

Serenity
spa



An invitation
to *unwind*



Where wellbeing unfolds, *naturally*.

Tucked above the turquoise lagoon, our four overwater treatment suites and oceanfront yoga pavilion offer a tranquil escape. Here, the mind slows, the body softens and the soul is free to simply be.

At Serenity Spa, we take a gentle, holistic approach to wellbeing. Our therapies draw on time-honoured healing traditions and the natural power of plants, combined with intuitive touch and result-driven techniques. Treatments are guided by the belief that the smallest details often make the greatest difference.

We use carefully chosen products, each selected for their purity, efficacy and respect for both skin and environment. From advanced facial rituals and grounding bodywork using Natura Bissé, Aromatherapy Associates and Obsidian skincare For Men, to locally inspired remedies and award-winning nail and grooming treatments by Margaret Dabbs London, every detail is crafted to restore balance, beautifully and without fanfare.

This is wellbeing, the Milaidhoo way - unhurried, intuitive and deeply restorative.

Serenity Spa *Ceremonies*



Immersive experiences designed to quiet the mind, restore the body and lift the spirit.





Two Souls *Heart-opening, loving, joyful*

Your treatment begins with a full-body exfoliation to buff away dry skin and awaken circulation. This is followed by a unique massage that blends eastern and western techniques: precise pressure points to stimulate the nervous system, Swedish and neuromuscular strokes to release deep-seated tension and lymphatic drainage to encourage detox and flow. A rebalancing facial completes the experience, with a cleanse, exfoliation and treatment mask to renew and illuminate the skin.

150 Minutes

Soul Revival *Revitalising, awakening, grounding*

Awaken your senses with a revitalising full-body exfoliation to boost circulation and energise the skin. A soothing massage follows, combining essential oils with warm basalt stones to melt away tension, ease aching joints and release muscular stiffness. The experience concludes with a gentle facial cleanse and exfoliation to leave your skin refreshed and radiant.

120 Minutes

Island Reset *Joyful, energising, rebalancing*

A remedy for the jet-lagged and travel-weary, this restorative treatment helps reset body and mind when you're feeling foggy, fatigued and out of sync. Designed to counter the physical and mental toll of long-haul travel, it includes a deeply hydrating facial to calm, rehydrate and refresh tired skin, so you leave feeling rebalanced, recharged and ready to begin again.

120 Minutes

Serenity Time *Relaxing, blissful, renewing*

Experience our signature Serenity Spa ritual – designed exclusively to soothe aching muscles, calm overstimulated minds and revive tired skin. The journey begins with a full-body massage that blends deep pressure, dynamic stretches and flowing movements to release tension and restore energy flow. This is followed by a rejuvenating facial massage using potent botanical actives and expertly blended essential oils, leaving skin radiant and spirit deeply relaxed.

120 Minutes



Serenity Under the Stars for Two

Tension relieving, rejuvenating

Experience serene treatment under thousands of stars and the calming sound of the sea to relax your mind and body. Your treatment begins with a full-body massage that blends Eastern and Western techniques to improve circulation and release muscle tension. This is followed by a face-lifting massage and a collagen-rich mask designed to stimulate collagen production and leave your skin glowing.

- 60 min intuitive massage
- 15 min lifting face massage
- 15 min collagen face mask

Available at 20.30 only, weather permitting.

90 Minutes

Natura Bissé

Barcelona

At **Natura Bissé**, we design treatments with both your skin and your inner well-being in mind. Every step is meticulously examined by our therapists, who fine-tune each detail to offer you unforgettable rituals.



Skin Atelier *Facials*

Our Natura Bissé facials blend cutting-edge skincare with the most advanced professional techniques. Every step of each ritual has been meticulously studied and tested by our team of aestheticians to ensure effective solutions that allow you to enjoy the power of touch. Our beauty treatments transform your skin ... and your mood.

