

Come out of your shell.

Time is not of the essence at LIME. We want you to savour your surroundings, so we have added time to everything.

You cannot create an experience, you have to live it.

Come into LIME.





The Spirit of NIYAMA

The essence of the Maldives.

Signature NIYAMA experiences created with local and natural ingredients.

The Spirit of NIYAMA

NIYAMA Scrubs

45 minutes

The first step to cleansing and a prelude to any massage or body experience. Removes dead skin, toxins and improves circulation. A rain shower provides a refreshing, light sensation.

- ❖ CRUSH: Salt, aloe vera and crushed lime, refines the duller of skins. This invigorating scrub leaves you tingling and satiny smooth.
- ❖ POLISH: Maldivian coral sand with coconut, oil, shell and fruit. A luscious blend that melts into the skin, gently polishing away impurities.

NIYAMA Massage

1 hour / 1 hour 30 minutes

Natural rhythms release muscle tension and induce relaxation. Witness the power of our signature aromatic oil blends.

- ❖ CALM: Citrus fruit. A sweet blend of mandarin, orange and lime to relax and unwind.
- ❖ ACTIVE: Zests of orange, grapefruit, lemon and lime to balance and restore energy.

NIYAMA Cocoon

50 minutes

Designed to provide outstanding benefits using the most natural of ingredients, it is the perfect pre-massage experience.

- ❖ NOURISH: Virgin coconut oil, orange extracts and fresh coconut saturate, nourish and restore natural radiance and glow.
- ❖ SOOTHE: Cucumber, aloe vera and lavender. The perfect combination for sunburn and after sun exposure to soothe, cool and heal.

