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

Designed as a shared experience for couples, this sensual ritual begins with moments together in a rain shower and steam experience, followed by a luxurious full-body exfoliation, an intuitive massage where the power of expert touch melts away tension, restores balance and deeply revitalises both body and mind.

The journey is completed with a purifying facial that delivers a supply of pure oxygen to the skin, leaving the complexion refreshed and radiant.

150 Minutes

Soul Revival
Revitalising, awakening, inspiring

Awaken your senses with a revitalising full-body exfoliation, followed by a therapeutic aromatherapy massage personalised to your individual wellbeing needs. A bespoke essential oil blend is combined with Swedish, neuromuscular and reflexology-inspired techniques, warm basalt stones and targeted pressure-point work to ease muscular aches and joint tension, balance the nervous system and encourage the body into a deeply restorative state of rest and repair.

120 Minutes

Serenity Time
Energising, invigorating, grounding

Advanced technology facial and body ritual designed to invigorate senses, restore balance and reveal radiance. Combining body alignment, warm therapeutic touches and balancing cranial massage, followed by a myofascial facial with Gua Sha, this deeply restorative experience works to encourage relaxation and support vagal nerve stimulation.
A harmonious fusion of mindful touch and sculpting techniques elevates rejuvenation and emotional wellbeing to a new level, leaving you feeling grounded, renewed and visibly luminous.

120 Minutes

Serenity under the stars for two
Indulging, harmonising, romantic

This indulgent retreat includes a curated head-to-toe journey of care, celebration and discovery under the stars, serenaded by the gentle rhythm of the sea. Your relaxation ritual blends the finest elements of Eastern and Western massage traditions and concludes with a toning, facial-lifting massage and nourishing facial mask, leaving the complexion refreshed and luminous and the body and mind completely renewed.

Available from 19:00, weather permitting, with 24-hour advance booking required

90 Minutes



Serenity Spa Specialities

Created in collaboration with Aromatherapy Associates, Pause & Reset brings together clinical insight, aromatherapy expertise and restorative ritual to support the body through hormonal change. The treatment is designed to address the shifting hormonal landscape of menopause in women, as well as changes in testosterone and other hormones in men.

Taking a holistic approach, it supports hormonal wellbeing while complementing broader goals around longevity, balance and overall health.

Pause & Reset
Invigorating, therapeutic, supporting

A deeply nurturing aromatherapy ritual designed to restore balance to both body and mind. Following a personalised consultation, bespoke essential oil blends are paired with invigorating dry body brushing, therapeutic massage, restorative abdominal therapy, nourishing hand and foot rituals and a calming facial to ease tension and promote overall wellbeing. Perfect for anyone seeking to balance their mood, support hormonal wellbeing, enjoy dedicated hand and foot therapy, or simply pause, restore and reconnect.

90 Minutes

Recovery Reset
Deep Relaxing, myofascial release, mobility

An advanced deep tissue aromatherapy treatment designed to relieve chronic muscular tension, restore freedom of movement and support long-term physical wellbeing. Following a personalised aromatherapy consultation, bespoke essential oil blends are expertly paired with advanced bodywork techniques, including myofascial release, deep tissue massage and targeted therapeutic movements, to release restriction, improve mobility and encourage muscular recovery. Created to promote longevity, resilience and optimal movement, this transformative treatment leaves the body feeling stronger, lighter and profoundly restored.

90 Minutes

Natura Bissé
Barcelona

At **Natura Bissé**, treatments are designed with skin and inner wellbeing in mind.
Every step is meticulously examined by experienced therapists fine-tuning each detail for unforgettable rituals.



Skin Atelier *Facials*

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 aestheticians to ensure effective enjoyment of the power of touch. Our beauty treatments transform your skin ... and your mood.

SIGNATURE FACIALS

Diamond Tropical Glow
Age-defying, rejuvenating, hydrating

Using the most advanced scientific formulas from Natura Bissé with myo-facial massage techniques, this luxurious treatment breathes life into skin, softening lines and wrinkles, enhancing firmness, and unveiling a radiant, youthful glow.
Perfect for dull, dehydrated, or mature skin - or for anyone seeking to defy the signs of time - this magnificent treatment visibly lifts, smooths, and sculpts facial contours, leaving the skin firmer, suppler and luminous.

