



S P A **ALILA**

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Spa Alila at Kothaifaru Maldives offers guests unique and customised spa experiences in a relaxed and contemporary environment. Varieties of indulgent and rejuvenating spa treatments are combined with personal consultations given by friendly and intuitive therapists. Spa Alila fervently believes in using only natural products for spa therapies and all products are handmade using pure, natural ingredients. In addition, the spa offers a range of exercise, yoga and meditation classes for guests who seek to invigorate their senses, along with a variety of healthy foods and self-care recommendations to maintain a balanced sense of well-being. The charming interiors and warm ambient lighting of Spa Alila, together with soothing scents of essential oils, offer guests a comforting prelude to their treatments.

The extensive and exclusive spa treatment menu combines both Asian and Western therapy techniques and showcases Spa Alila's special selection of natural active ingredients. Guests are able to choose from a wide range of therapeutic massages. These include deep tissue, relaxing, nurturing and a special pregnancy massage for expectant mothers. Aside from customisable spa treatments, his/her facials, body scrubs, and manicure and pedicure offerings, Spa Alila at Alila Kothaifaru Maldives also takes pride in its nurturing techniques passed down for generations but rarely practised in today's spa treatments. These nurturing movements calm not just the body but also the mind and soul. Guests are also invited to build their own spa package with a variety of interchangeable product elements and treatment enhancements.

Entwined with the lush surroundings, Spa Alila features four double treatment suites, all with a private bathroom, shower and a floor-to-ceiling window offering views. Treat yourself to rejuvenating treatments and beauty rituals that put a contemporary spin on ancient healing techniques and draw on the benefits of natural ingredients to deliver pure luxurious indulgence..

Guests looking to take home a piece of their spa experience can purchase from Spa Alila's extensive range of skin care products. Available at the merchandise section at the Alila Living Boutique, these products are made from all-natural and locally sourced ingredients.



## SPA ALILA TREATMENT MENU

At Spa Alila, our goal is to help bring you back into balance naturally with treatments personalised to your needs. Through the heartfelt touch of our experienced therapists, our naturally active products and maximum guest input, we create a new dimension in nurturing and divine pampering rituals. Surrender to the blissful Spa Alila experience and you'll see and feel the benefits in your appearance, your spirit and your overall sense of well-being. Step into our sanctuary for a moment of indulgence exclusively reserved for you.

### SIGNATURE TREATMENTS

#### THE ART OF TOUCH

Learn the healing and relaxing power of touch in this holistic massage workshop. Massage can have a profound positive effect on mind, body and soul and offers multiple benefits, from promoting relaxation to improving sleep. Being able to give a massage is a wonderful gift to share with family and friends, and a great way for couples to deepen their bond and connection. This hands-on workshop covers basic massage techniques and sequences, which you will practise on each other or your partner. Bring home a gift of our signature blend essential oil after the experience for your #spaalilamaldives moments to remember.

75 minutes | USD 195

#### MALDIVES INDULGENCE

This indulgent ritual begins with a fresh grated coconut scrub combined with honey to deeply condition your skin and leave it feeling refreshed and nourished. Your relaxation is further enhanced with a tropical coconut and flower bath, followed by a therapeutic massage and a mini facial to finish, ensuring you feel totally rebalanced and revitalised.

150 minutes | USD 350

Treatment includes:

- 45-min Coconut/Honey Scrub
- 15-min Fresh Coconut Aromatic Bath
- 60-min Therapeutic Massage using locally made coconut oil
- 30-min Mini Facial
- Coconut Juice

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## FULL MOON RITUAL

Immerse yourself in the light of a full moon in a candlelit open-air pavilion at our spa over the treetops, letting the healing power of Mother Nature nourish you. Experience a transformational journey encompassing breathing techniques to restore harmony between the body, mind and soul, a slow rhythmic massage, and a mini facial to hydrate and firm the face.

This treatment is subject to weather conditions. Available only from 8 pm to 10.30 pm. 24 hours advance reservation is essential.

