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La  
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*One&Only*

MANDARINA

*Mexico*



## IMMERSE

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discover inner joy  
where you can truly  
relax, unplug and  
recharge... enter  
our spa and truly  
immerse and  
spoil your soul

*One&Only*

MANDARINA  
*Mexico*



## FEEL AT ONE

### OUR SPA

*Set beneath a canopy of towering Higuera trees within a natural volcanic rock garden, our One&Only Spa is a peaceful sanctuary where you can retreat, reset, and totally transform, inspired by a principle of 'oneness' with nature and self.*

*Dip into our world of holistic offerings with a pampering Beauty Lounge, inspiring Fitness Centre, and secluded treatment rooms to fulfil your bespoke needs. Indulge in pure relaxation, applying clay from the mud grotto, bathing in the healing vitality pool, and relishing an energizing hydrotherapy circuit with cold plunge pools, steam, and sauna overlooking the jungle. The ultimate backdrop for your personal journey into oneness.*

*"Unearth transformational wellness experiences that raise consciousness, honour ancient knowledge and the vibrational wisdom of nature."*





TATA HARPER®

## WORLD FIRST WITH TATA HARPER

*Our spa proudly features global skincare brand Tata Harper, renowned for award-winning natural and non-toxic products. We are the first and only spa in the world to introduce Tata Harper's Multi-Sensory Wellness Journey, a holistic wellness immersion that curates knowledge from Eastern wisdom, Ayurvedic Practices, Western science, and cutting-edge green technology.*

*Featured in select treatments at our spa, all five of your senses are strategically activated to stimulate the divine flow of energy and consciousness throughout the body, transforming skin, calming the mind, and addressing specific emotional and physical needs. Exclusive to here.*









## ONE&ONLY SPA TREATMENTS JOURNEYS

*Blending modern science and ancient local knowledge, our holistic experiences are tailored to your individual needs, awakening your higher energy and aligning your soul for deeper levels of relaxation, meditation, and luxurious healing.*

*Treatments include:*

### ONLY HERE

*One&Only Mandarin signature healing journeys.*

### ONLY FACE

*Facial treatments that deliver visible results.*

### ONLY BODY

*Massage and body treatments for total relaxation.*

### ONLY HIM

*Treatments designed specifically for men.*

### ONLY SECLUSION

*Intimate experiences for you and your loved one.*

### ONLY MEXICAN

*Native Mexican experiences for spiritual healing.*

### ONLY FOR THE NEW GENERATION

*Something special for the spa savvy teens (ages 12-16).*

### ONLY SPIRITUAL

*Experiences inspired by the natural world.*







## ONLY HERE

*When you visit our spa, we want you to have experiences you couldn't have anywhere else on earth. That's why we've created a unique collection of transformational healing journeys inspired by Mexican traditions, techniques, and ingredients, found only here.*

### QUANTUM HEALING BLISS (120 MINS)

Embark on a multi-sensory journey that draws on gemstone massage and vibrational essential oils. Mexican Amethyst envelops the aura and recharges the body. Soothing organic essential oils are anointed on quantum activation gates to recalibrate the nervous system into a deep state of bliss and rejuvenation.

### CURANDERISMO ODYSSEY (90 MINS)

Allow our Mexican Curanderos to restore your sense of wholeness and wellness, guiding you through a series of immersive rituals and oral wisdoms that clear negative energies and speak to the native world view. That is, understanding our cosmos as living, sentient, and interconnected.

### WIRIKUTA SACRED PURIFICATION (120 MINS)

This journey represents the Huichol's sacred healing legend transformed into a beautifully choreographed treatment. Two therapists and four hands work in harmony with your body, with each hand representing an element of Mother Earth. Immerse yourself in the indigenous Huichol culture and be the main character of this extraordinary saga.

### ● NATURE'S SANCTUARY (120 MINS)

Embrace an experience designed to do everything a good retreat should - calm your mind, relax your body, and indulge and inspire your senses. Starting with an invigorating foot massage and unique tuning fork ritual this treatment encourages positive and calming emotions while finishing with a face mapping therapy and kinetique face massage that will melt away stress and tension. Warm honey therapy, a head and hand massage, will complete your journey.

