



YOU & ME MALDIVES
THE COCOON COLLECTION



YOU & ME SPA

MENU

■ Elizabeth Arden

H E S I T Θ[°]



YOU & ME SPA

The journey to beauty and wellness begins at You&Me Spa.

Sitting on the Indian Ocean, the overwater spa reveals unparalleled views of the turquoise waters and endless sky, offering secluded serenity of open air relaxation.

Your spa experience begins as you walk through the doors, awakening your senses with the serene brutality of the ocean.

Unwind and indulge in the privacy of your personal treatment suite that is designed to reflect the beauty and ambiance, as the relaxing sound of the waves connects you with nature.

At You & Me Spa, we use the finest products from Elizabeth Arden PRO and HESITO®, luxury skincare brands.

The products are formulated with the best active ingredients of modern cosmeceutical biomimetic for individual selection.

Our highly trained Spa experts have mastered the power of touch to provide an unforgettable authentic Spa experience that is truly your own which can never be emulated by modern technology.

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SPA ETIQUETTE

ATTENTION: Most of our services require preparation time that may include the use of products and to hold the time slot in anticipation of your visit. Hence we kindly request for the following considerations when booking and canceling an appointment. Please also note that it is at the Spa's discretion to stop or refuse a service, if the service provider feels unsafe, mistreated or harassed. Only the client receiving a service is allowed in the treatment room at the time of service.

OPENING HOURS	10.00 am to 08.00 pm
RESERVATION	We recommend advance booking to avoid disappointment.
COMPLIMENTARY SERVICES	No shows or same day cancellations less than <i>6 hrs</i> of your appointment time, to rebook services there will be a \$25 penalty fee.
CANCELLATION	The time of your appointment has been exclusively reserved for you. If cancellation is made less than <i>6 hrs</i> prior to your appointment time, 50% of the service value will be charged in order to reschedule, whilst a 100% charge for <i>No Show</i> .
APPOINTMENT	Please arrive 10 min before your scheduled appointment. Late arrival may not receive extension of scheduled service and responsible for full charge service.
SPA FACILITIES	Guests receive <i>30 min</i> complimentary access to spa facilities when treatments are booked <i>80 min</i> . A facility surcharge of \$60 net per person for guests not receiving treatments.
VALUABLES	We do not take responsibility for the loss of personal items, therefore we recommend leaving valuables in your room during your visit.
HEALTH CONSIDERATION	Our team maintain confidentiality and respect your privacy at all times. Kindly inform us of any existing medical condition. We recommend that you do not sunbathe immediately after the spa treatment.
PERSONAL PREFERENCE	We encourage a personal touch as it is your time of relaxation. To ensure that you enjoy to the fullest, be it the room temperature, lighting or massage pressure, please let us know.
REFUND POLICY	All treatments and packages are <i>non-refundable, non-transferable and exchangeable</i> .

All prices are in USD and inclusive of applicable taxes.

Please contact us on extension 201 /

E-mail spa@youandmemaldives.com

YOUR DEFINITION OF A PERFECT HIDEOUT

THE SECRET TO WELLNESS AND BEAUTIFUL SKIN STARTS HERE

SKIN CARE

**POWER PACKED
NATURAL PEEL**
75 MIN \$180

Our signature deep cleansing skin refining facial is designed for sensitive or dull skin. The exfoliating power of natural peel will transform your complexion to a radiant glow. *Including face massage and eye perfection.*

**LUXURY SKIN
HEALTH**
75 MIN \$180

Immerse yourself in this amazing facial that tightens facial contours. This therapy promotes firmness and radiance, makes wrinkles less visible. *Including face massage and eye perfection.*

THE PRESCRIPTION
75 MIN \$180

With wondrous ingredients that provides all the benefits of hydration. Replenishing masque hydrates and nourished the deepest layers of the skin epidermis. *Including face massage and eye perfection.*

BEAUTIFYING DETOX
50 MIN \$140

The sun, sand and sea. Our illuminating facial is a perfect complement for beach day that will boost your nice bronzy tan and ready to hit the sand.

**HYDRA SUBLIME
TAN FACIAL**
50 MIN \$140

An awe-inspiring hydra facial which HESITO ® has created after a long sun exposure. Skin soothing treatment helps to maintain and enhance that natural glow with formulations of antioxidants.

