

YOUR SPA AND BEAUTY JOURNEY

BLENDING A TROPICAL *paradise* AND A WEALTH OF *holistic* PRACTICES, OUR SIGNATURE TREATMENTS AND SPA JOURNEYS WILL ENSURE YOU FEEL LIKE YOU COULD BE NOWHERE ELSE IN THE WORLD. THE LUSH SURROUNDINGS ENSURE YOUR SPA EXPERIENCE EVOKES A SENSE OF PLACE WHILST YOU RELAX. SWITCH OFF AND *revive* IN THIS PRIVATE *hideaway*.

A Bridal Suite, including a private entrance, a hairdressing corner, special chair for beauty and make-up, and a changing room with a large mirror for fitting the dress, a manicure/pedicure station and a private outdoor garden with external shower. The Bridal suite is entirely designed to pamper you from head to toe and relieve you from all tensions to make this day the most special moment of your life...

Treat yourself to a relaxing moment, give yourself a break, enter on tip toe into the bubble of peace of the lap pool, calm of the steam room, sauna or relaxing room.

For more privacy, sauna and steam rooms benefit from male and female separated areas. Indulge yourself in a world of pure relaxation using these complimentary facilities. The steam room includes relief from muscular aches and pains, improved sleep and a calmer spirit. The sauna clears the body of toxins and improves circulation, a wonderful treatment to enjoy any time during the day.

OPENING HOURS

ONE&ONLY SPA: 10.00AM TO 8.30PM

ONE&ONLY HAIR SALON: 10.00AM TO 8.30PM

PRICES

ALL PRICES ARE INCLUSIVE OF 15% VAT



ONLY HERE

UTILIZING *indigenous* AND AUTHENTIC TECHNIQUES, THESE TREATMENTS ENCOURAGE YOU TO *immerse* YOURSELF IN THE ONE&ONLY LE SAINT GÉRAN EXPERIENCE AND TRULY UNDERSTAND AND EMBRACE THE EXQUISITE *environment*.

ESSENCE OF ONE&ONLY LE SAINT GÉRAN (120 mins)

A unique and bespoke treatment designed by One&Only to totally encompass the essence of Le Saint G eran. Incorporating indigenous ingredients of naturally sourced coconut, infused with honey and sugar, this treatment begins with a tropical body scrub, continuing with a full body massage using warmed nourishing oils and long sweeping movements helping to release stress and dissolve tension.

MAURITIAN FUSION - POULTICE TREATMENT (120 mins)

Soothing to muscular aches and pains this firm pressure point massage incorporating warm herbal poultices allows intensive manipulation of tired muscles. The soothing touch of hands and poultices in harmony achieves a deep sense of serenity. Uplifting body exfoliation prepares for the therapeutic body massage using potent aromatherapy oils, enhanced by the restorative powers of warm herbal poultices, filled with a therapeutic Mauritian herbal blend. Emerge revived with a renewed energy.

CHAKRA BALANCING (120 mins)

This holistic treatment focuses on the release of deep-seated tension and blocked energy, perfect for beginning your getaway. A body exfoliation containing indigenous aloe vera is followed by a full-body massage using carefully selected essential oils, incorporating local aromas of mint & citronella and therapeutic volcanic hot stones. The treatment is completed by an acupressure face and head massage, combined with gentle stretching to soothe away stress.

ONLY BODY

ELEVATE AND *optimise* YOUR BODY EXPERIENCE. BELIEVING IN THE PURE POWER OF MASSAGE AND HOW WE CAN OPTIMISE ITS BENEFITS. THE *techniques* ARE WONDERFULLY FAMILIAR AND LUXURIOUS HOWEVER CONNECTED WITH KNOWLEDGE AND *wisdom* THE EXPERIENCE DELIVERED IS A TRUE REWARD AND THE BENEFITS ARE *unsurpassed*

ONLY YOU MASSAGE

(60 mins/90 mins)

Find your inner calm with this deeply relaxing and soothing treatment for mind and body, using a specially selected blend of oils, tailored to you. With neck and eye pillows to encourage warmth and relaxation, indulge in this soothing holistic treatment, combining personalised aromatherapy massage and warm Rose Quartz Crystals through the scalp.

