



# **IMMERSE**

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

One&Only
LE SAINT GÉRAN
Mauritius

### TREATMENTS

Feel your cares sail away on the sea breeze when you experience our exquisite immersive treatments at One&Only spa. Designed by world-renowned spa expert ESPA, each unique treatment combines the wisdom from traditional holistic therapies with the scientific power of the purest natural ingredients. Each results-focused experience is tailored to your specific needs helping you to have naturally beautiful skin and a renewed sense of inner calm.

#### ONLY HERE

One&Only Le Saint Géran signature treatments.

#### ONLY FACE

Facial treatments that deliver visible results.

#### ONLY BODY

Massage treatments for total-body relaxation.

#### ONLY HIM

Treatments designed specifically for men.

#### ONLYVITALITY

Treatments to boost your energy.

#### ONLY SECLUSION

Intimate experiences for you and your loved one.

#### ONLY FOR THE NEW GENERATION

Something special for spa savvy teens (ages 12–16).

#### ONLY NURTURE

For new and expectant mothers.

#### OUR SPA

Just when you thought paradise couldn't get any more special. Meander through lush tropical groves to the serene sanctuary of our spa. You'll find a private lap pool, steam room and sauna. The toughest decision you'll have to make? Which to try first.





### **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 treatments inspired by local Mauritian traditions, techniques and ingredients. Luxuriate in the health-giving wonders of this verdant paradise.

# ESSENCE OF ONE&ONLY LE SAINT GÉRAN (120 MINS)

A unique treatment designed to capture the essence of One&Only Le Saint Géran. Your experience begins with a tropical body scrub using naturally sourced indigenous ingredients such as coconut, honey and sugar, followed by a full-body massage with warm nourishing oils and long sweeping movements. Stress and tension melt away as you sink into a state of pure island bliss.

# MAURITIAN FUSION POULTICE TREATMENT (120 MINS)

This soothing yet firm pressure point massage incorporates warm herbal poultices to alleviate muscular aches and pains. First, your body is prepped for its massage with an invigorating exfoliation. Fragrant aromatherapy oils are then massaged into the skin, enhanced by the restorative powers of Mauritian herbal poultices. Emerge revived with boundless energy.

# CHAKRA BALANCING (120 MINS)

This holistic treatment relieves deep-seated tension and releases blocked energy – the perfect way to start your getaway. Your skin will feel like new after an exfoliation using indigenous aloe vera, a full-body massage with carefully-selected essential oils – including local mint and citronella essences – and a therapeutic hot volcanic stone treatment. To make sure all tension is banished, your treatment finishes with an acupressure face and head massage and gentle muscle stretches.

### ONLY FACE

Find radiance and revitalisation from deep within. Our experts combine traditional holistic techniques with the latest skincare innovations to create the perfect bespoke facial treatment for you.

### ESPA FACIALS

Discover an instant glow – ESPA results-driven facials are world-renowned for providing instant results as well as improving the long-term health of the skin. Delivered by our meticulously trained experts, each ESPA facial is personalised with the latest innovative techniques and pure, natural TriActive™ products. Your ESPA facial will leave you with naturally beautiful skin and a renewed sense of inner calm.

### ONE&ONLY LE SAINT GÉRAN BESPOKE FACIAL (60 MINS)

Your treatment begins with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions invisible to the naked eye. Every product and technique will be specifically selected for your needs, including cleansing, exfoliation, steam, extraction (where necessary), massage, mask and intensive serum. The treatment is rounded off with a tension relieving scalp massage and personalised product recommendations for your skin.

# ADVANCED RADIANCE FACIAL (90 MINS)

Nourish, brighten and hydrate your skin – and reveal your natural radiance. Deep cleansing with Clarisonic brushes, plus a lifting and smoothing facial mask, make this the ultimate facial to boost cellular regeneration, reduce fine lines and wrinkles, and invigorate your skin. What more could you need? This revitalising treatment concludes with a facial massage, using rose quartz crystals to soothe redness and deliver radiant and glowing skin.

# MINDFUL FACIAL (90 MINS)

Soothe your skin and your spirit with this holistic personalised facial. Feel negative energies fade as your therapist guides you through breathing and visualisation techniques to alleviate stress, helping to quiet your mind. Long, lifting massage strokes combined with warm poultices sculpt and tone the facial contours and nourish the skin. Finish with your choice of a soothing scalp massage or hand and arm massage. You'll emerge feeling spectacular – and looking even better.