NIYAMA Recovery

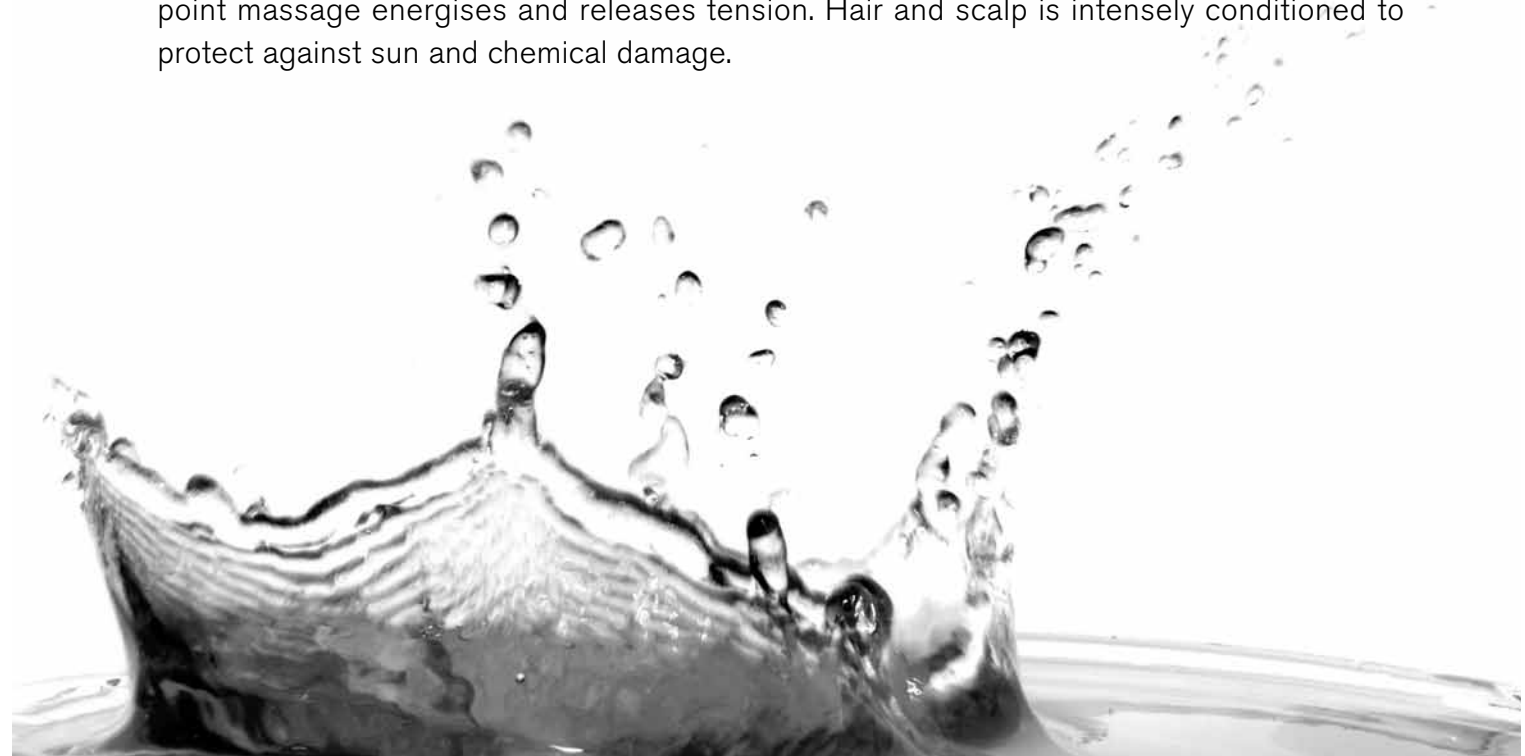
1 hour 30 minutes

Inhalations of selected essential oils and a stimulating body brushing prelude to an aroma pressure massage of the back, neck and shoulders. A recharging gel body masque rich in minerals and plant essences is applied, while an acupressure foot and scalp massage with essence of lime will release trapped energy. An eye massage with chilled lava stone invigorates and reduces puffiness. Perfect for pre or post travel.

NIYAMA Hair and Scalp

25 minutes

A warm blend of coconut and sweet basil oil is gently massaged into your scalp and hair. Pressure point massage energises and releases tension. Hair and scalp is intensely conditioned to protect against sun and chemical damage.



Private LIME

Create your own personalised spa ritual.
It's simple. You tell us the time you would
like and what you want to experience from
the menu in that time.

Spoiled for choice? We'll guide you...

Our Private Spa Sanctuaries with outdoor
shower, bath and day bed, set in the midst
of a sultry, tropical garden, will be your
next destination.



Private LIME

U Two

- ❖ 1 hour 30 minute Spa Experience of Your Choice
- ❖ Outdoor Rain Shower
- ❖ 30 Minutes of LIME-Time in Your Sanctuary
- ❖ Fresh Juice, teas and Tropical Fruits

Just 2

- ❖ 2 Hour Spa Experiences of Your Choice
- ❖ Outdoor Bath for Two
- ❖ 1 Hour of LIME-Time in Your Sanctuary
- ❖ Fresh Juice, Tropical Fruits, Tea and Authentic Delicacies

Love Is

4 hours

- ❖ 3 Hour Spa Experiences of Your Choice
- ❖ Outdoor Bath for Two
- ❖ 1 Hour of LIME-Time in Your Sanctuary
- ❖ Fresh Juice, Tropical Fruits, Tea and Authentic Delicacies

LIME Time

Just can't get enough? Time can be purchased and added to your Private LIME experience. Luxury LIME. Whilst in your Spa Sanctuary, why not add on one of the below to make the occasion extra special?

Decadent

- ❖ A Bottle of Champagne
- ❖ Chocolates
- ❖ Canapés and Petit Fours
- ❖ Fruit Platter
- ❖ An Additional Hour of LIME-Time
- ❖ His and Her Gifts

Indulge

- ❖ A Bottle of Sparkling Wine
- ❖ Fruit Platter
- ❖ An Additional 45 Minutes of LIME-Time
- ❖ His and Her Gifts

LIME Face

ANNE SEMONIN:

Combines trace elements and essential oils.

Customised for the individual.

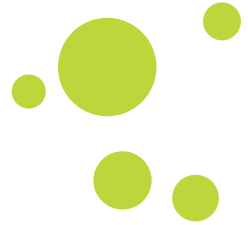
Holistic and personal, it is a revolutionary approach to skincare.

Maximum concentration.

Optimum results.



LIME Face for Her



Ultimate

1 hour 45 minutes

A new generation in facials. This contouring and firming facial is designed to combat the visible signs of aging using the renowned effects of the 'Radiance Ice Cubes' on the eye-zone. These are the latest in 'neuro-cosmetics'. 100% intense plant active serums, masks and aromatic complexes combined with drainage massage to restore a more radiant complexion and instant youthfulness. Hands and arms are cleansed and massaged during this facial.

Purify

1 hour 30 minutes

Clarifying. Detoxifying. Decongesting. A lymphatic drainage massage for visibly clear skin. This deep cleansing facial uses clarifying algae seaweed with gentle steam and extraction. A radiant complexion in one session. Perfect for combination, oily, and congested skin.

