
ORCHID
SPA

MASSAGE

ORCHID SPA SIGNATURE MASSAGE

60 min - $142
90 min - $174

Your trip to Bandos Island Resort and Spa would be incomplete without experiencing the most indulgent 90 minutes of this exotic treatment. A combination of Indian head massage with Thai and Swedish massage to result in an experience unlike no other.

PREGNANCY MASSAGE

60 min - $129

A special pregnancy massage reverses the negative effects of stress and removes pain and stiffness throughout your body. This massage helps improve circulation, relieve tension, improve and enhance muscle tone.

SWEDISH MASSAGE

60 min - $123
90 min - $155

This classic form of body massage enhances circulation, improves muscle tone, relieves tension and soothes tired muscles. A gentle, soothing and rhythmic massage that is sure to bring your body back to balance.

SPORTS MASSAGE

60 min - $123

Sports Massage Therapy involves the manipulation of muscle tissue, to treat a wide variety of sports and non-sports related conditions. This massage uses a series of powerful massage techniques to alleviate muscle tension.

AROMATHERAPY MASSAGE

60 min - $123
90 min - $155

Aromatherapy massage is a valuable relaxation technique for reducing anxiety and stress, and beneficial to the immune system. It is a holistic practice of using aromatic essential oils to evoke a pleasurable mood, remove negative energy and promote physical and mental revitalization.

TRADITIONAL THAI MASSAGE

60 min - $136
90 min - $161

Through deep muscle stretching, application of pressure on energy lines and emphasis on breathing, Thai massage eliminates muscle pain, muscle spasms, calms the nervous system and promotes a deep sense of relaxation with an increased energy

HOT STONE THERAPY

90 min - $155

Practiced in ancient medicine for centuries, heated Basalt stone massage is a technique renowned for its healing and relaxing properties, while providing individuals with a unique way to indulge. This specialty massage utilizes carefully placed heated Basalt stones, which rejuvenate and soothe the body and mind.

LOMI LOMI MASSAGE THERAPY

90 min - $155

Hawaiian Lomi Lomi massage is done with a long rhythmical motion using hands and forearms strokes. It increases flow of the blood and lymphatic systems and assists with the elimination of toxins. We use thumbs and elbows to stimulate specific pressure points ensuring comfort to the client.



All prices are quoted in USD and inclusive of 10% Service Charge & 17% TGST



INDIAN WELLNESS MASSAGES

SHIRODHARA

60 min - $155

Warmed medicated oil is poured continuously on the forehead. This treatment is recommended for reducing stress, mental tension, headaches, insomnia and enhances the nervous system

MARMA MASSAGE

90 min - $168

Deeply relaxing full body massage which focuses on the vital points and meridians using special medicated oil. This gives complete relaxation of the body and mind, provides good sleep, improves general vigor and rejuvenates the body.