SIGNATURE FACIALS

Diamond Tropical Glow

Age-defying, rejuvenating, hydrating

Exclusive Rejuvenation Ritual

Our state-of-the-art treatment captures the essence of the Diamond age-defying collection to reveal dramatically rejuvenated skin. This is our most luxurious experience, combining the most effective formulas with exquisite textures and aromas designed to nurture both body and mind. It is ideal for dull or dehydrated skin, helping to restore suppleness while leaving the skin smoother, firmer, and more radiant.

120 Minutes

Diamond Inhibit Zero Gravity with LYMA

Line-smoothing, lifting, plumping

A cutting-edge line-maximising treatment designed to relax the appearance of wrinkles and reveal firmer-looking skin, using LED therapy light by LYMA. Our advanced line-smoothing facials effectively minimises the look of wrinkles. Through a visible lifting effect, powerful plumping action and effective massage techniques, this treatment noticeably rejuvenates the skin's appearance and reveals tighter and suppler skin. Enjoy the firming assets of the INHIBIT collection, together with exclusive techniques that enhance its effect, such as the remodelling and lifting face and arms massage. An experience that combines immediate effectiveness with the most careful textures and aromas.

60 Minutes

CLASSIC FACIALS

Citrus Essence

Revitalising, collagen boosting, anti-aging

Revitalise your skin with an infusion of collagen-boosting vitamin C. This antioxidant-rich ritual envelops the senses with the refreshing citrus aromas and silky textures of the C+C vitamin formulas, while exclusive firming massage techniques enhance elasticity and help reduce the visible signs of premature ageing. Perfect for sun-damaged, dehydrated or lacklustre skin, this facial treatment leaves the complexion brighter, more supple and beautifully luminous.

60 Minutes

Essential Lift

Lifting, anti-aging, replenishing

Replenish the skin with this advanced facial, expertly designed to restore volume, hydration and firmness. Combining three types of collagen, skin-nourishing active ingredients and exclusive massage techniques, this treatment delivers a powerful rejuvenating action. It is ideal for those seeking to redefine facial contours; it provides a visible lifting effect, helps minimise the appearance of wrinkles and improves skin elasticity.

60 Minutes

Body Treatments



Our Natura Bissé body treatments go beyond the ordinary – they're immersive journeys for your senses, designed to leave your skin radiant and your spirit renewed. Feel the expert touch of our aestheticians, blending ancient wisdom with cutting-edge massage techniques that unlock deep relaxation and vitality. Inhale tranquillity, surrender tension and emerge with a glowing sense of wellbeing. Talk to our skincare specialists to uncover the perfect ritual tailored just for you.



SIGNATURE MASSAGES

Serenity Bespoke Massage *Hydrating, relaxing, revitalising*

This personalised massage is tailored to your preferences and mood. Experience a truly unique sense of wellbeing with this bespoke massage that puts you in control. Choose the duration, techniques and aromas that suit your mood and needs. Designed to deeply hydrate the skin and promote total relaxation, it adapts seamlessly whether you seek de-stress, detox, fitness recovery or energising revival.

90 Minutes



FOR VITAMIN C LOVERS

Sun-Kissed Skin Ritual

*Energising, renewing,
revitalising*

The Vitamin C ritual that restores radiance diminishes the signs of aging and boosts your glow. This luxurious ritual is based on the C+C vitamin collection. It all starts with pleasant body exfoliation, followed by the rich body wrap C+C ascorbic soufflé mask. While you enjoy this relaxing wrap, receive an effective antioxidant facial treatment, closing with an incredible full-body massage with energising techniques. You will feel the skin incredibly soft, hydrated and luminous.

120 Minutes

Citrus Renewal *Exfoliating, polishing, softening*

A revitalising transformative citrus body exfoliation for mind and body. This sensory, skin-polishing ritual boasts highly effective exfoliating agents that eliminate dead skin cells for extraordinarily radiant, soft skin. Perfect for dull and lacklustre skin and for those who have experienced environmental damage.