Oxygen

1 hour

Delivering radiance to dull skin. Using sea salt, rosemary and red grape, a deep cleansing mask massage will boost, protect and oxygenate whilst a detoxifying mask with oxygenated steam will purify and regenerate, leaving the skin fresh, glowing and feeling alive.

LIME Couture

1 hour

- ✿ Nourish
- ✿ Firm
- ✿ Balance
- ✿ Soothe

Made-to-measure facials. This collection is tailor-made to your skin's needs through unique massage techniques, botanical active serums, aromatic intensive complexes and powerful masks.

Eye Zone

35 minutes

Firming. Enhancing. Lifting. 'Radiance Ice cubes' with their Cryo-Therapy benefits are used in combination with a therapeutic lymphatic eye massage to relax muscular fatigue and alleviate puffiness. Combat signs of ageing.

Refresh

35 minutes

Instantly revive a tired complexion with a facial cleanse and mineral mask to boost circulation and reveal clarity.

LIME Face for Him

Active Man

1 hour

Restore Vitality. Incorporates a detoxifying algae mask, firming aromatic intensive complexes and anti-aging serums to clarify and deep cleanse. It boosts cellular renewal to smooth all signs of fatigue whilst 'Radiance Ice Cubes' result in glowing, youthful skin.

Island Man

45 minutes

Soothes and calms over-sensitive, irritated or sun damaged skin prone to redness, razor burn and irritation. Saturated gauzes combined with aromatic intensive complexes, repair, calm and restore equilibrium to bring rapid relief to sensitive skin.





LIME Body

Black Sand Polish

45 minutes

Fine black volcanic sand gently lifts away dead skin, whilst verbena and trace elements nourish and protect.

Ocean Scrub

45 minutes

A zesty, invigorating exfoliation. Pure botanical oils, sea minerals and salts are used to exfoliate the body to stimulate circulation and reveal skin's natural radiance.

Light Legs

1 hour

Relaxing yet invigorating. Warming ginger and fresh cinnamon are massaged into the legs and feet before a powerful and refreshing wrap is applied to help increase blood circulation and ease away puffiness and congestion. Light. Airy. Revitalised. Ideal after a long flight.

Melt

1 hour 30 minutes

Melt away stress. A full body experience using detoxifying, self-heating seaweed mud on the back followed by a full body aromatic massage with marjoram, lavender and rosewood essential oils. Let yourself unfold as aches and pains are dissolved and clarity restored. Perfect for pre or post travel.

LIME Cocoon:

1 hour 30 minutes

Your body is cleansed then snugly wrapped to provide either nourishment or detoxification with powerful essential extracts of either earth or ocean. Savour a soothing drainage massage of the scalp and face whilst the body mask works its magic; after an invigorating shower your body is massaged with botanical elixirs. Richly aromatic. Smooth. Full of vitality.

Sunrise! Be Prepared

1 hour 15 minutes

A gentle face and body exfoliation with a nourishing mineral mask protects and moisturises. Intensive complexes with beta carotene and macadamia oils will enhance the skin color and prepare for the perfect tan.

Sunset! Be Repaired

1 hour 15 minutes

The ideal after sun therapy tailored to repair, heal and soothe. The perfect way to prolong your tan. Your body and face are wrapped in a rich nourishing cream mask with soothing apricot kernel and essential oils restoring a healthy glow.