### ● MYSTIQUE HERBAL CODEX (180 MINS)

Inspired by the Badianus manuscript, the earliest thesis on Mexican medicinal plants and ancestral remedies, this delightful treatment restores balance by advancing stagnant energy and reinstating the natural energy flow. Beginning with singing bowls, the soft vibrations and sounds resonate to prepare the body for a full exfoliation. A body oil application follows to revitalize the body's natural rhythm, finishing with a glowing facial treatment.

*Tata Harper Treatments*



## ONLY FACE

*Rediscover radiance and revitalisation from deep within. Our experts combine traditional holistic techniques and indigenous botanicals with the latest skincare innovations to create the perfect bespoke facial treatment that delivers visible results.*

### MAR DE VIDA (60 MINS)

Harness the powers of nature with this personalised treatment that combines indigenous plants with a signature blend of organic sea algae to restore vital nutrients, vitamins and minerals directly to the skin. Traditional botanicals including jojoba, aloe, lime, and rosemary reveal bright, nourished, and toned skin. A therapeutic shoulder and hand massage with passion fruit infused oil will complete your sense of peace and well-being.

### ● RESTORED BEAUTY (60 MINS)

Regain your personal verve – this treatment begins with a detailed consultation to address the various needs of your skin as well as environmental and lifestyle factors. Then relax and unwind as you enjoy a curated multi-masking ritual paired with a vitamin-rich facial massage that will leave your skin looking perfectly balanced and radiant.

### ● PLANT BASED HYDRATION (60 MINS)

This calming therapeutic treatment will quench thirsty and sensitive skin to replenish hydration for a soft, supple, and plumped look. Combining deep moisturising formulas with a raw organic honey mask, this facial will give your skin the essential hydration for long-lasting comfort.

*Tata Harper Treatments*

### ● HEALTHY GLOW FACIAL (90 MINS)

Crafted to deliver a flawless looking complexion, this facial masters an innovative blend of multi-hydroxy acids to treat hyperpigmentation and even out skin tone. Your skin will feel transformed as this ritual instantly reveals a more luminous looking skin with a smooth, even texture.

### ● REMODELAGE FACIAL (90 MINS)

Enjoy a combination of remodelage and cupping techniques in a facial massage that reinforces the skin's natural detox system and attains a long-lasting hydration level with improved elasticity. The spectacular lifting effect acts from within the deeper layers of the skin.







## ONLY BODY - MESSAGES

*Succumb to the pure power of massage and feel irresistibly renewed, from head to toe. The unique and powerful mindfulness techniques delivered by the healing touch of our One&Only Spa Therapists are an indulgent way to relax, rejuvenate, and restore.*

### RESONANCE KINETIC MASSAGE (90 MINS)

Tap into the power of resonance and increase your connection to positive energies with this harmonious massage which includes the use of Advanced Resonance Kinetics (ARK®) crystals to boost the body's natural ability to attune with the universe.

### VIBRATIONAL MASSAGE (90 MINS)

Relax, close your eyes, and let the Singing Bowls and Gongs take you away during a full body vibrational massage, opening your chakras and creating a positive flow of energy throughout your entire body.

### AROMA JOURNEY MASSAGE (90 MINS)

This multi-sensory massage begins with a signature breathing ritual created to suit your mental, physical, and spiritual needs. Signature scents will then guide you through an aromatic journey while our signature massage heals and relieves body and muscle tension, restoring overall balance.

### MEDITATIVE MASSAGE (90 MINS)

This unique massage experience will activate the calming effects of the vagus nerve response through steaming aromatic compresses, gentle neck and body massage strokes, cranial holds, and a soothing essential oil blend formulated to invite an uplifting, meditative state of consciousness.

### AQUATIC MASSAGE (60 MINS)

Let the world disappear as you immerse yourself in aquatic bodywork performed in warm water (around 92°F). Combining elements of massage, joint mobilization, stretches, and point work, the warmth and sense of weightlessness calms body and mind. With eyes closed, outside distractions are muffled by water, leaving you connected to here and now, just receiving and letting go, into the graceful rhythm of rocking and cradling. This treatment is private.

