

# THE BAANI JOURNEY

RELEASE stress. RESTORE balance. REGAIN momentum.



## THE ISLAND WAY

Your Path to Well-Being

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.

## WELLNESS JOURNEY WITH INTENTION

Step into the island way of being well. Set your intention and explore opportunities to re-imagine and experience what health and wellness look like for you.

Our wellness journeys honor you on your individual path to well-being, health, and happiness. We recognize there is no one-size-fits-all solution for everyone and curate personalized experiences that align with what matters most – your connection with yourself, with nature, others, and the world around you.



### RELEASE

**Intention:**

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.



### RESTORE

**Intention:**

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.



### REGAIN

**Intention:**

Well-being services curated to deepen your Baani 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



## HOW TO SPA

- Opening hours 10am to 8pm
- Kindly shower prior to treatment to remove sunscreen.
- To enjoy the full spa experience, please come to the spa 15 minutes prior to your appointment.
- Our cancellation policy is 6 hours; we regret that 50% charge will be made for treatments cancelled with less than 6 hours notice and 100% charge will apply for no-show.
- Packages offers are non-refundable, non-transferable and pre-booking is required.
- All prices in USD
- All prices inclusive 16% GST and 10% service charge



## BE TOUCHED BY THE OCEAN

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

90 minutes - \$215

## 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 - \$155  
90 minutes - \$195

## 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 - \$155  
90 minutes - \$195

## 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 - \$155  
90 minutes - \$195



## 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 - \$248

## EPICUREAN DISCOVERY

HIMALAYAN SUPERFRUIT BODY BLISS

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!

75 minutes - \$160

## EPICUREAN DISCOVERY

GEM STONE SOL 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.

75 minutes - \$160

## LET GO AND RECEIVE

3 CHOICES TO PURIFY AND ENERGIZE (COCONUT | GINGER | PINOTAGE)

Body and mind work in tandem. Exfoliate, remove toxins, perfect your skin's complexion with a choice of your preferred body polish and peel. Nurture yourself and your body with the goodness of nature for a nutrient-rich skin treat. Includes back massage, full-body exfoliation, and nourishing body lotion.

60 minutes - \$150



## 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 manifest 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)

60 minutes - \$130

## SOUND IMMERSION

EASE & RELEASE

A sound experience to slow down, rest, and receive healing vibrations while immersing into a soundscape of Singing Bowls. Expect improved sleep, a balanced nervous system and deep relaxation.

60 minutes - \$135

## AROMATHERAPY MASSAGE

This hero treatment is more than just a massage. A personalized blend of massage oil tailored to your mood, feelings and physical needs to bring upon balance, peace and tranquillity to your body, mind & soul. Oils are formulated with natural plant extracts and flower oils to guarantee therapeutic benefits. Using gentle rhythmic strokes this massage promotes lymphatic drainage and healing.

60 minutes - \$155  
90 minutes - \$195



## THAI MASSAGE

Energizing and uplifting, this 'yoga' massage opens joints, increases energy flow and muscle flexibility, improving postural body alignment (no oil used). Experience new spaciousness in body and mind.

60 minutes - \$155  
90 minutes - \$195

## 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 - \$135

## LYMPHATIC DRAINAGE MASSAGE

LETTING GO

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 retention, and increases blood circulation.

75 minutes - \$160

## ORIENTAL MASSAGE

A therapeutic blend of free-flowing massage techniques including Balinese, Thai, and Indian head massage to experience the release of muscle tension, greater movement, and renewed energy.

60 minutes - \$155  
90 minutes - \$195





## ESPRESSO & LIMÓN SLIMMING

DETOX & SLIM & BEAUTIFY

Treat your body like a temple with this detoxifying and firming treatment. Guaranteed to leave your body looking sleek and smooth. Begins with dry body brushing to stimulate lymphatic drainage. Followed by a massage with Espresso Limón slimming oil formulated to deeply purify and tone. A luxurious treatment for a slim and toned body, and a clear mind.

75 minutes - \$160

## TOP TO TOE RITUAL

Your feet are the foundation of your health. This ritual starts with reflexology to fire up your energy channels. Followed by 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.

75 minutes - \$165

## 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 - \$160



## SKIN FIT - VITA FIRMLING FACIAL

Suitable for all skin types, but of particular benefit for mature, dry, or dehydrated skin. Improves skin elasticity, minimizing visibly fine lines and the onset signs of aging. With the use of Matrixyl™ & Cranberry in combination with tri-enzyme fruit acids, the skin is deeply exfoliated promoting the restructuring process of collagen and the vitamin boost to visibly revive the youthful and radiant appearance of your skin.

