



YOU&ME Spa

 Elizabeth Arden

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HESITO

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 connect you with nature.

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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.



## 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

### APPOINTMENT

We recommend advance booking to avoid disappointment.

### COMPLIMENTARY SERVICES

No shows or same day cancellations less than 6 hrs 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 6 hrs prior to your appointment time, 50% of the service value will be charged in order to reschedule, whilst a 100% charge for *No Show*.

### ARRIVE

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 30 min complimentary access to spa facilities when treatments are booked 80 min. A facility surcharge of \$50 net 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 *non-refundable, non-transferable and exchangeable*.

All prices are in USD and inclusive of applicable taxes.

Please contact us on extension 2011

E-mail [spa@youandmemaldives.com](mailto:spa@youandmemaldives.com)



## YOUR DEFINITION OF A PERFECT HIDEOUT

### YOU & ME SPA BY ELIZABETH ARDEN PRO

#### THE SECRET TO WELLNESS AND BEAUTIFUL SKIN STARTS HERE

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##### SKIN CARE

**POWER PACKED  
NATURAL PEEL**  
75 MIN \$160

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. *Include face massage and eye perfection.*

**LUXURY SKIN  
HEALTH**  
75 MIN \$160

Immerse yourself in this amazing facial that tightens facial contours. This therapy firm, radiant and wrinkles less visible. *Include face massage and eye perfection.*

**THE PRESCRIPTION**  
75 MIN \$160

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

**BEAUTIFYING DETOX**  
50 MIN \$130

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 \$130

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 \$160

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. *Include gentle scalp massage.*

**EVOLUTION**  
75 MIN \$160

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

**REBALANCING**  
75 MIN \$150

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. *Include cellulite massage.*

**HYDRA SUBLIME  
TAN BODY**  
75 MIN \$150

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 \$120

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

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### ASIAN HERITAGE SIGNATURE MASSAGE

80 MIN \$170

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 \$170

Combination of techniques that incorporates meridian acupressure points and stretching. Begins with *Shiatsu* therapeutic followed by *Swedish* massage helps to enhance wellbeing, energized and elevated.

### LAVA STONE THERAPY

80 MIN \$170

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 \$170 OR 50 MIN \$140

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 \$150

This oil free massage considers as more physical form of therapy. The incorporation of yoga poses, direct pressure and promote the flow of energy to relieve muscles and joints.

### LULLABY THERAPY

50 MIN \$130

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

### MOM TO BE

60 MIN \$120

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

### PERFECT UTOPIA

\$490 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.

\* SPEAK WITH US FOR FURTHER DETAILS

### QUICK FIX 25 MIN \$55

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 \$50

### THE NAIL SERVICE

(APPROX. 50 MIN)

Includes nail & cuticle care, buffing and massage.

#### LADIE'S CARE

Hands or Feet \$50

#### GENTLEMEN'S CARE

Hands or Feet \$40

### 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