Sculpt

1 hour 30 minutes

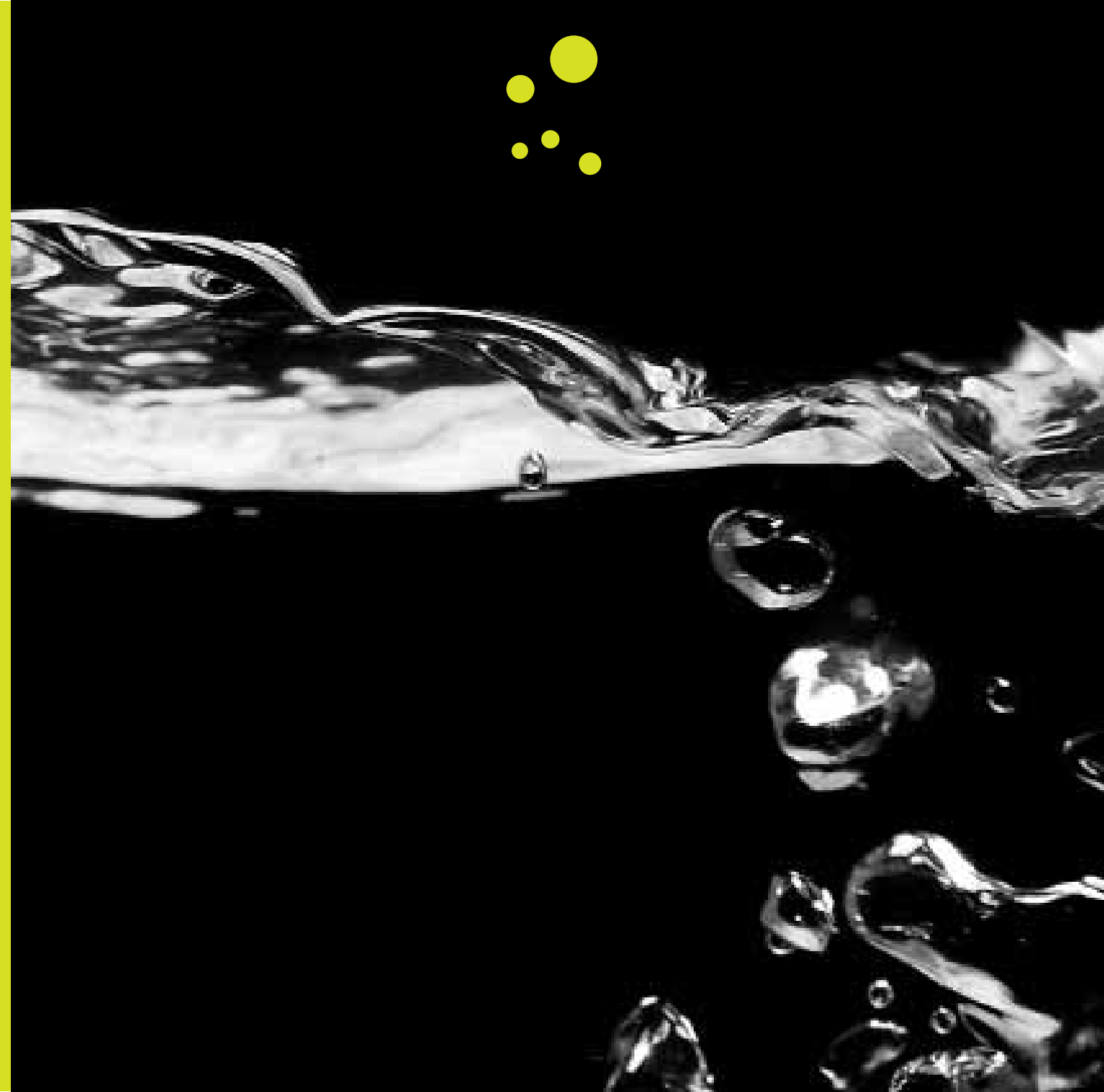
A specific anti-cellulite therapy designed to smooth uneven skin tone. Sea salt and botanical oil are used to exfoliate the body while a perfect blend of firming and draining complexes are massaged into the legs using tailored drainage techniques. A seaweed peel-off mask is applied to intensify the detoxification and eliminate toxins.

A course of sculpt treatments is recommended

LIME Messages

We seek to create the unforgettable.

All our massages can be personalised to your needs and desired results.



ENERGY

Reflexology

1 hour

Stimulates specific pressure points of the feet, opening energy pathways and easing circulation. Find your body balanced and energised.

Traditional Thai

1 hour/ 1hour 30 minutes

Replenish, relieve and rebalance at every level. Yoga stretches; compression and trigger pressure point massage releases blocked energy. Your life force, flexibility and mobility are awakened.

**Thai massage is performed on a Thai mat, no oil is used and loose pajamas are provided.*

Indian Head Massage

45 minutes

Focusing on the head, neck, and shoulders, this pressure point massage technique frees the mind of stress and recaptures lost energy.

Release

35 minutes

Relieve stress and muscular tension in the back, neck and shoulders.

BALANCE

Swedish

1 hour/ 1hour 30 minutes

Gentle to firm pressure with kneading and gliding strokes to deep muscular techniques that stimulate circulation. Eliminate toxins with the power of essential oils to dissolve tension.

Sports

This vigorous massage concentrates on specific muscles and muscle groups. Perfect for the active and athletic individual; deep manipulations relieve aches and discomfort and aid the natural healing process.

Shiatsu

1 hour

“Shi” for finger. “Atsu” for pressure. Ancient Japanese wisdom, modern science. Restore a healthy flow of energy by applying acu-pressure massage to the body’s energy meridians. Shiatsu reinstates balance and clarity of mind.