120 Minutes

Inhibit Zero Gravity with Lyma
Line-smoothing, plumping, lifting,

A cutting-edge line-maximising treatment designed to relax the appearance of wrinkles and reveal firmer-looking skin, enhanced by the LYMA Photobiomodulation technology.

Experience the power of an advanced lifting ritual designed to counteract the visible effects of gravity. This high-performance treatment smooths the appearance of wrinkles while visibly firming the face, neck and décolleté. Through expertly applied techniques and cutting-edge formulas with INHIBIT collection, skin regains its suppleness, firmness and definition. Perfect as a sophisticated alternative, this facial leaves your skin visibly lifted, redefined and radiant with renewed vitality.

75 Minutes

CLASSIC FACIALS

Citrus Essence
Replenishing, brightening, revitalising

Revitalise dull skin with the power of the C+C Vitamin Line to restore vitality and suppleness while enhancing complexions and skin aged by the sun. It includes a vitamin C infusion to boost luminosity and 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
Firming, lifting regenerating

Indulge in a concentrated facial ritual created to replenish, firm and restore radiance to skin showing visible signs of ageing and hormonal change. A luxurious infusion of collagen-supporting nutrients is paired with an exclusive sculpting massage designed to refine facial contours and encourage a lifted, toned appearance. The ritual supports the skin's natural collagen and promotes a smoother, firmer-looking complexion.

60 Minutes

Body *Treatments*

Natura Bissé body treatments go beyond the ordinary – they are immersive journeys for your senses, designed to leave skin radiant and spirit renewed. Feel the expert touch of 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.



SIGNATURE MASSAGES

Serenity Bespoke Massage
Personalised, restoring, immersing

Step into sensory indulgence where expert touch, advanced massage artistry and luxurious body rituals come together to renew the skin and restore the senses. Breathe deeply, surrender to the moment and experience the transformative power of personalised touch.

Your therapist will curate a bespoke Diamond Well-Living ritual, tailored to your body, skin and desired state of wellbeing. Whether you seek deep relaxation, renewed energy or complete restoration, each ritual is designed around one simple question:

how would you like to feel today?

90 Minutes



FOR VITAMIN C LOVERS

Sun-Kissed Skin Ritual
Energising, refreshing, glowing

A complete body and facial ritual inspired by the C+C Vitamin Collection.
This luxurious ritual starts with refreshing body exfoliation, followed by the rich C+C Ascorbic Soufflé mask wrap. While cocooned, enjoy an antioxidant facial before completing the experience with an energising full-body massage. Emerge with skin soft, hydrated and radiant, with a fresh, healthy-looking glow.

120 Minutes

Citrus Drench
Firming, hydrating, perfection

Immerse yourself in a vibrant citrus body perfection 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 and natural luminosity. For those seeking ultimate softness, firmness and all-over glow.

