



Solasta
— SPA —




*In pursuit of the ephemeral,
the stillness of being*

Time is a travelling companion. It hastens with us, and slows when we let it.
Each moment is subtly transformative, creating memories and adding to our personal blueprint.

Solasta Spa is dedicated to these moments – to stillness, the release of tension, the childlike liberation of unfettered movement. A moment to catch your breath; another to expel it. To defiantly dispel fatigue, or wholeheartedly embrace it. To revel in the freedom of a quiet mind.

Spa treatments are like alchemy for the soul – transforming earthbound elements into sublime experiences. Sourced from around the world, presented with conviction by our spa professionals and yogis.

Meet with our intuitive spa team to customise an immersive, personal collection of therapies that addresses you and the world within you, as you lose yourself in the majesty of the Maldives. Bathe in the horizon; breathe in the sea breeze; bask in the stillness.



*Come as you are,
when you please*

Our journeys are designed for excellent results.

You may also prefer an individually created, immersive spa experience. Ask us about penetrating transformative massages, deeply restoring face care, steam or fragrance baths, skin buffing, toe polishing, foot henna or any other treatment that interests you. Give us an approximate time of day, and our team will design your personal spa journey with any of the à la carte spa therapies – in any order and intensity you require.

Please note that we consider sun exposure with all our journeys and will adjust accordingly, replacing skin stimulants with cooling washes and gentle balms as necessary.

Solasta Spa Journeys

Elan: Spa Morning Dawn of Senses

Steam Bath - Body Scrub - Maison Caulières Massage- Face Cleansing

A stimulating ritual that awakens the body and soul. Begin in an immersive steam bath with infusions of light mint. Followed by an exfoliation with the fragrance of broom flower and honey - inspired by the summer fields. Enhance your indulgence with a full Maison Caulières Signature massage - for a deeper sensation of being yourself - using a fresh and light textured detox vitamin oil that leaves a fresh mint and freshly cut grass scent. Finish with a light touch of face cleansing that prepares for the perfect sun kiss on your skin. Pairs perfectly with sunrise freedom yoga.

Your Song: Afternoon Spa Laze

Gold Body Polish - Therapeutic Bath - Omorovicza Quartz Massage - Gold Hydra Lifting Facial

Your laze begins with an invigorating Golden Sugar scrub, to improve circulation. Then soak in a therapeutic bath, with Tourbillon vegetal scented oil - offering a moment of true well-being. Omorovicza Quartz massage, with an oil redolent of ylang-ylang, enriched with gold particles, leaves the body softened, hydrated and radiant. Complete your afternoon laze with our Gold Hydra lifting Facial, a rose-scented gold mask that deploys hyaluronic acid in three different forms. It plumps, nourishes and soothes the skin, while the bio-available gold repairs micro-damage and strengthens the skin.

Quiet Calm: Evening Sun Gaze

Seasonal Body Exfoliation - Gentle Hydrating Wrap - Crown - Intuitive Massage - Queen Facial

This playful, caring ritual is inspired by summer fields and seasonal cycles of warmth. Indulge in a fig, bergamot, rose soft scrub, and a gentle nutrient-rich body-wrap rich in essential minerals. Pamper yourself with a pre-shampoo scalp treatment - a revitalizing scalp mask that harnesses the power of transformative Hungarian Moor mud - rich in calcium and magnesium, to draw out impurities. Intuitive massage intertwined with broom flowers and honey-scented dry oils soften the mood. A Queen facial indulgence reminiscent of a kiss by the sun.

The Stress Melter

Personal Meditation - Yoga - Customised Massage

Finding the path to meditation is not always easy. A one-to-one (or two) yoga and meditation class help you practice in unison, with personal attention given to the best techniques. Identify practices that work for you. In combination with a well-paced massage and olfactory infusions to nudge you along, this journey is designed to be transformative in the moment and instructive for subsequent personal practice. Embark in the spa or at your house. The choice is yours.

