



  
*Blu Spa*

A DIFFERENT  
KIND

OF BLU

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# WELCOME TO BLU SPA AT RADISSON BLU RESORT MALDIVES

## A STYLISH AND MEMORABLE SPA EXPERIENCE

Close your eyes and breathe deeply... indulgently.  
Nourish your soul with exquisite scents, warm smiles and  
dreams of faraway places ...

Blu Spa offers stylish and relaxing spaces complemented  
with bespoke spa treatments and attention-to-detail  
services. Our ultimate desire is to provide you comfort,  
indulgence and deliver a meaningful and memorable moments.

Start your Blu Spa journey with a treatment of your choice  
from our broad menu selection.





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## BLU SIGNATURE PACKAGE

### **BLU WELL-BEING (90-MINS)** (BODY EXFOLIATION, MASSAGE THERAPY)

Enjoy a heavenly body scrub of nature's most soothing essential oils. The nurturing hands of our therapy specialists will gently smooth your skin in preparation for a tranquil full body massage. Like a warm tropical breeze, the silky kneading and long strokes will lull you into a state of blissful peace.

### **BLU ROMANCE (120-MINS)** (90-MINS MASSAGE, EXPRESS FACIAL)

Pamper yourself with a smooth long flowing massage to ease tension and stress in the body improving flexibility and circulation. Perfect the ultimate experience with an express facial from the magical hands of your therapist.

### **BLU ESCAPE (120-MINS)** (BODY EXFOLIATION, AROMATHERAPY MASSAGE, EXPRESS FACIAL)

Lose yourself in bliss with three healing treatments for the ultimate wellness experience. Re-awaken tired skin with a heavenly body scrub and full body Aromatherapy massage using essential oils for complete indulgence and relaxation. A gorgeous express facial, promoting softer and smoother skin completes your retreat in paradise.

### **BLU FOREVER (150-MINS)** (COCONUT EXFOLIATION, BLU MASSAGE THERAPY, ESSENTIAL ROSE FACIAL)

This enchanting experience incorporates our most luxurious treatments that can be enjoyed together during your honeymoon. Full body care including a fragrant coconut body exfoliation, followed by our Signature Blu massage. Complete your indulgence with an Essential Rose Facial by Aromatherapy Associates.

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# BLU MASSAGE THERAPIES

## MASSAGE THERAPIES (60/90-MINS)

### BLU MASSAGE (SIGNATURE)

With an aromatic blend of oils, our skilled therapists will use special massage techniques to increase blood flow and circulation to help decrease tension in the muscles and promote relaxation.

### BALINESE

Experience a combination of gentle stretches, acupressure and variety of massage technique and firm pressure on the body helping to stimulate the flow of blood and bring a sense of calm.

### HOT STONE

Enjoy a deeply restorative massage with the use of heated basalt stones and relaxing gliding pressure on the body.

### AROMATHERAPY

Surrender your stress to the nurturing hands of our wonderful therapists, with a blend of aromatic essential oils designed to sooth and nurture, restoring an equilibrium within your body.

### THAI

Allow this ancient healing system to enhance your well-being with targeted acupressure, assisted stretching and smooth flowing massage strokes to harmonize your body's internal energies.

### INTENSE MUSCLE RELEASE BY AROMATHERAPY ASSOCIATES

An intensive massage that works deep into stiff, aching muscles to instantly release pain and tension.

### ULTIMATE ROSE PREGNANCY BY AROMATHERAPY ASSOCIATES

Nourishing and deeply relaxing massage for mothers to be. This treatment will pay particular attention to tight shoulders and upper back.

### FOOT THERAPY (45-MINS)

Relieving aching feet and sore calves, a perfect pick me up after a long flight or a full day of activities. Your treatment commences with a luscious scrub of your feet and lower legs followed by a deeply relaxing massage with a selection of lively, reviving oils.





# BLU FACIAL THERAPIES

## FACIAL THERAPIES

### AGE REPAIR

#### BY AROMATHERAPY ASSOCIATES (90-MINS)

An intensive treatment for ageing skin, including a unique dual layering of intensive masks, with specific lifting, plumping and firming massage. This repairing and anti-ageing treatment works with natural oils and larch extract which stimulate collagen formation to deliver firmer skin.

### DEEP CLEANSE

#### BY AROMATHERAPY ASSOCIATES (60-MINS)

A treatment to help drain away toxins leaving a super clean and fresh skin. With ylang-ylang, to help regulate sebum production and antibacterial lavender and tea tree, your face is cleansed and exfoliated and is followed by a deep cleansing mask to re-mineralise. The result is clean, refreshed and revitalized skin.

### ESSENTIAL ROSE

#### BY AROMATHERAPY ASSOCIATES (60-MINS)

This sumptuous facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types. Aids in boosting your circulation and promote cell renewal and regeneration, leaving your skin radiant, dewy and delicately scented.

### MEN'S ESSENTIAL

#### BY AROMATHERAPY ASSOCIATES (60-MINS)

A deep cleansing and brightening facial. To complement the relaxing properties of this treatment, a relaxing scalp massage is also performed, leaving you with a calm and comforted state of mind.

## BODY THERAPIES

### DETOX & REVIVE

#### BY AROMATHERAPY ASSOCIATES (90-MINS)

Perfect therapy for cellulite prone skin, when you are dieting, feeling sluggish or lacking energy. The zesty Revive Morning blend of grapefruit, stimulating rosemary and diuretic juniper will leave you feeling deeply recharged.