75 minutes - \$160

## REIKI

A 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 - \$145

## 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.

60 minutes - \$135



## HEAVEN ON EARTH

The ultimate face & body ritual: Unwind & de-stress with this heavenly combination. Drift away with a Balinese massage to stimulate the natural balance of body, mind, and soul. Enjoy our Healing Earth™ Glow & Radiance Facial, while the celestial sounds of our Tibetan singing bowls deepen your relaxation. Rejuvenated, uplifted, and deeply relaxed you will walk on clouds after this blissful experience.

90 minutes - \$195

## GLOW FACIAL

Suitable for him & her; oxygenated skin, long-lasting deep hydrating facial that restores skin brilliance and radiance through highly concentrated pure organic serums tailored to your individual skin concerns. The facials are customized to your skin type to ensure visible results. Our skin therapist will advise the best treatment options for you.

30 minutes - \$80

60 minutes - \$160

## INDIAN COCONUT HAIR & SCALP MASSAGE

A traditional hair treatment infused with the hydration of coconut leaves the hair silky and smooth. A perfect treat after a day in the sea. A warm blend of coconut oil is massaged into the scalp nourishing the hair, followed by a coconut hair mask. Perfectly completed with a neck-shoulder or feet massage and application of hydrating coconut or frangipani lotion. Expect soft, shiny hair with the tropical scent of coconut.

60 minutes - \$145

## SOUND CHAKRA BALANCING

Literally speaking, the word "chakra" from Sanskrit translates to "wheel" or "disk," but references spiritual energy centers within the human body. In this healing session your wellness expert will guide you through a deep relaxing immersive experience in which she uses singing bowls, touch, energy healing (reiki) and mantra chanting.

60 minutes - \$145



## FULL MOON MAGIC

An enchanting ritual to share with your loved one captivates all of your senses, alleviates any tensions, and connects you to the vital powers of nature's elements.

- Your choice of a full-body massage
- Freshly prepared body polish
- Indulgent Indian head and foot massage
- Tropical bath infusion
- Healing Earth BioActive Mini Facial
- Fruit platter complemented by champagne
- Spa gift for your spa experience at home

135 minutes - \$520 per couple

## ROMANTIC RETREAT

Embrace this defining body ritual in a romantic setting with your loved one. After our signature foot-bath:

For her: A choice of Balinese or Oriental massage, pinotage body polish, a deeply nourishing Indian head massage enriched with Rosemary infused warmed coconut oil.

For him: A deep tissue back or muscle ease massage, followed by an invigorating Ginger-Lemongrass body polish, encapsulated by a relaxing foot massage.

105 minutes - \$460 per couple

## HIM & HER

Romantic Indulgence! Enjoy precious time together immersed with the aromas of pure essential oils and indulge in restoring and calming Balinese massage, followed by champagne to savor this treatment.

75 minutes - \$300 per couple





# Finishing Touches

## BAANI SPA PEDICURE

Pamper your feet with an aromatic foot soak and scrub, followed by a traditional pedicure. Includes the removal of unwanted dry skin and callouses completed by a pampering foot massage.

Nail polish application included if desired.

60 minutes - \$85

## BAANI SPA MANICURE

Luxurious conditioning care for your hands with all elements of a traditional manicure to leave hands soft and smooth, and nails beautiful. Includes a nourishing hand-arm massage with African Potato to nourish the skin. Nail polish application is included if desired.

60 minutes - \$85

## EXPRESS DE-STRESS - OH, HAPPY FEET!

This is an invigorating, de-stressing treatment. Refresh and heal your feet and legs to restore lightness, improve circulation and reduce swelling and fatigue.

45 minutes - \$95



“At heart, it’s about love, care, and compassion for yourself and the world around you.”

## 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.

\$12

10x use home care - \$22

## HERBAL POULTICE

RELAX AND LOOSEN MUSCLE TENSION

Heat will stimulate blood circulation and muscle relaxation, melting away your knots aches, stiffness and tension. You will feel deeply relaxed.

\$12

## TROPICAL BATH

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

Single - \$30

Couple - \$50

## TIMING- WANT MORE TREATMENT TIME?

30 minutes | \$50

45 minutes | \$75

## FIND YOUR EQUILIBRIUM

A selection of of different body - mind classes are curated to support you on your wellness journey. Please ask our team for more information.

## YOGA

Yoga single private class | \$72

Couple private class | \$106

Re-Imagine  
possibilities

## DISCOVER

### WELL-BEING FOR LIFE

LOVE YOUR LIFE - LEARN TO THRIVE

Here we want to share our vision about what healthy and holistic living can do for you.

A range of integrative wellness services has been blended into immersive mini-retreats to assist you to transform and optimize your health and well-being in the most relevant areas of your life. Your path to sustainable living.

Please contact our spa team for the event and retreat schedule 2023.

## 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. 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 - weekly group class | upon request also available as single session

Baani  
SPA

All prices are inclusive 16% GST and 10% service charge