

Malliouhana Spa

PACKAGES & PRICING 2005-2006

PACKAGES

Blending superlative service with a perfect holiday retreat, Malliouhana Spa combines professionalism with the best qualities of both a spa resort and a spa destination, striking a fine balance between the carefree ambience of a vacation spa and the rigorous regime of a health spa.

To unwind and refresh yourself, we offer a comprehensive choice of individual treatments and half-day and full-day spa therapies. Our spa packages are carefully designed to rejuvenate from the inside out and assist you to reconnect with your internal sense of well-being and re-establish a personal balance that stays with you long after you leave Malliouhana.

OASIS EMBRACE SPA SPECIAL

Discover a world of tranquillity and serenity with our Oasis Embrace spa package. Come and experience a peaceful sanctuary that will rejuvenate your mind, body and spirit and explore the luxurious treatments offered in our new 15,000 square foot oceanfront spa. This package includes:

- Minimum 5 nights, double occupancy
- Welcome greeting at the airport / ferry and transfer to and from the hotel
- A welcome bottle of French Champagne served with petits fours
- Daily Continental breakfast from our menu or spa cuisine menu served in the room or on your private covered terrace
- A 3-course dinner each evening chosen from our full à la carte menu
- A daytime cruise aboard the hotel's 40' day cruiser "Dakota" to a deserted bay for swimming, sunbathing or snorkelling
- Your choice of Malliouhana Spa treatments of one 60-minute or two 30-minute per adult daily from the following:
 - Therapeutic massage treatments
 - Body polish
 - Facial treatments
- A warm oil scalp massage for each person
- As a finishing touch an Oasis Manicure and Pedicure for each person

Certain specialty massage treatments are available for an additional fee.

Nov 1 – 19, 2005	Nov 20 – Dec 16, 2005
May 1 – Aug 31, 2006	Apr 1 – 30, 2006

Ocean View Double Room	\$3,750	\$5,005
Junior Suite	\$4,560	\$5,815
Jacuzzi Suite	\$5,280	\$6,565

SUMMER SPA ESCAPE

Escape to the elegant Malliouhana Hotel & Spa where you can relax in tranquil surroundings and rejuvenate together at our paradise retreat and pamper yourselves in luxury Malliouhana Spa. Package includes:

- Minimum 4 nights in an Ocean View Double Room, double occupancy
- The following Malliouhana Spa signature treatments per person
 - Two 60-minute Oasis Sea Balm massages
 - One 60-minute Hand and Foot Balm massage
 - One 60-minute Stone Therapy massage
- A daytime cruise aboard the hotel's 40' day cruiser "Dakota" to a deserted bay for swimming, sunbathing or snorkelling

Nov 1 – 19, 2005
May 1 – Aug 31, 2006

Ocean View Double Room	\$1,896
Junior Suite	\$2,544
Jacuzzi Suite	\$3,120

SPA ELEMENTS

A four-night spa retreat that soothes away all urban tension and stress. This package offers you the flexibility to choose four of the Spa Elements. You may wish to enjoy the Tropical Treat and Serene Sanctuary, while your companion prefers the Executive Edge and Fine Finish; or simply upgrade to include four Spa Elements for each of you in the privacy of a day suite. A spa companion rate is available.

- Minimum 4 nights, single or double occupancy
- Daily Continental breakfast from our menu or spa cuisine menu
- A choice of 4 Spa Elements for one person (can be shared with your companion).
The companion rate applies to a second person who wishes to enjoy the entire program of Spa Elements therapies
- Each day begins with physical training with a qualified instructor
- In-room relaxing spa bath gift
- Welcome greeting at the airport / ferry and transfer to and from the hotel
- A bottle of French Champagne upon arrival

CHOICE OF SPA ELEMENTS

Tropical Treat Beach Walk Seaside Body Polish* Ultimate Re-hydration Facial**	Executive Element Power Stretch* Deep Tissue Massage Classic European Facial	Fine Finish Walking Meditation Hand & Foot Balm Reflexology
Detoxifying Delight Yoga Detoxifying Bath* Moor Mud Body Wrap Island Breeze Facial*	Serene Sanctuary Meditation* Foot Bath & Massage* Soothing Floral Bath* Ocean Dream Massage**	

Unless specified, each service offers 60-minute service. *30-minute service. **90-minute service.

	May 1-Aug 31, 2005 Nov 1-19, 2005 May 1-Aug 31, 2006	Nov 20-Dec 16, 2005 Apr 1-30, 2006	Jan 4-Mar 31, 2006
Ocean View Double Room	\$2,515	\$3,280	\$5,020
Junior Suites	\$3,163	\$3,928	\$6,004
Jacuzzi Suites	\$3,739	\$4,528	\$6,580
Spa companion rate	\$1,110	\$1,110	\$1,110

Spa Elements may be enjoyed in the privacy of a day suite for an additional \$225 per couple per half-day.

SPA EMBRACE

Spa Embrace is a carefully structured 5-night retreat that offers the opportunity to reassess and balance the necessary components for a healthy approach to managing personal well-being.

Each day begins with 60 minutes of physical training with a qualified instructor, followed by a carefully sequenced progression of treatments offered in morning and afternoon sessions, with sufficient time between sessions to enjoy our award winning restaurant serving your choice of cuisines, sunbathe, swim and relax. Choices of an Asian, Ayurvedic or European perspective are available. Please enquire about our Spa companions.

- Minimum 5 nights, single or double occupancy
- Daily Continental breakfast from our menu or spa cuisine menu
- 3.5 days of spa therapies for one person (can be shared with your companion).