105 minutes | USD 395 per person

105 minutes | USD 695 per couple

Treatment includes:

- 15-min Pranayama
- 60-min Alila Kothaifaru Massage
- 30-min Mini Facial
- A choice of healthy juice

## JOURNEY TO YOU

### HALF-DAY PACKAGE

Indulge in a mini spa retreat featuring a combination of wellness experiences designed to relax and revitalise you. Following our signature footbath, heated river stones are smoothed over the body in rhythmic flowing strokes to relieve tension and soothe emotions. They are also placed on various energy points to awaken the body's natural healing potential, addressing deep-held muscular knots for maximum relaxation.

Then be pampered with an Alila facial featuring red clay that draws out impurities while releasing essential minerals. A combination of pressure point and nourishing massage techniques is applied, leaving your skin glowing with renewed freshness and vitality. End your journey with a choice of Spa Alila juice designed to target specific areas of health.

Single/Couple | USD 389 | USD 735

Treatment includes:

- 90-min Warm Stone Massage
- 60-min Alila Facial
- A choice of healthy juice

## JOURNEY TO YOU

### FULL-DAY PACKAGE

Reconnect your body, mind and soul with a day of spa treatments, yogic practices and healthy cuisine designed to detoxify, replenish and balance in a holistic way and bring out your inner strength.

Begin with a session of yoga and pranayama to foster a greater sense of self-awareness. Our yoga instructor teaches a gentle yet dynamic class based on Hatha Yoga, working on asanas (postures) that are suitable for your ability level, whether beginner or more advanced. Pranayama, a breathing exercise, is an invaluable tool for heightening concentration and relaxation.

After this uplifting start and a nutritious breakfast of healthy cuisine served in the privacy of your villa or at Seasalt restaurant, the journey continues with a rejuvenating Balinese therapy. Allow yourself to drift away as your therapist uses various massage techniques to alleviate the deepest stress and tension, followed by a rich cocoa, coffee and coconut body scrub to draw out impurities and deeply condition your skin. A cocoa and coconut wrap is applied and left to hydrate as you enjoy a gentle scalp massage, with a relaxing bath to finish.

After a light and healthy three-course lunch personally crafted by our executive chef, a relaxing foot reflexology treatment awaits. Then, as sunset approaches, absorb the earth's energy with a private meditation session followed by an hour of free time before dinner. End your day of wellness with a Herbal Compress Massage to ease any lingering aches and boost circulation and energy flow, as well as a calming cup of chamomile tea.

Single/Couple | USD 1,089 | USD 2,118

- 60-min Yoga and Pranayama
- A nutritious breakfast served in-villa or at Seasalt
- 120-min Beauty and Balance (Balinese Massage | Coffee & Coconut Scrub | Wrap | Body Wash)
- Spa Alila healthy light lunch served in-villa or at Seasalt
- 60-min Foot Reflexology
- 45-min Meditation
- Spa Alila healthy dinner served in-villa or at Seasalt
- 75-min Herbal Compress Massage

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## SPA ALILA TREATMENT MENU

### MASSAGE TREATMENTS

At Spa Alila, we draw on the benefits of a range of Asian and European massage techniques that can be tailored to your personal wellness needs. Allow our spa hosts to help you select the appropriate massage therapy and oils to suit your condition.

### ALILA KOTHAIFARU MASSAGE

Experience the essence of peace evoked by gentle and soothing massage techniques. Our signature aromatherapy massage oils help calm the mind and stimulate blood circulation, leaving the entire body feeling totally relaxed.

75 minutes | USD 195

### BALINESE MASSAGE

Feel tension dissolve with this ancient Balinese healing therapy that combines gentle stretching, long therapeutic strokes and skin rolling to relieve muscle pain. Palm and thumb pressure techniques are also applied to unravel the deepest stress and improve blood flow.