60 Minutes

FOR VITAMIN C LOVERS

Citrus Drench *Firming, hydrating, glowing*

Immerse yourself in a vibrant citrus journey with this exfoliating and revitalising body wrap, delivering a potent boost of vitamin C to firm the skin and awaken your senses. Ideal after sun exposure – or anytime you crave a refreshing treat – this treatment leaves your skin silky smooth, deeply hydrated and radiant with natural luminosity. Perfect for those seeking maximum softness, firmness and all-over glow.

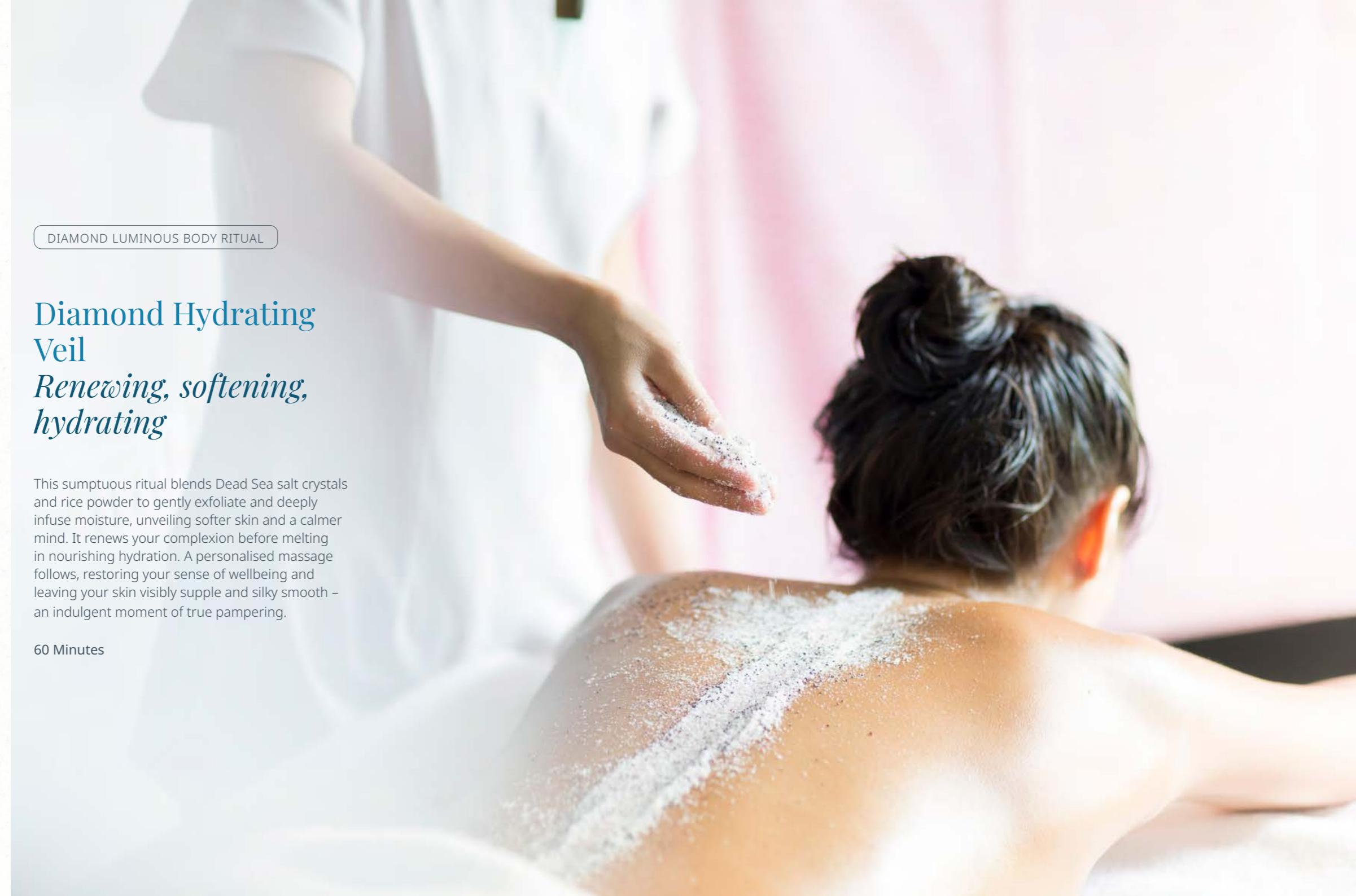
60 Minutes

DIAMOND LUMINOUS BODY RITUAL

Diamond Hydrating Veil *Renewing, softening, hydrating*

This sumptuous ritual blends Dead Sea salt crystals and rice powder to gently exfoliate and deeply infuse moisture, unveiling softer skin and a calmer mind. It renewes your complexion before melting in nourishing hydration. A personalised massage follows, restoring your sense of wellbeing and leaving your skin visibly supple and silky smooth – an indulgent moment of true pampering.

60 Minutes



Enhancers with *Extra Touches*

BODY & FACE RITUALS

Ocean Breeze *Hydrating, revitalising, perfecting*

Awaken your skin's natural radiance with this purifying treatment. Masterfully combining our Oxygen collection formulas with a soothing remodelling massage and other exclusive techniques, this refreshing ritual deeply hydrates and promotes a healthy-looking complexion. Ideal for reducing imperfections and revitalising dull skin, this facial is perfect for those with dehydrated or lacklustre skin and is especially beneficial for frequent fliers, smokers and urban dwellers.

30 Minutes

BODY & FACE RITUALS

Serenity Express Repair *Nourishing, hydrating, firming*

Restore sensitive skin with this nourishing express ritual. Designed to comfort sun-exposed or delicate skin in need of a gentle touch, this treatment helps maintain optimal hydration levels while delivering firming and revitalising benefits. Skin is left calm, supple and beautifully refreshed with a healthy-looking glow.

30 Minutes

Chill Out *Activating, refreshing, cooling*