The Immunity Boost

Steam Bath - Body Buffing Balm - Cleansing Mud Mask - Head and Scalp Treatment - Omorovicza Massage - Moor Mud Facial

Aromatherapy steam relieves congestion and loosens stiff joints and muscles. A mud buffing balm exfoliates and improves blood circulation. The Mud cleansing mask with rich mineral content is known for its ability to regenerate skin. Whilst cocooning in the Hungarian Moor cleansing mask, your head and scalp are doted on with a pre-shampoo treatment. A Revitalising scalp mask relieves scalp stress and nurtures the hair. Pampered with Hungarian massage, the facial is holistically performed to suit your need and stimulate facial muscle bounce, releasing long-held toxins and revitalising the face.

Free Spirited Spa Journey

Maison Caulières Sugar Scrub - Nourishing Toning Body Wrap - Maison Caulières Signature Massage.

As the sun begins to set on warm sands, under a bohemian-chic canopy of a secluded sandbank - the treatment starts with an immersive exfoliating beach sand massage. Maison Caulières' sugar gourmet body scrub of broom flower, honey, and sugar revives, smoothens and moisturises the skin. An ultra-hydrating body wrap of the freshest ingredients tones the skin. Once rinsed off with refreshing Oshibori-scented towels, Maison Caulières's subtly scented moisturising body mist, Envolée Légère, prepares the skin for our pièce de resistance: a full body treatment that fuses Maison Caulières's signature massage with local muscle-relieving concoctions.

Massage Menu

A massage at the hands of an experienced, intuitive therapist is a time-honoured journey of enchantment. At Solasta Spa, this journey is abetted by Omorovicza Hungarian healing techniques and ingredients, coupled with the elemental infusions of Maison Caulières.

The Maison Caulières

Clarity: it so often eludes us. But there are ways to summon and strengthen it. In this classical European massage, inspired by Deep Tissue massage, firm pressure and gentle stretching techniques are applied. Relieves muscle tension, enhances circulation and stimulates the metabolism for detoxification. Infused oils with their sweet floral aroma uplift the spirit, nourish the senses and restore energy to the entire body.

The Omorovicza

Omorovicza has harnessed the healing power of Hungary's mineral-rich waters and infused it into an exclusive range of healing oils. Involves a unique combination of relaxing Hungarian Deep Tissue body massage techniques to reduce stress and ease muscle tension. Stimulates muscles and improves circulation, flexibility, firmness and skin tone.

Traditional Thai Massage

An ancient path to healing - a traditional Thai message guides your body through a series of yoga-like stretches and pressure-point therapy. Safe in the care of an expert practitioner, you'll experience a restored sense of balance as ligaments are drawn and joints aligned. Refreshed and reinvigorated, brimming with natural energy. Thai massage clothing is provided.

Reflexology

Classical foot therapy heals the body by stimulating reflex points in the feet. Essential for those struggling to relax, especially when combined with one of our massage treatments. Ideal for anyone who'd prefer not to disrobe. Repeated over several days, the results can be profound.

Spinal Connection: Volcanic Stone Healing

The weight of responsibility builds over time. Pressure mounts, and bears down upon us. Settling into our bones. Cast off that burden. This treatment harnesses the elemental energies of hot volcanic stone – a restorative natural pain reliever, that gives inner balance. Flowing massage enhances circulation and lymph flow for greater benefit.

Warm Poultices

Feel unburdened through better lymph and blood circulation. Soothing stiff joints, improving flexibility and firming up skin in the process. Inspired by Ayurvedic healing traditions, a treatment of warming poultices filled with minerals, healing herbs and essential oils of lavender, chamomile and marigold are worked into the body along energetic pathways. Rhythmic massage strokes soothe muscles and soften old wounds.

Mum-to-be*

A specialised massage therapy adapted to feed the skin and senses of the expectant mother and her baby. Touch is essential to a baby's development, well-being, emotional balance, and healing. Virgin coconut oil nourishes and reinforces the skin, protecting against stretch marks. This rejuvenating treatment nourishes the soul, realising a profound sense of inner peace.

* Available after the first trimester



Holistic

Elevating the mind, body and spirit. Holistic healing designed to restore your soul. Solasta Spa incorporates both traditional and non-traditional treatments, integrating spiritual, physical, mental, and emotional forms of well-being.