HOT STONE MASSAGE

(60 mins/90 mins)

Heated stones allow the therapist to work deeper in to the muscles – the volcanic stones heat the body's tissue and aid relaxation. A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension with a firm to deep pressure.

FITNESS MASSAGE

(60 mins/90 mins)

Eases deep muscle tension caused by daily stresses and a high level of activity – cypress and clove essential oils warm the muscles and provide a natural soothing effect. A powerful massage designed to alleviate deep-seated tension and muscular stress. Uses firm to deep pressure including acupressure and deep movements using the therapists' forearms and elbow.

SUN SALUTATION – PREP & POST (Post 45 mins/Prep 25 mins)

Removes dry skin – nourishes and hydrates – provides a radiant all over body glow. A package designed to ensure the body is in perfect condition to get the most from the tropical paradise. Begin with a 30-minute body polish to prepare the skin for a day of sun worshipping. The post treatment ensures your skin is nourished and soothed so that the warm summer glow will continue to radiate long into the evening.





ONLY HIM

Handpicked TO ENSURE OUR MALE GUESTS ENJOY THE *benefit* OF OUR EXPERTISE AND CAN CHOOSE AN EXPERIENCE THAT WILL OFFER THE BEST PHYSICAL AND *therapeutic* RESULTS.

MANKIND (45 mins)

Focuses on common areas of tension for optimum results – tailored to meet specific needs – eases muscular tension whilst providing clarity for the mind. A massage designed for those who suffer with tension related headaches and neck strain. This deeply soothing back, face and stress releasing scalp massage is an ideal way to melt away tension and relieve tight muscles. You'll feel revived and invigorated for the day ahead or relaxed and calm for a peaceful night's sleep.

MEN'S DEEP CLEANSING FACIAL (60 mins)

Deep Cleansing – designed specifically to purify and hydrate and address common skin concerns for men. Ideal to deep cleanse, soothe and hydrate. A Purifying facial which eliminates dead skin, and is perfectly tailored to your skin type.

DEEP MUSCLE MASSAGE (60 mins/90 mins)

Warms muscles and eases tension quickly and effectively – Can be tailored and focus on localised areas to appease individual guests concerns. Utilising the power of Hot Stones, this full body massage will be tailored to offer the guest the perfect combination of techniques to alleviate muscle strain and offer optimum relaxation.

ONLY VITALITY

CREATED TO ADDRESS KEY CONCERNS WHICH ATTRIBUTE TO YOUR OVERALL *wellbeing*. THE VITALITY TREATMENTS *alleviate*, SOOTHE, CLEAR AND RE-*energise* TIRED SYSTEMS. OFFERED IN UNISON WITH TRADITIONAL SPA TREATMENTS, THESE *innovative* TECHNIQUES WILL TRANSFORM YOUR RELAXING EXPERIENCE INTO ONE WITH *physiological* BENEFITS.

MINDFUL MASSAGE (90 mins)

Unwind a busy mind, escape the pace of everyday life and emerge feeling focussed, with a sense of renewed positivity. The therapist first skilfully guides you through breathing and visualisation techniques to help relax the mind and release physical or emotional anxieties. The metamorphic zones on the feet are then massaged to help rebalance and ground, before a soothing, deeply therapeutic massage is continued up through the body to promote positivity to the mind, finishing with a re-energising scalp massage using warm Rose Quartz Crystals.

SLEEP RITUAL (90 mins)

This tailor-made experience starts with your therapist guiding you through breathing and visualisation techniques to release physical and emotional anxiety and restore energies. A deeply indulgent and totally relaxing personalised massage releases deep-seated muscular tension using a combination of hot stones and warm oil gently poured onto your body, before a soothing scalp massage helps clear your mind and enables you to completely switch-off, ensuring an uninterrupted and blissful night's sleep.

BACK, FACE & SCALP – WITHOUT HOT STONES (90 mins)

Restore calm to mind and body with this renowned 'hero' treatment. Loved by all, this relaxing and deeply effective ESPA experience delivers triple results by focussing on three key areas – the back, the face and the scalp – making it the ideal treatment for anyone.

