



Quite simply, our philosophy is pampering you. Spend hours or a day in the tranquility of your private treatment villa, where a host of unique therapies are delivered for you to enjoy in serenity.

Share the experience with a friend or loved one in your villa's open-air garden. Savour herbal teas and fresh fruit presented in the Balinese Tea Ceremony, a beautiful ritual performed as a reminder of the spiritual world within each one of us.

Each air-conditioned haven features Balinese-inspired furnishings, teak massage tables, a waterfall shower, and a daybed and jetted bath in the garden. The Hair & Nail Spa offers a full complement of services presented in a personal suite.

Discover a luxurious retreat where time stands still. Let centuries-old Asian traditions kissed by the charm of Bahamian hospitality enchant you and renew your vitality and spirit for life.



## Spa Villa Experience

Spa Villas are ideal for those looking to spend some quality time together enjoying spa treatments and sunning on the terrace amid gorgeous tropical surroundings. The One&Only Spa Villas offer a spacious retreat for your personal pampering or to share the experience with a loved one.

Each villa features a luxurious hydrotherapy bath and cascading waterfall shower. You may choose from a selection of signature bathing rituals and enjoy an extra 30 minutes of private time to enjoy a refreshing cup of herbal tea and fruit included as part of the Spa Villa Experience. For an extra opulent treat, order champagne and strawberries or lunch to eat in your private garden.

## Bathing Rituals

Find yourself anew while you bathe in a moment of perfect serenity, a place within where your untapped brilliance exists waiting to emerge with your awareness.

Choose your bathing ritual from the following selections:

- **Milk and Honey**  
to soothe and nourish
- **Ocean Detox**  
to cleanse and renew
- **Ultimate Bathing Ritual**  
includes exotic fresh flower petals to include: Jasmine, Rose, Freesia and Bahamian tropicals\*.

## Massage Indulgences

### Oceanview Cabana Massage

Under the shade of a white cabana, overlooking the pristine white sand and turquoise waters, rests an idyllic setting for the perfect massage in paradise. Couples may also experience their massages together while listening to the soothing sounds of ocean waves†.

### In-Suite Massage

Let us bring the spa to you. Allow the power of touch combined with the healing qualities of Aromatherapy relax your mind, body and soul in the comfort of your suite. Choose from: Swedish, Balinese, Sports or Deep Tissue Massage. All In-Suite Massages are booked with the same gender therapist.

\* Requires 24 hour notice for the freshest florals

† Weather permitting



# Facial Therapies

Experience the ultimate in scientific skin therapy. We use specialised micro-circulatory massage techniques combined with our powerful proven formulations that restore skin radiance.

## **Elemis Tri-Enzyme Resurfacing Facial**

*60 minutes*

This groundbreaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just one treatment, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin\*. This superior treatment is further enhanced by a luxurious hand, arm, décolletage and scalp massage.

\*Independent Clinical Trials 2006

## **Elemis Visible Brilliance Facial**

*60 minutes*

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin, while helping to reduce dark circles. Moisture levels of the skin are proven to increase by up to 61% and elasticity by 40% after just one treatment\*. This amazing treatment is further enhanced by a luxurious hand, arm and scalp massage.

\*Independent Clinical Trials 2004

## **Elemis Pro-Collagen Quartz Lift Facial**

*60 minutes*

This anti-wrinkle facial is clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57% after just one treatment\*. Empowered with Quartz micro-crystals and the anti-oxidant properties of other precious minerals, this treatment will slow down the visible signs of ageing, leaving the skin firmer and uplifted. This exceptional therapy includes a hand, arm and scalp massage.

\*Independent Clinical Trials 2007

## **Elemis Skin Specific Facial**

*60 minutes*

A deep cleansing, active aromatherapy facial for men and women. This facial combines the power of premium grade essential oils to help de-stress and oxygenate the skin cells. Choose from: Herbal Lavender Repair to help heal and balance combination skin types, Exotic Moisture Dew for dry, dehydrated skin and Fruit Active Glow to revive dull, lifeless complexions.

