, towels and slippers are provided. Our therapists are highly trained in correct draping procedures to ensure your complete privacy during treatments. Undergarments may be worn if preferred. We recommend you wear minimal jewellery.
- To preserve the tranquil environment please ensure mobile phones are switched off within the Spa.
- Malliouhana Spa is an adult facility, although there are no age restrictions for use of the hair salon. Malliouhana Spa reserves the right to only permit persons under the age of 16 to use the facility if accompanied by a parent.

YOUR TREATMENTS

- Proper clothing and footwear are required attire for the fitness facility. We recommend loose, comfortable clothing for yoga, chi-gung and Thai massage.
- Our male/female therapists are professionally trained to handle both male/female guests. If you have a preference for either a male or female therapist, please let us know. We will make every effort to accommodate your preference subject to availability.

YOUR APPOINTMENT

- You are invited to arrive 15-20 minutes prior to your scheduled appointments to allow time to check in, change and enjoy our in-door and out-door relaxation areas prior to your appointment. You may wish to use the sauna, steam room or Jacuzzi which can enhance the therapeutic benefits of your treatment.
- Should you take one of the spa packages, we would be happy to assist you in customising the package to your personal needs. Please feel free to discuss it with us.
- In order to allow for other guests' scheduled appointments, late arrivals may only be given the balance of the scheduled treatment time.
- All guests will be asked to complete a health intake form prior to treatment. Please advise us in advance if you have high blood pressure, a heart condition, physical ailments or disabilities, suffer from allergies, are pregnant or have special needs

GRATUITIES

- In appreciation of exceptional service, gratuities are welcome.

ADDITIONAL INFORMATION

Our intention is to be sensitive to your specific concerns and therefore we ask that you communicate your expectations with your therapist, both before and during the treatment. Any member of our staff will be delighted to assist you. We wish to ensure that your time with us is a completely relaxing and memorable experience.

SPA TREATMENTS

MASSAGE THERAPIES

SIGNATURE MESSAGE

OASIS SEA BALM

30/60/90/120 minutes

A light to moderate pressure full-body relaxation massage customised to your personal preferences.

OCEAN DREAM

90 minutes

Combining the use of heated basalt stones on the back with a full-body massage, this luxurious treatment concludes with an aromatic scalp massage to induce a state of profound relaxation.

OASIS STONE THERAPY

75/90 minutes

Employing heated basalt stones applied in rhythmic gliding strokes to provide deeply penetrating heat, this full-body massage allows mind and muscles to release completely.

DEEP TISSUE MASSAGE

60/90 minutes

A deeper, firmer treatment using techniques designed to ease restrictions in the intrinsic and postural muscles, this treatment focuses on specific areas determined by the needs of the individual.

SPORT MASSAGE

60/90 minutes

To alleviate fatigue, promote muscle recovery, increase flexibility and prevent injury either prior to or following physical activity, this dynamic full-body massage is ideal after a workout.

GREAT EXPECTATIONS

60 minutes

Designed to offer relief to the special needs of a woman during pregnancy, the use of our hydraulic tables provide maximum ease and comfort.

OCEAN OASIS WAVE

60/90 minutes

Synchronised four-handed massage is provided by two therapists working in choreographed unison. This is an exceptional experience that encourages relaxation at the deepest level.

HAND AND FOOT BALM

60 minutes

Combining exfoliation, scented wraps and massage to cleanse, nourish and soothe hard-working hands and feet.

OCEAN TERRACE CHAIR MASSAGE

30 minutes

To release tension in the neck, back and shoulders, this express treatment may be received wearing either a bathing suit or fully clothed.

SPECIALTY MASSAGE

LYMPHATIC THERAPY 60/90 minutes

Reduce fluid retention, improve circulation and nourish internal organs and soft tissues with this gentle treatment that stimulates the lymphatic and circulatory systems.

AROMATHERAPY 60/90 minutes

Many ancient cultures valued the therapeutic benefits of essential botanical oils. Select essential oils are applied with light, soothing strokes to balance persistent conditions or ease specific wellness issues.

REFLEXOLOGY 60/90 minutes

This holistic therapy uses pressure patterns applied to reflex points on the feet to balance and nourish the entire body.

RAINDROP THERAPY 75/90 minutes

An excellent choice for pain in the back, hips and neck, the use of specific essential oils and massage techniques help to reduce inflammation and facilitate tissue cleansing.

THE BACK PACK 90 minutes

Designed for acute and chronic back pain, this therapy combines hydrotherapy and Raindrop therapy. Soak in an air-jet hydro-massage bath infused with select botanicals to ease muscular restrictions prior to receiving Raindrop therapy.