CONTOUR AND FIRM BODY TREATMENT (120 mins)

Improves the natural silhouette of the body – Reduces water retention – aids lymphatic drainage. Toning, firming and invigorating; this treatment reduces fluid retention and improves skin texture. A full body treatment that includes exfoliation and intensive lymphatic massage and be boosted by a toxin releasing body wrap with stimulating marine algae. This will transform the skins condition and offer a refined and smoothed figure.





ONLY SECLUSION

EXPERIENCE A MOMENT IN COMPLETE SECLUSION AND *tranquillity* WITH YOUR LOVED ONE. *serenity* IS PROVIDED WITH OUR SPECIALLY CHOSEN *private* ESCAPES. YOUR DREAM OF BEING HIDDEN AND REMOVED FROM THE BUSY WORLD IS EXQUISITELY REALISED WITH OUR ULTIMATE ISLAND *escapes*.

GARDEN SPA, A TAILORED FIT FOR TWO (60 mins/90 mins)

Our Private Spa Suites offer the ultimate spa escape – a perfect choice for those seeking complete privacy. Our garden pavilion is linked to the island via a secluded walkway. The experience is scheduled as you wish. Your choice of a fusion of treatments tailored to your personal needs. Please allow our spa team to guide you on the additional experiences within our beautiful space. Prior reservation is required due to limited availability.

Additional Experiences: Champagne and Fruits Package, Mauritian Indulgence with Fruit cocktail & Sweet Treats.

GARDEN HIDEAWAY FOR TWO (120 mins)

Take a stroll with your loved one to our secret garden pavilion and indulge in total serenity.

Your treatment begins with a welcome foot ritual, infused with local flora and cooling compress to refresh and prepare you for your treatment.

The ritual continues with a full body Aloe and apricot scrub to smooth the skin ready for your personalised One&Only Massage Tension fades away as warm oil is poured onto the body and long sweeping massage movements target areas of stress. Finally total bliss is achieved with our therapeutic scalp massage.

At the end of your treatment enjoy the space and privacy our pavilion offers by relaxing with a mango and papaya fruit platter and, Lychee & Rose water.

ONLY FOR THE NEW GENERATION

SOMETHING SPECIAL FOR SPA SAVVY *teens*. A TRUE SPA EXPERIENCE DESIGNED *specifically* FOR THE YOUNG, UP AND COMING ONE&ONLY GUEST. DESIGNED FOR *young* ADULTS.

BOUTIQUE FACIAL

AGES 12-16 (45 mins)

Freshens the skin – cleanses and hydrates for a radiant complexion.

A gentle cleansing facial incorporating a scalp massage and hydrating face mask with soothing eye pads. This facial helps remove impurities from the skin leaving the skin looking and feeling refreshed and rebalanced.

ACTIVE FLOW MINI MASSAGE

AGES 12-16 (30 mins/45 mins)

Reviving and refreshing – soothes tired muscles and rebalances the body.

After hunting in the jungle of the island or running along the sandy shores of the beach, refresh your body with a wonderfully relaxing massage including a nourishing scalp treatment with head neck and shoulder massage. You will be ready for your next island adventure in no time!

HENNA DESIGNS

AGES 12-16 (15 mins)

Made from natural herbs, henna tattoos are non-permanent dying or staining on the top layer of the skin using a henna paste product. This process is called Mehendi. The tattoos are intricate and brown in colour. They tend to fade in around 2-4 weeks. Please note a 24-hour patch test is required.

GET MUDDY

AGES 6-12 (20 mins)

A combination of a nourishing muddy scalp treatment with scalp, neck and shoulder massage.





ONLY NURTURE

A PERFECT TIME TO *soothe*, CALM AND NURTURE THE BODY AND MIND. THESE *mother* TO BE AND NEW MOTHERS' TREATMENTS REALLY DO FOCUS ON THE AREAS OF *tension* COMMONLY EXPERIENCED AND DO IT WITH THE *elegance* AND LUXURY THAT EVERY NEW PARENT DESERVES.

