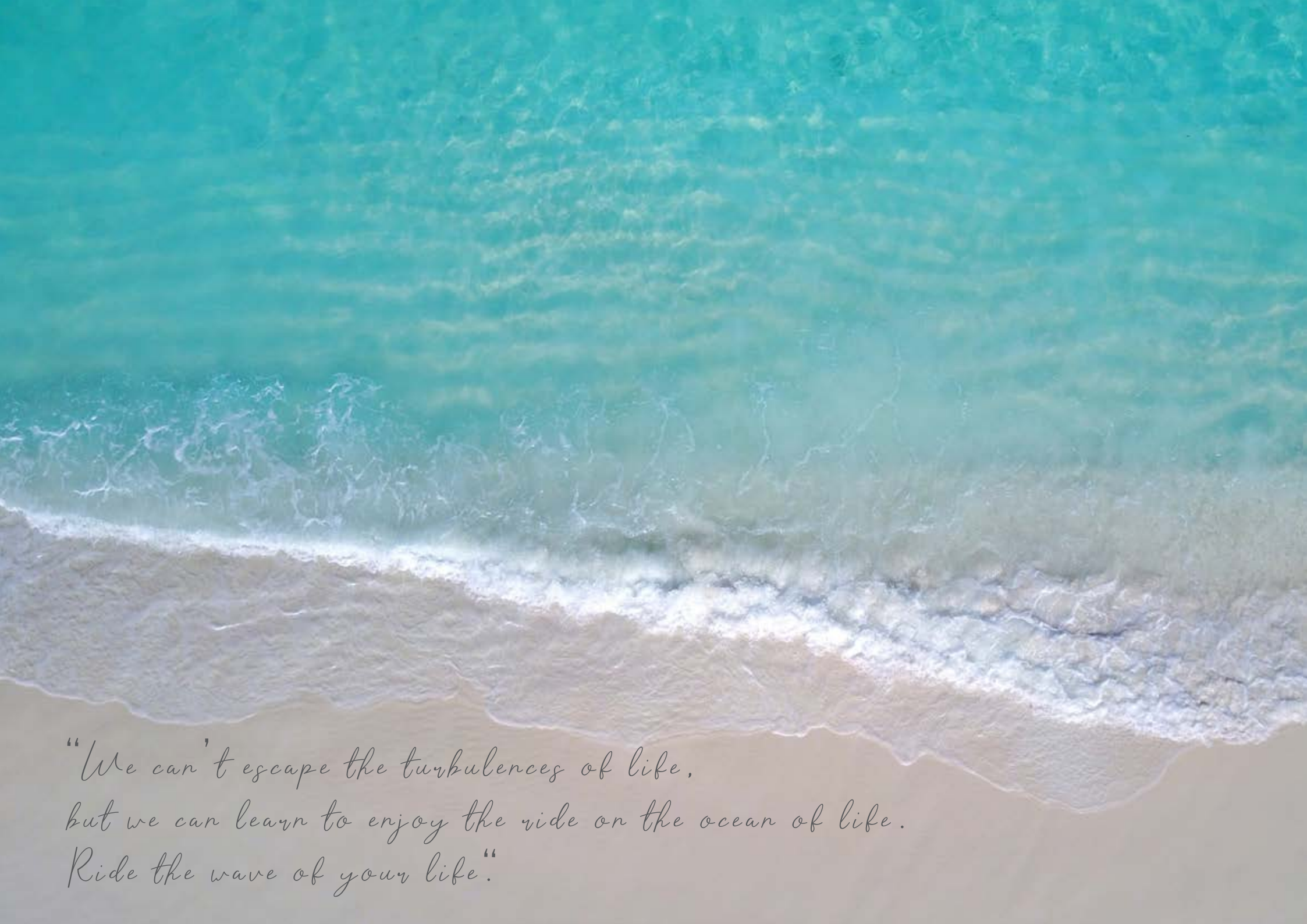





Baani
SPA



*“We can't escape the turbulences of life,
but we can learn to enjoy the ride on the ocean of life.
Ride the wave of your life.”*



Baani (“The Ocean Swell” in Dhivehi) reminds us of the rhythm of life. Like the rhythm of the ocean as it swells and recedes, the tides rolling in and out, we connect to the rhythm of our own authentic self. The rhythm of our breath, the rhythm of life.