TENS THERAPY 30/45 minutes

Transcutaneous Electrical Nerve Stimulation uses low current electrical stimulus to boost endorphins and block pain transmission along affected nerves. With no known side effects, it provides relief from a variety of painful conditions.

ASIAN MASSAGE

Traditional Asian cultures value and respect longevity with the idea that through harmonising heaven and earth, or balancing mind and body, one can attain a long life with minimal difficulties.

BALINESE MASSAGE 60/90 minutes

Drawn from Indian, Chinese and European influences in Bali, this treatment combines stretching, acupressure, palming and thumbing with long gliding strokes and moderate to firm pressure to stimulate circulation and release tight muscles.

THAI MASSAGE 90/120 minutes

Stretching, rocking, palming, thumbing and compression techniques combined with breath work provide benefits to the circulatory system, relieve muscular tension, boost metabolism and enhance immune function.

LOMI LOMI MASSAGE 60/90 minutes

Traditional Hawaiian massage is a process of purification beginning with a cleansing foot bath to stimulate the lymphatic system prior to a full-body relaxation massage using techniques that have been passed down through the centuries.

NIRVANA MASSAGE 60/90 minutes

Two therapists working in synchronised choreography provide a profoundly relaxing experience. A combination of Asian techniques together with aromatherapeutic oils induce a state of physical repose and mental serenity.

AYURVEDIC MASSAGE

Ayurvedic medicine believes that human beings consist of three components, the physical, the subtle and the causal, which correspond to body, mind and spirit. Health flows from the balanced union of these three elements.

AYURVEDIC MASSAGE 60/90 minutes

Long, full-body strokes in an alternating pattern of invigorating strokes to stimulate circulation and soothing strokes to balance the nervous system. This traditional treatment is completed with a marma point facial and scalp massage.

MARMA POINT THERAPY 60/90 minutes

Ayurvedic medicine identifies 107 marma points in an energy matrix through which flows 'prana' or life force. This gentle, full-body therapy eases physical and mental fatigue to restore optimum energy and vitality.

INDIAN HEAD MASSAGE 30 minutes

This treatment addresses neck, shoulders, upper back and arms in addition to scalp and face. Aromatherapeutic oils promote relaxation, nourish skin and hair and reduce muscle tension while enhancing mental alertness.

OCEAN OASIS DUETS

Enjoy your massage together with a friend or family member in our double massage room.

Oasis Sea Balm Duet 60/90 minutes

Ocean Dream Duet 90 minutes

Balinese Duet 60/90 minutes

Lomi Lomi Duet 60/90 minutes

Ayurvedic Duet 60/90 minutes

IN ROOM MASSAGE

Massage is available in the privacy of your room.

Oasis Sea Balm 60/90/120 minutes

Deep Tissue Massage 60/90 minutes

Sport Massage 60/90 minutes

Lymphatic Therapy 60/90 minutes

Reflexology 60/90 minutes

Balinese Massage 60/90 minutes

BODY POLISHES

Body polishes are ideal during a holiday in the sun to gently exfoliate skin and prepare it for an even, glowing tan.

SEASIDE BODY POLISH

30/60 minutes

Select either cooling mint or refreshing citrus granules to exfoliate and improve moisture balance. Application of a sheer moisturising sorbet or a rich quenching cream leaves skin radiant and ready for the sun.

JAVANESE HERBAL BODY POLISH

60 minutes

Herbs, essential oils and sea salt provide a superb body polish for all skin types. This traditional treatment concludes with a relaxing massage using select essential oils to melt away tension, leaving you feeling fresh and invigorated.

OCEAN OASIS PEELING MASSAGE

60 minutes

Perfect for skin in need of deep moisturising, marine mud is applied to spine and feet to nourish the nervous system prior to a full-body massage with an exfoliating and emulsifying marine agent that provides instant skin clarity.

BODY MASQUES

Masques and wraps are superlative for detoxification, providing essential minerals and trace elements and optimum re-hydration following harsh winters, stress, illness or prolonged exposure to sun.

CARIBBEAN COCONUT BODY MASQUE

60 minutes

Ideal for dry skin, a coconut sugar glaze provides superior moisturising properties. Enjoy a revitalising foot massage whilst wrapped, and complete the transformation with the application of a lotion rich in vitamins and minerals.

HIMALAYAN BODY MASQUE

60 minutes

Excellent for problem skin, this traditional Indian formula helps to balance sebum production. The treatment is completed with the application of a lotion that restores moisture balance. Emerge with a fresh, matte complexion.