MATERNITY MASSAGE (30 mins)

Total comfort and relaxation – focuses on muscular tension commonly experienced during pregnancy. A relaxing full body massage targeting areas prone to tension during pregnancy.

TIME OUT FOR MOTHERS TO BE (120 mins)

A total body care package – designed specifically with the comfort of the new mother or mother to be in mind.

Combine the ultimate in care giving and nurturing treatments either pre or post-natal to ensure you feel at your very best. Beginning with a smoothing back exfoliation and massage, your muscle tension will be eased away by our expert therapists. A soothing and lightening foot wrap and massage is then performed ensuring those tired feet feel revitalised and ready for any next steps. Completed by radiance giving facial cleanses and massage, you will leave the treatment feeling ready for anything.

BIOLOGIQUE RECHERCHE

BIOLOGIQUE RECHERCHE METHODOLOGY IS BASED ON OVER *forty* YEARS OF EXPERIENCE USING *innovative* PRODUCTS AND METICULOUS PROTOCOLS. THE FRAGRANCE-FREE PRODUCTS ARE FORMULATED WITH HIGH CONCENTRATIONS OF *active* INGREDIENTS DERIVED FROM *natural* OR BIOTECHNOLOGICAL COMPOUNDS.

BIOLOGIQUE RECHERCHE 'ONLY FOR YOU' TREATMENT (60 mins/90mins/120mins)

A person has not only one but several skins. Our skin's condition changes numerous times in a single day as well as during the course of our lifetimes. Everyone's personal Skin Instant® evolves dramatically throughout the course of the day.

Lastly, external factors such as climate, temperature, air-conditioning, tobacco, pollution, as well as internal factors such as stress, hormones, hygiene and age, all affect the skin. This explains the importance of properly diagnosed Skin Instants®. Biologique Recherche professionals are trained to analyze all these variables and advise women and men on the treatment that is best suited to their particular Skin Instants®.

BIOLOGIQUE RECHERCHE 'ONLY FOR YOU' WITH SECOND SKIN (60 mins/90mins/120mins)

A world first in professional cosmetics, Second Skin is a lifting and regenerating electrospun mask with 80% hyaluronic acid that targets damaged Skin Instants®. A genuine alternative to fillers, this exceptional anti-aging treatment will visibly lift and correct signs of aging.

Skin Instant Lab® This unique analysis is the first stage in the Biologique Recherche methodology, a tool we use to identify your Skin Instant®.

Booster Remodeling Face® Wider-looking eyes,

more pronounced cheekbones, less marked wrinkles and a more clearly defined facial contour: these are some effects magically produced by the Remodeling Face®. A state-of-art of bio-electro stimulation that combines the power of four currents (galvanic current, medium and high frequencies and electroporation) for immediate and long lasting results.

SOLAR RANGE

Moderate sun exposure stimulates the synthesis of vitamin D, which is necessary to bond calcium in bones, and the secretion of melatonin, a known antidepressant. However, excessive exposure can have harmful effects on the body. Biologique Recherche has developed a three-stage treatment program, suitable for all Skin Instants®:

Préparation U.V.: before sun exposure to recondition and protect the epidermis and stimulate tanning.

Protection U.V.: during sun exposure to form a barrier that protects the skin from solar radiation.

Réparation U.V.: after sun exposure to soothe, repair and hydrate the skin

Formulated on the basis of the 'Triple Shield Complex'®, this 100% natural Biologique Recherche exclusive is free of nanoparticles and protects the skin from UVA, UVB and infrared rays. It is also photostable and water-resistant. A world first.





ONLY BASTIEN GONZALEZ

BASTIEN GONZALEZ IS INTERNATIONALLY RECOGNISED FOR HIS *unique* APPROACH TO FOOT TREATMENTS. DUE TO HIS PROFESSIONAL EXPERTISE AND EXPERIENCE AS A FRENCH *podiatrist*, HE DESIGNED AND DEVELOPED OUR EXCLUSIVE AND MULTI *award-winning* TREATMENTS.

BASTIEN DUO (75 mins)

A treatment that has been several times awarded. This synchronised four-hand treatment focuses on your feet, legs, hands and arms. The ultimate in manicure and pedicure luxury with total relaxation.

