

The background of the entire image is a repeating pattern of embossed, stylized leaves. The leaves are arranged in a dense, overlapping manner, creating a textured, organic feel. The color of the embossing is a light, warm beige, matching the overall tone of the paper.

Serenity
spa

Follow a winding sandy path deep into the lush heart of Baros, where Serenity Spa waits like a secret garden in the jungle. Here, the canopy of palms, the song of tropical birds and the perfume of wild blooms create a sanctuary that feels both hidden and timeless.

This is where nature leads the way. Wander through the Baros Tree Garden, where Shirin Yoku – ‘forest bathing’ – encourages you to breathe deeply and connect with the living world around you. Each step, each breath, draws you closer to stillness.

Step into our private treatment pavilion, a sanctuary of tranquility where soothing scents and gentle, ambient light create an inviting atmosphere. Our skilled therapist expertly blend Asian's timeless healing traditions with cutting-edge innovations and potent natural active ingredients, transforming each session into more than just a treatment - it's a transformative journey. This personalised experience restores your inner balance, reawakens vitality and reconnects you with the serenity of the natural world. Discover true relaxation and rejuvenation in a space designed to nurture your body, mind and spirit.



Rituals by Baros

Serene experiences inspired by nature, uniting mind,
body and soul in pure harmony.

Serenity Green Signature

The perfect green prescription – a refreshing, earthy blend to ease aching muscles, calm stressed minds and revive tired skin. Your experience begins with a full body intensive massage, combining stretching, pressure points and dynamic movements to promote healthy flow and release joints. A restorative facial massage follows, using botanical active ingredients and carefully crafted essential oils to harness nature’s goodness, refresh the skin and mind, leaving you in a state of blissful relaxation.

120 Minutes

Walk in The Garden

Immerse yourself in the jungle’s healing hush as this ritual begins with a personalised consultation to choose essential oils attuned to your emotional and physical needs. Surrounded by the rustle of palms and the perfume of tropical blooms, inhale the bright zest of Sicilian lemon and the cooling clarity of Chinese eucalyptus, inviting your senses into calm presence.

Blending Eastern and Western wisdom, our therapists use Swedish and neuromuscular techniques to ease muscular tension, while gentle lymphatic drainage restores healthy circulation. Every touch works in harmony with the rhythms of the island, leaving you deeply relaxed, recharged and renewed – body and mind in balance with nature.

120 Minutes

Baros Forest Therapy

A serene fusion of carefully selected essential oils evokes the healing gift of the forest, soothing away the stresses of modern life with calming cypress, grounding ho wood and the subtle warmth of Peruvian pink pepper. Your journey begins with a cleansing guided inhalation, followed by a deep, tension-relieving massage in flowing strokes. A grounding mud mask then restores hands and feet before a blissful scalp massage leaves your mind clear and tranquil.

150 Minutes

A man in a white short-sleeved shirt and light-colored trousers is leaning over a black metal lantern in a garden at night. He is lighting a candle inside the lantern. The garden is filled with lush green plants, including large-leafed foliage and some with reddish-purple leaves. In the background, a warm, yellow light emanates from a building, creating a soft glow. The overall atmosphere is serene and intimate.

C+C Vitamin
Indulgence Journey

A DOSE OF ENERGY AND LUMINOSITY

Vitamin C is a true fountain of wellness for the body. Naturally anti-inflammatory, antioxidant and deeply hydrating, it helps boost collagen to promote healthy, radiant skin. Feel the uplifting burst as it energises and protects, while the invigorating citrus aroma awakens the senses. Your skin is left intensely hydrated and luminous, with signs of fatigue and dullness replaced by a fresh, glowing complexion.

Three-day Package

Day 1

60 minutes Citrus Body Perfection (C + C exfoliation with C + C antioxidant-rich wrap)
30 minutes Mask Booster

Day 2

60 minutes Citrus Essence Facial
30 minutes Cryo-Gel for Legs

Day 3

60 minutes Personalised Massage By Natura Bissé
30 minutes Scalp Massage

RECHARGE AND RENEW

Baros' Serenity Spa is a sanctuary devoted to holistic wellness. Each Baros wellbeing retreat follows a thoughtfully curated itinerary of activities such as yoga, meditation, sound healing, morning walks or mindfulness, designed to restore balance and vitality. From physical healing to fostering a deeper connection with nature, these retreats offer a nurturing space to focus on health and personal growth through an array of restorative experiences and therapies.