Like the waves slowly lapping onto shore, fading into the sand, gently slowing down, you will arrive at Baani Spa to slow down, unwind, and release the stress of mundane life. The turbulent waters of your busy life start to calm down. Experience how you begin to drop in, become still and relaxed. You start to restore your inner balance. Then, like the swell of the ocean gaining momentum, you regain your energy, vitality. Filling up with good vibes, gain power to ride a new wave of your life with vigor.



BAANI SPA - WELLNESS PHILOSOPHY

We see wellness & health as a dynamic process of self-care and recalibration. A process in which we strive continuously to create optimal balance in all areas of our life, moment by moment, step by step.

It is that sweet spot, a state of balance, where we experience flow, joy, happiness and health. Aliveness.

Our wellness philosophy honors that we are multidimensional beings with unique needs and a unique path ahead of us.

Everything is energy.

The foundation and the five building blocks of our philosophy are:

- Nature & Sound: cultivate your connection to the natural world and the ocean
- Nutrition: nourishment on and off the plate
- Bodywork & Beauty: rejuvenate with a selection of effective and holistic rituals, remedies and treatments
- Mindfulness: relax and reduce stress and tension with mindfulness based tools
- Movement: to stay in balance we have to keep moving

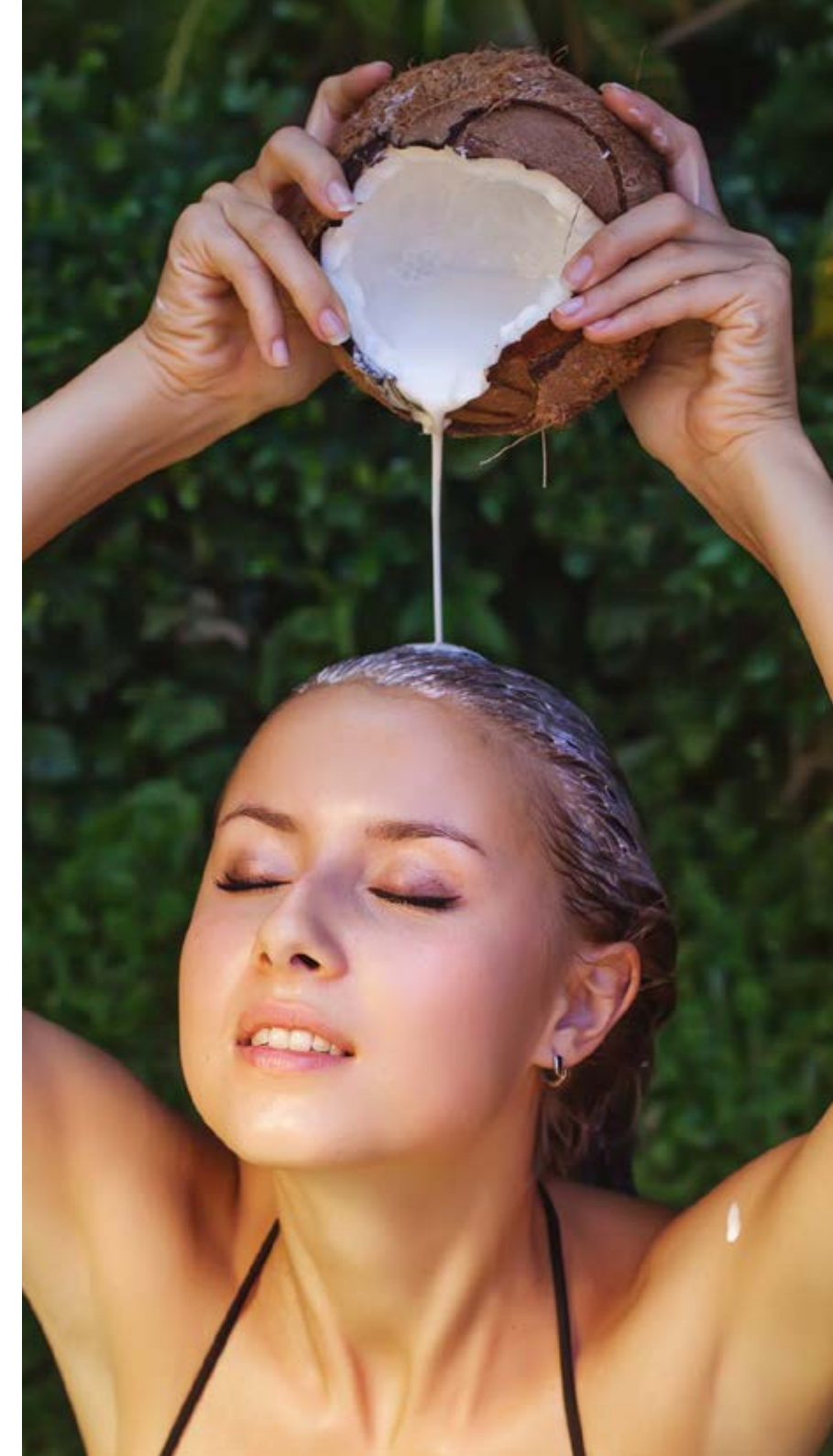
THE BAANI JOURNEY

RELEASE stress. RESTORE balance. REGAIN momentum.

RELEASE

Well-being services curated to promote inner peace and return body & mind to a state of harmony. The selection of treatments work as a balm for restlessness, stress and tension brought on by the frantic pace of modern life. It induces a sense of letting go and reassurance while releasing, relaxing, hydrating, refining and strengthening on physical levels. We understand you have come to paradise to leave the hustle and bustle of daily life behind you and to find inner peace and balance.

Allow yourself to gently drift into the inner landscape of your body and unwind step by step under the expert guidance of our caring team.





Healing Sage | Palo Santo | Bay Leave & Sound