### ADDITIONAL MESSAGES

Ask about our collection of classic massage experiences, including: Hot Stone, Deep Tissue, Swedish, Sports, Thai, and Prenatal

## ONLY BODY - TREATMENTS

*Discover a curated variety of body treatments and remedies, often passed down through generations. These body-focused treatments, historically performed by Mexican body artisans, are designed to reconnect and pay homage to the essence of life.*

### ● KAYUMA CLEANSING CEREMONY (90 MINS)

Kayumahli (meaning 'deer' in Huichol from the indigenous people of Nayarit) symbolizes the spirit guide, the teacher, and the channel of knowledge for Shamans. This ceremony starts with burning of Copal to clear the energy in the room and in your energetic field. Herbal infusion oil is the medium for a perceptive massage to heal, balance, and protect your physical and energetic body. Let the energy flow from head to toe, opening the way to a cosmological experience.

### OCEAN DREAM ECHOES (90 MINS)

Drift away with this blissful full-body scrub featuring organic algae, passion fruit, and sea salts to soften your skin. An invigorating application of anti-aging coconut oil infused with rosemary, basil and lime leaves you feeling relaxed, refreshed, and silky smooth.

### ● NATIVE CLAY REMEDY (120 MINS)

Re-energize the body with a fusion of complementary treatments. Your skin will be polished to perfection, then the unique clay body mask will harness the power of fruit enzymes and spices such as fennel, ginger, clove, and turmeric to purge impurities and detoxify the skin. A targeted tension-relieving massage will complete the experience, leaving you fully revitalized.

### INDIGENOUS HEALING COCOON (90 MINS)

Harness the healing powers of native botanicals including jojoba, marine minerals, passionfruit, aloe, and lime to reveal sublime and lasting skin softness and glow. A sea salt and botanical body scrub prepares the skin for envelopment in a decadent marine body bask, working its magic as you enjoy a deeply relaxing aromatherapy scalp massage, followed by warm botanical body compresses and uplifting basil lime body balm.

### DEEP SLEEP (90 MINS)

Combat jet lag or sleep disruption with this multi-treatment ritual to promote deep sleep and help relieve symptoms of unrest. This deeply relaxing experience includes a full-body massage and a calming scalp and foot massage while you are enveloped in a nourishing wrap. The exotic scent of Jasmine Tuberose salve relieves physical tension and hushes an overstimulated mind.

*Tata Harper Treatments*







## ONLY HIM

*Feel reinvigorated and mentally recharged with our spa experiences tailored specifically for men. With expert consultation, we can cater to all of your individual needs and tastes.*

### ● MEN'S ESCAPE (60 MINS)

Treat yourself to a pampering upper-body re-boot. First, a healing facial helps protect and restore skin damaged by sun exposure, razor burn, and time. The face is deep-cleansed and exfoliated, then treated with a mask tailored to your skin's specific needs. A relaxing face, shoulder, neck, and head massage will leave you feeling like a new man.

### BARBER SHOP

Step into the gentlemen's grooming salon, Barber Shop, for a curated selection of exceptional shaving and specialised treatments, exclusively for men.

*Tata Harper Treatment*





## ONLY SECLUSION

*Share the splendour of our spa exclusively with your loved one when you indulge in a private couples' escape. A bespoke pampering experience is the ultimate way to unwind and reconnect in this awe-inspiring natural setting. Complete tranquillity guaranteed.*

### COUPLES ONLY EARTH CONNECTION (120 MINS)

Embark on a journey that uplifts, nurtures, and honours your relationship. Inspired by a spiritual pre-Hispanic ceremony that celebrates love in union with Mother Earth, this journey begins in the mud grotto where local volcanic mud is carefully applied by our Mexican body artisans. As the mud dries and gets to work, you'll enjoy a foot ritual in the calm ambience on stone benches, before rinsing off together at the tropical drench showers.