60 Minutes

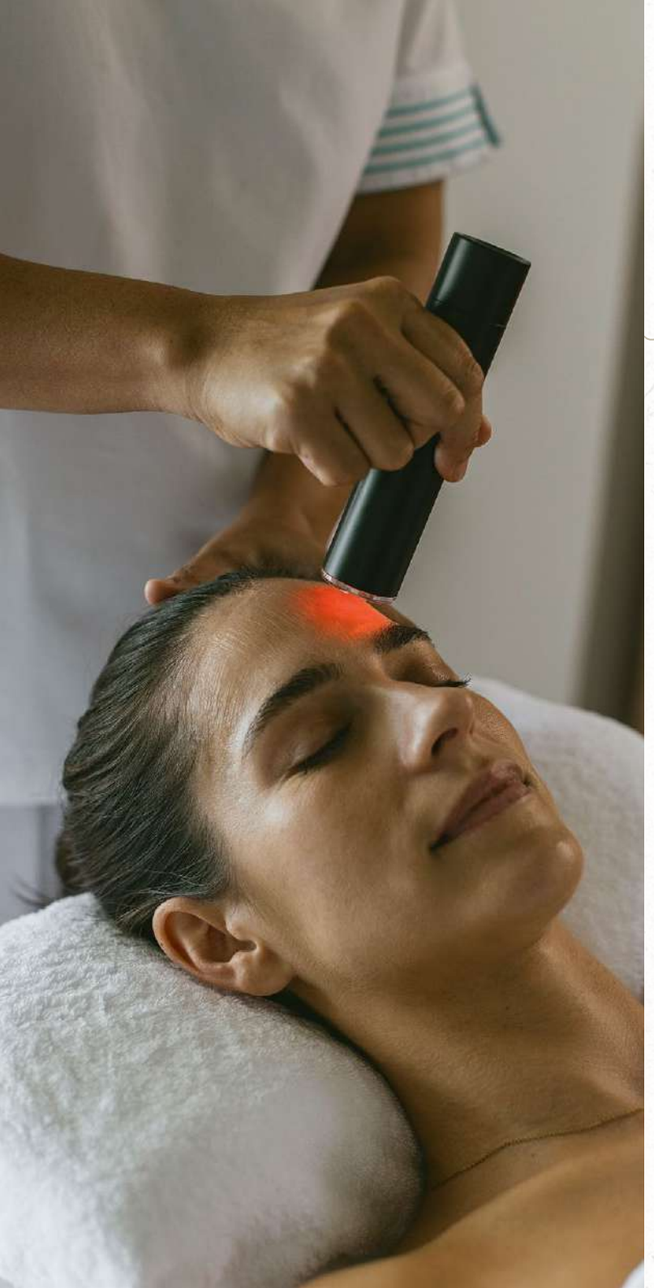
DIAMOND WELL-LIVING

Diamond Hydrating Veil
Polishing, cocooning, unveiling

An indulgent renewal ritual inspired by the mineral richness of the Dead Sea. Fine Dead Sea salt crystals and olive seeds gently polish and refine the skin, followed by a nourishing body mask that cocoons the body in luxurious moisture. A personalised massage then melts away tension, restoring a deep sense of wellbeing while leaving the skin beautifully supple, smooth and luminous. A transformative ritual for skin, body and senses.

60 Minutes





Enhancers with *Extra Touches*

EXPRESS FACIAL

Ocean Breeze
Hydrating, purifying, essential

Perfect for skin affected by stress, environmental exposure, pollution or long-haul travel. A breath of freshness for skin that needs to feel beautifully renewed. Take a deep breath and let your skin take one too.

30 Minutes

Serenity Express Repair
Nourishing, calming, recovery

This restorative facial is carefully curated to strengthen and comfort sensitive skin.
Its deeply hydrating and soothing properties make it an ideal choice for all skin types, while providing gentle, nurturing care for delicate, sensitive or compromised skin.

30 Minutes

BODY BOOSTERS

Stress Relief
Muscle ease, circulation, unwinding

Experience a soothing massage to melt away everyday tension, focusing on the neck, shoulders, face and jaw. Gentle yet effective techniques encourage relaxation and soften areas of muscular tightness. Perfect as an add-on to enhance your overall wellbeing.

30 Minutes

Chill out
Toning, recovering, cooling

Give your body the refreshing recovery it deserves. This cooling cryo-gel application infused with menthol and eucalyptus creates an instant sensation of freshness and comfort. Its sealing action effect helps soothe tired muscles, refresh the skin and restore a feeling of lightness and wellbeing.

15 Minutes

FACE ENHANCERS

Face Ampoule
Soothing, renewing, brightening

For the perfect glow in just 10 minutes. This intensive mini lift gently exfoliates, brightens and firms the skin, revealing a smoother, fresher and more luminous complexion while helping to soften the appearance of fine lines and signs of fatigue.

15 Minutes

Face Mask Boost
Firming, nourishing, instant-radiance

If your skin is craving an intensive firming boost, or you simply want to add extra hydration and nourishment to your beauty ritual, this targeted mask delivers visible results in record time. Skin appears smoother, firmer and beautifully radiant, leaving you with an instant feeling of freshness and renewed.

15 Minutes


AROMATHERAPY
ASSOCIATES
Uncover the profound impact of essential oils and their
transformative influence on your overall wellbeing.

Jet Lag Revival
Unwinding, resetting, rebalancing

Designed to ease the physical and mental effects of travel, this restorative treatment begins with an invigorating back scrub, followed by guided aromatherapy breathing to calm the mind and encourage deep relaxation. A therapeutic massage, complemented by a focused Kundalini back massage, gentle mobilisation and stretching, helps release muscular tension and restore a sense of balance and well-being.

