



S O L A I A S P A



Solaia Lost Rituals

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ROMAN ATHLETE'S RECOVERY 120 MINUTES

Inspired by the physical prowess of Roman gladiators and athletes, this ritual is designed for active individuals needing deep muscle recovery and tension relief.

Following a hot mitts cleanse you will relax into a head, neck and shoulder massage, using warming oils like eucalyptus and rosemary. This releases tension and prepares the body for a powerful full body massage designed to reach deeper layers of muscles, relieving chronic muscle tension and improving mobility. Finally thanks to the foot pressure points massage taking advantage of the cooling properties of peppermint and tea tree oil helps reduce inflammation, revitalising tired legs and feet after physical activity.

This ritual concludes a gentle face massage that promotes circulation and relieve facial tension .

ROMAN BACK AND FOOT RITUAL 90 MINUTES

Step into a world of ancient luxury with our rejuvenating treatment designed to cleanse, nourish, and relax your back. Inspired by the indulgent practises of ancient Romans, this ritual begins with a luxurious foot soak in warm, herb infused water, followed by a gentle scrub to remove dead skin, leaving your feet soft and rejuvenated. Whilst relaxing on a heated bed we continue with cleansing your back with hots mitts, applying a sea salt scrub to your back, gently exfoliating the skin to remove dead skin cells and promote circulation.

Now a clay mask is applied to your back and back of the feet, drawing out impurities and detoxifying the skin while you enjoy a back of the head massage. After a refreshing hot shower enjoy a soothing herbal oils massage for both back and feet to complete the experience. Our skilled therapists use a blend of aromatic herbal oils, chosen for their calming and restorative properties to melt away tension and promote deep relaxation.

ROMAN ATHLETE'S RECOVERY

90 MINUTES

Inspired by the ancient Roman tradition of indulgence and purification, this ritual combines time-honoured techniques for full body rejuvenation and relaxation.

Experience the luxury of dry brushing, a revitalising scrub, a nourishing body wrap, and a soothing lotion application, leaving your skin glowing and your body restored.



Solaia Massage

AMPLIFY OTO

60/90 MINUTES

Created to alleviate tension and release tightness within tired muscles, this full body treatment incorporates CBD body oil infused with Bitter Orange, Grapefruit, and Juniper Berries, enhanced with a handcrafted bamboo roller designed to revitalise deeper muscle layers.

FOCUS OTO

60/90 MINUTES

Crafted to calm and realign a busy mind, this full body treatment with stimulating scalp and foot massages, utilises CBD oil infused with Ginger, Black Pepper and Frankincense, celebrated for their anti-inflammatory and calming properties.

BALANCE OTO

60/90 MINUTES

Designed to be deeply restorative and help with sleep, this full body massage wields the power of CBD oil, infused with Jasmine, Helichrysum and Roman Chamomile, to relax the nervous system enabling deep relaxation and recovery.

BESPOKE OTO

30/60/90 MINUTES

This experience provides the highest level of customisation by bringing together a wide selection of bodywork techniques and essential oils. Choose the massage practice of your preference or allow the therapist to tailor your treatment according to your specific needs, leaving you feeling fully relaxed & deeply restored.

Solaia Body

KINOKO KI OTO

120 MINUTES

A transformative experience that merges ancient Japanese wisdom with innovative techniques.

The journey begins with Myofascial release, targeting tension around the spine, followed by dry body brushing, promoting lymphatic stimulation and circulation. The face and body are then gently exfoliated to remove dead skin cells. Our Mushroom Ki Oil - a potent blend of Maitake, Reishi, Cordyceps, and Chaga mushrooms - is massaged onto both face and body, to replenish and revitalise the skin. The treatment concludes with a Shiatsu massage, where geothermal mushroom spheres gently realign the body's energy.

MUSHROOM KI OTO

90 MINUTES

Blending four powerful mushroom extracts, natural elements and OTO's signature aromatherapy blend to restore a subtle glow to the skin's surface, whilst penetrating deep under its surface, to regenerate the skin's internal support system.