## **Ice-Goddess Facial**

*50 minutes*

This results driven, super cooling and hydrating treatment goes deep to address the unwanted signs of ageing with the use of advanced Age-Less Technology that delivers instant results. This luxurious treatment reveals smooth, brightened, and firm skin with a look that is youthful, fresh and radiant!

## **La Therapie Hydrapeel Facial**

*50 minutes*

Safe for all skins, unbuffered Glycolic preparations offer immediate, visible results for ageing, sun damaged, acne-prone and hyper-pigmented skin. Following a thorough skin analysis and consultation you will be prescribed a treatment regimen appropriate for you specific needs. With the use of galvanic stimuli, the active ingredients are propelled into the deepest surface layers of the skin, helping to remineralise, remoisturise and rehydrate beyond the surface.

## **Skin Smoothie Facial**

*25 minutes*

This facial is a super cooling, super hydrating, instant anti-ageing treatment that reshapes and contours your face for a younger looking you. Infused throughout this age fighting treatment is an advanced Age-Less Technology that plumps and smoothes the skin within minutes. Instant gratification!

## **La Therapie Micro-Therapy Facial**

*50 minutes*

This revolutionary face therapy takes the technology of micro-dermabrasion to another level by using a gentler approach to beautiful skin that will not cause irritation. This treatment non-invasively helps soften fine lines, reduce skin discoloration, tighten pores and reduce the appearance of age spots and scarring. When combined with a La Therapie facial, it is as indulgent as it is effective.



## Massage Therapies

Massages are performed in a private villa starting with a Balinese inspired Foot Wash Ritual. Prepare to be pampered while you linger in your private villa garden for 20 minutes and relax in your private hydrotherapy tub and waterfall shower.

Choose from the following selections offered in 50 or 80 minute sessions:

### **One&Only Massage**

*50 minutes*

During this signature treatment, two therapists massage your body with a unique blend of five styles: Japanese Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The perfect harmonisation of the two therapists makes this massage a most indulgent experience.

### **Balinese Massage**

*50 minutes*

Relax, close your eyes and float away to a world of tranquility. Utilised for centuries to strengthen and heal the body, this traditional therapy combines stretching, long stroke, skin rolling and palm-and-thumb pressure techniques. Flowing and graceful, the Balinese Massage relieves tension, improves blood flow, eases stress and encourages harmony.

### **Elemis Deep Tissue Muscle Massage**

During this treatment your body is lightly brushed to stimulate the skin and then deep but soothing eastern massage techniques are applied in a series of movements to bring your body and mind into perfect balance.

### **Reflexology**

*25/50 minutes*

An ancient healing therapy that is as blissful as it is beneficial, reflexology works on the principle that all body organs are connected to reflex points in the feet via constantly flowing energy channels. Massaging these reflex points restores your natural energy flow and improves overall health by sending waves of deep relaxation throughout your body.

### Swedish Massage

This classical European technique of manipulating muscles with the use of aromatic massage oils is both relaxing and invigorating. While providing tonic for the soul, the Swedish Massage can help improve the function of the circulatory, lymphatic, muscular and nervous systems.

### Sports Massage

Your massage is personalised to focus on your body's areas affected by tension and stress. Special blends of oils are prepared to penetrate your skin to soothe tired and aching muscles. This treatment is designed to increase flexibility, relieve tightness and improve circulation and recovery time.

### Elemis Aroma Stone Therapy

Therapeutic and relaxing, this treatment alleviates stiffness and soreness while restoring energy and balance. Smooth, warmed stones glide across your body in long, flowing strokes. The stone's heat relaxes the muscles and has a soothing effect on your emotions. Simultaneously, other stones are placed on your body's energy points, deeply infusing muscles with heat to melt away tension. 50 or 75 minute treatment time.

### Elemis Nurturing Mother-To-Be Massage

Specially designed for mothers-to-be, this massage promotes relaxation, increases circulation and provides comfort during your wondrous time of change. The treatment helps to relieve tension and alleviate swelling in the hands and feet while uplifting your spirit. Your comfort and safety is assured with supportive pillows and Japanese Camellia Oil.