Revitalise your body with a cooling refresh for tired legs using cryo-gel. This soothing cold sensation combined with potent active ingredients boosts circulation, eases fatigue and leaves you feeling fresh and renewed.

30 Minutes



FOR VITAMIN C LOVERS

Stress Relief

Tension-relieving, relaxing, calming

Experience targeted massage for stress relief, focusing on specific areas like the neck, shoulders or legs to release built-up tension and promote deep relaxation. Perfect as an add-on to enhance your overall wellbeing.

30 Minutes

FACE & EYE ENHANCERS

Mask Boost

Lifting, firming and refining

A quick firming and lifting fix to double your benefits. Masks multiply the benefits of any treatment. Add this rejuvenating option to experience extraordinarily radiant skin.

Ideal for:

- Those looking for revitalise and firm skin
- All skin types, even sensitive skin
- Perfect to treat neck and décolleté

15 Minutes

S.O.S Boost

Soothing, comforting, restoring

This immediate skin solution soothes, comforts and restores suppleness, making it the perfect ally for sensitive, altered or delicate skin. Designed to provide rapid relief, it leaves your skin feeling calmer and more comfortable in record time – especially beneficial after medi-aesthetic procedures or when your skin is feeling sensitised.

15 Minutes



Relax & Sleep

Relaxing, soothing, grounding

The ultimate massage for your best night's sleep. Precisely applied pressures relieve key areas of fatigue and tension, calming the nervous system, whilst our award-winning essential oil blend sedates, soothes and grounds you to a serious state of slumber and relaxation.

60 - 90 Minutes

Intensive Muscle Release

Destressing, soothing, restorative

An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension, specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at a desk, your body can easily become stiff, tight and painful. Swedish and cross-muscle fibre massage movements with dynamic stretching and drainage are combined with beneficial oils for boosting circulation. Black pepper, rosemary and ginger warm the muscles and disperse the buildup of lactic acid that causes stiffness and pain.