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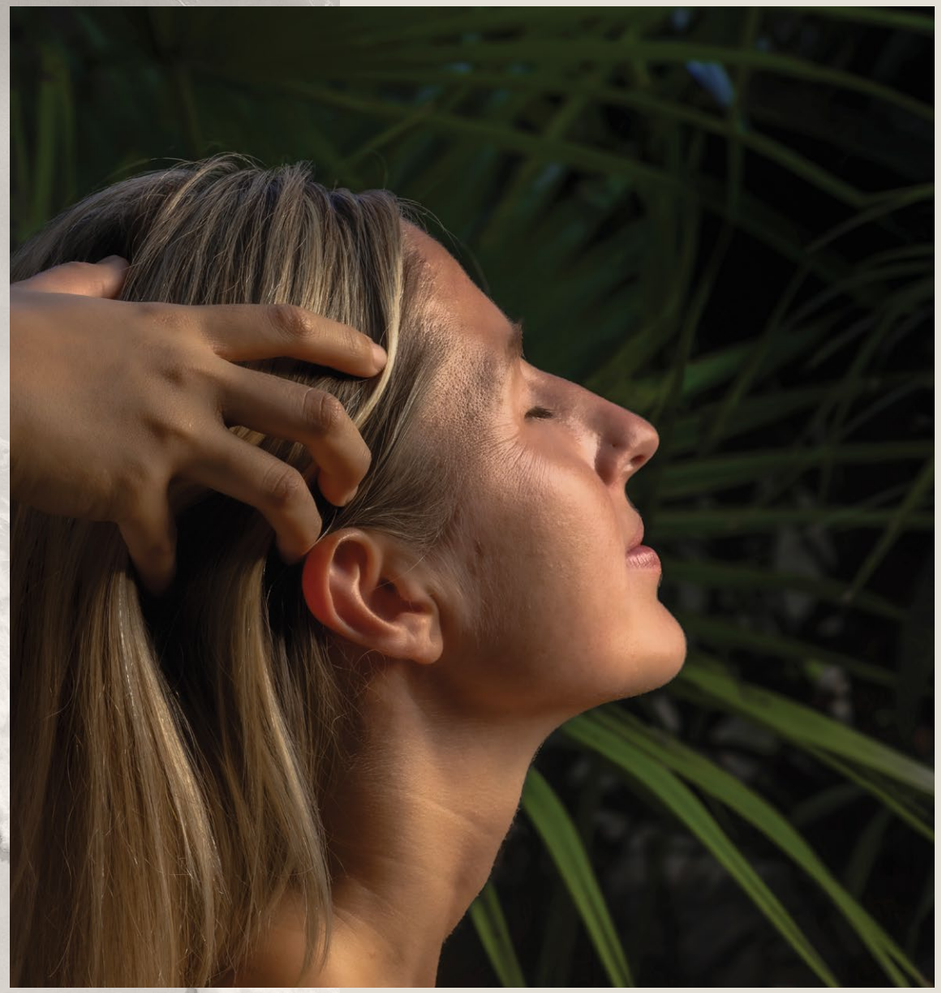

BACK, HEAD & FOOT

BACK MASSAGE
45 min - $97

Designed to help you make the most of your stay, this massage will loosen tight muscles in the back, neck, shoulder and arms whilst concentrating on the legs to leave you feeling balanced and re-energized.

HEAD MASSAGE
45 min - $97

The treatment focusses on the head, neck and shoulders using locally sourced virgin coconut oil. Enjoy this deeply relaxing Island ritual and feel the stress of a busy city life slip away.

FOOT MASSAGE
45 min - $97

Energize your soles with a vigorous and miracle-working foot massage using specific pressure points that relieves fatigue, increases circulation and invigorates the body.

BODY SCRUBS

Using naturally occurring exfoliants such as coconut, sea salt, espresso beans and mangosteen buff away dead skin cells to leave your skin feeling soft and silky.

ISLAND COCONUT BODY SCRUB
45 min - $123

Contains freshly grated coconut - good for sensitive skin.

MANGOSTEEN BODY SCRUB
45 min - $110

Contains mangosteen peel which is a natural anti-bacterial agent that heals sensitive skin.

INVIGORATING ESPRESSO BODY SCRUB
45 min - $110

Contains espresso beans - good for dry skin.

SENSATIONAL YLANG YLANG & JASMINE SALT SCRUB
45 min - $110

Combination of Ylang Ylang, Jasmine and sea salt. Best for calming and de-stressing.

BODY WRAPS

ALOE VERA HEALING MASK
40 min - $123

Replenish skin with the combined cooling effect of Cucumber and Chamomile before gently relaxing into a healing wrap that is infused with Aloe Vera. Combating sunburn and promoting hydration, skin will be soothed and nourished.

NOURISHING & FIRMING BODY MASK WITH GREEN TEA AND HONEY:
40 min - $110

A thoroughly nourishing and firming body mask de-stresses, firms and strengthens the skin, leaving it fresh, relaxed and nourished. Green Tea extract and honey has the ability to retain water and so serves as an Anti-aging agent for the skin by helping it locks in moisture.

INDULGENT & HYDRATING CHOCOLATE MASK
40 min - $110

An indulgent hydrating chocolate body mask is both a mood enhancer and skin moisturizer. The mask has a calming effect, and it leaves the skin protected and moisturized, feeling luxuriously soft, silky and toned

HYDRATING YOGHURT, HONEY & POMEGRANATE BODY MASK
40 min - $110

A body masks to help improve the skin texture. This treatment soothes, softens and moisturizes the skin, giving it a healthy glow. Pomegranate is a powerful anti-oxidant, fighting free radicals that damage and age the skin, and as such is a great remedy for skin damaged by sun exposure or aging.