60/90 minutes | USD 175 / USD 225

### DEEP TISSUE MASSAGE

For those who want to target deeper layers for more profound and lasting effects, experience a complete body awakening with a combination of therapeutic massage techniques using fluent strokes of different depths and intensity. Long Balinese strokes improve lymphatic drainage and circulation. Swedish deep tissue techniques work into muscles to relieve tension and stiffness. Acupressure points are used for specific stimulation, while Thai movements add elements of stretching to increase mobility.

75/90 minutes | USD 205 / USD 235

### THAI MASSAGE

Your therapist will apply pressure along the meridians to unblock trapped energy, improve flexibility and enhance general wellbeing. Often described as passive yoga, this treatment will leave you feeling energised and uplifted. This is a dry massage using techniques practised for 2,500 years, performed while you remain fully clothed in soft pyjamas.

75/90 minutes | USD 195 | USD 225

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### HERBAL COMPRESS MASSAGE

This distinctive style of traditional Thai massage uses a heated compress filled with remedial herbs to increase circulation, relieve muscle pain and stiffness, enhance energy flow and relieve fatigue. This is followed by a full body massage using an aromatic herbal oil blend.

90 minutes | USD 235

### MOTHER-TO-BE

Enjoy relief from the physical and emotional demands of pregnancy. This gentle, non-invasive approach to massage will ease your discomfort and help lower stress. Feel yourself slip into a state of calm relaxation as our skilled therapist uses a lighter touch, concentrating on those areas most vulnerable to changes in your body. This is a specially designed treatment suitable for all stages of pregnancy after the first trimester.

75 minutes | USD 195

### WARM RIVER STONE MASSAGE

This ancient therapy eases tension at the deepest level as the heat from warm stones is slowly released into the heart of the muscle. Small stones are placed on key energy points while luxuriously warmed oils are massaged deeply into the body, addressing deep-held muscular knots for maximum relaxation. The treatment also involves dynamic stretches.

90 minutes | USD 245

### BACK, NECK AND SHOULDER MASSAGE

Are your muscles feeling the stress of long hours in front of a computer? Alleviating tension in the areas where we tend to store it most deeply, this massage provides powerful relief from headaches, stiffness, neck and muscle pain while improving blood circulation, sweeping away fatigue and promoting a good night's sleep.

60 minutes | USD 175

### REFLEXOLOGY

Reflexology is based on the principle that energy flows freely around the body when we are in good health and that there are reflex areas on the feet that correspond to every part of the body, including major organs. Sit back and relax as your therapist applies varying degrees of pressure to specific points on the feet with thumb and fingers to unblock energy flow and promote the body's natural healing from within.

60 minutes | USD 175

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## BODY TREATMENTS

### CREATE YOUR OWN JOURNEY TO RENEWED BALANCE

Spa Alila's unique approach recognises the individual in you, offering you the flexibility to design treatments according to your personal needs and preferences in consultation with our spa hosts. Using the following packaged treatments as a guide, enjoy the fun and freedom to create your very own spa experience choosing from a selection of interchangeable products and treatment enhancers.

#### ALILA KOTHAIFARU RITUAL

Treat yourself to a deeply cleansing and incredibly earthy body care treatment for smooth, radiant skin. After dry brushing your body, our expert therapists will apply a body scrub that combines the exfoliating benefits of Himalayan pink salt with coconut. Once your skin is nourished, enjoy a tropical flower bath. Then feel tension melt and your energy revitalised with each calming stroke of our Alila Kothaifaru Massage.

120 minutes | USD 295

Treatment includes:

- 5-min Foot Bath
- 5-min Dry Brushing
- 40-min Spa Alila Scrub
- 10-min Alila Bath
- 60-min Alila Kothaifaru Massage

#### BEAUTY AND BALANCE

Awaken your senses and soothe your weary muscles from the rigor of daily life with this rich cocoa, coffee and coconut treatment. Cocoa gently exfoliates while the caffeine in the coffee draws out impurities and coconut deeply conditions – a triple combination that gives skin a vivacious glow. Treatment includes our soothing signature foot ritual, a choice of therapeutic massage followed by a coffee and coconut scrub, and concludes with a spirulina and aloe body mask. This treatment is also fabulous for couples as the mask can be applied to each other in the privacy of your shower room for an intimately therapeutic experience!