A soothing massage then awaits in the couples' suite with a signature fragrance pairing - two scents that are intriguing alone, yet magical when brought together. The journey culminates in a native ritual, burying two small personal objects in the couples' garden as an offering to the earth as two beings who have decided to walk in duality. As tradition goes, after three years couples return to this sacred spot to give thanks and renew blessings.

### BRIDAL TREATMENT (120 MINS)

Prepare for once-in-a-lifetime celebrations with a glow-giving experience designed to make you look and feel fabulous. Beginning with a relaxing foot soak, you'll enjoy a full body buffing with powerful, biodegradable scrub that leaves your bridal skin smooth, supple, and perfectly polished. A soothing massage with revitalizing body oil will then amplify your sense of calm and rejuvenation.

The treatment will move into a bespoke facial to brighten the skin, giving your complexion exactly what it needs to look its best on your wedding day. Diamond dust will illuminate the delicate facial skin, leaving you glowing with health and happiness.







## ONLY MEXICAN

*Open yourself to an ancient experience few others will take, discovering the art of Mexican folk healing, or Curanderismo, and keeping Indigenous culture alive.*

### TEMAZCAL (90 MINS)

Indulge your senses in an ancient ritual that has been part of Mexican culture for around 1,000 years. The word itself originates from a Nahuatl word Temāzcalli, which translates to "house of heat." This pre-Hispanic cleansing ritual used to take place before and after battles and sport tournaments due to its healing powers.

### SPIRITUAL CLEANSING OR "LIMPIA CEREMONY" (60 MINS)

Embrace an indigenous method of clearing the body, mind, and spirit of negative energies to restore the body to its natural state of wholeness and wellness. Within fragrant clouds of copal incense, your curandera guide will use a herbal bouquet and rub the entire body while chanting. After a ritual spray, she will leave you with insights into the spiritual condition she felt.



## ONLY ENHANCEMENTS

*Select one of our powerful mini-treatments to amplify the effects of your chosen spa experience.*

### COLLAGEN BOOSTER

A powerful ampoule concentrate to plump the skin.

### SKIN REJUVENATION

Choose an application of Rose Oil from Damas with regeneration properties to improve skin's look and feel with immediate effect.

### PARAFFIN HANDS

Watch your skin become radiant and luminous with an exfoliating and relaxing hand massage.

### PARAFFIN FEET

Revel in the warm and healing touch of your One&Only Spa Therapist as they revitalize, purify and release tension from your feet.







## ONLY FOR THE NEW GENERATION

*Each of our exclusive treatments for 12 to 16-year olds is specifically tailored for younger skin. A perfect introduction for up-and-coming spa-lovers.*

### MAGIC NAILS (60 MINS)

Young hands and feet need to be treated with gentle gestures, so this mani pedi experience includes a soft filing and vegan-friendly polish with a fun array of colours. It concludes with a soothing balm massage - the perfect level of indulgence.

### CUCUMBER EYES (45 MINS)

Treat delicate, youthful skin to a comforting facial that will make our young guests feel special. Our estheticians will cleanse and apply a soothing mask while eyes are refreshed with the classic cold cucumber slices, just like the movies! Scalp and hand massages are the perfect complement to this initiating spa experience.

### EXPLORERS MASSAGE (45 MINS)

After taking part in so many new and physically-demanding activities, teens can recover and relax with this soothing massage experience. It begins with the big favourite: a dreamy scalp massage using our special oil of chamomile, apricot kernel and jojoba oil. Moving onto a full body massage, they'll feel comforted and ready for the next adventure.



## BEAUTY LOUNGE

*Sun, sea and sand can be tough on your hair and nails, so indulge in our nourishing range of hair and nail treatments in a peaceful lounge overlooking emerald canopy.*

### MINDFUL MANICURE (60 MINS)

Settle into a signature breathing ritual created to suit your mental, physical, and spiritual needs. Our Signature Slow Beauty Massage will melt away tension and restore balance while delivering intense moisture to hands and arms before nails are perfectly polished and groomed.