### ULTIMATE LIFTING, FIRMING AND TONING FACIAL FEATURING NUFACE (90 MINS)

Improve skin tonicity and firmness and enhance cellular regeneration with this innovative facial. The Tri-Active™ ingredients and specialised lifting massage techniques used in this advanced facial give your skin a healthier and more youthful appearance. NuFACE technology provides microcurrents to lift and firm the skin. The perfect non-invasive treatment for immediately visible results.



### ONLY BODY

Wave goodbye to aches and pains and cast away your cares. Soothe body and soul with the therapeutic power of massage. Your bespoke relaxing total-body experience awaits. You need to feel it to believe it.

### ONE&ONLY -ONLY YOU MASSAGE (60/90 MINS)

Find inner calm with this profoundly relaxing and soothing treatment. Everything is tailored to give you the most calming and indulgent bespoke experience. If you're seeking total relaxation, indulge in this personalised full-body aromatherapy massage and scalp massage.

# HOT STONE MASSAGE (60/90 MINS)

Applying warm volcanic stones to the skin heats your muscle tissue, allowing the therapist to work deeper to relieve tension. The warmth of the stones and the therapeutic scent of aromatherapy oils make for an intoxicating combination. You won't want to leave One&Only Spa.

# FITNESS MASSAGE (60/90 MINS)

Discover the de-stressing power of volcanic hot stones with this full-body massage tailored to your needs. When your muscles are warm, it's easier to work out knots and relieve tension. Take a load off with this profoundly relaxing massage.

### SUN SALUTATION – PREP AND POST (PREP 25/POST 45 MINS)

The prep treatment is designed to get your skin in peak condition so you can make the most of this beautiful sun-kissed island. We'll begin with a body polish, removing dry skin to prepare you for a day's sun-worshipping. The post-sun treatment nourishes and soothes your skin, prolonging your radiant glow.

### ELEVATE SIGNATURE MASSAGE (60/90 MINS)

Enjoy a Thai-inspired massage, designed to relax and reopen the body's natural energy flow. Gentle stretching, acupressure massage techniques and synchronised breathing exercises will invigorate your mind and body. Leave feeling more supple, full of energy and shining with vitality.





### **ONLY HIM**

Feel reinvigorated and mentally recharged with our spa experiences tailored specifically for men. Massage the aches and pains from your body, or give your face the care it deserves. We'll cater to all of your individual needs and tastes.

### MANKIND (45 MINS)

This massage is perfect if you suffer from tension, headaches or neck pain. We'll tailor this treatment to you, focusing on your specific problem areas. After your stress relieving back, face and scalp massage you'll be revived, reinvigorated and ready for anything.

# MEN'S DEEP CLEANSING FACIAL (60 MINS)

Designed specifically to purify, hydrate and soothe male skin. This deeply cleansing facial buffs away dead skin. You'll feel like a new man.

# DEEP MUSCLE MASSAGE (60/90 MINS)

Sometimes it takes a firmer touch to work out the deep knots and muscle tension caused by our busy lives. This powerful massage treatment is designed to alleviate deep-seated tension and muscular stress. Your therapist will warm your skin with soothing cypress and clove essential oils. Then, they'll target problem areas with acupressure and deep movements using their forearms and elbows. An intense stress-reliever.



### **ONLY VITALITY**

A visit to our spa isn't just about relaxation - you'll feel renewed physically and mentally, too. If you're feeling weary, anxious, stressed, or simply want to get your sparkle back, look no further than our vitality treatments.

# MINDFUL MASSAGE (90 MINS)

The pace of everyday life can leave you feeling frazzled. Slow it down and refocus with this mindful treatment. Your therapist will guide you through breathing and visualisation techniques to help relax the mind and release any physical or emotional anxiety. Tension in the feet can reflect imbalance in your whole body. We address this with acupressure point massage to the soles of your feet during your full-body massage. A re-energising scalp massage with warm rose quartz crystals will gently ease you back to reality. We guarantee this treatment will leave you with a renewed sense of inner calm.

# SLEEP RITUAL (90 MINS)

This personalised massage is perfect if you have trouble sleeping. Your therapist will take you on a guided meditative and breath-work journey to prepare you both physically and emotionally for restful slumber. Deep-seated muscle tension is relieved using a combination of hot stones and warm oil gently poured onto your body. A soothing scalp massage helps you clear your mind and switch-off completely, ready for an uninterrupted blissful night's sleep.