120 minutes | USD 295

Treatment includes:

- 5-min Foot Bath
- 60-min Choice of Therapeutic Massage
- 30-min Coffee and Coconut Scrub
- 25-min Cocoa and Coffee Mask & Body Wash

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## INTERCHANGEABLE PRODUCT ELEMENTS

Personalised to your wellness needs.

### SCRUBS

Gentle and Kind – aloe vera, cucumber and chlorophyll

Comfort and Cleansing – ginger, lemongrass and orange

Deep and Dirty – coffee, coconut and cocoa

Lightening and Brightening, our signature blend body scrub – lavender, ylang ylang and lemongrass

### WRAPS AND MASKS

Soothing – chamomile, green clay and geranium

Toning – cocoa, coffee and coconut

Glowing – turmeric, cinnamon and ginger

### BATH

Signature Blend Bath – featuring the soothing qualities of lavender, lemongrass and ylang ylang essential oils

Relaxing Bath Salts – Alila Living's own herbal-spicy, flowery-sweet blend of essential oils of mandarin, lavender, chamomile and geranium

### 60-MINUTE MASSAGE THERAPY

Alila Signature Massage

Balinese Massage

Head, Neck and Shoulder Massage

Reflexology

### AFTER SUN SOOTHER

After intense sun exposure, replenish your skin with this healing, soothing and cooling treatment that helps to relieve irritation, moisturise, and restore hydration.

60 minutes | USD 175

With 30-minute massage USD 225

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## FACIAL CARE

### SPA ALILA FACIAL

Our Spa Alila Facial draws on the benefits of our handmade natural products to stimulate and revitalise tired skin. Your face will be delicately cleansed, lightly exfoliated and moisturised. Suitable for every skin type.

### HER

Reveal your skin's full potential with this remarkable facial specifically customised for ladies. See the glowing results of exfoliating sandalwood, detoxifying French red clay, and toning and rejuvenating oils of rose and lemon. A combination of pressure point and lymphatic drainage massage techniques leaves your skin looking alive and lustrous!

75 minutes | USD 185

### HIM

Our Alila Man facial is designed to restore skin's natural pH balance, leaving you with a softer, smoother and radiantly healthy appearance. Treatment includes exfoliation with local rice bran and sandalwood, a detoxifying mask of volcanic clay and lemon, then finishes with an ultra moisturising blend of aloe vera juice, wild flower honey and wheat amino acids.

75 minutes | USD 185

### BABOR FACIAL

Developed alongside Dr. Michael A. Konig, a leading authority on plastic surgery, and harnessing BABOR's longstanding knowledge and experience, BABOR treatments use the unique cleansing and invigorating power of oil and water (HY-OL), made with natural sesame oil, shea butter and jojoba oil. Our professional skin analysis will show you which treatment and skin care products suit you best.

### DOCTOR BABOR CLEANFORMANCE FACIAL

Targeted for sensitive, younger and all skin types

Vegan skin care infused with prebiotics and probiotics, specifically formulated to intensely nourish tired and dehydrated skin to support an intact skin barrier and a healthy-looking, vital complexion.

60 minutes | USD 185

### DOCTOR BABOR BRIGHTENING INTENSE

An effective solution for hyperpigmentation and skin discoloration that helps to visibly even and brighten the skin tone for a more radiant and refined complexion.

60 minutes | USD 185

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## FACIAL CARE

### DOCTOR BABOR LIFTING CELLULAR FACIAL

An effective alternative to anti-wrinkle injections (hyaluronic acid + collagen) that plumps up the skin, giving it a fuller appearance and visibly improving its density and firmness.

60 minutes | USD 185

### DOCTOR BABOR GENTLEMEN'S FACIAL

An intense hydration boost, power packed with triple action hyaluronic acid to plump and hydrate the driest of skins for radiant results.