60 - 90 Minutes

Detox & Drainage

Invigorating, circulation-boosting, lightening

A full-body detoxifying and invigorating massage on the lower body using circulation-boosting essential oils to support lymph drainage and help with sluggish, heavy legs.

60 - 90 Minutes

Vigour Back Release

Tension-releasing, relaxing, soothing

This back massage uses specific techniques to align your energy, balance your nervous system and release deep-seated tension from your muscles.

30 Minutes

AROMATHERAPY FACE BEAUTY

The Ultimate Wellbeing Facial

Destressing, restorative, sculpting

More than just a facial, this pioneering treatment is designed to reduce stress throughout the body while encouraging complete reset and rejuvenation for both skin and mind. The ritual begins with a double cleanse and gentle exfoliation using potent natural botanical actives, followed by a sculpting facial massage that lifts and tones. Targeted pressure points and lymphatic drainage promote circulation, revealing visibly radiant, healthy skin. This holistic, head-to-toe experience nurtures physical and emotional wellbeing, leaving you refreshed inside and out.

90 Minutes

The Ultimate Rebalancing Facial

Soothing, rebalancing, calming

A calming facial designed specifically for stressed skin, this treatment invites you to unwind through intuitive aromatherapy inhalations, mindful breathing rituals and a blend of essential oils and botanical actives. Gentle cleansing, exfoliation and massage work in harmony to soothe the skin while helping your body lower its stress response. The result? Mind and body find balance, and your skin's natural radiance is beautifully restored.

60 Minutes

AROMATHERAPY FACE BEAUTY

The Ultimate Glow Facial

Revitalising, brightening, stimulating

A revitalising facial designed to support the skin's natural defences and combat the pressures of a busy lifestyle. The face is cleansed and exfoliated using botanical actives and carefully crafted essential oils to rejuvenate tired skin, targeting skin and mind for immediate results. Tailored scalp, face and décolleté massage help to release areas of tension and stimulate circulation for a glowing complexion.

60 Minutes



Restore your skin's
natural glow & vitality

BODY RITUALS

Rose Indulgence

Exfoliating, relaxing, softening

The ultimate exfoliation and wrap treatment to uplift the spirit and enrich the skin. Skin is exfoliated smoothly and then nourished with a full rose ritual from hair to toe. The treatment begins with guided breathing to aid relaxation, followed by full-body exfoliation, softening the skin and allowing the layering of rose products to fully absorb.

60 - 90 Minutes

Revive and Tone

Revitalising, firming, renewing

A full-body detox ritual is designed to revitalise skin, stimulate circulation and calm the nervous system. This five-stage treatment begins with dry body brushing to boost lymphatic flow, followed by an invigorating exfoliation using sea salt and green coffee oil to awaken skin cells. A mineral-rich freshwater mud mask is then applied, cocooning the body to purify and refine, while a soothing scalp or foot reflex massage encourages deep relaxation. The experience concludes with a dynamic, drainage-focused massage to leave you feeling re-energised, rebalanced and renewed.

60 Minutes

BODY RITUALS

Aroma Sun Soother

Healing, hydrating, softening

Soothe and rehydrate overexposed skin with this cooling, refreshing treatment that combines the famous skin-healing properties of lavender with cooling peppermint and regenerative rose to rescue distressed skin. A moisturising and softening mix of oil and cream with evening primrose oil and shea butter is smoothed on before being left to penetrate with the body's own heat under a wrap. An ayurvedic scalp massage with frankincense inhalation works simultaneously on the physical, mental and emotional aspects.

60 Minutes

Aromatherapy Associates Mud Wrap

Stimulating, hydrating, recharging

The ultimate trilogy of exfoliation and mud mask stimulates lymph, removes dead skin cells while re-mineralising the skin, and intensely hydrates with the application of ginger and black pepper to recharge the mind and body.