### SLOW BEAUTY SIGNATURE PEDICURE (60 MINS)

Take the indulgence further with skin-enhancing foot treatments. Opening with a breathing ritual created to suit your mental, physical, and spiritual needs, our signature fragrance will guide you through an aromatic journey while ultra-luxe exfoliating and masque treatments will renew and restore hydration, moisture and youthful glow. Experience the Signature Slow Beauty Massage as it melts away tension while nails are finely groomed and perfectly polished.

### THE SOUND OF COLOUR - A MEDITATIVE MANICURE / PEDICURE (90 MINS)

Merging the beauty ritual of the manicure with the ancient practice of meditation, bask in the rewards of this uniquely holistic spa experience. Let our nail technician work their magic as you tune into the healing voices and visualizations of the world's most renowned meditation gurus. You'll emerge feeling enlightened inside and out with perfectly polished nails.

### CUTTING AND STYLING: LADIES AND GENTLEMAN

Just like everything else at One&Only Mandarina, at our salon we're devoted to personal service. Using only the very best products, our Hair Stylists will style your hair exactly as you like, or create a head-turning new look. Available services include: Men's and Women's Haircuts, Shampoo and Blowout, and Up-do Styling.

### CONDITIONING HAIR TREATMENT

Your hair works hard, even when you're relaxing. A little extra attention is always a good idea, especially in our tropical climate. We have restoring and protecting treatments for damaged hair that you can add to your appointment.

### ADDITIONAL SERVICES AVAILABLE

Feel your best at all times with our complete selection of beauty services, including: Make-up Application and Facial & Body Waxing.











## HEALTH AND WELLNESS

*There's no time like the present to kick-start your training regime, whether you're a gym lover or a total newbie. Our personal trainers will create a programme tailored to your abilities and goals so you arrive home feeling fitter and healthier than ever.*

### PERSONAL TRAINING

In our inspiring surrounds, training takes you further. Fully-customised training sessions are focused on your specific needs, devised by a skilled personal trainer who provides motivation and interactive feedback to drive the best results. For more information on personal training, please contact your butler or our Spa team.

### BODY COMPOSITION ANALYSIS (30 MINS)

Learn more about your body during this bioimpedance test that provides precise data on soft tissue and bone composition including bone-mineral density, lean and fat tissue mass, and percentages of fat and muscle mass. These variables are used to set and monitor health, weight and fitness goals.



## YOGA CLASSES

*An enticing selection of Yoga and Meditation sessions are available as scheduled group classes with a limited capacity and are available on a first-come-first-serve basis. All classes are also available to enjoy as a private session with a facilitator or lead facilitator. For the weekly class schedule or more information, please contact your butler or our Spa team.*

### TRIBAL FLOW (60 MINS)

*Intermediate / advanced.*  
Enter a sweaty meditative state with this vinyasa flow while you breathe in the jungle air. Feel challenged in new poses and let your mind be one with your mat.

### HOME PRACTICE (90 MINS) PRIVATE ONLY

*Beginner to advanced.*  
Design your own home practice and let us co-create your ideal home flow. You will learn how to correct your own posture and create sequencing in a safe way so you can practice on your own.

### INVERSIONS (60 MINS)

*Intermediate / advanced.*  
A vinyasa flow designed to prepare you for inverted postures such as the headstand, forearm stand, and handstand.

### BACKBENDS (60 MINS)

*Intermediate / advanced.*  
Open your heart and your potential in this class designed to help you achieve deep backbends.

### YOGA FLOW (60 MINS)

*Beginner to intermediate.*  
Enter a meditative state with this classic approach to yoga where healing meets movements. Let your mind be one with your mat while you meditate, move and sweat.

### HEALING YOGA (60 MINS)

*Beginner to advanced.*  
Designed to remove stagnant energy, restore your body, and create spaciousness in your being, Kundalini and Hatha practices are taught at a slow pace.

### FROM YIN TO YANG (60 MINS)

*Beginner to advanced.*  
The perfect balance between restorative poses and fiery flows to work your masculine and feminine energies.