BODY CARE

**SKIN
TRANSFORMATION
PEEL**
80 MIN \$180

This elegant experience gets you on the path to rejuvenate. It slows down the aging process and inhibits the development of wrinkles. HESITO ® body care treatment will enliven your skin. *Including gentle scalp massage.*

EVOLUTION
75 MIN \$180

The expert in firming and toning focuses on stomach, thighs, buttocks or hips. The rich serum provides maximum effectiveness to extract excess fluid. *Including cellulite massage.*

REBALANCING
75 MIN \$180

The activation booster improves tissue firmness on the area that needed to reduce fluid retention and edema. Harmonizing body cream helps improve the elasticity of body tissue. *Including cellulite massage.*

**HYDRA SUBLIME
TAN BODY**
75 MIN \$180

HESITO® before and after Sun care treatment is tailored to accelerate your tanning process. Look perfectly sun-kissed, let your skin soak in this moisturizing activation sun booster.

* **PERFECT DUO WITH HYDRA SUBLIME TAN Facial at \$100**
(NOT APPLICABLE TO ANY OTHER DISCOUNT)

**VELVET SKIN
THALASSO**
50 MIN \$140

An extraordinary cleansing power of its unique refined marine salt scrub, delivers velvety soft skin and ready to absorb the deeply nourishing body oil.

ASIAN THERAPEUTIC

**ASIAN HERITAGE
SIGNATURE MASSAGE**
80 MIN \$190

Being one of the oldest therapy that uses knuckles to alleviate muscles and nerves tension. Begins with scalp massage that focuses on pressure points, followed by Javanese massage.

CHAKRA THERAPY
80 MIN \$190

A combination of techniques that incorporate meridian acupressure points and stretching. Beginning with Shiatsu therapy followed by Swedish massage to help you feel energized, elevated, and enhance your wellbeing.

**LAVA STONE
THERAPY**
80 MIN \$190

This therapy uses heated basalt stones to relieve stiffness and soreness. The heat allows the therapist to work deeper on muscles for a maximum peaceful state of tranquility.

BALINESE MASSAGE
80 MIN \$190 OR
50 MIN \$160

A truly Indonesia ancient healing to ease muscle tension, using alternate firm pressure techniques boosting the immune system and stimulates the flow of blood, lymph and energy.

FOUR ELEMENTS
80 MIN \$190

This oil free massage is considered as a more physical form of therapy. The incorporation of yoga poses and direct pressures promote the flow of energy to relieve muscles and joints.

ULLABY THERAPY
50 MIN \$160

Sounds of Soothing. This gentle massage is created to treat body wellness. With the application of warm massage oil, it offers a state of serenity and comfort.

MOM TO BE
90 MIN \$190

Carefully performed to give you comfort and relaxation, that helps to relieve backaches, fatigue and insomnia.

Treatment recommends after the first trimester of pregnancy.

* IN ROOM MASSAGE SERVICES CAN BE PROVIDED UPON AVAILABILITY. ADDITIONAL FEE OF \$25 PER PERSON APPLIES

QUICK FIX 25 MIN \$80

YOUR CHOICE OF

SOLE DELIGHT

Promote the body's own healing powers by applying pressure to specific points on the feet.

BACK MASSAGE

The most fundamental of all massages, helps to alleviate chronic back pain.

**INDIAN HEAD
MASSAGE**

Benefits of Indian Head Massage induces state of calm, peace and tranquility.

**NOURISHING
HAIR TREATMENT**

An eastern scalp therapy helps to stimulate your senses and deeply moisturizes after sun exposure.

* OPTIMIZE YOUR TREATMENT WITH ONE OF THE QUICK FIX OPTIONS ADD ON AT \$80

THE NAIL SERVICE Includes nail cutting & cuticle care, buffing, scrub and massage.

(APPROX. 50 MIN)

LADIES' CARE

Hands or Feet \$80

GEL POLISH REMOVAL

Hands or Feet \$80

GENTLEMEN'S CARE

Hands or Feet \$80

GEL MANICURE

Hands or Feet \$120

OR PEDICURE (50 MIN)

BODY WAXING

BACK \$80

FULL LEG \$60

HALF \$50

UNDERARM/LIP \$25

* BIKINI WAXING IS NOT AVAILABLE. WE APOLOGIZE FOR ANY INCONVENIENCE AND THAT YOUR REQUEST COULD NOT BE FULFILLED



YOU & ME MALDIVES
THE COCOON COLLECTION

WELLNESS PACKAGES

Personalize your preferred treatments at your own pace throughout your stay

MOONLIGHT NIGHT SPA RITUAL

150 MIN \$700 PER COUPLE

Indulge to our outdoor private night spa experience with moon drop therapy design to unite the energetic flow between the chakra therapy with the sound of singing bowl. Refresh, Rejuvenate and Renew.