The fragrance opens with invigorating Orange, balanced by the comforting embrace of Cedarwood. Hearty notes of Sandalwood elevate the senses, fostering mental clarity. The journey concludes with serene Bergamot, offering emotional release.

SHRINKING VIOLET

60/90 MINUTES

Achieve visible results with the Shrinking Violet Treatment , a revolutionary body wrap designed to target stubborn fat and reduce inches effortlessly. This advanced , non- invasive treatment uses a specially formulated solution rich in active ingredients, which penetrates deep into your skin to break down the fat cells.

As you relax, your body is gently wrapped, allowing the formula to work its magic while you unwind in comfort, Ideal for those looking to contour their body, tighten the skin, and enhance their natural silhouette. Please note that while inch-loss results are visible, they are temporary and maintained with regular treatments and Lymphatic massage.

EXFOLIATION OTO

60 MINUTES

Experience rejuvenation from head to toe with OTO's Luxury Cleansing Jam body exfoliator, enriched with jojoba seeds and enhanced micro-exfoliation from AHA fruit acids and hyaluronic acid, to gently remove dead skin cells, this indulgent ritual leaves your skin glowing and deeply hydrated.

SLEEP SOUNDLY OTO

90 MINUTES

Crafted for the restless, OTO's signature scent of mandarin and Ylang-Ylang infused with potent CBD helps induce deep relaxation and promote restful sleep.

While warmed stones activate the parasympathetic nervous system, sounds releases emotional tension, resulting in this holistic experience renewing the entire system and encouraging a full circadian rhythm reset.

Solaia Face

CITY RADIANCE SC

60 MINUTES

This treatment restores a healthy glow to tired, dull skin exposed to urban stress. With powerful antioxidants it hydrates and repairs, leaving skin vibrant, resilient, and radiant. Perfect for urban dwellers seeking a refreshed, healthy looking complexion.

BRIGHTENING SC

60 MINUTES

Designed to enhance radiance and even out skin tone. Using potent antioxidants and brightening agents, this treatment reduces dullness leaving skin visibly luminous and refreshed. Ideal for all skin types seeking a radiant, healthy glow.

HYDRATION SC

60 MINUTES

Designed to strengthen the skin's natural barrier to prevent water loss by targeting visible signs of dehydration, helping to plump fine lines and even out texture, leaving skin feeling and looking smooth, supple and bright.

CALM DOWN SC

60 MINUTES

Filled with soothing, calming and moisturising active ingredients to soothe irritated, inflamed or sensitive skin by targeting redness and aiming to repair the skin barrier, this facial will leave the skin feeling smooth, supple and hydrated.

PURIFYING SC

60 MINUTES

This facial deeply cleanses, unclogs pores, and restores a fresh glow. Using advanced serums and masks, it leaves skin smooth, hydrated, and visibly revitalised. Perfect for all skin types seeking clarity and radiance.

Solaia Signature Suite

Featuring the Cinetic Lift Expert and M2 combining the most sought after technologies into one comprehensive treatment. All skin types can take advantage of these non-invasive and painless treatments. Optimal results are achieved using Diamond Microdermabrasion, Ultrasound, Micro current and LED Light Therapy.

RADIANT RENEWAL PURIFYING FACIAL 60 MINUTES

Discover transformative experience crafted for all skin types, especially those prone to congestion . This signature facial offers a deep-cleansing experience using special tool that thoroughly clears impurities from the pores, laying the foundation for beautiful, healthy skin. Includes LED light therapy working on regulating sebum flow and fight acne - causing bacteria , promoting a calm , clear and revitalised appearance .

LUMINOUS LIFT& SCULPT FACIAL 90 MINUTES

Facial that combines cutting-edge technology with luxurious care to firm , tone and rejuvenate . Featuring microcurrent , LED and ultrasound therapies , along with sculpting facial massage and bespoke mask, this treatment delivers a visibly lifted, radiant, and refreshed complexion. Perfect for those seeking a high performance facial that brings out their natural glow.