60 Minutes



OBSIDIAN
SKINCARE FOR MEN



GENTLEMAN BY OBSIDIAN

Express Facial *exfoliating, hydrating, revitalising*

Discover the Obsidian Skincare for Men Express Facial – an efficient 30-minute treatment designed to deliver immediate results. Perfect as a standalone service or paired with a massage, this focused experience provides essential cleansing, exfoliation, hydration and revitalisation: the ideal solution for the modern man seeking quick yet effective care.

45 Minutes

GENTLEMAN BY OBSIDIAN

Detoxifying Facial *Refreshing, nourishing, protecting*

Specifically tailored for the modern man, these facials target the face, neck, and décolletage with precision. The treatment begins with deep cleansing, followed by gentle exfoliation and a purifying mask to detoxify and restore vitality to the skin. A facial massage incorporating silicone cupping techniques promotes lymphatic drainage, leaving your skin refreshed, nourished and protected against environmental stressors.

90 Minutes

Anti-Ageing Facial *Soothing, balancing, brightening*

Begin with a soothing facial cleanse, followed by a volcanic perlite exfoliation to unclog pores and refine skin texture. An enriching botanical-infused mask works to restore and rejuvenate the complexion, while a sculpting face massage with an obsidian stone roller enhances balance, suppleness and radiant vitality.

60 Minutes

Margaret Dabbs®
LONDON



Margaret Dabbs *Foot & Hand Treatments*

Margaret Dabbs™ London is a globally renowned British beauty brand, founded by Margaret Dabbs OBE. The PURE Hand & Feet range features vegan-friendly formulations expertly crafted to nourish, smooth and revitalise. Designed to elevate both the look and feel of your hands and feet, each product delivers a luxurious, transformative experience that blends advanced performance with everyday indulgence.

Supreme Pedicure

Relaxing, rejuvenating, transformative

This luxurious, 60-minute pedicure goes beyond beauty to focus on true foot health, delivering lasting, transformative results. Using the complete Margaret Dabbs™ London PURE Feet range – formulated to improve the look and feel of your feet – the treatment includes expert care and a deeply relaxing foot and leg massage for total rejuvenation.

60 Minutes

Supreme Manicure with Treatment Gloves

Soothing, moisturising, softening

This expert anti-ageing manicure delivers outstanding results with a targeted focus on nail and cuticle care. Using the award-winning Margaret Dabbs™ London PURE Hands range, the treatment is completed with a soothing massage of the hands and lower arms, leaving skin visibly rejuvenated and beautifully nourished.

50 Minutes

Express Pedicure

Refreshing, refining, perfecting

Our Express Pedicure is performed on dry skin using expert techniques for exceptional results. Nails are flawlessly filed and buffed, and cuticles perfected, using select products from the professional-grade Margaret Dabbs™ London PURE range, leaving feet refreshed, refined and beautifully presentable in minimal time.

45 Minutes

Express Manicure

Refreshing, refining, perfecting

Our Express Manicure is expertly performed on dry skin to deliver instant, immaculate results. Nails are perfectly filed, and cuticles are carefully treated using select products from the professionally formulated Margaret Dabbs™ London PURE Hands range, leaving hands beautifully groomed and effortlessly refined.

40 Minutes

LEG & HAND THERAPY

Relieving and Toning Leg Mask Treatment

Stimulating, soothing, energising

This outstanding, time-reactive Black Leg Masque Treatment is designed to relieve the feeling of heavy, tired and uncomfortable legs. It works to help stimulate circulation and reduce water retention while providing a cooling sensation to soothe puffy, swollen or fatigued legs, perfect for jet lag. Legs are left feeling energised with lasting results.