BASTIEN PEDICURE (75 mins)

An overall pedicure including a nail treatment followed with a skin treatment to eliminate hard skin and dryness; completed with a relaxing massage from the toes to the knees relieving any muscle tension and heaviness.

BASTIEN'S MANICURE (60 mins)

An exceptional manicure in three steps: a cuticle and nail treatment, including a natural beauty finish to the nail and a thorough massage of the forearms, wrists, hands and fingers.

NAIL BRIGHTNESS (45 mins)

A foot treatment focusing on the beauty of nails, cuticles and light smoothing of dryness off the soles of the feet. Nails are reshaped and buffed with chamois leather and a pearly buffing cream. Resulting in healthy, shiny and natural beauty to the nails. It ends with a relaxing foot massage.

FRENCH COLOUR TOUCH (30 mins)

A white line is applied on the nail tips, followed by a natural soft pink lacquer to the whole nail, resulting in the perfect French paint. Includes nail reshaping.

FOOT RE-FOUNDATION (35 mins)

Ideal for legs, heavy and tired after long flights, this truly relaxing massage is from the toes up to the knee, focusing on muscle tension, joint mobility, blood circulation, skin elasticity and the swollen soles of your feet. The preliminary exfoliation performed with the Black Diamond Scrub will ease the penetration of the cream used during the massage, the effects of its active ingredients thereby being optimised.

GLOBAL MASSAGE REFOUNDATION (35 mins)

A completely soothing and calming massage, from the toes up to the knee, from the fingers up to the elbow, this four-hands synchronised massage creates a light sensation to the whole body, relieves legs and arms from any muscle tension and heaviness.

PARAFFIN TOUCH (20 mins)

Intensify your Bastien's manicure and/or pedicure with this silky supplement. The warmth of this mixture aids the penetration of applied moisturisers for deep hydration.

COLOUR TOUCH (20 mins)

Select your preferred colour from our range of Révérence de Bastien nail lacquers, which are formaldehyde, toluene, DBP and camphor free to prevent any aggression to the nail once removed. Includes nail reshaping.



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HARMONIA BY FRANCESC MIRALLES

HARMONIA IS AN ESTABLISHED *wellbeing* BRAND WITH THE MISSION OF BEING ACKNOWLEDGED AS THE NATURAL PATH TOWARDS *health*, AWARENESS AND FEELING BETTER. FOLLOW THE HARMONIA METHOD, A NEW AND EXCITING *detox* OR HEALTHY PERSONALISED NUTRITION PLAN. THIS COMBINED WITH MASSAGE, LYMPHATIC DRAINAGE, DETOX TREATMENTS AND TUMMY-LEGS-HIPS SCULPTURING, CREATE UNIQUE AND EFFECTIVE *results* FOR EACH GUEST

ABOUT FRANCESC MIRALLES

Francesc Miralles is a well-known Chinese medicine practitioner, published scholar, Chinese medicine populariser, physiotherapist, private wellbeing consultant and Spa & Wellbeing advisor, winner in 2014 of the Best Indian Ocean Detoxifying program by Harper's Bazaar Singapore (when developing Harmonia at One&Only Le Saint Géran).

DISCONNECT TO RECONNECT

(60 mins/90mins/120mins)

Beginning with a manual bodywork sequence specially designed to balance the nervous system (yin- yang). This is followed by a head massage and NEQ, our exclusive neural energy equalisation.

CLEANSE & DETOX

(60 mins/90mins/120mins)

Harmonia's internal balance followed by multi-tissular drainage of tummy, hips and legs.

IN HARMONY

(60 mins/90mins/120mins)

Global rebalancing experience, combining the best manual techniques to harmonise posture, the musculoskeletal system and the organs. This is an all-in-one session. The 120 minutes modality allow connecting In Harmony & Disconnecting, In Harmony & Detox.

LIFESTYLE ACADEMY

(60 mins)

How to eat healthy, especially in our stressful daily life? A personalised diet that really matters? Is it possible to have a healthy diet for the whole family? Plan a healthier day guided by our Harmonia master.