### Couples Massage

In the privacy of our exclusive suite reserved for couples, you and your favourite person can enjoy a gorgeously relaxing full body massage as you lie side by side. We also offer package options in our Couples Suite, so please contact the Spa Concierge if you wish to customise your spa retreat.

Choose from the following delights to add to your treatment:

### Hot Stone Therapy

Using the vitality and energy of heated stones to soothe away stress and relieve muscular tension, aches and pains.

### Conditioning Foot Treatment

An indulgent treat for the feet that rejuvenates and revitalises.

### Frangipani Nourishing Hair and Scalp Treatment

Restores luster to the hair and scalp and promises unadulterated relaxation.

### Prolong-the-Bliss

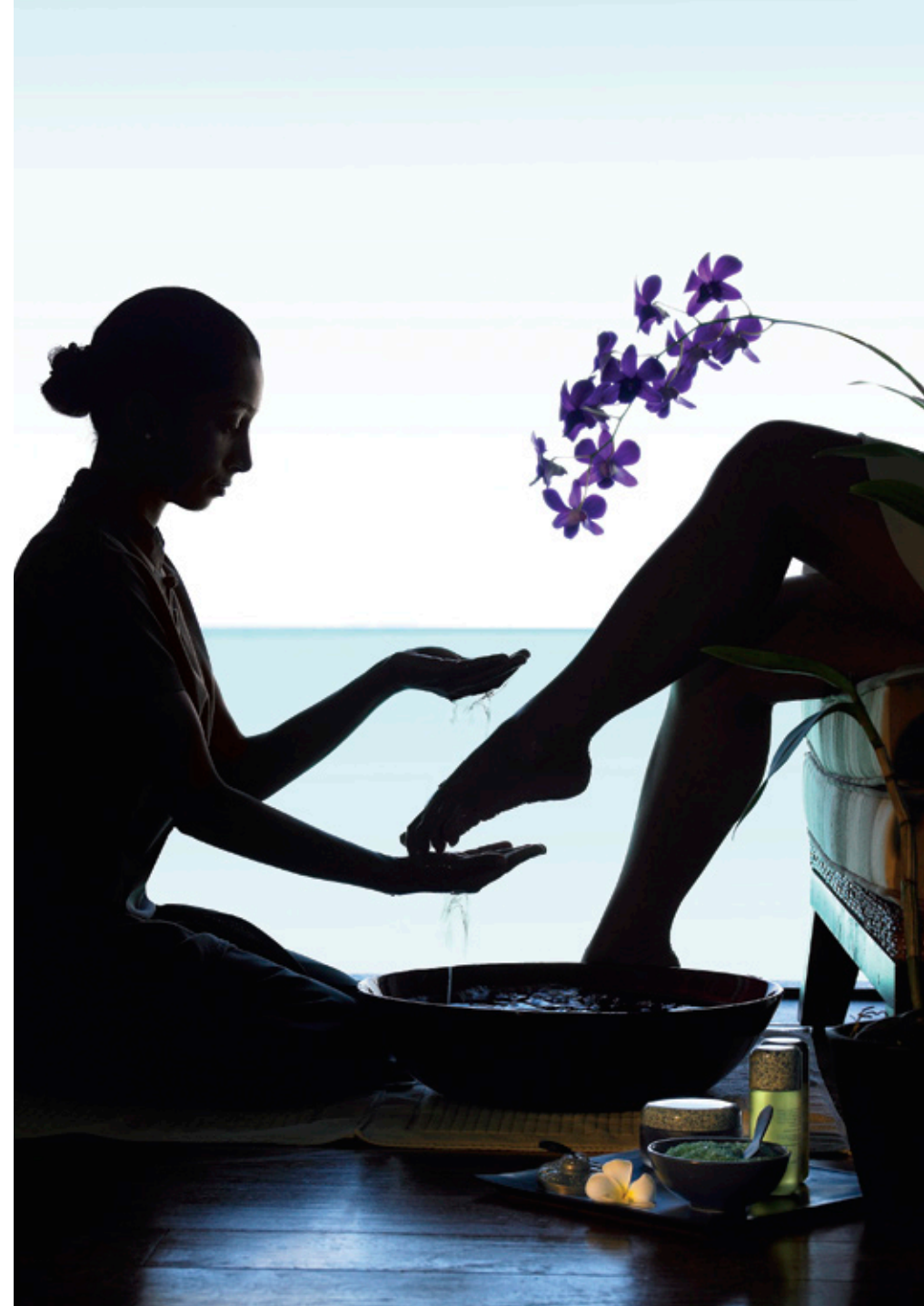
Add a 30 minute segment to your massage to prolong the bliss a little longer.