# BACK, FACE & SCALP (90 MINS)

This 'hero' treatment is one of our most popular. Unwind and tap into your inner calm with this relaxing and deeply effective ESPA experience. Your therapist will focus on three key areas - the back, the face and the scalp - so you can lie back and let your cares drift away. This treatment is performed without hot stones.

### CONTOUR AND FIRM BODY TREATMENT (120 MINS)

Look as good as you feel with this toning, firming and invigorating treatment designed to reduce fluid retention and improve the skin's texture. This is a full-body experience that includes deep exfoliation and intensive lymphatic massage. Rid your body of toxins with a stimulating marine algae body wrap. Your skin will feel supple, smooth and look more radiant than ever.





### **ONLY SECLUSION**

Enjoy the natural splendour of our spa exclusively with your loved one when you indulge in a private escape. A bespoke private pampering experience is the ultimate way to refresh and unwind on this majestic tropical island. Complete tranquillity guaranteed.

# GARDEN SPA FOR TWO (60/90 MINS)

A private spa suite is the perfect choice for those seeking to relax in complete privacy. Follow the walkway to the secluded Garden Pavilion, where your private suite awaits. Indulge in a fusion of treatments tailored to your personal needs. Our spa team will be happy to guide you on the range of experiences available in this beautiful space. While you're here, why not treat yourself to a little **extra** indulgence with our Mauritian fruits and champagne package?

# GARDEN HIDEAWAY FOR TWO (120 MINS)

Take a stroll with your loved one to our secret Garden Pavilion. Here, it's just the two of you. Your experience begins with a welcome foot ritual, using local flowers and cooling compresses to refresh and prepare you for your treatments. The ritual continues with a full-body aloe vera and apricot scrub to smooth the skin before your personalised One&Only massage. You'll feel all your worries and tensions fade away as warm oil is poured onto your body and long sweeping massage movements target areas of stress. A therapeutic scalp massage will leave you feeling totally blissed out. Sip our champagne and savour a delectable selection of seasonal fruits, all in your own little tropical hideaway.

### BRIDAL SUITE

Our bridal suite might just be the best part of getting married at One&Only Le Saint Géran. This secret hideaway has all the essentials you'll need to pamper and prep for your big day, including a mani/pedi station, a mini hair and make up studio and also an outdoor shower.





### 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.

# BOUTIQUE FACIAL (45 MINS)

Enjoy a gentle cleansing facial, hydrating face mask, soothing eye pads and a relaxing scalp massage. This facial is specially designed to target impurities and leave your skin looking and feeling refreshed and rebalanced.

# ACTIVE FLOW MINI MASSAGE (30/45 MINS)

After a long day exploring the tropical jungle or swimming in the turquoise ocean, your body will thank you for treating it to a relaxing head, neck and shoulder massage, including a nourishing scalp treatment. You'll be ready for your next island adventure in no time.

# HENNA DESIGNS (15 MINS)

Try something new while you're on holiday. Henna is a natural colouring method traditionally used to decorate the skin for celebrations. Choose from a wide range of beautiful henna designs and our Mehndi specialists will adorn your body. Please pop in for a patch test 24 hours before your treatment.

### GET MUDDY (20 MINS)

This mineral-rich mud treatment is a fun way to relax and recharge. A nourishing scalp, neck and shoulder massage makes it perfect for little ones.

### **ONLY NURTURE**

Safe, restorative, nurturing therapies for new mums and mums-to-be. You need a little extra care when you're expecting. Where better to indulge than in a picturesque island paradise?

# MATERNITY MASSAGE (60 MINS)

Put your feet up and sink into total relaxation mode with this full-body massage specifically designed with expectant mothers in mind. Your therapist will pay careful attention to the areas particularly prone to tension during pregnancy.

# TIME OUT FOR MOTHERS-TO-BE (120 MINS)

A full relaxation package for new mums and mums-to-be in need of some quality me time. We've selected the most suitable and nurturing treatments to help you feel your best. Get comfortable and enjoy a smoothing back exfoliation and tension-relieving massage followed by a wrap and massage to alleviate tired, heavy feet and legs. A facial cleanse and massage will restore your natural radiance. Just what the doctor ordered.





### PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

Entrust your hands and feet to the care of the world's most Revered podiatrists. Bastien gonzalez multi-award-winning Hand and foot treatments have been described by vogue as 'The rolls-royce of manicures and pedicures'.