## MEDITATION CLASSES

*All classes are also available to enjoy as a private session with a facilitator or lead facilitator. To book a private session, please contact your butler.*

### ALCHEMICAL BREATHWORK (60 MINS)

Let repetition bring revelation. Breathe and move your body through a wide range of pranayama practices (breathwork) to see patterns and manipulate things in your favour, finding spaces of silence between where information is revealed in the mindless, meditative state.

### THIRD EYE DETOX (45 MINS)

Where attention goes energy flows. Unblock your intuition with focused awareness to see with closed eyes, beyond your mind. Circle energy through your third eye to dissolve blockages during this highly empowering practice.

### WOMB HEALING (45 MINS)

Connect with your feminine essence with mudras, mantras, movement and breathing techniques that bring spaciousness and healing to your womb.

### YOGA NIDRA (45 MINS)

Take a soothing, meaningful journey that will leave you replenished. Laying down in a restorative pose with cushions and blankets, be guided to the depths of your subconscious to instil a seed of abundance and intention.

### VOCAL ALCHEMY (45 MINS)

Create cellular resonance through the vibrations of your voice in this mantra singing meditation. Unlock your throat chakra and cleanse your nervous system and vagus nerve to repair the memory that leads to blurred vision and anxiety.

### HOME PRACTICE (90 MINS)

*Private Only.*  
Design your home practice and learn how to use meditative anchors like sound, breath and mantras to guide yourself into a deep meditative state, so you can practice whenever and wherever. Beginners to advanced practitioners will benefit.

### BREATH OF FIRE (60 MINS)

Dissolve stuck energy and download goodness through the breath of fire meditation. During this active and fiery practice, you will travel through chakras to learn how to recalibrate yourself and connect to higher consciousness.

### FUTURE SELF-VISUALISATION (45 MINS)

Allow our guide to help you travel out of your limiting stories into your purest essence and realness. The aim is to reconnect with your life purpose and align with your truest desires to manifest your dreams. Beginners to advanced practitioners will benefit.



## FITNESS CLASSES

*Our dynamic Fitness Classes are available as scheduled group classes with a limited capacity, so prior booking is recommended. For the weekly class schedule or more information, please contact your butler or our Spa team. All classes are also available to enjoy as a private session with a facilitator or lead facilitator. To book a private session, please contact your butler.*

### TRX (45 MINS)

Engage your muscles with suspension training to develop strength, balance, flexibility and core stability simultaneously. Our specialist TRX performance training tool leverages gravity and your own body weight to complete a series of strategic exercises. This class will move you and our instructors will inspire you.

### JUNGLE WORKOUT (45 MINS)

Work up a sweat in our inspiring jungle environment in this unique strength and conditioning class. You'll use nothing but your own bodyweight and the surrounding elements of nature to build a huge amount of raw strength.

### KETTLEBELL STRENGTH (45 MINS)

Swing into action with this high-intensity-ballistic workout that can help meet your toughest fitness goals. It combines functional compound exercises such as "the swing," "the clean" and "the press" that will work multiple muscle groups. You will develop strength, muscular endurance, flexibility and cardiovascular conditioning through this ultimate "momentum-based" workout.

