

MAIA SPA

Maia's symbol is the lotus blossom - a flower unfolding to reveal each petal in turn. The lotus blossom symbolizes Maia's promise to guests that they will leave with their senses restored and spirit revived, similar to a lotus flower in full bloom. Maia Spa plays a leading role in meeting this philosophy, along with a host of other services interwoven into each guest stay.

Maia Spa is set in the resort's discrete and private rock garden. There are three thatched pavilions, each with a spacious open air treatment room with two couches, a private garden, changing and bathing area. The pavilions are separated by the natural formation of the rock and can be reached by following a private pathway through the quiet and peaceful Balinese style gardens.

A meditation pavilion in the spa garden has been designed for Qi Gong meditation, yoga and Self-Shiatsu classes (which can also be held in the privacy of the villas). Staff and guests are encouraged to attend open morning sessions - an integral part of the resort's philosophy. Three yoga teachers are on hand to offer private classes. The spa also offers a fully equipped Technogym with the latest in "Excite" exercise equipment including two running machines, an exercise bike and a Kinesis Perso Wall, all with iPod connectivity and LCD screens.

The spa menu itself remains simple, the aim being to deliver a few treatments perfectly. A shortlist of the very best facials and body treatments is provided by *The Art of Beauty by La Prairie*, and for massage, leading spa consultant and holistic massage guru *Susan Stein* has trained selected therapists in a range of bespoke Maia massages that she has developed exclusively for the resort.

A menu of organic body scrubs and wraps are also available, highly recommended as part of a personal detox and renovation programme. An extensive bath menu can be enjoyed pre- or post-treatment either in the privacy of the villas or in the private bathing area of the spa pavilions.

The Art of Beauty by La Prairie

La Prairie is the cosmetic brand of choice at Maia. The Art of Beauty is the holistic arm of this exclusive skincare brand, clinically proven and specially tailored to the specific needs of the world's most discriminating clients and only available at the world's most prestigious addresses.

The fruit of La Prairie's research and developments is an unrivalled range, pioneering skin care and body treatments and luxury products now known the world over. The finest have been selected for Maia, including the acclaimed *Caviar Firming Treatment* for the face and the *Caviar Body Treatment*, a nourishing and energizing total body massage.

The latest addition to the menu is the *Pure Gold Radiance Facial* - La Prairie's latest anti-ageing treatment. Pure drops of gold cellular radiance concentrate are applied to the skin and gentle heat and selected masks are used to enhance the penetration deep into the skin's basal layer creating visibly firmer, brighter and energised skin.



Massage at Maia

The key factor that differentiates The Spa at Maia from other spas in the world is people. Therapists at Maia undergo a rigorous selection and training process, including an Emotional Intelligence test. Each therapist is then trained in the “philosophy of touch” - a three month training scheme under Susan Stein, founder of Jari Menari spa consultants in Bali. Stein teaches techniques such as rhythm, flow and connection, supporting the belief that “quality of touch” is crucial in maximizing the healing benefits of holistic massage.

Stein has created a menu of six massages exclusive to Maia, which includes *Maia's Signature Massage* - a rhythmical massage using long strokes moving from head to toe and back again with consistent pressure and fluidity throughout, similar to the waves of the sea. The rhythmical delivery creates a deeper level of relaxation and sense of calm between mind and body.

The latest addition to the menu is the *20 Fingers Massage* whereby two therapists work together in complete harmony using pressure, long strokes and gentle stretching on the whole body.