### Balinese Body Polish

Add a 25 minute exotic body polish to your massage.

### Bathing Ritual

Add a 25 minute luxurious bathing experience to any massage or body treatment.



# Detox Therapies

## **Elemis Aroma Spa Seaweed Massage**

*75/100 minutes*

Combining the richness of sea plants and marine algae with aromatherapy, this treatment is deeply detoxifying at all levels for women and men. A warm seaweed body mask containing a synergy of cleansing essential oils is applied to your body before you are cocooned in a comforting wrap. Let your thoughts drift away and relax with a scalp and foot massage while the active ingredients work to detoxify and stimulate your body systems. Choose from Cellutox for detoxification and Musclease to help relieve sore joints and muscular tension. Includes a 25 or 50 minute massage.

## **Elemis Body Sculpting Cellulite and Colon Therapy**

*60 minutes*

Elemis has developed a clinically proven body sculpting treatment that targets cellulite, helps to reduce fluid retention, firms and tones the body. A detoxifying fennel and birch peel-off body mask is combined with beneficial massage techniques on the hips and thighs to boost blood flow and drain away fluid, leaving your skin firmer and smooth to the touch. Cleansing of the stomach and digestive tract through abdominal massage continues the purification of your body. Two treatments during the course of a five day stay are recommended for maximum benefits.

## **Ionithermie Cellulite Reduction Treatment**

*60 minutes*

This leading European body contouring solution helps detoxify your body, reduces fluid retention and tones your muscles. After a single treatment you will lose up to eight inches from the areas treated. Ionithermie uses galvanic and faradic stimuli which also helps to improve circulation, enhance metabolism and reduce muscle pain. We recommend that you book a course of three for maximum results.

## **Ionithermie Cheek Lift**

*60 minutes*

This acclaimed treatment will help to give your buttocks a lift while firming and toning the skin. Active ingredients are applied to the area before we apply a soothing clay, algae and pine mask. Gentle stimuli are then placed on the buttocks, thighs and tummy to stimulate muscle tissue and firm the skin.

# Nourishing Therapies

## **Balinese Body Polish**

*50/75 minutes*

An exotic exfoliation ritual to invigorate and bring vitality to your body. Your skin will be polished and smoothed to a glow and completed with an application of an exotic conditioner to moisturise the skin. Choose from: Uplifting Orange Sugar Scrub, Detoxifying Lime and Ginger Salt Glow and Spicy Balinese Boreh Wrap. This treatment includes a 25 or 50 minute massage.

## **Elemis Exotic Coconut Rub and Milk Ritual Wrap**

*50/75 minutes*

A traditional Balinese recipe with Coconut, Mungbean, Spices and Lavender polishes the skin while the sensation of warmed Monoi Oil and Milk Bath being drizzled over your body is simply divine. The natural ingredients work to heal while you enjoy a relaxing scalp massage. This treatment includes a 25 or 50 minute massage.

## **Elemis Exotic Frangipani Body Nourish Wrap**

*50/75 minutes*

Inspired by a Tahitian recipe, this wrap blends fragrant Coconut and Frangipani flowers to produce Monoi Oil, a scented oil traditionally used by Polynesian women to protect and condition their bodies from environmental stressors. We anoint your body with this warm, rich and creamy formula before you are cocooned in a comforting wrap while you enjoy a conditioning scalp massage. This treatment includes a 25 or 50 minute massage.

## **Sun Glow Ritual**

*50 minutes*

Enjoy an invigorating exfoliation treatment followed by an application of our sunless tan crème for a delicious bronzed glow on the face and body. This treatment gives you the tan you desire and promises you a radiant sun-kissed look within two to three hours.