### GLUTES & ABS (45 MINS)

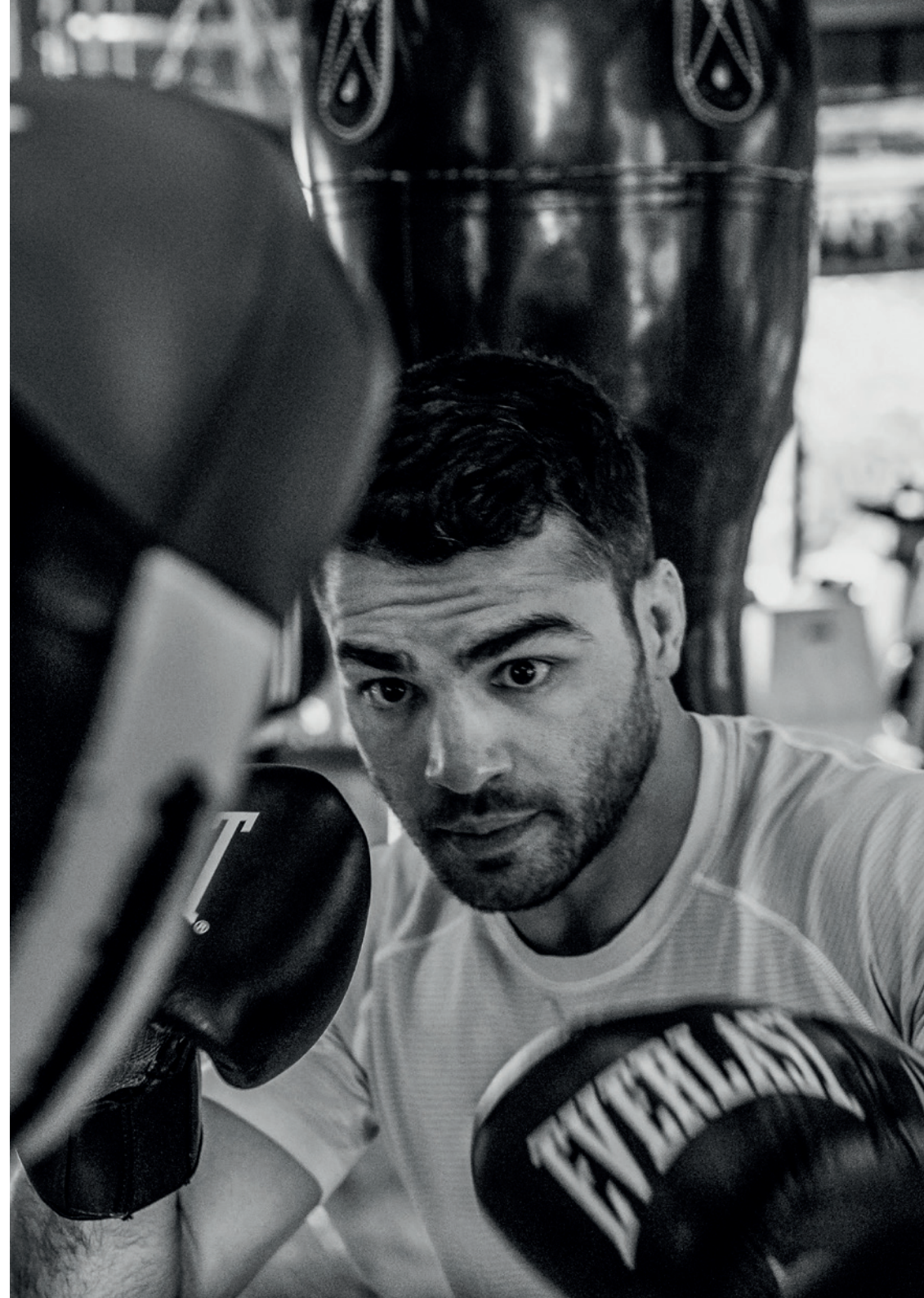
Focus your efforts on key body zones with high intensity interval training in squats, lunges, step ups, single leg jumps, and sit ups, using body and resistance bands, kettle bells, dumb bells, and more so you're always engaged.

### PUMP & BEYOND (45 MINS)

Boost muscle strength and improve endurance during this functional exercise session that will challenge your core, flexibility and balance.

### BEACH BODY FUSION (45 MINS)

Listen to the sounds of the Pacific and feel the sand between your toes during this dynamic beach workout that will push you to your mental and physical limits in a fun and energetic way.







## ONLY SPIRITUAL

*Unleash your body's innate ability to sustain, heal, and flourish. With a blend of ancient wisdoms and traditions, these carefully selected experiences and treatments will help create empowered coherence between your mind, body and energy for a brighter, more enlightened you.*

### WINE AND YOUR STARS (90 MINS)

Look into the future and deep within as our facilitator reveals your stars, complemented with a delicious bottle of wine to enjoy in the comfort of your villa. The blend of astrology and psychology becomes an empowering and revealing experience, as you discover your north star and the burning fuels that propel you towards your destiny.