For millennia, the smoke of different woods and herbs has been used to cleanse, heal and purify spaces, energies and promote a sense of calm, connectedness and peace. Sage is used to ‘wash off’ the outside world when one enters into a ceremony or other sacred spaces. Objects are likewise washed off with sage medicine smoke to rid them of unwanted influences.

Palo Santo is a sacred wood that comes from the magical Palo Santo tree, native to the coast of South America. Its name literally means holy wood. Some of the most well-known Palo Santo uses include inspiring creativity, evoking protection, infusing blessings and bringing both love and good fortune.

Bay Leaves have a long and noble history. Ancient Romans and Greeks used to make crowns out of true bay leaves (*Laurus Nobilis*, *Lauraceae*). Medicinally, the leaves of the *Laurus nobilis* tree have been used since the ancient times to treat problems associated with the liver, stomach, digestion and kidney. It is also said that they have a positive effect on reducing anxiety, banish negative energy and communicate your wishes.

Sound has been used since ancient times for powerful healing, relaxation or spiritual awakening.

Our signature ritual welcomes and prepares you for your personal spa journey. It assist you to let the outer world out and connect to your inner world, so that you experience the utmost best in your treatment.



Be Touched by the Ocean - Signature Massage

Our signature massage works heated herbal poultices along your body. It’s incredibly soothing but add super-hydrating organic body balm and it also becomes the ultimate emotional stress buster. Ideal if you’ve overdone it at the gym or can’t switch off from office mode. (75 minutes)

Stress Reliever Back Massage

A therapeutic, deeply relaxing massage focusing on the back and upper body area; traditional heated herbs (poultices) are used for profound deep healing and release of muscle tension. (60 minutes)

Muscle Ease Massage

A classic Swedish massage that uses long strokes, kneading, deep tissue techniques, vibration and tapping to stimulate your circulation and invigorate your muscles. Go for deeper pressure if you dare. A great way to give your energy levels a boost. (60 minutes)