## Spa Collections

Experience the ultimate indulgence in the following ceremonies. Now is your time to relax. Following the treatments, linger in the privacy of your tropical villa garden while enjoying the hydrotherapy bath and waterfall shower, including fresh fruit and a selection of teas.

### **Recharge** *110 minutes*

Evoke health and wellness. Experience relaxation with a 50 minute massage and rejuvenate your skin with a Visible Brilliance Facial. 3 hours with a Classic Manicure and Pedicure.

### **Renew** *2 hours*

Firm and tone with your choice of the Aroma Spa Seaweed Massage or Body Sculpting Cellulite and Colon Therapy and then resurface your skin with the Tri-Enzyme Resurfacing Facial.

### **Serenity** *5 hours 30 minutes*

Bask in the pleasures of an Aroma Stone Therapy Massage, then emerge radiant from your Tri-Enzyme Resurfacing Facial. Enjoy fresh fruit and tea in your private garden, followed by a luxurious and pampering Pro-Collagen Hand and Nail Treatment with Manicure and the Sole Delight Foot Treatment with Pedicure. Treat yourself to a shampoo and blow dry and personalised makeup application. Leave feeling refreshed and beautiful all over.

### **Dream** *2 hours*

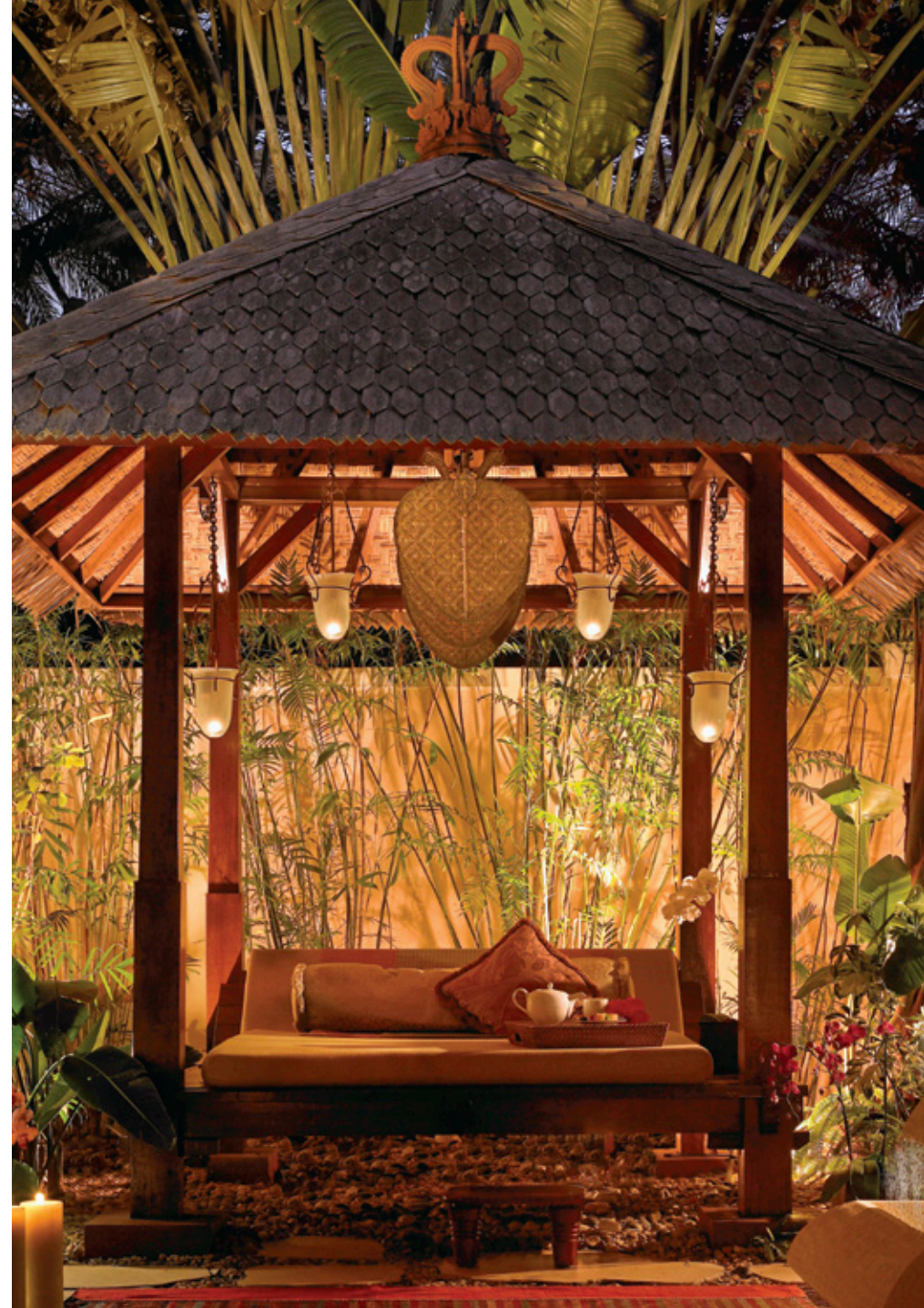
Get over jet lag in half the time with this ritual. Your journey begins with a Spicy Balinese Boreh treatment, followed by a scalp massage to help relax your body while you indulge in slumber while cocooned in a comforting wrap. To complete the renewal of the body and mind we will give you a traditional Balinese Massage and an anti-ageing Pro-Collagen Quartz Lift Facial.