90 Minutes

Relax & Sleep
Resting, 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, while essential oil blend sedates, soothes and grounds you to a serious state of slumber and relaxation.

60 - 90 Minutes

Lymph & Immune Support
Calming, drainage, detoxification

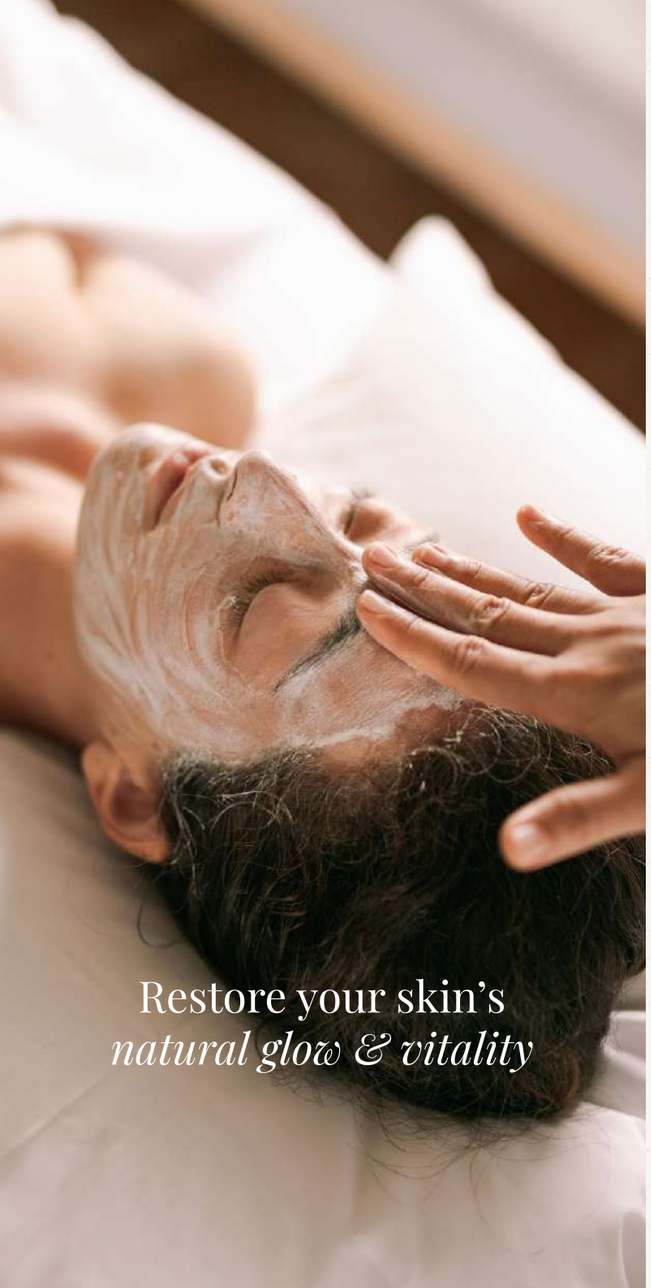
A holistic wellness experience combining gentle lymphatic drainage, guided breathing, detoxifying massage techniques and Ayurvedic-inspired rituals. Enhanced by a soothing aromatherapy blend, this treatment encourages fluid movement, promotes deep relaxation and supports a sense of balance and overall well-being for both body and mind.

60 - 90 Minutes

Vigour Back Release
Tension-releasing, restoring, soothing

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

30 Minutes



Restore your skin's
natural glow & vitality

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 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

BODY RITUALS

Rose Indulgence
Exfoliating, relaxing, softening

An exquisite head-to-toe rose ritual designed to uplift the senses and leave the skin beautifully soft, smooth and radiant. Guided aromatherapy breathing invites deep relaxation before a luxurious full-body exfoliation polishes and refines the skin. Nourishing products infused with a powerful, uplifting rose blend are luxuriously layered over the body, helping to replenish the skin, seal in moisture and deliver intense, long-lasting hydration, leaving the skin comforted, radiant and beautifully glowing, and the mind uplifted.