Balinese Massage

This is a relaxation massage with attitude, with lots of long gentle strokes as well as light pressure-point work and skin rolling to get your blood flowing and oxygenated. It’s calming and refreshing - great for those who feel tired or a little low. (60 minutes)

RELEASE - JOURNEYS

Baani Serenity Ritual

Our bespoke top to toe signature ritual uses the essences of 100% pure organic coconut native to the Maldives. Experience profound and deep relaxation. Enjoy smooth and hydrated skin and shiny, lustrous hair with the tropical scent of coconut. (120 minutes)

Epicurean® Discovery Himalayan Superfruit Body Peel | Wrap

This powerful superfood skin cocktail delivers age-reversing antioxidants from pomegranate, goji, acai, and bilberry while their naturally exfoliating enzymes remove impurities. An ultra-buffing mandarin orange scrub is then applied to further refine and perfect the complexion. While wrapped in a warm cocoon, these multitasking super fruits work their rejuvenating magic as you enjoy a luxurious scalp massage. This super peel finishes with a nutrient-rich skin hydrator to leave you feeling smoother than ever! (60 minutes)

Immune Booster: Purify & Energize

An invigorating and stimulating ginger lemongrass polish prepared with a fresh ginger to improve skin circulation release muscle tension, a specialized massage with energizing oil to stimulate and improve blood circulation. (75 minutes)

RELEASE - HOLISTIC REMEDIES

Bandu Massage

This massage (Bandu = Abdomen in Dhivehi) combines gentle pressure with the power of your breath to release emotional and physical blockages. Emotions get “stuck” and we are unable to “digest” our thoughts and feelings. This may manifests on a physical level affecting the healthy functioning of our internal organs. Bandu massage releases blocked emotions detoxifies the internal organs, calms the mind and facilitates the self healing process creating harmony and balance within. (60 minutes)

Epicuren® Discovery Söl Gemstone Facial

Experience a journey through light and intention with this exquisite facial. The Söl Gemstone Facial harnesses the power of citrine gemstones charged by the sun with effective skin brighteners to activate a ‘Sölful’ radiance from within. This unique skin therapy utilizes microcrystal exfoliation with a spicy enzyme peel, luxurious massage, and a cocktail of brightening antioxidant serums leaving you with skin that brilliantly shines. (70 minutes)

Sound Immersion

Tibetan singing bowls are the trendy new way to meditate. Here’s the science bit: the vibrational sound of these ancient instruments helps the listener access their theta brainwave state, the frequency of deep relaxation. It is a user-friendly way to calm the mind for those who find traditional meditation challenging. (60 minutes)

Coconut Hair & Scalp Ritual

Get your busy brain to slow down with a head, neck and shoulder massage that uses stimulating Indian techniques as well as warm coconut oil infused with rosemary, a herb that improves memory and guards against headaches. As an added bonus, your hair will feel thick and glossy afterwards. (60 minutes)



THE BAANI JOURNEY

RELEASE stress. RESTORE balance. REGAIN momentum.

RESTORE

Well-being services curated to encourage emotional, mental and physical healing, to fill you up with new vitality. Mindfully connect to your inner recourses, refill your energy levels and refuel body and mind with new sparks of joyfulness.

Allow yourself to settle down, to be, to just flow in the moment of life. Restore body & mind to its natural balance step by step under the expert guidance of our caring team.

RESTORE - MESSAGES

Aromatherapy Massage

The importance of our sense of smell is often underrated but studies show particular fragrances can affect everything from pain perception to memory recall. Choose the perfect blend of scented oils to lift your mood and increase your mental strength. (60 minutes)

Thai Massage

Lie back on the mat and let your therapist coax your body into poses in this more energetic style of “passive Yoga” massage, designed to improve stamina, posture and flexibility. No oil, no lotions or potions, just an hour plugged in for a total recharge. (60 minutes)

Zen Shiatsu

This is a unique form of bodywork that uses acupressure, usually applied using fingers and thumbs but sometimes elbows to go deeper and re-invigorate the body’s energy channels. It is a particularly effective therapy for improving sleep patterns. (60 minutes)

Reflexology

Treat your feet with whole body benefits. Working on your foot reflex points to restore balance and support the body’s own healing. (60 minutes)