Visit Harmonia by Francesc Miralles to find out more about Harmonia Cuisine, Harmonia Movement, and Harmonia Relaxed and Focused Mind.

3 to 10 day packages are available which include personalised nutrition plans, daily follow-ups, and 60-120 minutes of a specific treatment of your choice.





ONE&ONLY HAIR SALON

WHETHER YOU WOULD LIKE TO HAVE A *haircut*, OMBRE OR BALAYAGE COLOURING, STYLING OR EVEN A SPOT OF CELEBRITY HAIRDRESSING, THE RESIDENT *stylist* WILL DELIVER THE PERFECT *hairstyle*. KÉRASTASE SALONS AROUND THE WORLD OFFER EXPERT HAIR CARE, BEGINNING WITH A FOUR-STEP HAIR DIAGNOSIS AND COMPLIMENTARY CONSULTATION, ESSENTIAL TO *personalised* TREATMENT. RELAX AND ENJOY THE EXPERIENCE.

CUTTING & STYLING: LADIES, GENTLEMEN AND CHILDREN

Our talented and creative professional hairstylists offer the opportunity for you to not only receive an incredible look, but to make a connection with someone who really “gets” you and your desires. Please allow a full hour of all our cut and blowdry/finish appointments so we have sufficient time to understand your needs.

CONDITIONING HAIR TREATMENTS & RITUALS

When your hair needs a little extra attention, we have an extensive range of in-salon prescription treatments that can be added to any appointment. Treatments range from a quick fix moisture boost to our reparative split-end treatment.

COLOUR CHANGES & CORRECTIONS

Major colour changes and colour corrections may require multiple applications and your colour technician will advise you of the detailed costs during your complimentary consultation. Please remember that you do need to come in at least 48 hours before your colour appointment for us to check any allergic reactions from your patch testing.

COLOURING

From ombre hair colour, to dip-dye hair colour, or hair bleaching, the creation of perfect colour is paramount to our hair specialists. Using innovative techniques and natural products where possible, our team will work closely with you to achieve a look that is individual to you.

BRIDAL / RED CARPET SERVICES

We have a small team of professionals who can be booked by the hour or by the day to deliver our famous hair services wherever you may be on the resort. From a wedding party to a red carpet event, they specialise in making you look fantastic whatever your occasion. Alternatively we can arrange a fully private service in our salon or in your suite.

BRAZILIAN BLOWOUT® SMOOTHING TREATMENT

The Brazilian Blowout® is the most innovative and effective professional smoothing treatment in the world. Voted “Professional Choice Winner” for the last three years, this amazing treatment will improve the condition of your hair by creating a protective protein layer around the hair shaft to eliminate frizz and smooth the cuticle. With no down time, the Brazilian Blowout® will give you the ability to have ‘wash and wear’ hair for up to three months. The final effect produces shiny, glossy hair whilst still maintaining body and wave. We call it the ‘permanent blow-dry.’

ONLY FITNESS

ONE&ONLY FITNESS CENTRE SPECIALISES IN CREATING LEAN AND ATHLETIC BODIES THROUGH MOVEMENT AND EXERCISE PROGRAMS. WE HAVE STATE-OF-THE-ART FACILITIES INCLUDING TECHNOGYM®, KINESIS™ AND BODYWEIGHT APPARATUS. BOOST YOUR METABOLISM, GAIN BODY STRENGTH, REDUCE BODY FAT, INCREASE CARDIOVASCULAR FITNESS AND IMPROVE YOUR MOBILITY AND FLEXIBILITY.

BOXING (45 mins)

Boxing provides a high-intensity power routine that requires focus and determination. Achieve optimal physical fitness, while sculpting arms, core and legs. Great for anyone who needs to burn off some calories or frustration.

STRETCH CLASS (30 mins)

Breathe your way to a more flexible body with a gentle stretch class that will release tension and induce relaxation. This is an excellent and necessary complement to all other forms of sport.

AB BLASTER (30 mins)

This class is designed to strengthen and enhance the core muscles of the front, back and sides, whilst utilising a range of different abdominal exercises and techniques to help sculpt and tone the stomach.