Spa Facility / Body Scrub / Hydrating Body Wrap / Chakra Therapy Massage / Mini Facial

BLISSFUL ME MOMENTS

110 MIN \$290 PER PERSON

Investing time in self-care is valuable. Protect and hydrate your skin with our Luxury Elizabeth Arden spa products.

Spa Facility / Mini facial / Full Body Scrub / Body Massage

JET-LAG RECOVERY

110 MIN \$290 PER PERSON

This massage works on the lymphatic drainage. Fighting the feelings of jet lag sluggishness and low energy effect due to long haul flights.

Lymphatic Massage and Luxury Health Facial

MARINE DETOX

110 MIN \$310 PER PERSON

Contouring and toning up with detox marine minerals products that target fluid retention and cellulite

Body Scrub / Detox Body Mask / Anti-Cellulite Massage

Buy 5 hour treatments and get 5% discount per person, or 10 hour treatments and get 10% discount per person

Packages are not transferable & prices are in USD.
Please dial 2011 to book your appointment



YOU & ME MALDIVES
THE COCOON COLLECTION

PERFECT UTOPIA SPA & DINE

\$580 PER COUPLE

A destination for your relaxation. Indulge in our “Spa & Dine” experience that will take you to the magical moment to last a lifetime. A must- do sensory delight and an experience not to forget.

INCLUDES

STEAM, SAUNA, JACUZZI

50 MIN

It helps to relieve sore muscles, clearing congestion, improves skin health and circulation.

BALINESE MASSAGE

50 MIN

A truly Indonesia ancient healing to ease muscle tension, using alternate firm pressure techniques boosting the immune system and stimulates the flow of blood, lymph and energy.

SPA DINNER

OR LUNCH

See the spa culinary

All prices are in USD and inclusive of applicable taxes.

Please contact us on extension 2011

E-mail spa@youandmemaldives.com



YOU & ME MALDIVES
THE COCOON COLLECTION

SPA CULINARY EXPERIENCE

STARTER

Seasame Crumb Prawns

with Avocado, Tomato Stack Truffle mayo

Grilled Vegetables Skewers

with Balsamic Reduction

Italian Bresaola (Beef Cold Cut)

with Shaved Parmesan and Truffle Flavors

MAIN COURSE

Grilled Lobster & Prawns

Marinated in Lemon Dressing, Served with Passion Pilaf Rice and Pommes Nature

Low Temperature Seabass Fillet

Marinated with Herbs, Served with Cajun Spice Grilled Pumpkin

Paccheri All'ortolana

Tomato Sauce with Organic Mixed Vegetables

DESSERT

Mint Mango Salad

with Vanilla Ice Cream

Classic Profiterolls

with 69 Dark Chocolate

If you have any allergy or dietary restrictions, please inform your server, our chefs will be happy to accomodate your needs.



YOU & ME SPA

PRIVATE YOGA CLASSES

ASHTANGA YOGA

60 MIN \$45 / 4 DAY PACKAGE \$135

a classical yoga helps autonomic nervous which control the heart, respiration and the blood pressure.

VINYASA YOGA

60MIN \$45 / 4 DAY PACKAGE \$135

is dynamically movement that improves strength, balance, flexibility, relieves back pain, and relaxes, induce better sleep.

PERSONAL TRAINING CLASSES

WEIGHT LOSE TRAINING

60MIN \$50 / 4 DAY PACKAGE \$150

it boosts your mood and mental health. Certainly it enhances your confidence as a person.

BODY BUILDING TRAINING

60MIN \$50 / 4 DAY PACKAGE \$150

is a progressive resistance exercise to control and develop your muscles. It is a powerlifting targeted specific area of your body.

6 PACK TRAINING

4 DAY PACKAGE \$150

lower you belly fats and gets abs you need. Having strong core will improve posture and decreases back pain

WHOLE BODY STRETCHING EXERCISE

60MIN \$50

provides you effective warm-up make your body more pliable. Prepare your body for vigorous exercise.

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