Moksha Nautilus Signature – By Ananda in the Himalayas

A holistic therapy inspired by the concept of Moksha - signifying a liberation of the senses and a release of the free flow of Prana or energy. Working on different levels of the human body and consciousness to create a sense of overall physical, mental, and emotional well-being. Traditional Ayurvedic therapeutic techniques, and a Marma point release technique, increase energy and heighten the sense of vitality. Ananda Spice oil, Cardamom, Ginger, and Black Pepper stimulate and boost the immune system.

Abhyanga

An ayurvedic full-body massage is done with long strokes to strengthen the muscles, improve circulation, prevent ageing and induce sound sleep. Helps to lubricate the joints, tone the muscles, and promote physical and emotional well-being.

Champissage

Also known as Indian Head massage, carried out in your comfort. Work on the shoulder, upper arm, neck, scalp and marma points on the head. The warm infused oil on the scalp, and marma points on the face and head. A vigorous manipulation of the scalp encourages the circulation of cerebral fluid, relieving fatigue, insomnia, headaches, and sinusitis.

Nasal Detox*

A healthy self-care practice inspired by the traditional Ayurvedic Nasya. The nasal detox begins with steam to soothe and open nasal passages. Anu Tailam, enriched with Kapha balancing ingredients, helps to clear and cleanse accumulated mucus from the sinuses, relieves sinus congestion, releases tension in the head, and enables you to breathe better.

*Avoid sunbathe at least 2 hours after this treatment.

Reiki

Reiki is a type of energy healing. The word Reiki is derived from the Japanese words “rei,” meaning universal, and “ki,” meaning life energy. The practitioner uses a special technique to heal, and clear the aura for energy flow around the body, which enables relaxation, relieves pain, speeds up healing, and reduces other symptoms of illness.

*This treatment is performed by only a Specialised therapist only.
Note: Reiki should never take the place of medical treatments

Abdominal Detox

Inspired by Chi Nei Tsang, this therapeutic treatment applies a sequence of deep, soft, and gentle pressure on the abdomen and pelvic area. This specialised therapy opens the flow of energy. It increases the blood and lymph circulation in the abdomen, promoting greater chi flow to the entire body, and resulting in improved mental clarity, immunity, digestive health, and better sleep quality.

*This treatment is performed by a specialized therapist.





Omorovicza Face Therapies

Mineral-rich soil from Lake Heviz in Hungary. Earthen hues – shimmering and black. The restorative properties of these natural resources are redundant until they penetrate the skin and enhance its function. Our facial treatments harness the expertise of Omorovicza, with their patented healing concentrate and bio-available formulas. These strengthen the skin, restore balance and enhance cellular activity.

Moor Mud

Deep-pore cleanse refining and balance

This signature facial uses mineral-rich Hungarian Moor mud, detoxifying and drawing out impurities for deep cleansing. The application of the fragrant Moor mud mask followed by a thorough cleansing and mild exfoliation. The iconic Moor mud cleansing balm, as well as tropical fruit extracts, help to treat sensitive skin and reduce pore size. A classic Hungarian facial massage instantly lifts and firms the skin.

Heart of Gold

Repair, plump and hydrate

A rose-scented gold mask infused with three forms of hyaluronic acid to plump and nourish the skin. Bio-available gold, delivered with a flutter of rose quartz wands, repairs micro-damage and strengthens the skin with a lifting and firming traditional Hungarian face massage. A sprinkling of gold shimmer oil adds a subtle sparkle to arms and décolleté.

Bright Blue Diamond

Brighten, firm and strengthen

Diamond peptides prolong the life of healthy skin, repairing skin cells. The result is greater elasticity, stronger skin and overall youthful exuberance. A traditional Hungarian facial mask accelerates oxygen infusion for lift and vitality. Cooling eye globes refresh the eyes, while a scalp massage draws oxygen into hair follicles. The result is a more vibrant, lustrous complexion.

Indulgent Queen Facial

Back scrub, back massage, and facial

A relaxing treatment that is all about “me-time” - relaxes the soul and provides complete indulgence.

Our Indulgent Queen facial is all about slow skincare. The treatment starts with a gentle back scrub and relaxing back massage with warm rose quartz stones. An experience with a cocooning gold mask that will deeply hydrate and lift your skin and spirit. While relaxing with the mask on, we will pamper you with an arm treatment for complete relaxation. A gentle lymphatic drainage massage, which reduces puffiness and eliminates excess fluids and toxins that accumulate in the tissue, followed by a relaxing massage with rose quartz wands.