60 minutes | USD 185

### SKINOVAGE ADVANCED TAILORED FACIAL

This treatment is designed for all of skin's different needs and conditions, whether dry, oily, sensitive or tired. Synergistically formulated with advanced age prevention ingredients, including highly active concentrates applied with specific massages, it stimulates the anti-ageing mechanism to prevent visible signs of ageing. The skin is left refreshed, radiant and younger looking.

60 minutes | USD 185

### SEACREATION

This luxurious indulgence combines unique BABOR massage techniques with precisely coordinated active and rare ingredients found deep in the sea to create a visibly firm, toned, deeply moisturised and wrinkle-free complexion.

90 minutes | USD 280

### DOCTOR BABOR CELLULITE TREATMENT

A powerful treatment to reduce the appearance of cellulite with double-peeling action that improves skin's texture and a cellulite wrap to help burn fat deposits and firm the skin.

60 minutes | USD 175

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## FACIAL CARE

### HYDRA BOOST TREATMENT

Revitalise your skin with BABOR's iconic Bi-Phase Cleansing Ritual, followed by a power-packed beauty ampoule treatment. With highly concentrated natural active ingredients tailored to your skin type, this intensive ampoule treatment immediately produces results you can see and feel.

30 minutes | USD 85

### GLOW BOOST TREATMENT

Give your skin back its glow with this moisturising ampoule treatment. Dull, tired skin benefits from polysaccharides that hydrate and lock in moisture, and glow pigments that help balance the skin and restore radiance.

30 minutes | USD 85

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## NAIL CARE

### MARGARET DABBS LONDON™ NAIL SPA TREATMENTS

Margaret Dabbs London's unique, expert anti-ageing manicures with treatment gloves, and outstandingly effective beauty pedicures, are performed to the highest standards. Treatments are expertly performed on dry skin to medical standards of hygiene using sterilised, single-use tools to provide optimum results for both men and women. These treatments utilise the brand's exceptional award-winning products, including the PURE luxury, vegan-friendly collection of foot care and hand care products, specially formulated with powerful, active botanicals and natural plant extracts.

#### SUPREME PEDICURE

This outstanding pedicure treatment focuses on foot health and returns the foot and toenails back to a more youthful appearance. Extra attention is given to the skin with foot filing and hard skin removal for long-lasting results. Using the full range of Margaret Dabbs London PURE Feet products, scented with gorgeous bergamot and petitgrain, it will transform the way your feet look and feel. Finish with a nail polish if you wish to add some colour.

75 minutes | USD 95

#### SUPREME MANICURE

Using the award-winning Margaret Dabbs London PURE Hands product range, this signature manicure focuses on treating nails and cuticles and includes results-driven nourishing hand lotion, and a hand serum mask and scrub that instantly brightens dull, dry skin. The manicure is finished with a delightful lower arm and hand massage and with your choice of nail polish. Simply the best manicure you can find.

75 minutes | USD 90

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## NAIL CARE

### GENTLEMEN'S PEDICURE

Prep your feet for days on the beach with this exceptional pedicure focused on keeping your feet and toenails healthy, nourished and well-groomed. The treatment includes cuticle work and hard skin removal.

60 minutes | USD 75

### GENTLEMEN'S MANICURE

Hands and nails are pampered, nourished and perfectly groomed for long-lasting healthy results. The treatment includes cuticle work and hard skin removal.

60 minutes | USD 70

### MINI NAIL

Mini Pedicure 45 minutes | USD 75

Mini Manicure 45 minutes | USD 70

Colour Application 30 minutes | USD 30

Colour Change (Hands or Feet) 45 minutes | USD 50

## SLIMMING LEG TREATMENTS

Leg Therapies by Margaret Dabbs London have medical and beauty benefits and contain key ingredients of Legance™ and V-Tonic complex, focusing on venous de-congestion and foot and lower leg swelling while at the same time transforming legs, leaving them feeling smooth, visibly more slender, silky and light.