# BASTIEN'S DUO (75 MINS)

This multi-award-winning treatment takes care of your feet, legs, hands and arms. Manicures and pedicures don't get any better than this. The results will shine in your strong, healthy and beautiful nails.

# BASTIEN'S PEDICURE (60 MINS)

A full foot overhaul to eliminate hard skin and dryness. You'll love this bliss-inducing treatment. A massage from your toes up to your knees will relieve any muscle tension and heaviness, and stimulate circulation. All topped off with a gentle buffing nail treatment which restores the natural beauty of the nail, leaving it looking healthy and shinny.

### BASTIEN'S MANICURE (45 MINS)

An exceptional manicure in three simple steps: a cuticle and nail treatment, natural filing and buffing and a gentle massage of the forearms, wrists, hands and fingers. Your nails will be restored to their natural elegance.

### NAIL BRIGHTNESS (45 MINS)

A real treat for the feet focused on refreshing your nails. Our expert therapists will tidy your cuticles and lightly smooth away any dry skin. Nails are reshaped and buffed with chamois leather and a pearly buffing cream. Your treatment ends with a relaxing foot massage. The result? Healthy, shiny, naturally beautiful nails.

# FOOT RE-FOUNDATION (35 MINS)

Are your legs feeling heavy, tired or swollen, perhaps after a long flight? If so, this treatment focused on your feet and legs is just what you need. We'll start with a Black Diamond Scrub exfoliation, so you'll get more benefit from the creams used during your massage treatment. Then, your feet and legs up to the knees will be massaged, relieving muscle tension, aiding joint mobility and boosting blood circulation. Just what you need after a long flight.

### GLOBAL MASSAGE RE-FOUNDATION (35 MINS)

A soothing and calming massage, from the toes up to the knees and from the fingers up to the elbows. As our adept therapists massage your hands and feet at the same time, you'll feel your body become lighter, your skin become more supple and your joints relax.

# PARAFFIN TOUCH (20 MINS)

Add a little extra indulgence to your manicure or pedicure with a warm and nourishing paraffin wax soak. Hands and feet will feel silky smooth.

# COLOUR TOUCH (20 MINS)

Choose your perfect shade from our range of Révérence de Bastien nail lacquers. We use only formaldehyde, toluene, DBP and camphor-free products to prevent any damage to your nails. Includes nail reshaping.

### REVITALISING RITUALS FOR YOUR HAIR BY KÉRASTASE

Sun, sea and sand can be tough on your hair. So relax and let the experts take care of your locks in our state-of-the-art hair salon. Your Kérastase ritual begins with a consultation to determine which products are best suited to your hair type. Then, we'll help you choose the perfect treatment for you. Your hair's vitality, health and shine will be restored in no time.

# CHRONOLOGISTE: GIVE YOUR HAIR THE HERO TREATMENT

Kérastase's new ultra-luxury product range is the ultimate cure-all to rejuvenate every hair type. The active ingredients – mimetic caviar pearls and Abyssinian oil – in this three-step treatment will miraculously transform your hair, leaving it looking and feeling instantly sleeker and healthier. The nourishing mask, shampoo and conditioning treatments will boost your hair's glossiness and body, and the blissful head, neck and shoulder massage will leave you feeling as good as you look.

# CONDITIONING HAIR TREATMENTS & RITUALS

When your hair needs a little extra attention, we have an extensive range of in-salon prescription treatments that can be added to any appointment. Treatments range from a quick fix moisture boost to our reparative split-end treatment.

#### **ANTIPELLICULAR RITUAL**

Exfoliating action - flake free hair for 2-months.

An intensely cleansing and deeply purifying treatment. The AOX complex, with active ingredient zinc pyrithione, protects the scalp and prevents dandruff.

#### DERMO-CALM RITUAL

Soothing for sensitive scalps.

Known for its soothing qualities, the active ingredient PS21 purifies the scalp, leaving it irritant-free and calm.

### STIMULANT RITUAL

Accelerate hair growth and reduce loss.

An intensive anti-fall treatment to reinforce your hair's strength.

#### DENSITY RITUAL

For fuller, thicker hair.

Get 90 days of results with this volumising treatment. Active ingredients stemoxydine and complex glycan boost hair density, giving you thicker, fuller looking hair.

#### **PURIFYING RITUAL**

Deep cleansing for oil-prone hair.