Three-day Package

Day 1

60 minutes Abhyanga Massage
30 minutes Meditation and Breathwork

Day 2

45 minutes Yoga Nidra
45 minutes Shirodhara Massage

Day 3

60 minutes Rebalancing Facial by Aromatherapy Associates
30 minutes Reflexology Relieving and Toning Leg Masque Treatment By Margaret Dabbs
Aromatherapy Associates or Margaret Dabbs Spa Gift worth \$100

Natura Bissé

Barcelona

At Natura Bissé, we design treatments with both your skin and your inner wellbeing in mind. Every step is meticulously examined by our therapists, who fine-tune each detail to offer you unforgettable rituals.



Skin Atelier Facials

Our Natura Bissé facials blend cutting-edge skincare with the most advanced professional techniques. Every step of each ritual has been meticulously studied and tested by a professional team of aestheticians to ensure effective solutions that allow you to enjoy the power of touch. The Natura Bissé beauty treatments transform your skin and your mood.

Signature Facials

Our iconic collection of youthful, vibrant glows.

Secret Radiance Infusion

Rediscover timeless radiance with this advanced facial featuring Natura Bissé's Diamond Age-Defying Collection. Expertly combining innovative formulas with precision massage techniques, this indulgent ritual revitalises the skin, softening lines, enhancing firmness and revealing a luminous, youthful glow.

Perfect for dull, dehydrated, or mature skin – or anyone seeking to gracefully defy the signs of time – it visibly lifts, smooths and sculpts facial contours. Experience skin that feels firmer, softer and more radiant, as each touch restores balance, vitality, and a renewed sense of confidence.

90 Minutes

Diamond Luminous Perfect Glow

Revel in the brightening power of Natura Bissé's Diamond Luminous Collection combined with exclusive techniques in this exquisite facial designed to nurture both skin and soul. Perfect for those seeking to enhance radiance and restore a natural glow, this treatment evens skin tone and helps reduce the visible signs of ageing. Leave with a revitalised complexion, glowing with renewed luminosity and youthful vitality.

60 Minutes

Diamond Energy

Recharge your skin with the Diamond Collection's most iconic facial, designed for a complete age-defying effect. Powered by advanced myofascial massage and precise remodelling techniques, this exceptional rejuvenating ritual taps into the skin's essential source of beauty – energy. As the skin is re-energised it regains firmness, suppleness and radiance, revealing a youthful glow.

60 Minutes

Citrus Essence

Revitalise your skin with a potent infusion of collagen-boosting vitamin C. This antioxidant-rich ritual envelops the senses with the fresh citrus aromas and silky textures of the C+C Vitamin formulas, while exclusive firming massage techniques enhance elasticity and help reduce visible signs of premature ageing. Ideal for sun-damaged, dehydrated or lacklustre skin, this facial leaves the complexion brighter, supple and beautifully luminous.

60 Minutes

Essential Lift

Replenish the skin with this advanced facial, expertly designed to restore volume, hydration and firmness. Combining three types of collagens with skin-nourishing active ingredients and exclusive massage techniques, this treatment delivers a powerful rejuvenating effect. Ideal for those wishing to redefine facial contours, it visibly lifts, smooths fine lines and enhances elasticity.

60 Minutes

Ocean Breeze

Awaken your skin's natural radiance with this purifying treatment. Combining our Oxygen Collection formulas with a soothing remodelling massage and exclusive techniques, this revitalising ritual deeply hydrates and leaves the complexion fresh and healthy-looking. Ideal for reducing imperfections and restoring vitality to dull skin, it is especially beneficial for dehydrated complexions and those exposed to the stresses of travel or city living.