### ILLUMINATING AND REFINING YELLOW LEG MASQUE TREATMENT

This luxurious leg treatment refreshes and lightens the legs while also improving circulation and skin elasticity. Legs are left visibly silky, slender and illuminated with improved firmness and tone.

60 minutes | USD 95

### RELIEVING AND TONING BLACK LEG MASQUE TREATMENT

This treatment is designed to relieve the feeling of heaviness in the legs, working to stimulate circulation as well as soothe, firm and cool the skin. Perfect for tired legs after walking on the beach, this fabulous treatment leaves your legs feeling lighter, sleeker, more slender and energised.

75 minutes | USD 115

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## MIND & BODY PRACTICES

Spa Alila offers a variety of classes and activities, including yoga, meditation, and physical activity sessions. Our experienced wellness expert is trained to understand your personal goals and will design a specific arrangement to support your journey to improve your overall wellbeing. Complimentary sessions are available on a daily basis. Please refer to our Spa Alila Wellness activities or approach our wellness team to secure your reservation.

### YOGA

Through a series of strengthening poses, breathing and meditation, this session aims to bring the whole self into balance and increase flexibility. There are many forms of yoga, from gentle to intermediate and advanced levels. Our wellness expert will ensure that the movements are appropriate for your current level of experience and personal goals.

60 minutes | USD 95 per person | USD 115 per couple

### ASANA, PRANAYAMA AND MEDITATION

The tranquil environment of Spa Alila is ideal for the practice of yoga, incorporating asanas, specific body positions that open the energy channels, as well as pranayama, or breath control, and meditation. Our wellness expert will guide you towards calming the mind to achieve heightened awareness and focus, and a peaceful, balanced state that promotes relaxation, increases internal energy flow and nurtures compassion, love, patience, generosity and forgiveness.

60 minutes | USD 95 per person | USD 115 per couple

### FITNESS

All fitness centre guests must be at least 18 years of age. Proper athletic attire and footwear must be worn at all times in the fitness centre for guests' safety.

### PERSONALISED CORRECTIVE EXERCISE

A one-on-one session with our experienced personal trainer is the ideal way to perfect your exercise routine to achieve the desired results. Our specialist will work with you to determine your specific needs and design an arrangement best suited to your goals that you can continue at home.

60 minutes | USD 95 per person | USD 115 per couple

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## CHILDREN'S SPA MENU

Children's Spa Menu is only for children aged six (6) to twelve (12) years old.

Children are to be accompanied by an adult during their treatment. If the parent or guardian leaves the room, the treatment will stop. However, the full treatment cost will still be charged.

Every little prince and princess deserves to feel their best and to glow with happiness and health, inside and out. Our kids' spa treatments offer not only a pampering treat but also a great introduction to healthy personal hygiene and well-being habits.

### BLISS MANICURE

Gentle attention to nails is combined with an invigorating hand scrub and essential nail maintenance and grooming. Choose your favourite nail colour to add that extra sparkle and shine!

30 minutes | USD 45

### BLISS PEDICURE

Pamper time! An invigorating foot scrub and essential nail care, plus a polish of your choice, will put a fresh spring in your step with twinkling toes you'll want to show off.

30 minutes | USD 45

### ALILA KOTHAIFARU MASSAGE FOR CHILDREN

A gentle full-body massage using our signature massage oil to relax your mind, improve your sleep pattern, and increase your ability to concentrate.

45 minutes | USD 120

60 minutes | USD 145

### WELLNESS FOR ME PACKAGE

Indulge in this wellness experience that includes a 30-minute Alila Kothaifaru Massage for Children followed by a Bliss Manicure or Bliss Pedicure with nail shaping and polish. This experience includes snacks, your choice of fruit juice or hot/iced chocolate, and a cute bracelet to take home.

60 minutes | USD 155

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## FAMILY TIME

Indulge in family bonding with our family offerings that nourish your well-being and connection, combining relaxation with quality time together that you'll remember for years to come.

