

An aerial photograph of a pristine beach. The golden sand curves from the top left towards the bottom right, meeting the clear, turquoise water. Gentle waves with white foam wash onto the shore. The overall scene is peaceful and idyllic.

*Malliouhana Spa*

A member of  
*The Leading Small Hotels of the World*

RELAXATION, WITH A GENTLE TOUCH OF VIGOUR

THE RESTFULNESS OF A RESORT. THE THERAPEUTIC QUALITIES OF A SPA DESTINATION.

Find solitude on one mile of sandy beach and discover pure escapism, for those looking for relaxation with a gentle touch of vigour.

Our Spa at Malliouhana combines the best qualities of a spa resort and a spa destination. In other words, it strikes a balance between the easy-going ambiance of a 'vacation' spa and the rigorous regime of a health spa. We also strike a balance between body and mind, taking a holistic approach to our guests' well-being. Blending professionalism and pampering to create the perfect retreat has been our driving passion for over two decades.



Nigel Roydon



THE REASSURING EXPERIENCE OF PROFESSIONALLY CERTIFIED THERAPISTS AND TREATMENT SPECIALISTS. THE EXOTIC EXPERIENCE OF A CARIBBEAN RETREAT.



FROM AN INDIAN HEAD MASSAGE TO  
TOENAIL POLISHING, OUR SPA TREATMENTS  
ARE MULTI CULTURAL AND MULTI FACETED.

Our spa offers a balanced variety of treatments to address our guests' physical, mental, emotional and energetic states. High-calibre local and international therapists provide over 65 individual treatments and a range of half-day to 5-day packages. Combining various body treatments, facials and fitness programmes, each can be sensitively drawn from an Ayurvedic, Asian or European perspective.

Relax using body wraps, polishes, masques, facial and bathing treatments or invigorate yourself with our fitness services. The choice is yours.





## TREATMENTS TO REJUVENATE THE MIND, BODY AND SPIRIT.

Taking a holistic approach to our guests' complete needs, we create a serene, seamless experience. From a personal welcome at reception, through to treatment rooms and pause at relaxation areas, serenity is the key. Our visitors sense a cohesive experience, gently flowing from one step to the next.

Focusing on physical exercise, we offer yoga, power stretch, chi qung and basketball.





## JOURNEY FROM STRESS TO BLISS.

The stunning ocean front location is best sampled from our outdoor jacuzzi and relaxation area. Be indulged in the privacy of five beautiful individual treatment rooms. Choose the perfect music to suit your mood whilst you unwind or just enjoy the silent tranquillity.

If you prefer something more active you can rejuvenate your body in our fitness centre, equipped with professional fitness equipment and staffed by personal trainers.

Our extensive facilities and superlative treatments relieve stress and tension, returning the balance of body and mind.





## SUITE DELIGHT.

Whether alone or with company you can enjoy the luxury of private Spa suites. Offering a stunning view of Meads Bay, three beautiful day suites have been designed for ultimate privacy and repose.

Serenity and Vitality suites are ideal for individuals and couples whilst the extra spacious Tranquillity suite, with its simultaneous treatments and secluded balcony, is perfect for couples or small groups.

Each suite is equipped to offer massage, body and facial treatments and features a private balcony, a comfortable seating area, an air-jet hydrotherapy bath, wet and dry treatment tables, a unique multi-jet shower and beautifully appointed bathrooms.





OUR GUESTS DON'T ONLY HAVE AN APPETITE FOR REST AND RELAXATION.

Our Spa Cuisine menu is an essential ingredient of the Malliouhana spa experience. Blending appetite indulgence with nutritional intelligence, it follows a collaboration between our award-winning chef and our spa expert. The menus feature revitalising dishes drawing on fresh fruit and vegetables, healthy fats and high fibre carbohydrates, seasoned with natural herbs and spices. They provide delicious choices for guests following protein, calorie counting, low meat or any other diet.

Our approach rejuvenates you inside and out. Achieve a balance between body and mind, that stays with you long after you leave.





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