YOGA (60 mins)

This class weaves breath, movement and meditation into a sequence of postures that will leave you with a sense of grace and gratitude. The class will be adapted to the needs of participants and is excellent for beginners and intermediate levels.

AQUA FIT (60 mins)

The combination of high intensity interval training and water conditioning will increase your heart rate and tone your muscles.

TRX TRAINING (45 mins)

TRX training meets you where you are at and takes you where you want to go. It blurs the lines between training and play, strength and flexibility and empowers you to be better at what you love. TRX uses tools and movements that challenge the entire body.

HIGH INTENSITY INTERVAL TRAINING (HIIT) (30 mins)

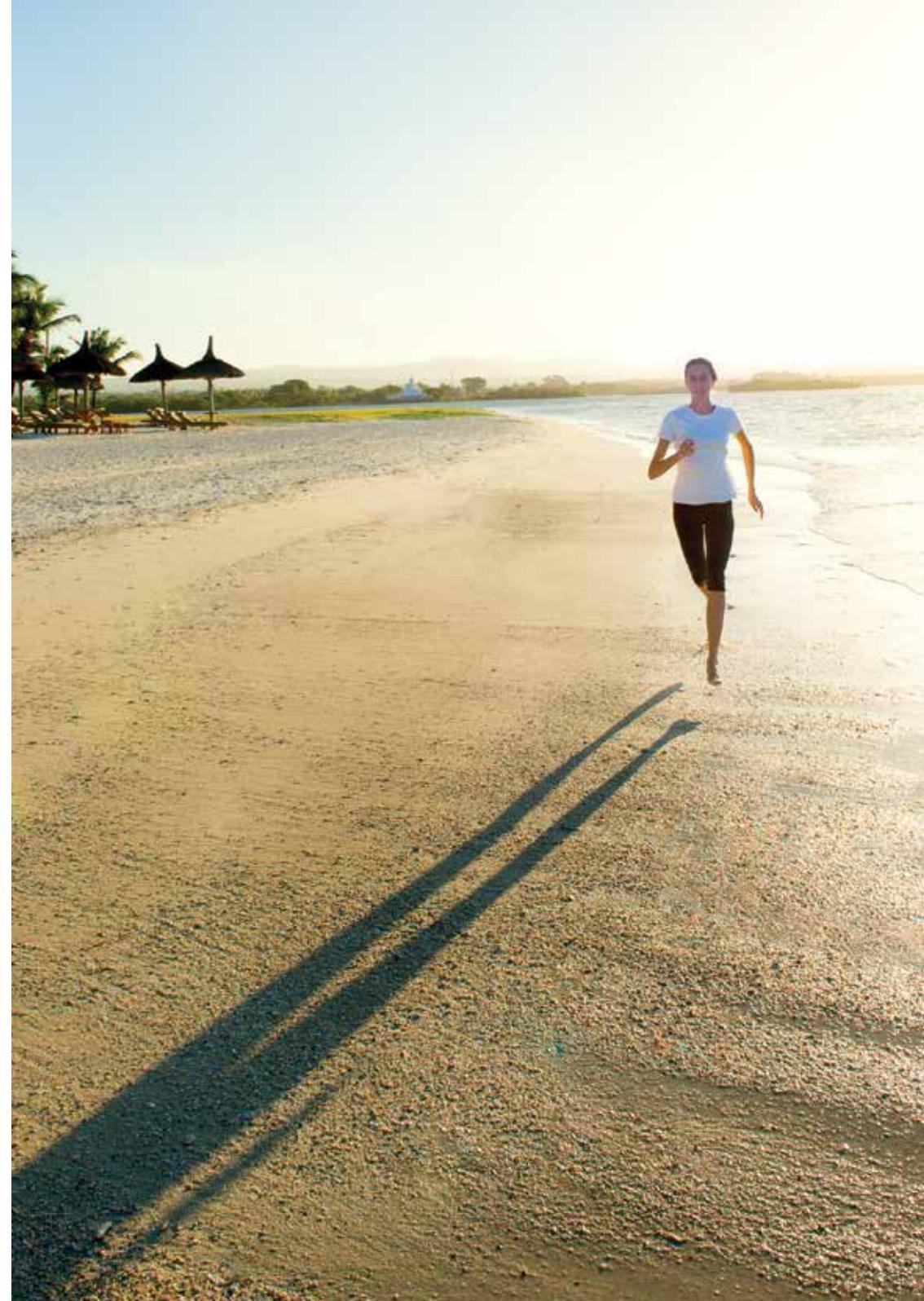
High intensity interval training (HIIT) is the combination of body weight and equipment based exercises designed to get you fit and strong in no time. Using a circuit format, this class is performed to push cardio and strength-based exercises.