Body Scrubs

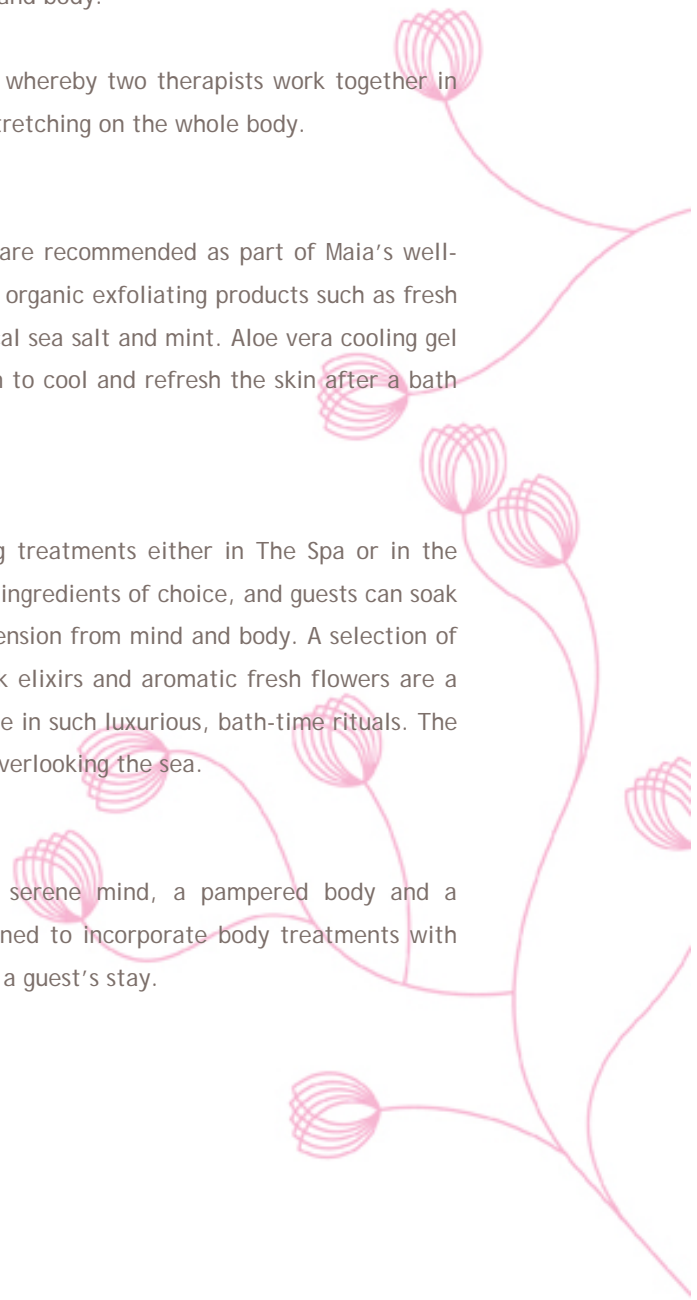
A range of stimulating, exfoliating body scrubs and wraps are recommended as part of Maia's well-being programme. Guests can choose from a range of pure, organic exfoliating products such as fresh Mahé Island coconut and local vanilla; white turmeric or local sea salt and mint. Aloe vera cooling gel and fresh banana leaves are also used on over-exposed skin to cool and refresh the skin after a bath or sun damage.

Bath Bliss at Maia Spa

Body scrubs are ideally followed by one of Maia's bathing treatments either in The Spa or in the privacy of one's villa. Bath water is delicately scented with ingredients of choice, and guests can soak in the privacy of The Spa's outdoor gardens, releasing all tension from mind and body. A selection of aromatherapy oils, bubble bath potions, skin-softening milk elixirs and aromatic fresh flowers are a delicious treat for those who do not have the time to indulge in such luxurious, bath-time rituals. The bathing treatments are served with a glass of Champagne, overlooking the sea.

The Complete Package

In keeping with Maia's aim for guests to leave with a serene mind, a pampered body and a rejuvenated spirit, a number of packages have been designed to incorporate body treatments with massages, baths and other pampering treats for each day of a guest's stay.



Guests can start the day with **Morning Magic**, a 60-minute yoga session followed by a 90-minute massage; or **La Digue**, a cleansing body scrub followed by a sea mint and clay cocoon as well as a La Prairie Caviar Firming treatment for the face. Combine this with a morning's Qi Gong and guests are guaranteed to return home completely rejuvenated.

A course of ten massages can be purchased in advance and enjoyed throughout a stay in order to fully unwind, restore and revive energy and health.

Maia is set on the island of Mahé in the Seychelles. The hotel is on the southwest coast of the island and set over a 30-acre hillside with pristine beaches and panoramic ocean views. There are 30 spacious villas each with their own eight metre infinity pool, outdoor sunken double baths and 24 hour butler service. The hotel also comprises Tec Tec restaurant, the Sunset Pool Bar, an outdoor swimming pool, non-motorised water-sports and the Spa by La Prairie.

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