Dermadrop TDA

For radiantly beautiful skin – from the inside out. TDA offers you a non-invasive holistic treatment concept ranging from facial treatments and hair care to a variety of body treatments. Allowing regenerative therapy and giving maximum deep care to the skin.

HYAL N10 TDA

Stimulates collagen production and microcirculation and activates the absorption of active substances in the deepest skin layers - for a natural “lifting effect”.

DERMACOOL TDA

Cools, soothes, and hydrates the skin. Supports the body’s own repair mechanism, and reduces redness and the feeling of tension in stressed skin. Recommended as an after-sun treatment or aftercare for all that irritates the skin.

FIGHT TDA for Him

Strengthens the natural protective function of skin, promotes cell renewal and stimulates microcirculation; while reducing wrinkles, nourishing and moisturising the skin.

MITOCELL TDA

With the highest concentration of anti-ageing active ingredients to promote the deep regeneration of cell-damaged skin, visibly reduces wrinkles and restores youthfulness.

BODY TREATMENT

THERMOREPAIR TDA

Intensively moisturise, tightens the connective tissues and smooths the skin’s surface. Stimulates lymphatic flow and blood circulation. Reduces the appearance of cellulite and supports fat metabolism.

HAIR TREATMENT

SHINE & GLOW

Repairs damaged hair, regenerates the scalp and renews the hair - giving voluminous hair and shine.

*The hair should be washed and dry.

ADD ON BOOSTER

Available as a follow up treatment to the Gomin facial.



Spa Sanctum

Our secluded and private steam bathing rooms offer herbal cleansing steam to enhance breathing, stimulate blood and lymph circulation, relieve muscular stress and enliven the immune system. Solasta Spa curates a collection of healing minerals and hydrating muds to infuse the skin, warm the muscles and ease tension.

Base Layer Spa

Steam Bath - Body Soaping - Healing Mud Mask - Moksha

This curated spa experience serves as a base layer to ease you into a state of soulful relaxation. Inspired by the ancient way of visiting a hammam. Your pamper ritual starts with a steam bath to remove impurities. Followed by the application of a thin layer of black soap, with an organic linen Kessa glove to exfoliate your dead skin from your body. Your hair, face, and body are then smoothed in a warming, mineral-rich mud Rhassoul mask. Relinquish into a relaxing Moksha massage to liberate the senses and release the free flow of Prana.

Moor Skin

Body Scrub - Wrap - Massage

More than an ordinary wrap treatment, this body experience begins with a vigorous yet gentle body detoxifying exfoliation using sea salt, Hungarian moor mud and capsicum peptide. A deep cleansing mud mask is then lathered onto the body. While the mud cleanses and the body is wrapped, the therapist performs a scalp massage to relieve any tension or stress. A stone body massage using a rich blend of essential oils from Omorovicza helps invigorate and detoxify while relieving muscular tension.

Golden Body Treatment

Body Scrub - Massage

Dazzling as it is, gold is a mineral with proven anti-inflammatory properties, helping to heal the micro-damage inflicted daily and revitalising the skin. This treatment involves an invigorating exfoliation with a golden sugar scrub to help improve circulation. Followed by a soothing massage with an oil redolent of ylang-ylang and enriched with gold particles. Guaranteed to leave the body softened, hydrated and radiant.

Cellulite Detox Treatment

Dry Buff - Exfoliate - Cellulite Massage

This cellulite-busting treatment begins with a strong yet tender brushing of the body, and a detoxifying exfoliation using sea salt and mineral-rich Hungarian Thermal mud. The Dimple Vanisher is then massaged into freshly buffed skin. We finish with the signature Body massage.

*This is available for one hour for subsequent follow up.

Quench

Cooling Body Wrap - Scalp Relief Massage - Face Quench
Recovery after sun application

For after-sun skin relief and tan preservation. Cooling and hydrating cucumber and Aloe Vera body wrap drench the skin in soothing moisture. The scalp is massaged with virgin coconut oil to release tension, moisturise follicles, and restore lustre to dry hair. A radical recovery moisturiser and face-moisture quench are the final flourishes to complete skin preservation, soothe and seal in the sun's kiss.