30 - 60 Minutes

BODY RITUALS

Revive, Detox & Tone
Stimulating, firming, renewing

A full-body detox ritual designed to revitalise the skin, stimulate circulation and calm the nervous system. This five-stage treatment begins with dry body brushing to encourage lymphatic flow, followed by an invigorating exfoliation combining natural exfoliating grains, active botanicals and gentle AHAs to smooth, awaken and hydrate the skin. A mineral-rich mud mask cocoons the body, while a soothing scalp or foot reflex massage encourages deep relaxation. The experience concludes with a dynamic, cellulite focused massage, leaving you feeling re-energised, rebalanced and renewed.

90 Minutes

Aroma Sun Soother
Healing, hydrating, softening

Soothe and rehydrate overexposed skin with this cooling, refreshing treatment, combining the soothing properties of lavender and cooling peppermint to rescue distressed, sun-exposed skin. A cooling gel is applied to comfort and replenish the skin, while an Ayurvedic scalp massage with frankincense inhalation works across the physical, mental and emotional senses.

This luxurious wrap leaves the skin feeling soft, cool and beautifully revitalised after a day in the sun.

60 Minutes

SCALP & EYE RITUALS

Scalp Renewal Ritual
Nourishing, refreshing, uplifting

An Ayurvedic-inspired scalp massage uses rhythmic movements and targeted pressure points to stimulate circulation and melt away tension. A warm mineral-rich Pink Clay Mask is worked through the scalp and hair and left in after the treatment, allowing its nourishing and rebalancing benefits to continue beyond the spa. The scalp feels refreshed and cared for, while the mind is left deeply relaxed.

30 Minutes

Eye Perfection
Brightening, revitalise, luminosity

Refresh and revive tired eyes with this targeted treatment to reduce the appearance of puffiness, diminish dark circles, and leave the delicate eye area feeling hydrated, smoother, and visibly brighter - an essential to any facial or massage.

15 Minutes



OBSIDIAN

SKINCARE FOR MEN

Obsidian skincare makes you feel like the best version of yourself, an elegant yet masculine brand with superior formulations and ingredients.



OBSIDIAN FOR GENTLEMEN

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.

30 Minutes

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.

An exclusive Obsidian skincare gift allows you to continue the ritual at home.

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.

An exclusive Obsidian skincare gift allows you to continue the ritual at home.

60 Minutes



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.

FOOT & HAND THERAPY

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.

60 Minutes

Express Pedicure or Manicure
Refreshing, refining, perfecting

Our Express Pedicure or Manicure 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 hands and feet refreshed, refined and beautifully presentable in minimal time.

45 Minutes

Hand Facial with LED Light Therapy
Revitalising, brightening, plumping

A true facial for the hands. This anti-ageing hand and arm massage by Margaret Dabbs™ London focuses exclusively on revitalising the skin, without nail or cuticle work. Perfect for reducing pigmentation and fading age spots, this treatment leaves your hands smooth, brightened, and beautifully revitalised.

60 Minutes

LEG THERAPY

Relieving and Toning Leg Masque Therapy
Stimulating, soothing, contouring

This outstanding, time-reactive Black Leg Masque Treatment is designed to relieve the feeling of heavy, tired and uncomfortable legs. It helps to stimulate circulation and reduce water retention while providing a cooling sensation to soothe puffy, swollen or fatigued legs. Particularly soothing after long-haul travel or jet lag, this toning leg ritual leaves your feet feeling lighter, smoother, revitalised and radiant.

60 Minutes

Lighter Legs
Alleviate, calming, relieving

A traditional foot reflexology focuses on pressure-point massage to stimulate reflex points and release tension held within the feet, creating a deeply grounding state. Ideal for calming a busy mind, settling the senses and restoring your body's natural energy.