BANANA BODY GLAZE

60 minutes

For skin in need of nourishment, a grape-seed extract and honey glaze offers a superb source of nutrients. Whilst cocooned in banana leaves, a honey and yogurt facial mask is applied to reveal a dewy, supple complexion.

MOOR MUD MASQUE

60 minutes

Excellent for detoxification and fluid retention, Moor mud treatment provides trace minerals and elements. Enjoy a scalp massage whilst wrapped, prior to the application of active marine ingredients for a leaner, lighter silhouette.

BODY WRAPS

SEAFOAM BODY WRAP

60/90 minutes

Restore skin to a youthful condition with a full-body marine mud masque. Enjoy a scalp and pressure-point facial massage whilst wrapped, prior to treatment with anti-ageing serums and moisturisers to improve texture and tone.

DEATONIC FIRMIING WRAP

60 minutes

Ideal after a holiday in the sun, an exclusive marine complex stimulates production of collagen and elastin. A foot wrap and scalp massage are followed by application of a firming agent for a toned, nourished and supple complexion.

SUNKISSED COOLING BALM

60 minutes

Designed to reduce the discomfort of overexposure to the sun, the touch of cool marble stones, aloe vera gel, lavender and cucumber provide instant relief. A cooling facial mask and body sorbet assist in a speedy recovery.

BATHING RITUALS

Gaze out over the Caribbean Sea while immersed in a restorative air-jet hydrotherapy bath in the sanctuary of one of our magnificent Spa Suites. Water therapies are an excellent complement to other spa treatments and are infused with select herbs and essential oils chosen to enhance the desired results. Each bath lasts for 60 minutes.

SEA HAVEN

Balances the nervous system, ideal for stress and nervous tension. Followed by a scalp and foot massage.

BOTANICAL OASIS

An excellent choice for detoxification and fluid retention, completed with a lymphatic facial and neck massage.

TRANQUIL MIST

Recommended for aching muscles and joints. Includes joint mobilisation and passive stretching.

TRAVELLERS' RECOVERY

Recommended for jet-lag, physical and mental fatigue. Includes pressure point scalp and foot massage.

FLOATING GARDEN

A floating delight of petals creates a dreamy oasis. Includes scalp, neck and hand massage.

WATER DUETS

Share the pleasure of the bath with a loved one in the privacy of the Tranquillity Suite in an air-jet hydrotherapy bath for two.

FACIAL TREATMENTS

Malliouhana Spa has selected skin care products by Sothys of France, an exclusive company with innovative product lines designed for a variety of skin types and skin issues. Each facial treatment includes an in-depth skin analysis by the Spa aesthetician to help determine the treatment best suited to your requirements.

OXYDERMAL FACIAL 60 minutes

Patented active ingredients stimulate cellular renewal. Ideal for smokers, travellers, sun-damaged or mature skin and pre- or post-surgical procedures, this treatment leaves your skin clear, nourished and balanced.

SEBUM REGULATING FACIAL 60 minutes

Ideal for oily or shiny skin prone to blemishes and acne, this revolutionary treatment reduces inflammation and extracts impurities, reducing the appearance of blemishes for a clear, matte complexion.

CLASSIC EUROPEAN FACIAL 60 minutes

Gentle exfoliation with oat flour provides instant radiance, followed by re-hydration with firming and fortifying ingredients. The application of a balancing mask leaves skin toned and luminous.

GENTLEMEN'S EUROPEAN FACIAL 60 minutes

A soothing formula that relieves skin irritation, razor burn and minimises the effect of environmental exposure, this treatment is designed to address the unique skin care needs of men.

ULTIMATE HYDRATION FACIAL 90 minutes

Designed for skin suffering from dryness and tightness due to dehydration. A facial massage optimizes absorption of active ingredients extracted from desert chaparral, sunflower, shea oils and pro-vitamin B5 to promote lift and contour.

ANTI-AGEING FACIAL 90 minutes

A scientific formula targets wrinkles, firms and lifts facial contours and retards the appearance of new wrinkles. Attention to the eye contour promotes elasticity and cellular renewal for a visible reduction of puffiness, dark circles and wrinkles.

GINSENG AND PEARL FACIAL 60 minutes

A superlative treatment for all skin types, this traditional Asian formula provides superior hydration and firming properties. A rejuvenating blend of ginseng and pearl powders with white clay leaves skin luminous and soft as silk.

EYE CONTOUR TREATMENT 30 minutes

Both a preventative and a curative treatment, a blend of ginseng, chamomile and cornflower extract reduces puffiness, diminishes dark circles and reduces visible wrinkles to de-stress the delicate eye contour. A perfect addition to any facial.