RESTORE - JOURNEYS

Epicuren® Discovery Mineral Mud Detox Body Treatment

After a full-body, aromatic exfoliation, a mineral-rich mud mask will be applied and allowed to dry as it pulls toxins and impurities from the body. Purify and detox from the inside out. A calming and moisturizing full body massage add extra nutrients to you skin and and leaves you refreshed and renewed. (75 minutes)

Maldivian Coconut Melt

Coconut oil is Baani’s secret weapon for sunbathers. Studies show it blocks up to 20% of the sun’s UV rays (not that we recommend you ditch conventional SPF) so combine a warm coconut oil massage and a body polish with freshly prepared coconut and your skin will be perfectly prepped to lap up our sunshine. (60 minutes)

Top To Toe Ritual

Your feet are the foundation of your health. This ritual starts with pressure-point reflexology to fire up your energy channels. Your therapist then harnesses the magic of Maldivian coconuts to refine your skin with an invigorating body massage using 100% virgin coconut oil. A traditional Indian head massage with warm blended coconut oil infused with rosemary provides deep relaxation for your mind. Rest assured to experience a sparkling new version of you. (90 minutes)

Hydrating Earth & Ocean Cocoon

If you’ve overdone it in the sun, this treatment will get your body back to its best. Start with a cooling mist and compress before a hydrating aloe body wrap. While your skin soaks up all that healing nourishment, enjoy a mini facial and foot rub. The finishing hydrating oil makes this a complete body drench. (75 minutes)

A vertical bottle of Epicuren Protein Mist Enzyme Toner is shown on the left side of the page. The bottle is light yellow with a silver pump dispenser. The label on the bottle reads "epicuren" in a stylized font, with "DISCOVERY" written vertically next to it. Below that, "Protein Mist" and "Enzyme Toner" are listed. To the right of the bottle, a sliced lemon is placed on a wooden cutting board.

RESTORE - HOLISTIC REMEDIES

Vita Firming Rejuvenating Facial

If you've never used a Gua Sha stone, prepare to be amazed. It's an ancient Asian beauty tool that can increase microcirculation to the face by as much as 400% and is better than Botox for sculpting muscles and smoothing the complexion. Finish with a firming mask for maximum impact. (75 minutes)

Manual Lymphatic Drainage

Most popular and revolutionary techniques in recent times. Alleviate stress, accelerate healing and reduce inflammation pain while boosting your immunity. Manual lymph drainage (MLD) is applied in a rhythmic motion in the direction of the lymphatic flow, which enhances the elimination of toxins, reduces water retentions and increases blood circulation. (75 minutes)

Reiki

Renowned Japanese technique for stress reduction and relaxation; awakens the body's innate healing ability, by 'laying on hands' allowing life force energy to flow and release blockages. As a result, feel a deep sense of calm, peace & well-being. (60 minutes)

Healing Touch

Experience an intuitive, shamanic inspired, holistic treatment with one of our specialized therapists leading your self healing journey with their touch. Includes specialized knowledge of reflexes, osteopathy, sound therapy and reiki to provide a sense of deep relaxation and healing therapy. (75 minutes)



NOURISH YOUR CONNECTION

Full Moon Magic

An enchanting ritual to share with your loved one. Captivates all your senses, alleviates any tensions and connects to the vital power of the ocean. Choice of full body massage & fresh body polish | Indian head & foot massage | tropical bath infusion | Healing Earth™ facial | fruit platter complemented by champagne | home care spa gift. (135 minutes)

Romantic Retreat

Embrace this defining body ritual in a romantic setting with your loved one. After a welcome ceremony immerse in: for her: Balinese Massage | nourishing body polish | Indian head massage with rosemary-infused coconut oil for him: muscle ease massage | invigorating ginger-lemongrass body polish, encapsulated by a relaxing foot massage. (105 minutes)

Him & Her

A romantic Indulgence! Enjoy precious time together immersed with the aromas of pure essentials oils and indulge in restoring & calming massage. Savor this retreat with a glass of champagne. (75 minutes)



THE BAANI JOURNEY

RELEASE stress. RESTORE balance. REGAIN momentum.