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FACIALS

CLEANSING AND NOURISHING FACIAL

60 min - $123

oily and combination skin types Our Thai Tamarind & Curcuma cleanser will gently sweep away impurities and dead skin cells while maintaining the skins natural moisture, after a gentle cleansing, exfoliation and a relaxing hand treatment, you will emerge fresh-faced and glowing. A nourishing and firming facial mask with green tea and honey will de-stress, firm and strengthen the skin, leaving it fresh, relaxed and nourished.

RADIANT SKIN FACIAL

60 min - $123

for dry skin types In this facial treatment, a dose of powerful antioxidants are applied to infuse your skin with age defying nutrients that smooth fine lines, improve texture and offer immediate, striking results. While the facial mask nourishes and firms your skin you will enjoy a gentle hand massage, the facial will be completed with radiance boosting collagen serum that gives the face more vibrant look.

HYDRATING AND CALMING FACIAL

60 min - $123

for all skin types, This aroma therapeutic facial combines Asian healing techniques with a bouquet of naturally active ingredients. This luxurious facial massage, gentle exfoliation and relaxing hand treatment is a divinely relaxing facial designed to rejuvenate and protect the skin.

FACE MASSAGE

45 min - $71

Concentrates only on the face using a mild massage cream and face-lifting massage technique.

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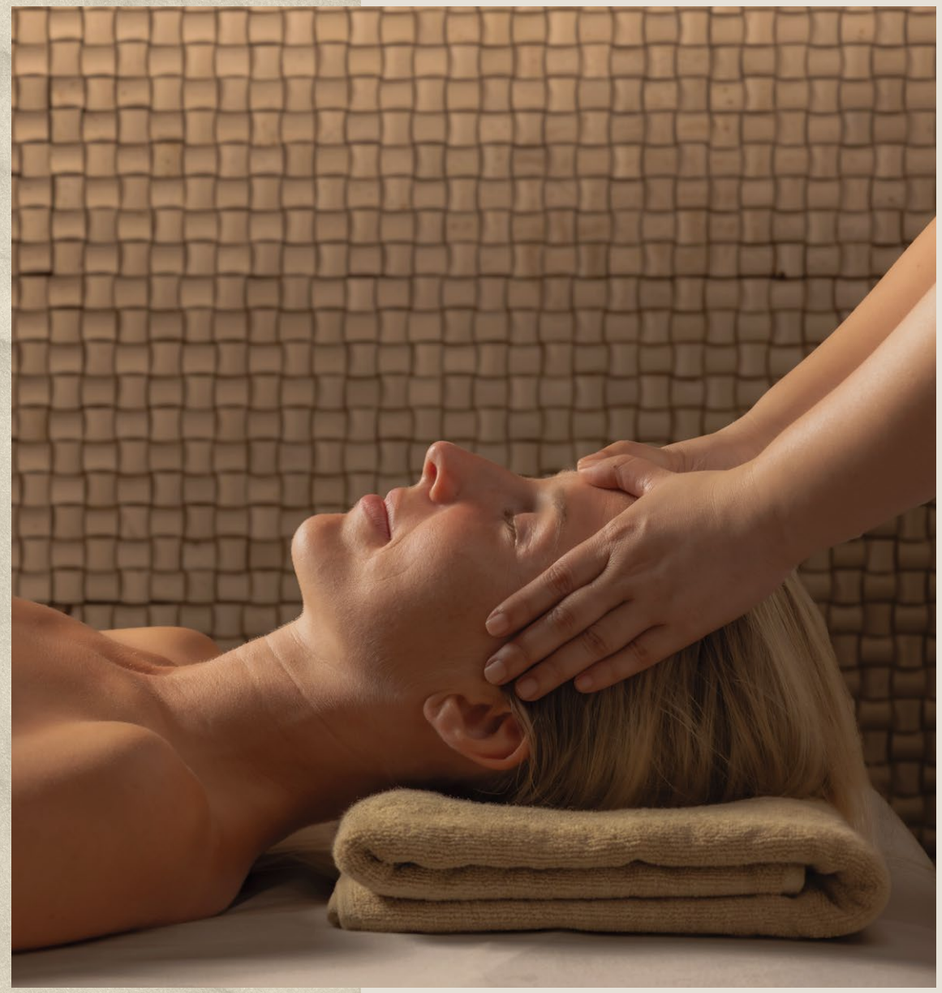



SPA PACKAGES

ORCHID ROMANCE — 165 min - $644

The treatment is conducted in a private spa suite guaranteeing your privacy and exclusivity. The treatment starts with a Jacuzzi bath followed by a body scrub and rain shower, delicious body wrap and aromatic oil full body massage. Enjoy a glass of champagne at the end of your treatment.