ISLAND BREEZE 30 minutes

Ideal after a holiday in the sun or for special occasions, this express treatment reduces the visible signs of stress and restores supple radiance. A 10-day Vitamin C complimentary home care package provides continuing protection.

SALON SERVICES

HAIR CARE

Unisex hair treatments are available from classic to contemporary styling and colouring using the finest quality hair care products for the look that makes you feel your best.

CUTS AND STYLES

- Shampoo & Conditioning
- Comb Out
- Blow Dry
- Haircut for Men and Women
- Specialty Occasion Styling
- Swiss or French Braiding
- Caribbean Braiding

COLOUR

- One Colour Process
- Two Colour Process
- Conditioning Colour
- Highlights
- Lowlights

OASIS INTENSIVE HAIR TREATMENT 60 minutes

A rejuvenating masque provides nutrients and deep re-conditioning to hair damaged by chlorine, salt, bleach and colouring products. A scalp massage assists active ingredients to penetrate and restore lasting luster and shine.

NAIL CARE

OASIS MANICURE 45 minutes

Gentle exfoliation using botanical blends is followed by an aromatherapeutic hand massage prior to cuticle care, nail shaping and a buff or polish finish.

OASIS PARAFFIN MANICURE 60 minutes

A luxurious variation of the Oasis Manicure, exfoliation and re-hydration is extended to the elbows. Recommended for arthritic pain, finish with a warm paraffin dip that firms and smoothes the skin while increasing joint flexibility.

OASIS PEDICURE 60 minutes

Exfoliation of hard-working feet and ankles is followed by a re-hydrating massage using a select botanical blend. Gentle callous removal, cuticle care and nail shaping are finished with either a buff or polish.

OASIS PARAFFIN PEDICURE 75 minutes

The deluxe version of the Oasis Pedicure, exfoliation, re-hydration and massage extend to the knees. Recommended for arthritic pain, a warm paraffin foot dip eases tension held in the feet and ankles while leaving skin soft and smooth.

CRYOTONIC PEDICURE 75 minutes

Ease swelling and fluid retention, strengthen vein walls and reduce fatigue in the lower legs using a botanical blend with active marine ingredients. Whilst the legs are wrapped, enjoy gentle callous removal, cuticle care and nail shaping. A thorough massage prior to either a buff or polish finish leaves legs looking and feeling their best.

ADDITIONAL SERVICES

- French Polish
- Polish Change
- Nail Repair
- Paraffin Dip

WAXING SERVICES

We offer an effective and convenient method of removing unwanted facial and body hair for both men and women. A specialised natural wax reduces inflammation and discomfort.

- Lip, Chin or Brow Wax
- Underarm Wax
- Half Arm Wax
- Half Leg Wax
- Full Arm Wax
- Full Leg Wax
- Back or Chest Wax
- Bikini Wax

MAKE-UP SERVICES

Sothys has introduced a line of exciting colours for either a classic or contemporary look. Service is available for either a day or evening make-over or bridal make up. We suggest that for special occasion make-up you visit the salon for a consultation to ensure that the special day runs smoothly.

FITNESS SERVICES

A spacious state-of-the-art fitness facility overlooking lush landscaped gardens features the latest Life Fitness cardiovascular equipment, Cybex weight machines and free weights for a total body workout. Private instruction with qualified staff for all fitness services is available on request.

PERSONAL TRAINING

30/60 minutes

A personalised workout to meet your specific goals, instruction in the use of equipment, training modalities and correct techniques combined with encouragement and motivation for optimum results.

POWER STRETCH

15/30/60 minutes

Maximize performance, speed muscle recovery and increase flexibility by optimizing the blood supply to soft tissues. Using traditional and Thai assisted stretch techniques, this is ideal after any workout.

BASKETBALL

30/60 minutes

(Half court) Enjoy the challenge of one-on-one basketball with our fitness instructor for an invigorating outdoor workout.

CHI GUNG

60 minutes

This ancient Chinese discipline employs choreographed movement and breathing to increase energy, improve flexibility and gently increase stamina and strength.

AEROBICS

60 minutes

Classes can be arranged upon request based on group participation

YOGA

60 minutes

Hatha yoga incorporates breathing, asanas or poses and meditation to enhance immune function, manage weight and increase strength and flexibility. Group classes, limited in size, are scheduled morning and evening three times a week.

MEDITATION

30/60 minutes

Private instruction is available in the art of meditation. With the gentle guidance of a teacher, discover the world within and the means of balancing the physical, mental, emotional and spiritual facets of being.