EXTREME RENEWAL FACIAL 90 MINUTES

Revitalising treatment that utilises advanced techniques to deeply refresh and brighten your skin. This treatment features microdermabrasion for a smooth, refined texture, along with LED therapy to stimulate collagen production and enhance radiance. Ultrasound therapy promotes deeper products penetration, increases circulation and rejuvenate the skin at a cellular level.

To complete the experience , a soothing massage combined with bespoke mask leaves your complexion luminous and revitalised . Ideal for those seeking a results-driven glow.

Solaia Chemical Peels

ASTRINGENT SC 20%

45 MINUTES

This peel contains a powerhouse of ingredients with 20% pure, unbuffered Glycolic acid. It is specifically designed to help restore radiance and brightness to dull, lacklustre skin. The skin will look brighter, more radiant and refreshed.

BRIGHTENING SC 30%

45 MINUTES

This peel contains a powerhouse of ingredients with 30% pure, unbuffered Glycolic acid. It is specifically designed to help restore radiance and brightness to dull, lacklustre skin, perhaps with mild discolouration and a rough texture. The skin will look brighter, more radiant and refreshed.

DISCOLOURATION SC 40%

45 MINUTES

The Pigment Balancing Peel contains 40% Glycolic Acid, 10% Citric Acid, 27% Vitamin C and 4% Emblica and will penetrate the skin more deeply.

It is a unique chemical peel treatment to significantly improve the uneven appearance of photodamaged skin, whilst helping to improve skin firmness and radiance.

Solaia Rejuvenation

Photorejuvenation refers to the use of Intense Pulsed Light (IPL) to treat conditions related to sun-induced skin damage and vascularity issues. IPL uses a broad spectrum of light which is primarily absorbed by melanin and oxyhemoglobin and effectively reduces the appearance of sun spots, capillaries, elastosis, fine lines and builds collagen.

Leg veins, spider veins, telangiectasia, rosacea and other visible benign vascular issues are common aesthetic conditions for which patients seek treatment. Vascular lesions up to 1.5 mm deep and up to 1 mm in diameter can be effectively treated.

As pioneers in energy-based technologies, backed by scientific evidence, Lumenis leads the way in expertise and innovation.

IPL was invented by Lumenis and is still considered the gold standard for photorejuvenation treatments.

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Solaia Fotofabulous

There's no need to feel unconfident in your own skin. With Fotofabulous, you can say goodbye to uneven skin tone and say hello to radiant skin that lets you shine.

The Lumenis Fotofabulous treatment is a complete skin rejuvenation solution that empowers us to offer remarkable results to address a wide range of aging skin concerns like age and sun spots, fine lines, acne scars, and uneven texture and skin tone in one treatment session.

Our unique rejuvenation treatment utilizes two technologies sequentially- Lumenis IPL and Skinceuticals chemical peels so that both skin tone and texture can be treated.

Solaia Hair Removal

Laser hair removal is one of the most popular aesthetic procedures globally and has become a standard of care for both women and men alike.

Based on the principle of selective photothermolysis, laser hair removal targets the entire hair structure, from the hair shaft down to the follicle. Light energy with a specific wavelength is absorbed by the endogenous chromosphere melanin, resulting in the rapid heating and subsequent local thermal necrosis of the follicles' regenerative structures.

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LightSheer uses clinically proven 805nm and 1060nm diode laser technology to give a long term stable reduction of unwanted hair quickly, comfortably and effectively.



HEALTH CONDITIONS

Kindly inform us of any allergies or injuries that may impact treatment experience. We will be happy to advise safe options. If medical conditions prevail, please consult with your physician before taking any treatment or using our facility.

HOURS

Spa treatments are available from 9:00am to 9:00pm. However, we will always attempt to accommodate in-house guests that require treatment, outside of these hours, provided with sufficient notice. We recommend scheduling treatments well in advance to ensure availability and preferred appointment times.

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