30 Minutes

Serenity Express Repair

Restore sensitive or sensitised skin with this nourishing express ritual. Designed to soothe sun-exposed or delicate skin in need of gentle care, this treatment helps maintain optimal hydration while delivering firming and revitalising benefits. Skin is left calm, supple, beautifully refreshed and glowing.

30 Minutes

Body Treatments by Natura Bissé

Cradled by the jungle's hush, our Natura Bissé body rituals become more than treatments – they are journeys into nature's serenity. Each therapy draws on the healing rhythm of Baros, where palm leaves whisper above and tropical scents linger in the air. Skilled hands combine ancient touch with Natura Bissé's advanced formulations to release tension, restore balance, and leave skin radiant. Wrapped in the stillness of the island's greenery, you are invited to surrender fully, to be replenished, renewed and returned to yourself. Consult with our skincare specialists to discover your personalised path to wellbeing.

Serenity Element Massage

Indulge in a bespoke ritual. Choose from our Diamond Well-Living dry oils to enhance your mood and enjoy a deeply hydrating, rejuvenating massage. Each Fitness, Detox, Energising or De-Stress formula works to restore balance and wellbeing, offering a made-to-measure treatment that responds to both body and mind. Experience expert touch and the power of aromatherapy for ultimate relaxation and revitalisation.

90 Minutes

For Vitamin C Lovers

Island Citrus Bliss Ritual

Delight in this vitamin C ritual that restores suppleness, visibly reduces signs of aging and enhances your natural glow. Beginning with a gentle body exfoliation and indulgent vitamin C mask, the treatment continues with an antioxidant facial and concludes with a full-body massage using energising techniques. Your skin emerges soft, hydrated and luminous. Ideal for those seeking a head-to-toe vitamin C experience, this ritual deeply nourishes and firms, leaving the complexion smoother, radiant and sun-kissed, while delivering a relaxing, revitalising sensation throughout the body.

120 Minutes

Citrus Body Perfection

Infuse your skin with a revitalising dose of vitamin C in this energising body experience. An invigorating exfoliation is followed by an antioxidant-rich wrap that enhances firmness and awakens the senses. Ideal after sun exposure or whenever your skin needs renewal, it deeply nourishes, leaving the skin silky, smooth and radiant.

60 Minutes

Diamond Well-Living

Diamond Essential Wrap

Immerse yourself in a renewing body ritual that gently polishes the skin with Dead Sea salt crystals and rice powder, revealing a softer, more luminous appearance. As the exfoliation melts into nourishing moisture, expert hands restore balance and wellbeing with a personalised massage, easing tension and leaving the skin remarkably supple, smooth and beautifully radiant.

60 Minutes

Blue Lagoon Purification

Embark on a journey of deep hydration and total relaxation. This revitalising body ritual begins with a gentle exfoliation to smooth and refine the skin, followed by a mineral-rich algae wrap. A soothing scalp massage melts away tension and restores calm, leaving the skin soft, smooth and replenished.

90 Minutes

Boosters to Refresh and Reawaken

Face Ampoule

Soothe and restore your skin with this refreshing ampoule, designed for instant relief when needed most. Its gentle yet potent formula calms and supports the skin, leaving it replenished, balanced and serene.

30 Minutes

Mask Booster

Boost the results of your treatment with a rejuvenating mask. Infused with potent active ingredients, this finishing touch nurtures the skin, providing a quick firming lift and enhancing the benefits of your professional skincare ritual, leaving the skin revitalised and visibly renewed.

30 Minutes

Cryo-Gel for Legs

Revive tired legs with a refreshing massage with an invigorating cooling effect. Enriched with active ingredients to stimulate circulation and ease fatigue, this treatment restores lightness and vitality, leaving you feeling renewed and re-energised. Ideal after periods of standing or heaviness, it provides immediate relief and a sense of wellbeing.