Nails and Beauties

MARGARET DABBS LONDON
AGE-DEFYING. EXPERT-LED. RESULTS-DRIVEN.

Illuminating & Refining Yellow Leg Masque Treatment | for red carpet ready legs

Toning Leg Scrub - Yellow Leg Masque, - Firming Leg Serum - Finish Glow Spray

A luxurious treatment created to illuminate, brighten, revive and refine the appearance of the legs, while also working to improve circulation and skin complexion. Legs are left radiant and bright with firmness and tone improved.

Relieving & Toning Black Leg Masque Treatment | to revive heavy legs

Toning Leg Scrub - Black Leg Masque - Firming Leg Serum - Finish Glow Spray

This outstanding time-reactive Black Leg Masque Treatment is designed to relieve the feeling of heavy, uncomfortable legs. Unique V-Tonic essential oil complex promotes healthy circulation and venous decongestion whilst soothing, firming, and cooling the skin. This fabulous treatment leaves your legs feeling lighter, sleeker, and slenderer.

Pure Feet| VEGAN

Cut - File - Buff - Dry File the Sole - Cuticle Away - Foot Mousse - Foot Soak - Foot Massage

Our signature pedicure treatment is available as a vegan alternative. Everything you have come to expect from a Margaret Dabbs London pedicure is now at its finest and purest. Giving outstanding long-lasting results using a range of vegan foot care products that are expertly formulated with potent active botanicals - free from animal by-products, synthetic chemicals and preservatives. Pure transformation.

Supreme Pedicure

Cut - File - Buff - Dry File the Sole - Cuticle Away - Foot Mousse - Foot Soak - Foot massage

Our signature pedicure treatment. Giving outstanding long-lasting results, with the indulgence of the full range of Margaret Dabbs Fabulous Feet products. The treatment will obtain maximum results using the specialist instruments developed by Margaret Dabbs with unique crushed crystal technology. Followed by a wonderful massage that alleviates the feeling of heavy legs, stimulates circulation, relieves swelling, and tones the skin. Finishes with a choice of a glossy finish or natural buff for a truly liberating experience.

Waxing

*Refrain from the direct sunbath and swim for 3hr after the procedure.

Unprepared to have a vacation with some tidying to care off. Solasta team is here to pamper you. In your comfort, at a time of your choosing.

Supreme Manicure

Cut - File - Buff - Cuticle Away - Hand Scrub - Massage

Formulated with concentrated anti-ageing ingredients, usually reserved for facial products. Including hempseed oil, kelp and white waterlily, these gorgeous Margaret Dabbs London hand products are treatment remedies that deliver instantly visible improvements to the skin of your hands. Delicately scented with geranium and mandarin. Finishes with a choice of a glossy finish or natural buff for a truly liberating experience.

Nourishing Gel Removal and Repair

Gel Removal - Buff, Cut - File - Cuticle Away - Exfoliate - Nourish the nail and hand

A nurturing polish removal for gel nails. This treatment improves the nail moisture content and restores smoothness, leaving nails in optimal condition after gel removal. The final touch with fabulous hand protective spray, scented with mandarin and geranium, gives the translucent yet breathable film that helps protect the hands and nails from drying and ageing.

Polish

A quick and freeing fix. Repair chipped polish with Margaret Dabbs treatment enriched Nail polish. Rich in Vitamin E and works to strengthen and protect the nails, whilst wild rose botanical extract helps to revitalise and prevent infection.

*This treatment does not include gels.

Shellac Polish

Shellac, a long-lasting polish cured under UV lamps, gives a glossy finish. The final touch of fabulous hand protective spray, scented with mandarin and geranium, gives the translucent yet breathable film to help protect the hands and nails from drying and ageing.

*Refrain from the direct sunbath and swim for 3hr after the procedure.

For Him

A selection of masculine spa treatments crafted to suit his needs, and ripe for adaptation. Each treatment has been carefully curated and is entirely customisable.