### **Love** *110 minutes*

An indulgence just for two, this ritual begins with side by side massages in your private Spa Villa. Embark on a private journey together while you both relax in our generous hydrotherapy bath together containing fresh rose petals. An additional 30 minutes of private time allows you to enjoy herbal tea and fruit in the garden. You may also cater champagne and strawberries or lunch if you desire.

### **Joy** *2 hours*

Prepared to be pampered with a Nurturing Mother-to-be Massage, followed by a rejuvenating Visible Brilliance Facial. This journey of joy includes a Nourishing Frangipani Hair and Scalp Massage.





## The Wedding Collection

Prepare for your special wedding day by achieving a sense of tranquility and rejuvenation. Choose from the following packages below or contact the Spa Concierge to personalise a package for you and your guests. Enquire about exclusive use of our elegant Salon area to enjoy while having it catered for you and your bridal party.

### Here Comes the Bride:

- 75 minute Aroma Stone Massage
- Fire and Ice Manicure and Pedicure
- Shampoo and Style
- Makeup and Eyelash Enhancement

### All the Grooms Men:

- 50 minute Deep Tissue Muscle Massage
- Haircut and Style
- Men's Sports Manicure

### Bridal Party (priced per person):

- 50 minute Swedish Massage
- Classic Manicure
- Classic Pedicure
- Shampoo and Style
- Makeup Application



## Time for Men

Invest in your well being. It will be time well spent.

### **Elemis Skin IQ for Men Facial**

*60 minutes*

Helping to calm irritation and minimise the signs of ageing, this facial is the ultimate overhaul for male skin. Incorporating the Time Defence Wrinkle Delay and Time Defence Eye Reviver, this anti-ageing treatment protects against the harsh effects of shaving and environmental damage. This treatment includes a relaxing scalp and foot massage.

### **Elemis Urban Cleanse for Men Facial**

*60 minutes*

This super-grooming facial decongests the skin, works overtime to eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

### **Men's Spa Escape**

*3 hours 30 minutes*

Men can enjoy revitalising spa skin and body care without the fuss, starting with an Skin IQ Facial for skin cleaning and anti-ageing followed by a Deep Tissue Muscle Massage for pure relaxation and de-stress. 3 hours 30 minutes with a Men's Sports Manicure and Pedicure.

### **Men's Sports Manicure**

*30 minutes*

This MANicure is the perfect treatment for hardworking men's hands. Using Citrus-infused ingredients, we will tidy your cuticles, trim and buff your nails and give your hands and arms a delightful massage.

### **Men's Sports Pedicure**

*45 minutes*

Those feet need some TLC so treat them to this efficient foot treatment. We will soak them and slough away hard skin, tidy your nails and cuticles and give you a heavenly foot and calf massage.