### FATHER AND SON

Father – 60-min Deep Tissue Massage

Son – 60-min Alila Kothaifaru Massage for Children

60 minutes | USD 295

### MOTHER AND DAUGHTER

Mother – 60-min Balinese Massage

Daughter – 60-min Alila Kothaifaru Massage for Children

60 minutes | USD 295

### FAMILY YOGA

Yoga is beneficial for all ages and devoting an hour of time during your holiday to take a class together as a family is a wonderful way to connect and nourish your bond. Our resident yoga teacher will tailor an arrangement for you and your family to enjoy the practice of yoga together while supporting each other and having fun.

60 minutes | USD 135 (2 adults + 2 children)

Additional person at USD 30

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## SPA ETIQUETTE

### OPERATING HOURS

Spa Alila:	10.00am - 8.00pm
Fitness Centre:	6.00am - 8.00pm
Alila Living:	10.00am - 8.00pm

Should you wish to schedule a treatment outside of our usual hours, please contact our Spa Alila Hosts in advance to make arrangements. An additional charge of USD95++ per person applies to appointments made outside of our usual hours.

### RESERVATIONS

Reservations can be made at the Spa Alila reception or by dialing 0 on your in-room telephone. If calling from outside Alila Kothaifaru, you can dial +960 659 1234. We recommend that you book your appointments in advance to secure your preferred time. Requests for individual therapists may be accommodated based upon their availability.

### ARRIVAL

For your enhanced comfort and relaxation, we suggest that you arrive 20 minutes prior to your first treatment, and 15 minutes prior to subsequent treatments. Arriving late will limit the time of your service, thus lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time to accommodate the next guest's scheduled appointment, and the full price of your treatment will apply.

### COMPLIMENTARY WELLNESS ACTIVITIES

Complimentary group wellness activities are scheduled on a daily basis. Please approach our Spa Alila Hosts to make your reservation.

### ALLERGIES

Our Spa Concierge will ask you regarding any health-related issues or known allergies. Simple patch tests will be performed before conducting any treatment to ensure the selected product is right for you.

### CHILDREN

A Minor Guest Client Form must be signed by a parent or guardian prior to the treatment.

Your own undergarments or the disposable underwear provided must be worn by the minor guest during all treatments.

To ensure that children do not have adverse reactions to any products used in the treatment, patch tests of products must be conducted three to four hours ahead of the treatment.

### CANCELLATION POLICY

If you need to reschedule or cancel your appointment, please notify the spa at least six (6) hours before your scheduled appointment to avoid a 50% service fee. No-shows will be charged at full treatment price.

### SPA ATTIRE

Robes and disposable undergarments are provided. However, you may choose to wear your own undergarment during your treatment. All bathroom amenities are provided. Please remove all jewellery.

### NO SMOKING

We ensure a healthy environment for our guests by upholding a non-smoking policy.

### SWITCH OFF

Kindly ensure your mobile phone is turned off or in silent mode. Better yet, we recommend you leave your phone and your worries behind.

### PREPARATION

Most treatments on the menu only require that you come relaxed, yet there are a few that require a little preparation.

Waxing: Please ensure hair is at least 1/4th of an inch in order for the wax to adhere and remove the hair.

Exfoliating: To remove dry skin from the face or the body, it is advised to limit sun exposure ahead of time and to ensure proper protection afterwards. Men should refrain from shaving on the day of treatment.

Facials: Men are advised to shave carefully prior to the facial to avoid creating sensitivity. We also advise removing contact lenses before your treatment.

### GRATUITY

Gratuities may be given at your own discretion. If more convenient, they may also be charged to your villa.

### CONTINUED GLOW

To continue your spa regime at home, our complete range of 100% natural products and testers are available within the Alila Living and Spa Alila retail stores.

S P A **ALILA**

Naturally from the Heart

[www.alilahotels.com](http://www.alilahotels.com)