Base Layer Spa

Body Soaping, - Healing Mud Mask - Moksha

This curated spa experience serves as a base layer, to ease you into a state of soulful relaxation. Inspired by the ancient way of visiting a hammam. Your pamper ritual starts with a steam bath to remove impurities. Followed by applying a thin layer of black soap, with an organic linen exfoliating kessa glove to exfoliate your dead skin from your body. Your hair, face, and body are then smoothed in a warming, mineral-rich mud rhassoul mask. Relinquish into a relaxing Moksha massage to liberation the senses and release the free flow of Prana.

Moor Mud Face Clean

Face Mask - Face - Scalp and Shoulder Massage

Our mineral-rich Hungarian moor mud mask draws out impurities and cleanses deeply while nourishing the skin. A Hungarian facial massage soothes, while improving micro-circulation through the skin. This face therapy includes a scalp and shoulder massage to relieve tension and stress.

Back Reviver

Back Exfoliation - Thermal Mud Mask - Foot and Back Massage

This treatment begins with a deep cleansing exfoliation, followed by a warm thermal Moor Mud mask to draw out impurities from the back, neck and shoulders. After a relaxing foot and leg massage concentrating on the nerve endings, the treatment is concluded with a firming back, neck and shoulder massage. Relieving muscle tension, improving skin texture and leaving the guest feeling refreshed.

*Blackhead extraction if needed.

The Good Sport

A dedicated sports-style massage for focused, deep-muscular treatment, injury prevention and trapped lactic acid. Arrive post- or pre-workout for an intense, bespoke massage using warming oils.

Express Pedicure

Cut - File - Cuticle Away - Dry Foot File

This buffing, no-polish pedicure treats dry, cracked skin with specialist files developed by Margaret Dabbs London using unique crushed crystal technology. Finished with a fabulous range of scents with Lemon Myrtle. Formulated for men and women who care about the way their feet look and feel.

Express Manicure

Nail grooming, cuticle refining and natural nail buffing, with attention to dry skin on the hand dryness. Finished off with fabulous hand products that treat, remedy, and deliver instantly visible improvements to your skin - delicately scented with geranium and mandarin.



Spa Lights

This is our collection of ‘spa lights’ – impromptu treatments designed to increase radiance and hone focus. Each is ephemeral, but profound. They are often included in our spa journey, but can be administered whenever you wish; however you desire.

Face Cleansing

Select from Omorovicza’s iconic, curated formulas – from a detoxifying moor mud cleanse to a rose gold lift, a bright blue diamond immersion, or the power of Colloidal Silver recognised for its anti-bacterial and curative properties. Each is naturally sourced and bioavailable. Witness the true power of this healing line of mineral skincare products in a short facial that cleanses deeply. Then consider exfoliating or proceeding with a prepping mask or massage to revitalise the complexion.

Soothing Eye Treatment

A refreshing eye treatment. Subtly cucumber-scented cream soothes tired eyes, Arnica and vitamin K remove puffiness and dark circles, and a gentle massage using cooling Dermaglobes relaxes the eye contour for brighter, refreshed eyes.

The Crown

This enchanting add-on begins with acupressure. Rel easing fatigue, stress and tension from the neck and head whilst nourishing the hair with vital minerals and oils. A refreshing menthol and moor mud mask is applied on the scalp, followed by a neck and shoulder massage. We call this ‘the crown’ of all spa treatments, as it focuses on the head and hair—dispelling the fog of fatigue.

Body Polish

In this journey, we give you a choice from Omorovicza Hungarian healing products to ingredients. Coupled with the elemental infusions of Maison Caulières, it prepares your translucent skin to acquire the exotic sun kiss glow.

At the Down of Senses

This calming, utterly enjoyable foot massage exerts deep and flowing movements into the fascia of the foot and lower leg. It harnesses reflex points in the feet to stimulate the body’s natural healing ability, restoring balance.

Classically Back

A concentrated, targeted treatment designed to relieve blocked spinal energy and relax shoulder muscles. This back massage can be tailored to incorporate any of our massage techniques for the best outcome.

Bathing Belles

Our spa pavilions include expansive open-air bathing terraces with space to accommodate one or two people. Bathed in stunning views of the sky and sea, you’ll sink into the surroundings for a truly immersive, soul-restoring experience, complete with a fragrant rose, uplifting mint and other therapeutic herbs and flora.