LEAN AND TONING (30 mins)

Lean & Toning combines your own bodyweight to build strength and tone your muscles, for a full body workout. The flow of bodyweight movements combines core activation, lower body and upper body conditioning. Lean & Toning is a low impact class, which brings an intricate fusion of body sculpting and toning exercises together.

PILATES MAT (45 mins)

This class is performed in a prone or supine position with slow movements and no equipment. Every Pilates move is based on principles of concentration, control, fluidity, breath and balance. Pilates strengthens core stability, improves posture and is very effective for back problems.



SPA ETIQUETTE

SPA APPOINTMENTS

Please consult our One&Only spa reception for assistance in selecting treatments to fulfill your personal requirements. To ensure availability, advance reservations are highly recommended. To make your appointment, guests in-house can either call One&Only spa at ext. 7658/7633 or visit us.

CANCELLATION AND CHANGE POLICY

If you must reschedule or cancel your spa appointment, please notify us at least 24 hours in advance to avoid cancellation charges. A 50% charge of the service reserved will be levied for any treatments cancelled less than 24 hours prior to the appointment. A full charge will incur for all no-show appointments and those cancelled within 12 hours.

WHAT TO WEAR

We provide a robe and a pair of slippers at one&only spa. For your comfort, disposable undergarments are provided before the start of your treatment. Our therapists are highly trained in proper draping procedures for your complete privacy.

ARRIVAL

We suggest you arrive 30 to 45 minutes prior to your scheduled appointment time to enjoy the full use of our exclusive spa facilities - steam, sauna room and lap pool. Please be advised that a late arrival will result in a reduction of your treatment time.

HEALTH MATTERS

Please inform us of any health conditions when booking your appointment. These include high blood pressure, heart conditions, allergies, recent surgeries or pregnancy.

SPA DETAILS

Lockers are provided for your convenience, with a robe, towels and slippers. Spa amenities are available for your use. During all treatments you will be properly draped for ensured privacy.

AMBIENCE

The spa environment is one of tranquility and relaxation. Please respect the privacy of other guests by speaking in a soft voice or simply enjoying the silence. We kindly request that you refrain from using mobile phones or cameras in the spa. Smoking is prohibited throughout the spa.

PREGNANCY

Our 'only nurture' treatments are designed for expectant or nursing mothers. Please allow our spa team to guide you in selecting suitable treatments. For your safety, 'only nurture' treatments are not allowed before the first trimester and after the third trimester and not recommended 24 hours before or after travelling.

SHAVING AND MEN'S FACIALS

For best results, we recommend that men shave a few hours prior to their facial treatments.

VALUABLES

It is recommended that you leave valuables in your guest room safe. The Spa does not assume liability for any valuables.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the spa facilities.

RESERVATIONS

To avoid disappointment, we advise making reservations in advance. To discover the perfect treatment combination for you, we recommend a consultation with our resident Spa team.

AGE REQUIREMENTS

For guests under the age of 16, access cannot be given for use in the changing room and heat facilities. For treatments, please consult our family spa menu.

ONE&ONLY SPA GIFT VOUCHERS

An ideal gift for someone special. Please contact the Spa Reservations team for further details of the perfect gift.

SPA BOUTIQUE

To continue your spa regime and experience at home, all ESPA products used within your treatments are available at One&Only Spa reception, where one of our team members will be delighted to advise you on the most suitable products for your needs. An exclusive line of unique products for bath, body and home are available for you to indulge in an at-home spa treatment.

LOST PROPERTY

All lost property found on the premises should be handed in to Spa Reception. Items will be stored for four months, if they are not collected within this time they will be donated to local charities.