SPA DELIGHT — 90 min - $206

Enjoy a tropical spa break with a choice of your exotic spa scrubs to revitalize tired skin followed by a therapeutic 55 minute full body massage.

SUN SENSATION (SUNBURN) — 90 min - $206

Over-exposure to the sun can lead to very sensitive and painful sunburn. This package is designed to relieve your suffering with a facial specific to your skin type and an Aloe Vera Healing Mask.

EXOTIC MALDIVES — 90 min - $206

The exfoliating properties of freshly grated coconut mixed with rice bran leaving your skin feeling rejuvenated. This is followed by a luxurious Swedish massage using locally sourced virgin coconut oil.

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WAXING

Upper Lip	15 min	$13
Upper Lip, Chin & Eyebrows	25 min	$32
Under Arms	10 min	$26
Chest	45 min	$52
Arms	35 min	$46
Half Legs	35 min	$46
Full Legs	55 min	$71
Back	55 min	$71

KIDS TREATMENTS

4 to 12 years old Treatments are done with the utmost care and comfort for our young guests. We require parents/guardians to remain in the spa during the service.

Pretty Fingers:	30 mins	$52
Terrific toes:	30 mins	$52
Kids Nail Art :	30 mins	$39
Island Pampering Massage:	30 mins	$65

SPA BATHS

Orchid Romance Bath:	30min	$65
Flower Bath :	30min	$65

YOGA

Yoga:	60min	$45

SALON SERVICES

Pedicure	60 min	$84
Manicure	60 min	$65
Women's Haircut	45 min	$71
Men's Haircut	45mins	$58
Crème Bath	45 min	$97
Hair style & Makeup	90 min	$129
Nail Polish	30 min	$52
Eyebrow plucking	30 min	$46
Shampoo & Blow Dry	30 min	$58

ADD ONS

(Can be offered when added to other treatments)

Head	30 min	$45
Shoulder	30 min	$45
Back	30 min	$45
Neck	30 min	$45
Face	30 min	$45
Hand	30 min	$45
Foot	30 min	$45
Romantic Rendezvous	30 min	$45

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SPA POLICIES

OPENING HOURS
10.00 – 19.00 hours daily
Last appointment for the day is 18.00 hours.

SPA ETIQUETTE
To help us maintain a peaceful and serene atmosphere at the Spa, please turn off your mobile phones while you are inside the premises. Please be respectful and considerate of the privacy and convenience of other guests.

BOOKINGS
We strongly recommend booking your treatment in advance to reserve your preferred appointment time. Please inform us of any changes to your appointment time. You must arrive at least 15 minutes before the start of your treatment. Treatment times are strictly adhered to and if you arrive late for your treatment; the treatment will still be Completed at the scheduled time.

CANCELLATIONS
A minimum of three hours notice is required for cancellations.
Guests will be charged for the full price of the treatment if guests fail to honor their treatment time.

MEDICAL CONDITIONS
If you have a history of a medical conditions such as hypertension, heart conditions or are pregnant, we recommend you consult with the in-house doctor prior to the appointment. Please inform the spa receptionist of any pre-existing medical conditions prior to the treatment.

ALCOHOL AND SMOKING
Orchid Spa is non-smoking environment and consumption of alcohol on premises is not permitted unless provided as part of a package.

VALUABLES
We recommend that no jewelry should be worn during treatment. Please keep your belongings safe in your room. The management will not be held responsible for the loss of money or valuables of any kind brought into the spa premises.

CHILDREN
All children under sixteen must always be accompanied by parents. Under 16’s are not permitted to use the steam room and sauna facility under any circumstances.



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