**Shiatsu is performed on a futon, no oil is used and loose pajamas are provided.*

Ear Candling

45 minutes

Restore equilibrium to the senses. Relief from sinusitis, headaches and excessive ear wax. A pressure point face, head, ear and neck massage enhances the cleansing effect.

RELAX

Hot Stone

1 hour 30 minutes

Energy guides us. Using the purest oils and hot basalt stones as an extension of the Therapist’s hands, melt away muscle stress leading you into a deeper sense of relaxation.

Shirodhara and Abhyanga

1 hour 30 minutes

Nourish and restore the nervous system with this ancient ayurvedic ritual. A soaking of the third eye with hot black sesame oil combined with a traditional ayurvedic massage will assure ultimate well-being.

Mother to Be

1 hour

Massage techniques tailored to the requirements of pregnancy bring much needed relief and relaxation to mother and baby. Virgin coconut oil strengthens the skin to prevent stretch marks leaving your skin smooth and supple.

Balinese

1 hour/ 1 hour 30 minutes

Traditional Balinese massage. Seamless blend of acupressure, skin rolling and firm smooth strokes stimulate energy flow and circulation. Spicy and warming aromas are used for optimum results.

After Dark

LIME Spa

24 hours of ultimate indulgence. Let our LIME Concierge guide you through the experiences available from dawn until dusk.

LIME Lights

Nail Care

- ❖ LIME Pedicure *1 hour 30 minutes*
- ❖ LIME Manicure *1 hour 15 minutes*
- ❖ Manicure *45 minutes*
- ❖ Pedicure *1 hour*
- ❖ Nail Polish *15 minutes*

**French polish is only available with the LIME manicure and LIME pedicure*

Eyelash – Tinting

- ❖ Eyelash tint *25 minutes*
- ❖ Eyebrow tint *20 minutes*

Hair Removal

- ❖ Face and body waxing services are available with prices given upon request
- ❖ Indian threading is also available for the eyebrow shaping and upper lip

How to LIME

Treatments and Rituals

All our rituals and experiences are available for singles and couples in:

- ❖ LIME Spa: Ocean facing suites and Spa Sanctuaries with outdoor bath, shower, garden and relaxation area.
- ❖ Your Studio or Pavilion: Don't move a muscle and let us bring a selection of our spa experiences to the comfort and the privacy of your Studio or Pavilion (subject to an additional 25% charge).
- ❖ After Dark: The Spa is open 24 hours, a selection of therapies from our menu are available anytime during the night, our LIME Concierge is there to guide you. After Dark experiences at LIME (from 9 pm to 9 am) are subject to an additional 25% charge.
- ❖ ALL PRICES ARE QUOTED IN USD AND SUBJECT TO SERVICE CHARGE AND GOVERNMENT SALES TAX.

Arrival

To ensure you enjoy your time with us and receive the full benefits of your LIME Spa experience, we ask you to arrive at least 15 minutes ahead of your scheduled time. If you wish to take advantage and explore SubLIME, LIME's pre-experience spaces, as well as our calming surroundings we invite you to arrive in your own time.

Cancellation

We understand you may need to change your schedule. We ask that you give us a minimum of 12 operating hours notice. Appointments cancelled within 12 hours will incur a 50 % cancellation fee. Appointments cancelled within 4 hours, as well as a no show, will incur full payment.

Reservation

We highly recommend that you reserve all your rituals and experiences in advance to avoid disappointment. Our LIME Concierge will be able to advise you about the best times and what is available for you during your stay.

Late Arrival

If you arrive late for a scheduled appointment, you will receive the best experience possible within the remaining appointment time. It may be necessary to decrease your time with respect for the next reservation. Full costs will apply.

Health

Please inform the LIME Concierge at the moment of your booking and your Therapist if you have any known medical conditions, ailments, allergies or are taking any medication. We recommend that you do not sunbathe after facials, aromatherapy or waxing for a minimum of up to 6 hours.

Spa Attire

You will be provided with everything you need for your time with us, including disposable underwear, robe, slippers and towels. A bathing suit is necessary for the sauna, steam and spa baths.

Ambience

LIME is a fresh and pure environment - free from noise pollution. Please help us to maintain serenity by refraining from smoking and turning off your mobile phones.

Age Requirement

All guests must be 16 years of age and above.

Valuables

We recommend that you arrive at LIME without your valuables. LIME Spa cannot accept responsibility for any loss or damage of any kind.