The companion rate applies to a second person who wishes to enjoy the entire program of Spa Embrace therapies

- Spa therapies are scheduled for morning and afternoon with time between to allow for relaxation, sunbathing and dining
- Welcome and Finishing Spa Ritual
- In-room relaxing spa bath gift
- Welcome greeting at the airport / ferry and transfer

EUROPEAN SPA EMBRACE

Initiate Day 1	Cleanse Day 2	Balance Day 3	Refine Day 4
Yoga	Beach Walk	Pranayama	Chi-gung
Seaside Body Polish	Reflexology	Seafoam Body Wrap**	Oasis Manicure
Travellers Recovery Bath*	Power Stretch	Aromatherapy Massage**	and Pedicure
Oasis Sea Balm Massage**	Lymphatic Massage	Classic European Facial	
Island Breeze Facial*	Indian Head Massage with Oasis		
	Intensive Hair Treatment		

Unless specified, each service offers 60-minute service. *30-minute service. **90-minute service.

	May 1-Aug 31, 2005 Nov 1-19, 2005 May 1-Aug 31, 2006	Nov 20-Dec 16, 2005 Apr 1-30, 2006	Jan 4-Mar 31, 2006
Ocean View Double Room	\$3,325	\$4,300	\$6,500
Junior Suites	\$4,135	\$5,110	\$7,730
Jacuzzi Suites	\$4,855	\$5,860	\$8,450
Spa companion rate	\$1,635	\$1,635	\$1,635

SPA ESSENCE

This four-night package is designed to provide you with the opportunity to balance health and wellness; providing a carefully structured series of services that nourish and renew personal vitality, clarity and harmony. Choices of an Asian, Ayurvedic or European perspective are available. A spa companion rate is available.

- Minimum 4 nights, single or double occupancy
- Daily Continental breakfast from our menu or spa cuisine menu
- 2.5 days of spa therapies for one person (can be shared with your companion).
The companion rate applies to a second person who wishes to enjoy the entire program of Spa Essence therapies
- Spa services are scheduled for morning and afternoon with time between to allow for relaxation, sunbathing and dining
- Each day begins with physical training with a qualified instructor
- Welcome and Finishing Spa Ritual
- In-room relaxing spa bath gift
- Welcome greeting at the airport / ferry and transfer to and from the hotel
- A bottle of French Champagne upon arrival

ASIAN SPA ESSENCE

Vitality Day 1	Clarity Day 2	Harmony Day 3
Chi-gung	Walking Meditation	Royal Javanese Lulur**
Javanese Body Polish	Thai Massage*	
Balinese Massage	Oasis Manicure & Pedicure	
Ginseng & Pearl Asian Facial*	Pressure Point Scalp Massage with Oasis Intensive Hair Treatment	

Unless specified, each service offers 60-minute service. *90-minute service. **4-hour service.

Ayurvedic Spa Essence is centered around the ancient healing traditions of the Indian sub-continent. Ayurvedic services include yoga, meditation, Himalayan Body Scrub, Marma Point body and facial massage, Indian Head Massage, Ayurvedic Massage and the Ayurvedic Balancing Retreat.

European Spa Essence draws upon the time-honoured healing therapies of European spas. Signature services include personal training, power stretching, Herbal Body Polish, Oasis Sea balm, Ocean Dream, Classic European Facial and the Thermal Spring Sea Haven.

	May 1-Aug 31, 2005 Nov 1-19, 2005 May 1-Aug 31, 2006	Nov 20-Dec 16, 2005 Apr 1-30, 2006	Jan 4-Mar 31, 2006
Ocean View Double Room	\$2,890	\$3,680	\$5,475
Junior Suites	\$3,538	\$4,328	\$6,459
Jacuzzi Suites	\$4,114	\$4,928	\$7,035
Spa companion rate	\$1,565	\$1,565	\$1,565

BOOKING TERMS AND CONDITIONS FOR SPA PACKAGES

- Supplementary treatments may be added and will be charged in accordance with Malliouhana Spa treatment prices.
- Spa treatments of equal or lesser value may be substituted subject to availability. Refunds on substituted spa treatments of lesser value will not be provided. Alternative spa treatment upgrades of greater value will be charged the differential.
- All spa package prices include 10% government accommodation tax and 10% service charge in lieu of gratuities.
- Package requires 50% deposit to secure booking.
- Notice of cancellation is required 30 days in advance of arrival date for full refunds. Thereafter deposit is applied to any cancelled or altered nights of a confirmed reservation. Deposit and cancellation terms strictly applied.
- Amex, Visa, MasterCard are accepted, personal cheques are accepted only by prior arrangement
- Rates and conditions are subject to change without notice.
- Travel insurance is recommended.

FOR SPA ELEMENTS, SPA EMBRACE AND SPA ESSENCE PACKAGES

- Please complete the Spa Itinerary and return it to us at least 72 hours prior to your arrival. Kindly ensure your contact details are included so that we can confirm your spa itinerary.
- An itinerary submitted less than 72 hours prior to your arrival will be scheduled subject to availability.
- If you have any medical conditions, please consult with your physician prior to submitting your itinerary.
- Health information and reconfirmation of service itinerary take place prior to the first service.
- Please arrive at the Spa one hour prior to your first appointment to complete health information and reconfirmation of your Spa itinerary. Please alert us if you have high blood pressure, a heart condition, physical ailments or disabilities, suffer from allergies, are pregnant or have any special needs.
- Each day begins with 60 minutes of physical training, available at either 8:00 am or 9:00 am only.
- For your comfort, we suggest that you eat very lightly prior to the morning exercise program. Proper clothing and footwear are required attire for the fitness facility.
- We recommend loose, comfortable clothing for yoga, chi-gung and Thai massage.