### 4 ELEMENTS INVOCATION (120 MINS)

Create a commitment with each element and its symbolic attribute: Earth, Water, Air, Fire. Present both in your body and in Mother Nature, this action activates balance within and creates a flowing communication with their energies. The perfect ritual to proclaim new ways of being, and let go of undesired energies from your life.

### DRAWING DOWN THE MOON (120 MINS)

The full moon brings wholeness, the new moon contracts and cleanses to leave fertile soils. Align your essence with the energy cycle of our closest cosmic body, La Luna, to propel your intentions and work her energy in your favour.

### THE WITCHING HOUR (60 MINS)

Cast your spell...communicate with your spirit guides, review your planetary transits, and consult with the oracle and tarot deck to find true cosmic revelation.



# SPA ETIQUETTE

## APPOINTMENTS

We always recommend booking ahead. To make a reservation, simply call our spa reception on ext. 7703 or visit us in person. We're happy to talk through your goals and find the best treatments for you. One&Only Spa is open daily from 8am-8pm. Treatments are available from 9am-7pm.

## CANCELLATIONS AND RESCHEDULING

Any cancellation made less than 12 hours before an appointment will incur a fee of 100% of your treatment, which will be charged to your villa. You may amend your appointment 6 hours before your appointment, and this will be subject to availability. For appointments on your day of arrival, we suggest scheduling at least 6 hours after your expected arrival time.

## WHEN YOU ARRIVE

We recommend that you arrive at least 30 minutes prior to your appointment. Upon arrival, your spa professional will review the spa consultation form with you to understand your needs and customise your treatment.

You can also enjoy our indulgent facilities, from soaking in the mud grotto to relaxing in the steam room and sauna with views of the jungle. Should you wish to proceed straight to your treatment, please arrive at One&Only Spa 15 minutes prior to your appointment.

All spa appointments have been designed to allow for full enjoyment of each service. Late arrivals will be finished within the scheduled treatment time and the treatment fee will remain the same. Unless a gender preference is stated at time of booking, treatments are booked with our first available Spa Therapist.

## AMENITIES

When you arrive, you'll be provided with a robe and sandals and welcomed to male and female changing rooms where you can stow your belongings in lockers. Towels are available throughout the spa and vanities are stocked with a variety of toiletries. We provide disposable undergarments upon request and during your treatment, privacy is assured with discreet draping.

The spa includes a steam room, sauna, vitality pool, relaxation lounges, and a mud grotto.

## IN-VILLA TREATMENTS

In-Villa treatments are offered upon request. Availability and prices vary from the One&Only Spa menu and surcharges apply. Please enquire at the spa reception for more information.

## AMBIENCE

Our spa is a tranquil space. To help you sink fully into relaxation, we ask that you speak in a lowered voice and leave your phone or camera in the lockers provided. The spa is completely non-smoking.

## PREGNANCY

Our prenatal treatments are perfect for women in their second trimester of pregnancy, or nursing mothers. For your safety, we recommend avoiding treatment 24 hours before or after travelling. We're unable to offer treatments to expectant mothers in their first or third trimester.

## MEN'S FACIALS

For the very best results, we recommend you shave a few hours before your treatment.

## HEALTH CONDITIONS

Please let our team know about any existing health conditions when booking your appointment, including high blood pressure, heart conditions, allergies, recent surgeries, or pregnancy.

## FITNESS AND WELLNESS PROGRAMMES

Our fitness and wellness sessions are available by appointment. Please contact our spa reception for additional information.

## AGE REQUIREMENTS

We welcome guests aged 16 and over to the spa and its shared facilities. For younger guests, treatments are available only when accompanied by an adult.

## GIFT VOUCHERS

Our reception team will be happy to help you gift your loved ones their dream treatment.

## BOUTIQUE

Bring your One&Only Spa experience home with our exclusive range of bath, body, and home products. Our spa reception team will be happy to guide your choices.

## LOSS OR DAMAGE

As we cannot guarantee the safety of your valuables, we recommend you leave these in your villa.