For hair that gets greasy easily, this treatment is perfect. Glycine regulates the appearance of sebum and purifies the scalp, while vitamin B6 nourishes and strengthens hair fibres.

#### **NUTRITIVE RITUAL**

For dry to extremely dry hair.

This new formula, enriched with Benjoin, nourishes and softens hair, giving you long-lasting protection from dryness.

### RADIANCE REVEALING BITUAL

Protect and enhance your colour.

Protect coloured hair and renew intensity and gloss with this linseed oil-rich treatment.

#### RESISTANCE RITUAL

Rebuild and repair damaged hair.

The revolutionary Vita-Cement complex works to rebuild your hair's internal strength and leaves it full of body, vitality and shine whilst feeling incredibly soft.

#### AMPLIFIER RITUAL

The volume-boost you've always dreamed of.

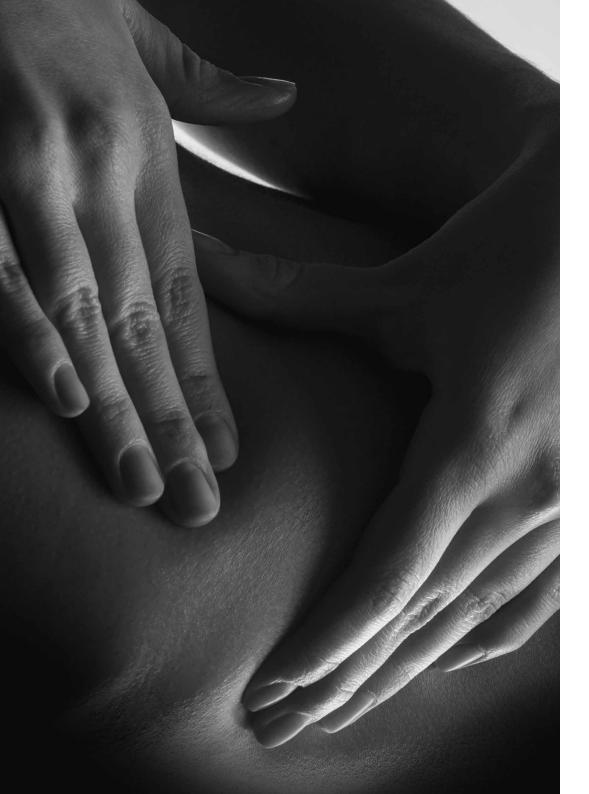
This treatment improves hair volume, elasticity and gloss while making it easier to style.

#### FUSIO-DOSE

High-performing tailor-made haircare.

This ultra-concentrated system is a Kérastase exclusive. Each application is tailor-made from a possible 20 combinations to suit your precise hair needs. Get ready for your hair to look and feel totally transformed.

Try this ritual alone or as an added extra to one of the above rituals (no more than once per month).



### BIOLOGIQUE RECHERCHE

Biologique Recherche treatments brings years of innovation and bespoke specialized techniques together; for a result driven, luxury experience that is personalized to every unique skin instant.

The foundation of our reputation and methology is formed upon the combination of pure, concentrated, raw ingredients, an aesthetic and clinical approach as well as a rigorous and unique protocols.

Each treatment starts with the Assessment Stage to personalize the following stages according the skin instant of each individual.

#### **BODY TREATMENTS**

Our state-of-the-art body treatments are entirely customizable. Designed to firm, tone and sculpt the body to achieve a harmonious silhouette.

### JET LAG MASSAGE (45 MINS)

A treatment with draining and decongesting action. It stimulates the circulation and helps legs to feel lighter. Ideal treatment after long flight or deep activity.

# REHARMONISING AND DRAINING TREATMENT (30 MINS)

A treatment that begins with deep massages of the stomach with essential oils and botanical complexes that drains and eliminates toxins, stimulates and fortifies the skin. The effects of the active ingredients are then amplified with a heated blanket, guaranteed to restore your balance well-being from the inside.

# UPPER ARMS TREATMENT (60 MINS)

This targeted treatment is completely dedicated to the arms for a complete strengthening, toning and reshaping of this specific area, where the sagging changes associated to the aging phenomenon is more pronounced than in other parts of the body.

# LOTION P50 BODY CARE (60 MINS)

Lotion P50 Corps is the main key element to exfoliate and regenere the skin. The Lotion P50 Corps is applied to gently exfoliate with the Gant de massage Corps which eliminate dead skin cells and leaves you with a purified, moisturized and luminous skin.