30 Minutes





Bespoke Baros Bliss by Aromatherapy Associates

Indulge in a personalised journey of relaxation and renewal at Serenity Spa, Baros

Recovery Reset

An advanced deep tissue aromatherapy treatment designed to relieve chronic muscular tension, restore freedom of movement and support long-term physical wellbeing. Following a personalised aromatherapy consultation, bespoke essential oil blends are expertly paired with advanced bodywork techniques, including myofascial release, deep tissue massage and targeted therapeutic movements, to release restriction, improve mobility and encourage muscular recovery. Created to promote longevity, resilience and optimal movement, this transformative treatment leaves the body feeling stronger, lighter and profoundly restored.

60 - 90 Minutes

Jet Lag Cure

Begin your stay fully restored, your senses awakened, mind serene and muscles deeply relaxed. Perfect for weary travellers or those adjusting to new time zones, this treatment starts with a revitalising lower-leg salt scrub to brighten and awaken the skin. A soothing leg and foot massage follows, easing tension, stimulating lymphatic flow and revitalising tired feet. While a cooling mask works its magic, surrender to a blissful scalp massage, leaving you refreshed, re-energised and ready to step into your holiday with calm, renewed vitality.

90 Minutes

Intensive Muscle Release

This intensive massage penetrates deep into stiff, tight and aching muscles to instantly release tension and discomfort. Ideal for those with heavy exercise schedules, long hours at a desk or prolonged travel, it combines Swedish and cross-fibre massage movements with dynamic stretching and drainage, using restorative oils to boost circulation. Black pepper, rosemary and ginger warm the muscles and help disperse lactic acid, easing stiffness and relieving pain.

60 - 90 Minutes

Relax and Sleep

The ultimate massage for your best night's sleep. Expertly applied pressures ease areas of fatigue and tension, calming the nervous system while our award-winning essential oil blend soothes, sedates and grounds you into deep relaxation and restorative slumber.

60 - 90 Minutes



Classic Body Massages

Classic Thai Massage

Traditional Thai massage is an energising healing treatment rooted in Ayurvedic principles, combining acupressure with assisted yoga postures. This oil-free massage invigorates the body, eases aches and pains and leaves you with a profound sense of contentment. Pyjamas are provided at the spa, or you may wear loose-fitting yoga clothing.

60 - 90 Minutes

Classic Balinese Massage

Balinese massage is a blissful combination of gentle stretching, acupressure and aromatherapy. This nourishing full-body deep-tissue treatment restores balance and leaves you with a lasting sense of calm and contentment.

60 - 90 Minutes

Classic Swedish Massage

Classic Swedish massage helps reduce toxins in the muscles, improves microcirculation and flexibility and eases muscular tension. This timeless treatment combines five techniques to deeply relax the entire body.

60 - 90 Minutes

Indian Head and Shoulder Massage

Classic therapeutic head-and-shoulder massage focusing on the head, neck shoulders and upper arms. Rooted in ancient Ayurvedic practices, it helps reduce stress and anxiety, relieve headaches and migraines, improve circulation, balance energy flow and promote relaxation and wellbeing.

30 Minutes

Classic Vigour Back Release

A back massage using targeted techniques to align energy, soothe your nervous system and release deep-seated muscular tension.

30 Minutes

Face and Beauty

The Ultimate Wellbeing Facial

More than just a facial, this pioneering treatment reduces stress and promotes full reset and repair for skin and mind. Your skin is deeply cleansed and exfoliated with high-performance botanical active ingredients, followed by a sculpting facial massage with pressure points and lymphatic drainage for visibly healthy, glowing skin. A complete head-to-toe wellness experience that nurtures both skin and spirit.

90 Minutes

The Ultimate Rebalancing Facial

Unwind with this soothing facial designed for skin under stress. Using intuitive aromatherapy inhalations, breathing rituals, essential oils and botanical active blends, our expert therapists cleanse, exfoliate and massage your skin. Let your body support your skin as stress eases, mind and body find balance and your natural radiance is restored.

60 Minutes

The Ultimate Glow Facial

Revitalise your skin with this facial designed to support its natural defences and counter the pressures of a busy lifestyle. Your face is cleansed and exfoliated using botanical actives and carefully crafted essential oils to rejuvenate tired skin, while a tailored scalp, face and décolleté massage releases tension and stimulates circulation, leaving you with a luminous, healthy-looking complexion.