SOLASTA SPA



The Yoga Pavilion

Our overwater yoga pavilion is a sala to the sea and sky. An untethered space where the body is refined, and consciousness augmented. The grace of movement, focused poise and body alignment draw practitioners in, healing wounds within and mending injuries without. Come create an alternate space where you can escape the pressures of daily life.

Yoga comes in myriad styles and practices, honed and refined over millennia. This traditional practice represents a living, breathing journey to wellness, undertaken by countless generations that have gone before. Modern interpretations build upon this traditional foundation.

But yoga is ever and always a personal experience. It transforms us – even as we shape and experiment with its execution.

At Solasta Spa, we offer the opportunity to practice yoga in any way you please: classical Hatha postures and breathing; Ashtang Primary series; flowing Vinyasa; slow, extended holds for joint mobility strength of Yin; or Aerial yoga poses at another angle. The parameters are as varied and profound as your practice.

Sound Bath, Meditation with *The crystal singing bowls and the ancient *Tibetan bowls, which are played using suede or a wooden wand that is rubbed gently around the outside edge for friction, creates beautiful harmonic tones reminiscent of angelic choir overtones. It stays in the air for what seems like forever. The bowls create a feeling of peace in a loving and compassionate way, bringing us back into perfect balance and harmony.

*Contraindication: Mom-to-be, any plates or implants in the body (metal plates), epilepsy.

Our yogis offer expertise, inspiration and encouragement as they escort you along a path of personal expression with yogic practice and meditation. If you have any questions at all, you can enquire with Solasta Spa before your visit.

We host Freedom Yoga each morning. Salute the sun at dawn as it rises across the horizon. Of course, the timing of these sessions changes with the seasons. Ask your House Master for the current sunrise schedule. Your House Master or spa reception will also be delighted to arrange personal yoga and meditation in the comfort of your home; or anytime, anywhere.



Pricing

SPA JOURNEYS

Elan	3 Hours	\$570
Your Song	3 Hours	\$570
Quiet Calm	3 Hours	\$570
The Stress Melter	3 Hours	\$570
The Immunity Boost	3 Hours	\$570
Free Spirited Maison Caulières	2 Hours	\$680

TDA DERMA DROP

Hyal N10 TDA	60 min	\$300
Dermacool TDA	60 min	\$300
Fight TDA for Him	60 min	\$300
Mitocell TDA	60 min	\$350
Thermorepair TDA for Cellulite	60 min	\$350
Shine & Glow for Hair	60 min	\$300
Add on Booster	30 min	\$200

OMOROVICZA FACE THERAPIES

Moor Mud	60 / 90 min	\$235 / \$285
Heart of Gold	60 / 90 min	\$235 / \$285
Bright Blue Diamond	60 / 90 min	\$235 / \$285
Indulgent Queen Facial	120 min	\$365

MASSAGE

The Maison Caulières	60 / 90 min	\$215 / \$280
The Omorovicza	90 min	\$280
Thai	90 min	\$280
Spinal Connection	90 min	\$280
Warm Poultice	90 min	\$280
Mum-to-be	60 / 90 min	\$215 / \$280
Reflexology	60 / 90 min	\$215 / \$280

* All prices are in US dollars excluding 10% service charge and 16% GST

SPA SANCTUM

Base Layer Spa	2 Hours	\$365
Moor Skin	2 Hours	\$365
Golden Body Treatment	2 Hours	\$365
Cellulite Detox Treatment	2 Hours	\$365
Quench	2 Hours	\$365

SPA LIGHTS

Face Cleansing	30 min	\$115
Soothing Eye Treatment	30 min	\$115
The Crown	30 min	\$115
Body Polish	30 min	\$135
Classically Back	30 min	\$115
At The Down of Senses	30 min	\$115
Bathing Belles	30 min	\$115

NAILS AND BEAUTY

Illuminating & Refining	60 min	\$225
Relieving & Toning	60 min	\$225
Supreme Pedicure	60 min	\$135
Supreme Manicure	60 min	\$115
Pure Feet VEGAN	60 min	\$135
Nourishing Gel Removal & Repair	60 min	\$120
Polish	30 min	\$40