### BIOLOGIQUE RECHERCHE ONLY FOR YOU TREATMENT

BIOLOGIQUE RECHERCHE is the ultimate name in analyzing and diagnosing skin types, going way beyond the usual dry/oily categorisations. Your skin type can change numerous times a day, in response to internal & external factors like pollution, temperature, stress & hormones. Our experts will diagonose your personal skin Instant & recommend the products and techniques best suited to you.

### LIFT CVS PURIFIES, LIFT, ILLUMINATES (60 MINS)

Skin needs to breathe to eliminate the dead cells which clog pores and slow down oxygen exchange, this treatment is an efficient cocktail of micro-crystalline algae, silk extracts and massage into a purifying ritual that redefines facial contours and firms the oval of the face. Your skin is luminous, firm and toned. Le lift treatment gives an instant lifting effect.

### LE SOIN RESTRUCTURANT ET LISSANT HYDRATES, SMOOTHES (60 MINS)

As with every treatment developed by Biologique Recherche Laboratories, this facial begins with a preparatory phase and rebalanced skin is then ready for the application of the Complexe Restructurant et lissant, which is completed by a modulating radiance and long-lasting moisturization.

# LOTION MC 110 PLUMPING AND EXFOLIATING TREATMENT (45 MINS)

Exfoliates and tones the epidermis combating acne. Recommended for thick, dull skin. The skin appears smoother and brighter and plump the fine lines.

### OXYGENATES, ILLUMINATES LE SOIN VIP 02 (45 MINS)

This treatment is a moment of total well-being and relaxation, for both men and women, which oxygenates the skin, smoothes facial contours and immediately gives you a radiant completion.

### LE SOIN BIOVECTEUR MARIN ENERGIZES, SCULPTS, REJUVENATES (90 MINS)

Intensive treatment that is as revitalizing as a stroll along the seashore. It combines the benefits of Three Rituals: le lift or Le Soin Restructurant et Lissant, Remodelling Face + Soin Biovecteur Marin -fine leaves made of algae extracts, custom-cut to fit the structure of face, are applied to the skin and moistened with l'Eauxygenante fluid. The skin is toned and rejunevated, with the stresses of everyday life erased.



# LE REMODELLING FACE (60 MINS)

Remodeling Face Machine combines four types of electric currents: Galvanic current which improves the absorbtion of the actives ingredients-and the microcurrents drain, sculpt and tone the face for a firmer skin, less wrinkles and pyramid cheekbones.

# SECONDE PEAU TREATMENT (90 MINS)

Second skin is a lifting & regenerating electrospun mask, with 80% hyaluronic acid, that repairs damaged skin. The second skin treatment accelerates cell renewal and optimizes the regeneration for a visible & immediate tightening effect. A less invasive alternative to fillers, it increases the cohesion, firmness & density of the skin while reshaping the facial contour.

### SPA ETIQUETTE

#### APPOINTMENTS

We always recommend booking ahead. To make a reservation, simply call our spa reception at ext. 7658/7633 or visit us in person. We're happy to talk through the options and find the best treatments for you.

# CANCELLATIONS AND RESCHEDULING

If you need to cancel or reschedule your appointment, please give us at least 24 hours' notice. Otherwise, the following charges apply:

- 50% of the treatment fee for cancellations made between 12-24 hours beforehand
- 100% of the treatment fee for any no-shows, or cancellations made within 12 hours

#### ARRIVING AT ONE&ONLY SPA

We recommend arriving 30 to 45 minutes ahead of your appointment, as late arrival will eat into your treatment time. Arriving early also means you'll have time to relax and explore all the spa has to offer – like our lap pool, steam room and sauna.

#### **HEALTH CONDITIONS**

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

#### WHAT TO EXPECT

When you arrive, you'll be provided with a robe, towels, slippers and disposable undergarments. We provide lockers where you can stow your belongings. During your treatment, privacy is assured with discreet draping.

#### AMBIENCE

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

#### PREGNANCY

Our Only Nurture 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.

#### VALUABLES

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

#### AGE REQUIREMENTS

We welcome guests aged 16 and over to the spa and its shared facilities. For younger guests, we've created the Only for the New Generation menu, offering a range of treatments just for them.

#### GIFT VOUCHERS

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

#### BOUTIOUE

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.

#### LOST PROPERTY

Ask our spa reception if you've lost or misplaced something. We keep all found items on hand for four months, donating them to local charities thereafter.