30 Minutes

ADD-ONS

AstraeaNatura™ LED Hand Mitts
Innovative, soothing, relaxing

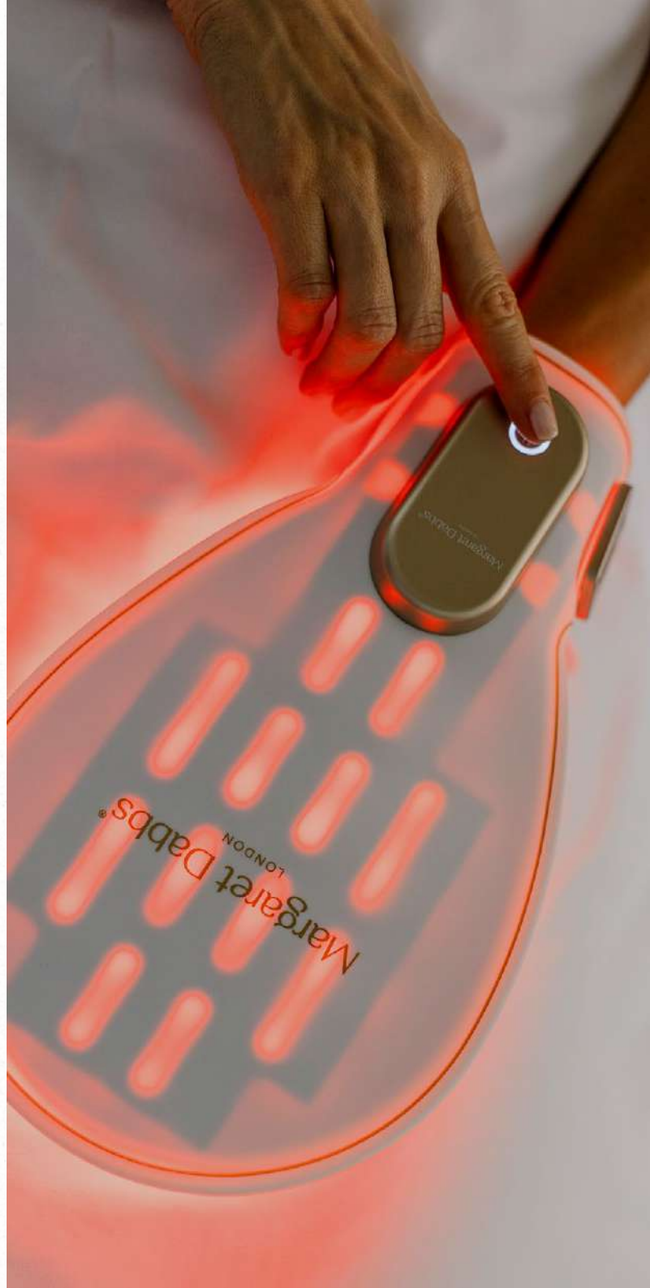
The perfect enhancement to pair with a facial or foot therapy or add to any treatment for instant boost and visible results in just minutes. This innovative treatment uses advanced light therapy to stimulate collagen, reduce pigmentation and smooth uneven texture, leaving your hands rejuvenated and radiant.

15 Minutes

Polish Change
Refeshing, 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 9 am until 8 pm.

CANCELLATION OF A RESERVATION
A 100% cancellation fee will be charged for all services cancelled or rescheduled within four (4) hours 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 disposable garments are provided.

LATE ARRIVAL
While we will do everything possible to accommodate late arrivals, a booking may not be honoured if your late arrival affects subsequent guests. In the event that you arrive late, your treatment may be shortened or cancelled without a refund.

FACIAL TREATMENT
We recommend guests receiving facials remove their contact lenses and bring personal cases for storage. Gentlemen receiving facial treatments are recommended to shave in the morning prior to their treatment.

IN-VILLA MASSAGE
Selected spa treatments are available in the privacy of your villa at twice the regular treatment rate.

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

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 contact your personal butler or dial 460 for Serenity Spa.

HEALTH CONCERNS
Guests with health concerns are invited to consult with us before making an appointment. Our spa family members will be happy to advise you on the most suitable treatments. In some cases, we may require a note from your doctor confirming that it is safe for you to receive the requested treatment.

LOSS OR DAMAGE
We recommend leaving valuable items in the safety box in your villa. Guests are responsible for any loss of or damage to their personal belongings.

PREGNANCY
Your safety is our priority. Some treatments may not be suitable during the first trimester of pregnancy. Our spa team will be happy to advise you on the most suitable treatments.

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

PRICING
All prices are quoted in USD and are inclusive of 17% government taxes and a 10% of service charge.



Milaidhoo

MALDIVES

SMALL LUXURY HOTELS OF THE WORLD

Forbes

TRAVEL GUIDE