### ROSE HYDRATOR

#### BY AROMATHERAPY ASSOCIATES (60-MINS)

An intensely hydrating body wrap includes the layering of rich rose serum, oil and cream, leaving your body smooth and radiant.

### AFTER SUN SOOTHER (60-MINS)

Deeply soothing for skin over exposed to the sun. Cool down with a refreshing wrap of cucumber and aloe vera – perfect for those with sunburn or needing a chill down after a day in the sun.

### BLU EXFOLIATION (45-MINS)

An energizing body scrub, helping to remove the build-up of dead skin and prepare it for the sun. A layering of soothing cream will leave you soft and dewy.

### COCONUT GLOW (45-MINS)

A deliciously scented body scrub with freshly ground coconut flakes used to gently exfoliate the skin.

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# BLU ENHANCEMENTS

## ENHANCEMENTS

... WHY NOT ADD A LITTLE EXTRA TO YOUR TREATMENT ... (30-MINS)

### EXPRESS FACIAL

Looking for a quick re-fresher for your face?

This mini packs a punch and will leave you rejuvenated. Suits for all skin types.

### INSTANT EYE BY AROMATHERAPY ASSOCIATES

Specialized massage techniques improve micro-circulation and drainage, helping to reduce puffiness, whilst the natural plant extracts and oils work to leave eyes fresh and youthful.

### STRESS RELEASE BACK MASSAGE

Soothe away tensions in your upper body, an ideal addition to your facial.

### HEALING SCALP MASSAGE

Enjoy a deeply restorative and healing scalp massage.

### BODY EXFOLIATION

Choose from a selection of exquisite scented body scrubs that will leave your skin soft and smooth.

## BEAUTY BLISS

DELUXE MANICURE (60-MINS)

DELUXE PEDICURE (60-MINS)

MANICURE & PEDICURE (60-MINS)

NAIL RESHAPE & POLISH (30-MINS)





## BLU MALDIVES JOURNEY PACKAGE

LOSE YOURSELF IN THE ALLURE OF OUR BLU SPA JOURNEY WITH ONE OF OUR INDULGENT SPA PACKAGES.

### 3 DAY JOURNEY:

- Day 1: 30-mins Body exfoliation and 60-mins Body massage.
- Day 2: 60-mins Body massage of choice.
- Day 3: 60-mins Facial with relaxing scalp massage.

### 5 DAY JOURNEY:

- Day 1: 45-mins Foot Therapy.
- Day 2: 30-mins Body exfoliation plus 30-mins back, neck and shoulder massage.
- Day 3: 90-mins Blu Signature massage.
- Day 4: 60-mins Body massage of choice.
- Day 5: Back, neck and shoulder massage plus 30-mins Express facial.
- One X 60-mins Private Yoga class during your stay.

### TERMS AND CONDITIONS

- Non-transferable, non-refundable and non-exchangeable.
- Cannot be used in conjunction with other promotions and discounts.
- Reservations must be made in advance and cannot be changed without prior notice.

### 7 DAY JOURNEY:

- Day 1: 30-mins Body exfoliation plus 60-mins Relaxing Aromatherapy massage.
- Day 2: 90-mins Body massage of choice.
- Day 3: 60-mins Facial with relaxing scalp massage.
- Day 4: 60-mins Body massage of choice.
- Day 5: 60-mins After Sun Soother plus 30-mins Back, neck and shoulder massage.
- Day 6: 90-mins Blu Signature massage.
- Day 7: 60-mins Body massage of choice plus express manicure-pedicure.
- Two X 60-mins Private Yoga class during your stay.
- One X 30-mins Flower bath.

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# SPA ETIQUETTE

## MEETING YOUR NEEDS

Upon your arrival at Blu Spa, please advise the receptionist if you have any health issues or concerns.

## ARRIVAL TIME

To make full use of your spa experience, please arrive at least 15 minutes before your appointment to complete a brief health questionnaire.

## LATE ARRIVALS

In the event that you are running late, we will endeavour to conduct your full treatment. However, please note that the treatment may need to be shortened should there be another booking immediately afterwards with no reduction in price.

## CANCELLATION

We understand your daily schedule can change, however in consideration of other spa guests, as your treatment requires facilities to be reserved, we request a minimum of 6 hours notice if you are unable to keep your appointment. Please call our team who will be happy to reschedule your appointment. No shows or cancellations made with less than 6 hours notice will incur a 50% cancellation fee.

## SCHEDULING AN APPOINTMENT

To schedule an appointment for a treatment, please speak with our Spa receptionist who will be happy to assist you with your request. Resort guests can call Blu Spa by dialing extension 1366 from your in-room telephone. To ensure availability of your preferred time and service, we recommend making your reservation in advance.

## SWITCH OFF

To allow your mind to slow down and get the maximum benefit from your spa experience, please switch off all electronic devices upon entry to the spa. Enjoy an hour or two of digital detox.

## MINIMUM AGE

Children under 16 years are not permitted in the spa.

## PREPARING FOR YOUR TREATMENT

For ladies, no preparation is necessary. Turn up and enjoy! For men, we recommend shaving prior to having a facial for maximum comfort and benefit to the skin. Other treatments require no preparation.

## WHAT TO WEAR

There is no requirement to bring or wear any special clothing as spa wear is provided.

## SPEAK UP

Although we do our best to anticipate your needs, we appreciate that a spa is a very individual experience. Many aspects of your treatment can be modified to your taste: amount of light, music volume, room temperature, talking or no talking. If you would like the pressure of your massage to be adjusted, please let your therapist know.

**OPENING HOURS: 09:00-21:00**



**Blu Spa at Radisson Blu Resort Maldives**

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