REGAIN

Well-being services curated to deepen your Bani experience and to assist you to regain momentum to energize and fuel your health and vitality. Our fusion of ancient and modern therapies and easy-to-follow health tips will reset your body and mind so you'll continue to feel great back home, right up until the next time you can return to Kagi, your Maldivian home from home.

REGAIN - JOURNEYS

Sound Chakra Balancing

Literally speaking, the word “chakra” from Sanskrit translates to “wheel” or “disk,” but references a spiritual energy center within the human body, of which there are seven along the spine, and through the neck and the crown of your head. Each Chakra is associated with color, organs, and sounds. In this healing session our wellness expert will guide you through a relaxing visualization and followed by an immersive experience into sound using various sound instruments. (60 minutes)

Sound of Baani

The sound and vibrational energy of gongs, bowls and other musical instruments are an ancient and powerful tool used to help still the mind and allow the body to deeply relax. In this state, we can begin to process and release blockages, and come to deep physical relaxation. This is a sound healing ceremony in which you release and relax as you surrender into stillness on your mat to tune to the harmonics of spheric sounds. A guided meditation and body scan practice prepares you and gently moves you into deeper awareness. Allow the vibrations to clear you free of tensions and energetic blockages.(60 minutes)

* available as group and single session



REGAIN - HOLISTIC REMEDIES

Heaven on Earth

The ultimate face and body ritual. Unwind and destress with this heavenly combination. Drift away with a Balinese massage. Enjoy our Healing Earth™ Glow & Radiance Facial, while celestial sounds of our Tibetan singing bowls deepen your relaxation. Rejuvenated and uplift. You will walk on clouds after this blissful experience. (90 minutes)

Glow Facial

Boost your complexion and banish fine lines with ultra-effective organic ingredients such as antioxidant-rich pinotage grape seed oil, which helps repair and hydrate sun-damaged skin, and active botanical essences that penetrate deep layers of the epidermis for long-lasting anti-aging results. (60 minutes)

Integrative Health & Wellness Coaching

Coaching is an effective and powerful process that can lead to major improvements in all areas of your life. Your coach is the co-pilot on your personal journey and ensures that you get where you want to be. Reclaim your power and control over your life. Explore more holistic ways how to live a balanced and peaceful life with our wellness coach. You may cover any topic from stress reduction, time management, weight loss to optimizing your nutrition, or anything else that may currently block you to achieving optional well-being. (60 minutes)

* This session is available during certain times of the year. Please check for details and availability with our wellness team.

FIND YOUR EQUILIBRIUM

GROUP CLASSES RETREATS WORKSHOPS

A selection of yoga, fitness and mindfulness based classes are carefully curated to support you in your authentic journey to health, happiness and well-being.

Please check out our class and activity schedule.

A selection of interactive workshops, lectures and three-day retreats give you the opportunity to explore and dive deeper into your wellness journey.

Please check our special workshop and retreat calendar.





FINISHING TOUCHES

To complete your wellness journey at Baani Spa, add a final touch to your experience.

Baani Manicure

A cuticle and nail treatment includes filing, gentle buffing and hand exfoliation, to encourage a natural beautiful finish to the nail. A thorough arm and hand massage with our famous frangipani lotion ensures full hydration.
*nail polish application upon request

Baani Pedicure

A complete pedicure ritual includes a blissful foot and leg massage that helps relax fatigue muscles. A preliminary sea salt scrub stimulates body circulation, making you feel lighter, and revealing soft and happy feet.
*nail polish upon request

Enhancer-Beautiful eyes

Complete your facial with the new technology of EyeSlices™: reduces puffiness, dark circles, redness, lines and wrinkles, bringing luminosity to the eye area.

Tropical Bath

Complete with a tropical bath ceremony with pure floral aroma essences and refreshments.

Salon Treatments

Please refer to our beauty salon menu.

“Self-Care is not a luxury, but a necessity.
Give yourself the gift to pause, breathe and let go.” ~ Renate Hermes



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