60 Minutes



Body Indulgence

Flourish and Shine

Refresh Rose Indulgence

Indulge in this rose ritual to uplift the spirit and nourish the skin. Begin with guided breathing to aid relaxation, followed by a full-body exfoliation that smooths the skin and prepares it for layers of rich rose blends and elixirs. The treatment concludes with a therapeutic scalp and facial pressure point massage, leaving your skin velvety smooth and deeply nourished and you feeling renewed and uplifted.

60 - 90 Minutes

Detox, Revive and Tone

Experience a full-body detox through five revitalising stages. Begin with dry body brushing, followed by a stimulating exfoliation of sea salt and green coffee oil to invigorate your skin. A freshwater mud mask and wrap cocoon brightens and refines, while your choice of scalp massage or foot reflexology soothes the soul. Conclude with a lower body massage using drainage techniques to ease heaviness and restore vitality.

60 Minutes

Aroma Sun Soother

Soothe and replenish sun-stressed skin with this cooling, revitalising ritual. Lavender's calming essence merges with refreshing peppermint and restorative rose to restore balance and comfort. A rich blend of evening primrose oil and shea butter is gently massaged in and allowed to absorb under a soothing wrap. The experience is completed with an ayurvedic scalp massage, enhanced by the grounding aroma of frankincense, nurturing body, mind and spirit, and leaving you deeply relaxed, rehydrated and renewed.

60 Minutes

A close-up, warm-toned photograph of a man's face as he receives a facial treatment. Two hands are visible, gently touching and massaging his skin. The man has a slight stubble and his eyes are closed in a relaxed state. The background is softly blurred, suggesting a spa or treatment room environment.

OBSIDIAN

SKINCARE FOR MEN

Express Facial

Discover the Obsidian Skincare for Men Express Facial – an efficient 30-minute treatment delivering instant results. Ideal on its own or paired with a massage, this targeted treatment cleanses, exfoliates, hydrates and revitalises, offering the perfect solution for the modern man seeking swift yet effective care.

30 Minutes

Anti-Ageing Facial

Begin with a soothing facial cleanse followed by a volcanic perlite exfoliation to unclog pores and refine skin texture. An enriching botanical-infused mask restores and rejuvenates your complexion while a sculpting face massage with an obsidian stone roller enhances balance, suppleness and radiant vitality.

60 Minutes

Detoxifying Facial

Specifically tailored for the modern man, this facial treats your face, neck and décolletage with precision. It begins with a deep cleanse, followed by gentle exfoliation and a purifying mask to detoxify and restore vitality. A facial massage using silicone cupping techniques encourages lymphatic drainage, leaving your skin refreshed, nourished and protected against environmental stressors.

90 Minutes



Margaret Dabbs®

Margaret Dabbs

Margaret Dabbs™ London is a globally renowned British beauty brand, founded by Margaret Dabbs OBE. The PURE Hand and Feet range features vegan-friendly formulations expertly crafted to nourish, smooth and revitalise. Designed to elevate both the look and feel of your hands and feet, each product delivers a luxurious, transformative experience that blends advanced performance with everyday indulgence.

Foot and Hand Treatments

Supreme Pedicure

A luxury pedicure dedicated to foot health, delivering lasting results. Using the complete Margaret Dabbs™ London PURE Feet range, this treatment transforms the way your feet look and feel and includes a relaxing foot and leg massage.

60 Minutes

Supreme Manicure with Treatment Gloves

A unique anti-ageing expert manicure delivering exceptional results with a focus on caring for nails and cuticles. Using the award-winning Margaret Dabbs™ London PURE Hands range, the treatment is completed with a soothing lower arm and hand massage.

50 Minutes

Express Pedicure

Our Express Pedicure is performed on dry skin using expert techniques. Flawless filing, buffing and cuticle care are paired with select professionally formulated products from the Margaret Dabbs™ London PURE Feet range.

45 Minutes

Express Manicure

Our Express Manicure is performed on dry skin using expert techniques. Flawless filing and cuticle care are complemented by select professionally formulated products from the Margaret Dabbs™ London PURE Hands range.