FULL DAY SPA THERAPIES

Full day spa packages are offered in the privacy of one of our exquisite Spa Suites. Spa cuisine service is available.

ROYAL JAVANESE LULUR 5 hours

Originating in the royal courts of Java to prepare a bride for her wedding day, this journey of the senses will leave you glowing from within.

- Welcome ritual with a cup of herbal tea and a petal-filled essential oil footbath
- Herbal body polish
- Floral bath with aromatic scalp massage
- Nirvana massage at the hands of two therapists working in unison
- Choice of Island Breeze facial or reflexology
- Manicure and Pedicure may be added upon request
- Fresh tropical fruit platter and refreshments are provided

AYURVEDIC BALANCING RETREAT 5 hours

The East Indian approach to health and well-being focuses on integration of mind, body and spirit. This retreat dispels fatigue, assists in the elimination of toxins and restores vitality and vigour for an enhanced sense of balance and serenity.

- Welcome ritual with a cup of herbal tea and a neem footbath
- Dosha balancing herbal body polish
- Herbal body wrap
- Marma point therapy
- Indian head massage
- Luxurious milk bath
- Fresh tropical fruit platter and refreshments are provided

THERMAL SPRING SEA HAVEN 5 hours

Drawn from European traditions, this purification and slimming program reduces fluid retention, assists in the elimination of toxins and improves skin tone and texture, resulting in a leaner, lighter silhouette radiant with inner vitality.

- Welcome ritual with a cup of herbal tea and a thalasso footbath to stimulate the lymphatic system
- Dry brushing and a Moor mud mask to stimulate metabolism and increase circulation
- Herbal bath with aromatic scalp massage
- Aromatherapy massage using essential oils to promote decongestion and reduce fluid retention
- Ginseng and Pearl facial to refine facial contours
- Fresh tropical fruit platter and refreshments are provided

ROMANTIC DUET 5 hours

Ideal for couples and romantics, a private world for two in the luxurious Spirit of Tranquillity Suite offers the ultimate sanctuary of the senses.

- Floating Garden hydrotherapy bath for two
- Simultaneous muscle-melting Oasis Stone Therapy
- Classic 'his and hers' European facials
- Reflexology Duet
- A bottle of fine champagne and petit fours are provided

OASIS SOJOURN

6 hours

Customise your perfect spa day with a treatment value (see tariff sheet), which may be selected from any of the body, facial or massage treatments available in our extensive treatment brochure. A tropical fresh fruit platter and refreshments are provided.

HALF DAY SPA THERAPIES

Half day spa packages are offered in the privacy of one of our Spa Suites. Spa cuisine service is available.

SUITE DREAMS

2.5 hours

- A tip-to-toe experience to recharge your internal battery.
- Invigorating body polish
- Luxurious bath infused with aromatic essential oils
- Full-body relaxation massage

HONEYMOON SWEET

3.5 hours

- Share a few hours together in the dreamy privacy of the Spirit of Tranquillity Suite.
- Simultaneous Ocean Dream massages
- Romantic petal-filled hydrotherapy bath for two
- His and hers Classic European facials
- A bottle of fine champagne and petit fours are provided

OASIS MIRAGE

4 hours

Step into an oasis of quietude and experience your idea of a perfect spa package. A spa service value (see tariff sheet) may be selected from any of the body, facial or massage services. A tropical fresh fruit platter and refreshments are provided. The Oasis Mirage is available from 10am-2pm or 3pm -7pm.

ELEMENTALS

3 hours

Designed to allow flexible scheduling during the course of a single day, you may elect to enjoy the exercise component in the morning and spa services in the afternoon or dedicate an entire morning or afternoon to yourself. Each Element includes an activity with one of our fitness instructors and spa services are provided in the privacy of a day suite.

TROPICAL TREAT

- Beach Walk
- Seaside Body Polish*
- Ultimate Re-hydration Facial*

FINE FINISH

- Walking Meditation
- Hand & Foot Balm
- Reflexology

EXECUTIVE ELEMENT

- Power Stretch*
- Deep Tissue Massage
- Classic or Men's European Facial

DETOXIFYING DELIGHT

- Yoga
- Botanical Oasis Bath*
- Moor Mud Body Masque
- Island Breeze Facial*

SERENE SANCTUARY

- Meditation*
- Foot Bath & Massage*
- Floating Garden Bath*
- Ocean Dream Massage**

Unless specified, services are 60 minutes. *30 minute service. **90 minute service.

MALLIOUHANA SPA
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Malliouhana Spa is closed annually in September and October.

A member of

The Leading Small Hotels of the World