60 Minutes

LEG & HAND THERAPY

Anti-Aging Hand Therapy

Revitalising, brightening, plumping

A true facial for the hands, this anti-ageing treatment by Margaret Dabbs™ London focuses exclusively on revitalising the skin, without nail or cuticle work. Beginning with a double cleanse, it features the brand's powerful Hand Mask followed by an indulgent massage designed to plump, brighten, hydrate and visibly rejuvenate. The result: beautifully radiant, youthful-looking hands.

30 Minutes

Luxurious Hand Facial With Led

Indulgent, radiance-boosting

Indulge in this luxurious anti-ageing hand treatment that restores youthful glow and vitality. It starts with a gentle double cleanse, followed by LED Hand Mitts to boost collagen and enhance skin renewal. Enjoy a nourishing hand mask and calming massage that improve hydration and circulation. Perfect for reducing pigmentation and fading age spots, this treatment leaves your hands smooth, brightened, and beautifully revitalized.

60 Minutes

AstreaNatura™ Led Hand Mitt

Innovative, soothing, revitalising

Experience the luxurious Astraea Natura™ LED Hand Mask by Margaret Dabbs® London for visible results in just minutes! This innovative treatment uses soothing silicone mitts and advanced light therapy to stimulate collagen, reduce pigmentation, and smooth uneven texture, leaving your hands rejuvenated and radiant. Perfect for hydration and brightening, it's the ideal at-home solution for salon-quality results!

30 Minutes

ADD-ONS

Luxury Hand Mask

Relaxing, brightening, hydrating

It's a perfect treatment for pairing it with a facial or foot therapy or adding it on to any treatment to brighten and hydrate your hands.

15 Minutes

ADD-ONS

Polish Change

Refreshing, reviving, enhancing

Select the perfect polish to elevate your fingers or toes with a flawless, fresh finish.

15 Minutes







Spa Etiquette

OPENING HOURS

Serenity Spa is open from 09.00 till 20.00

CANCELLATION OF A RESERVATION

A booking cancellation fee of 100% will be charged on all services cancelled or rescheduled within 4 hours or less of the appointment time.

WHEN TO ARRIVE

We invite you to arrive 15 minutes before your appointment to relax with a welcome drink and complete your consultation.

WHAT TO WEAR

Serenity Spa offers changing facilities where bathrobes and disposables are provided.

LATE ARRIVAL

While we will do everything to accommodate late arrivals, a booking may not be honoured if it affects subsequent guests. In the event you arrive late, your treatment might be cut short or cancelled without a refund.

FACIAL TREATMENT

We recommend guests receiving facials remove their contact lenses and bring personal cases for storage. To all gentlemen who receive facials, we recommend shaving in the morning prior to facial treatment.

IN-VILLA MASSAGE

Selected spa treatments are available to be performed in your villa with double price applicable.

ETIQUETTE

Our spa is a place of peace and tranquillity; to respect this place, Serenity Spa is a mobile phone and smoking-free area. Spa

RESERVATION

We highly recommend booking your treatment in advance to ensure that your preferred time and service are available. To make a reservation or for further information, please enquire with your personal butler or dial 460 for Serenity Spa.

HEALTH CONCERNS

Guests who have certain health concerns are invited to see us for a consultation before making an appointment and we'll be able to give you the best advice about possible treatments. In some cases, we would require a note from your doctor stating that it is safe to perform the requested treatments.

LOSS OR DAMAGE

It is recommended to leave valuable items in your safety box at your villa. Any loss or damage of valuables is under the guest's own responsibility.

PREGNANCY

Our priority is your safety. For this reason, some of our treatments aren't suitable for pregnant ladies in their first trimester. Our spa team is available to advise on suitable treatment for you.

PAYMENT

All treatments will be charged to your villa to be settled at check-out.

PRICING

All pricing is quoted and charged in USD \$. Prices are subject to 17% government taxes and a 10% service charge.



Milaidhoo

MALDIVES

www.milaidhoo.com

SMALL
LUXURY
HOTELS
OF THE WORLD®