FINAL TOUCH

Eyebrow / Upper Lip Threading	30 min	\$50 / \$50
Chin Wax / Threading / Under Arm	45 min	\$50 / \$50 / \$50
Bikini Line / Extended Bikini	20/30 min	\$60 / \$80
Brazilian (Maintenance) / (New)	45/60 min	\$100 / \$120
Lower Arms / Full Arms	30/45min	\$80 / \$100
Half Leg / Full Leg	45/60min	\$100 / \$120
Back	60 min	\$120

TINTING

Eyebrow / Eye Lash Tint	20 min	\$50 / \$50
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* All prices are in US dollars excluding 10% service charge and 16% GST

FOR HIM

Base Layer Spa	2 Hours	\$365
Moor Mud Face	60 min	\$235
Back Reviver	60 min	\$215
The Good Sport	90 min	\$280
Express Pedicure	50 min	\$115
Express Manicure	45 min	\$100

YOUNG WONDERERS CORNER

Young Wonderer Nap	30 / 60 min	\$90 / \$150
Young Wonderer's Treat	90 min	\$200
Young Wonderer's Quench	30 min	\$90
Kamana Mini Facial	30/60 min	\$90/ \$160
Kamana Mini Manicure	30 min	\$50
Kamana Mini Pedicure	30 min	\$50
Young Wonderer Aerial yoga	60 min	\$80

HOLISTIC

Moksha Nautilus Signature – By Ananda in the Himalayas	90 min	\$280
Abhyanga	60 min	\$215
Shirodhara	45 min	\$200
Champissage	45 min	\$200
Nasal Detox	45 min	\$200
Reiki	60/90 min	\$215 / \$280
Abdominal Detox	60/90 min	\$215 / \$280

WELLNESS

Being Mindfulness Meditation (Private / Couple / Group)	60 min	\$115 / \$200 / \$90
Crystal Singing Bowl Meditation (Private / Couple / Group)	60 min	\$150 / \$220 / \$100
Aerial Yoga (Private / Couple / Group)	60 min	\$150 / \$220 / \$100
Pranayama (Private / Couple / Group)	60 min	\$115 / \$200 / \$90
Yoga (Private / Couple / Group)	60 min	\$110 / \$200 / \$90
Vinyasa (Private / Couple / Group)	60 min	\$110 / \$200 / \$90
Yin Yoga (Private / Couple / Group)	60 min	\$110 / \$200 / \$90

* All prices are in US dollars excluding 10% service charge and 16% GST



Spa Etiquette

While spa treatments are available at any time of day or night with advance booking, our normal opening hours are from 8am to 7pm daily.

Come as you are. Our spa pavilions are private, and we provide bathrobes, slippers and anything else you may need.

To enhance the ambience of your comfort, we encourage, disconnect to reconnect and embrace the sweetness of being alive by choosing to unplug from technology. Solasta is a mobile and smoking-free zone.

Each pavilion has its own changing room, washroom and shower for your convenience. The steam room and outdoor bathing area of each pavilion can be booked in addition to your spa treatment at a charge.

For yoga practice, comfortable clothing that allows unimpeded movement is a necessity. If you're unsure of what to wear, your House Master will be happy to advise.

We understand you may need to change your plan. We implore you to advise us a minimum of 4 hours' notice to bring the changes, in order to avoid the 100% cancellation charges.

Contact your House Master to schedule or rebook a spa treatment. Likewise, our spa team will be happy to assist to guide your bespoke packages during your stay.

Your House Master will coordinate your arrival at the spa and let you know in advance when to be ready for collection.

We advise you to arrive at the spa ahead of the scheduled time. Though we will do our very best to accommodate late arrival, we might not be able to honor your full duration at the courtesy of our subsequent guest.

We recommend that men shave prior to a facial. Body shaving is not recommended before body treatments (such as wraps, scrubs, and waxing).

We ask that you leave all valuables in the house safe when visiting the spa.

Guests must be at least 16 years old to enjoy the spa. Those aged 6 through 15 are permitted to enjoy treatments as long as a parent or guardian (over the age of 18) is present with them in the treatment room. Young Wonderers corner is applicable up to 10 years.

Many of our spa treatments can be enjoyed in the comfort of your own house; A supplement of \$100 per person will be charged irrespective of the duration.

We ask that you tell us all about yourself in a brief pre-consultation so that we can better tailor your treatment to your needs.



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