45 Minutes

Leg and Hand Therapy

Luxurious Hand Facial with Led

Indulge in this luxurious anti-ageing hand treatment that restores youthful glow and vitality. Starting with a gentle double cleanse, it features LED hand mitts to boost collagen and skin renewal. A nourishing mask and calming massage improve hydration and circulation, reducing pigmentation and age spots. The result: smooth, brightened, beautifully revitalised hands.

60 Minutes

AstraeaNatura™ Led Hand Mitt

Experience the luxurious AstraeaNatura™ LED Hand Mask by Margaret Dabbs® London for visible results in minutes. This innovative treatment uses soothing silicone mitts and advanced light therapy to boost collagen, reduce pigmentation and smooth texture, leaving hands hydrated, brightened and radiant.

30 Minutes

Anti-Ageing Hand Therapy

A Margaret Dabbs™ London Facial for the Hands, this anti-ageing treatment focuses solely on the skin, with no nail or cuticle work. Beginning with a double cleanse, it continues with the powerful Hand Mask and an indulgent massage to plump, rejuvenate, brighten and hydrate. A perfect choice to visibly enhance the appearance of your hands.

30 Minutes

Relieving and Toning Leg Masque Treatment

This exceptional time-reactive Black Leg Masque Treatment is designed to relieve the feeling of heavy, tired and uncomfortable legs. It helps stimulate circulation and reduce water retention while providing a cooling sensation to soothe puffy, swollen or fatigued legs, making it ideal after travel. Your legs are left feeling light, energised and refreshed with lasting results.

60 Minutes



Add-ons

Luxury Hand Mask

The perfect complement to a facial, foot therapy or any treatment, this indulgence brightens and hydrates your hands.

15 Minutes

Polish Change

Select the perfect nail colour for your fingers or toes.

15 Minutes

Spa Etiquette

OPENING HOURS

Serenity Spa is open from 9 am till 8 pm.

CANCELLING YOUR RESERVATION

A booking cancellation fee of 50% will be charged on all services cancelled within six hours of appointment time, and 100% on any no-shows or cancellations made within two hours or less of the appointment time.

WHEN TO ARRIVE

We invite you to arrive 15 minutes before your appointment to relax with a welcome drink and complete your consultation.

WHAT TO WEAR

Serenity Spa offers changing facilities where bathrobes, disposable underwear, slippers and towel are provided.

LATE ARRIVAL

While we will do everything to accommodate late arrivals, a booking may not be honoured if it affects subsequent guests. In the event you arrive late, your treatment might be cut short or cancelled without a refund.

FACIAL TREATMENTS

We recommend guests receiving facials remove their contact lenses and bring personal cases for storage. To all gentlemen who receive facials, we recommend shaving in the morning before your facial treatment.

IN-VILLA MASSAGE

Selected spa treatments are available to be performed in your villa, with double price applicable.

ETIQUETTE

Our spa is a place of peace and tranquillity; to respect this space, Serenity Spa is a mobile phone and smoking-free area.

RESERVATIONS

We highly recommend booking your treatment in advance to ensure that your preferred time and service are available. To make a reservation or for further information, please enquire with your personal butler or dial 460 for Serenity Spa.

HEALTH CONCERNS

Guests who have certain health concerns are invited to see us for a consultation before making an appointment and we'll be able to give you the best advice about possible treatments. In some cases, we would require a note from your doctor stating that it is safe to perform the requested treatments.

LOSS OR DAMAGE TO PERSONAL PROPERTY

It is recommended to leave valuable items in your safety box at your villa. Any loss or damage of valuables are guests' responsibility.

PREGNANCY

Our priority is your safety. For this reason, some of our treatments aren't suitable for pregnant women in their first trimester. Our spa team is available to advise on suitable treatment for you.

PAYMENT

All treatments will be charged to your villa to be settled at check-out.

PRICING

All pricing is quoted and charged in United States Dollars (USD). Prices are inclusive of 10% service charge and 17% government tax. Prices and taxes may change without prior notice.



BAROS

MALDIVES