# Salon Therapies

Our elegant beauty salon offers treatments by experts to condition and beautify your hair, hands and feet. Luxuriate in our full service salon, equipped with multiple pedicure thrones and a social manicure bar for nail work including traditional manicure and pedicures. Select from the following signature services or refer to our price list for a complete listing of our salon services.



## **Frangipani Conditioning Hair and Scalp Ritual**

*25 minutes*

We use rich Frangipani Monoi Oil, legendary for its ritual uses in Tahiti. After cleansing your hair, we massage the scalp with this precious ingredient to ease away stress and give the hair a vibrant, healthful shine. To ensure to full benefits are received, we wrap the hair in a warm towel. Add this to any hair service.

## **Fire and Ice Manicure**

*50 minutes*

Your nails are one of your most important accessories, so keep them beautiful with this invigorating manicure that will warm your spirit and cool your stress. Using a combination of therapeutic cooling gels and the warmth of massage with a heated stone, your skin will be smoother and your nails will be nourished and polished to perfection.

## **Fire and Ice Pedicure**

*60 minutes*

This super rejuvenating pedicure will warm your senses and cool your tension. Savor the sublime as your feet and lower legs are soothed with our cooling gels and then warmed with a heated stone massage. This combination of hot and cold, plus aroma-therapeutic ingredients promotes healthy-looking skin and nails.

## **Elemis Pro-Collagen Hand & Nail Treatment with manicure**

*50 minutes*

Redefine the hands of time. An anti-ageing treatment to soothe dry, chapped hands and nails. Conditioning and strengthening nails, this treatment targets age spots, reduces crepiness and leaves hands beautifully smooth and youthful looking.

## **Elemis Sole Delight Foot Treatment with pedicure**

*60 minutes*

This is the most rejuvenating foot therapy. Indulge your feet in warmed aromatherapy oils combined with the decadence of milk, followed by a classic pedicure. You will feel like you are walking on air.

## **Aromatherapy Paraffin Infusion Treatment**

This treatment is designed to provide relief for tired, aching muscles and overworked hands and feet. Essential oils are infused into the heated paraffin that also helps to increase circulation. Upgrade any hand or foot treatment to include this heat-fusion therapy.

# Spa Experience

At One&Only Spa, every moment of your spa visit has been carefully choreographed to ensure that with each step, stress and tension melts away. After you have checked in at the front desk, you will be lead directly to your private Spa Villa. Following certain therapies, you are invited to relax in the tranquility of your villa's private open-air garden.

**Should I make a reservation for my treatment?** Yes, and it is best to do so upon your arrival at the resort to accommodate your schedule.

**What if I need to cancel my reservation?** Please contact the spa at least four hours in advance. Reservations cancelled with less than four hours notice will be subject to full charge. Appointments may be rescheduled based on availability.

**What should I wear?** Wear whatever is most comfortable. A robe and slippers will be provided when you arrive at the spa. During treatments, the therapists are trained to drape you appropriately.

**When should I arrive?** Please arrive 15 minutes prior to your scheduled appointment. This will allow you sufficient time to check in, change and begin enjoying your spa experience at a leisurely pace.

**Minimum age requirements** Spa guests 16 and under must be accompanied by a parent or guardian for all salon and spa services.

**Should men shave before a facial?** Yes, for best results men should shave a few hours before their facial.

**May I bring my valuables?** It is recommended that you leave your valuables in the safe provided in your guest room. The spa does not assume liability for any valuables.

**How can I ensure a wonderful spa experience?** Discuss openly your likes, dislikes, concerns, questions or areas of focus with your therapist before or during your treatment.

**Is there a service charge?** All treatments are automatically subject to a 20% service charge. Gratuity for exemplary service is discretionary.

**Services for Expecting Mothers:** Mothers-to-be can enjoy all salon services, basic facials and massages with light pressure.

**Hours of Operation:** 9:00am to 7:00pm seven days a week. Treatments, services, packages and pricing are subject to change without notice.

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One&Only Resorts is a member of:

A member of

*The Leading Hotels of the World*<sup>\*</sup>

\*Residence & Spa at One&Only Royal Mirage,  
Member of The Leading Small Hotels of the World

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