

CHEVAL BLANC  
spa

CHEVAL BLANC RANDHELI



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## CHEVAL BLANC SPA

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**Cheval Blanc Randheli invites you on a sensorial journey on an island dedicated exclusively to well-being and relaxation.**

Your journey begins as you sail to the idyllic spa island onboard a local dhoni.

Each designed to cater to your every wish, Guerlain has conceived of a wealth of treatments and massages exclusively for Cheval Blanc Randheli. As an introduction or a sweet finale to a day in the sun, Guerlain's Randheli Sun Ritual prepares your skin for tanning and prolongs its natural glow. Noonu Atoll's tropical paradise offers underwater diving excursions to visit the rich fauna and flora surrounding its shores. Expressly conceived for divers, the After-Diving Experience is a soothing treatment that restores muscles from a day underwater.

For a unique holistic experience, Guerlain has also created four different sensorial journeys to treat your body and spirit. These journeys evoke a walk through a citrus orchard, a seaside sunset stroll, a journey through the Orient or a promenade through musky woodlands.

The signature facial, body and hair care treatments can be tailored to a single day or may be sequenced to last throughout your stay, for a more profound restorative care.

As a prelude or interlude to your treatments, enjoy a private yoga or meditation session in the dedicated pavilions for a holistic pause.

## GUERLAIN

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Yield to the magic of a unique Guerlain treatment or massage experience where cutting-edge innovation blends with customisation, luxury, emotion and sensuality.

Your transformation begins here...

### A Customised Experience

Every treatment is transformed into a unique and personal occasion, a moment created especially for you – this is the essence of the Guerlain experience, the perfect union of effective know-how and aesthetic expertise. Our Beauty Coaches begin each treatment with an in-depth analysis and precise skin diagnosis to reveal your specific beauty and well-being profile. They thus gain intrinsic understanding of your essential concerns to tailor a treatment according to your needs, your expectations.

### Two Orchidée Villas

Prestige treatment villas for two, the Orchidée Villas are the perfect place to enjoy a Guerlain treatment with someone special. Each treatment reveals multiple layers of an unparalleled sensorial journey. An exclusive Hand and Foot Treatment brings a delightful feeling of well-being. The treatment introduces cold and hot touches for a marvellous sensation – tension fades away. The final touch, hot paraffin wax compresses will nourish your feet and hands and will soften the skin.



## GUERLAIN EXCLUSIVE EXPERIENCES FOR CHEVAL BLANC RANDHELI

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### Randheli Sun Ritual

1h30

This sensorial and relaxing face and body treatment prepares your skin for tanning and prolongs a healthy glow after sunbathing.

A smoothing exfoliation with scrub precedes your treatment, leaving your skin healthy, refined and as soft as silk. Your body is then revitalised by an enveloping massage with Terracotta Huile du Voyageur. The masterful ballet of this soft and harmonious massage therapy provides a profound sense of absolute relaxation and escape.

### After-Diving Experience

1h30

This unique face and body treatment complemented by a massage is an exclusive experience, ideal for a post-diving excursion. The treatment evokes the aquatic universe and sublimates the sensation of diving while fading its adverse effects. Slow and fluid movements alternate with stronger gestures. Your muscles relax and the blood flow improves, providing a feeling of lightness.

### Sensorial Journeys

1h00 / 1h30

Enjoy one of our exquisite sensorial journeys. Adapted to your wishes and needs, our holistic treatments will make your senses travel.

Discover the revitalising effect of sparkling citrus fruits and fresh grass in this **Energising Sensorial Journey**. Firm, rapid and strong movements stimulate the energy flow. You feel refreshed and a divine sensation of lightness.

This **Relaxing Sensorial Journey** evokes the soothing effect of lounging on the beach, where scents of sun and sand merge together. Soft, slow and harmonious movements caress your face and body for immediate relaxation. You feel a sense of escape and serenity.

Travel to the sensuality of the Orient through the **Enveloping Sensorial Journey**. The smooth curls of smoky incense transport you. Enveloping, slow and generous movements will sooth you, making you feel peaceful and relaxed.

The **Exalting Sensorial Journey** takes you through the underbrush where nature reveals its mysteries and brings you back to authenticity. Firm, rapid and brisk movements release all tensions. You feel bold and self-confident.

## ORCHIDÉE IMPÉRIALE: THE QUINTESSENCE OF GUERLAIN FACIALS

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### Orchidée Impériale Prestige Treatment

1h30 / 2h30

The remarkable power of longevity of the orchid has inspired Guerlain to create this exceptional facial treatment, the most comprehensive facial of all. The combination of the exclusive firming massage, stemming from the aesthetic know-how of Guerlain, with the efficiency of the Cream, the iconic product of the Orchidée Impériale range, and the precision of the new Longevity Concentrate will offer absolute well-being and will visibly transform your skin, revealing a rediscovered youth.

## ABEILLE ROYALE SIGNATURE FACIAL

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### Abeille Royale Expert Treatment

1h30

Reinvigorate the face with this expert treatment that distils from an infinite life source, the ingredients for a smoother and firmer face. After a microdermabrasion peeling treatment and a massage with warm plant infusions, each wrinkle is targeted with the Abeille Royale Youth Serum. This unique serum with pure Royal Concentrate, born from the exceptional repairing power of bee products, activates the key mechanisms of the healing process within the skin\* to help repair wrinkles and improve tissue firmness. The Guerlain massage and a tailored mask complete the performance for immediate and visible results.

*\* In-vitro test*

## FACIAL TREATMENTS, TAILOR-MADE GEMS

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Guerlain facial treatments combine highly advanced products, aesthetic expertise, and the most refined services tailored to your unique specifications.

### **Intensive Facial** 2h00

Nearly two hours of sheer bliss for a pure and radiant beauty. A deep cleansing combined with the exclusive 25-minute Guerlain facial massage and specific mask as well as an active skincare concentrate will strengthen and reveal greater texture and tone.

### **Complete Facial** 1h30

The exclusive 19-minute Guerlain facial massage with an active skincare concentrate and mask round off this deep cleansing facial therapy. The ultimate hour-and-a-half revival for tired-looking skin.

### **Radiance Facial** 1h00

Achieve a fresh, clear and radiant complexion with this deep cleansing treatment coupled with the exclusive 5-minute Guerlain facial massage and mask.

### **Beauty Lift** 1h30

Introducing a new revolutionary anti-aging beauty massage technique: Guerlain's Beauty Lift. Over the course of an hour, the intense face massage deeply stretches and stimulates the muscles.

## THE TOUCHES

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The ultimate in luxury and efficiency, Guerlain designs and executes each facial by adjusting the intensity of pressure according to the needs of your skin. The effectiveness of the renowned Guerlain method is in each of the series of movements, perfected for unrivalled results.

### **Luminous Touch**

For sensitive, congested or lacklustre skin, the gentle pressure of the luminous touch improves oxygenation of the facial tissue. Illuminate your complexion, and reveal healthy, radiant skin.

### **Exhilarating Touch**

For skin that is stressed or fatigued, firm pressure relaxes features and smoothes fine lines. Revive your skin's natural health.

### **Firming Touch**

For skin that has lost its firmness, deep pressure massage passively exercises the muscles of the face to stimulate the tissue and enhance its strength. Restore your skin's youthful glow.



## BODY SUBLIMATION

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### Guerlain Slimming

45 min

A unique combination of the world's best slimming techniques: traditional Indian massage, Lomi Lomi, rhythmic kneading, draining, and African relaxation to release toxins and drain tissues with an anti-cellulite action. While toxins are drained, blood circulation improves. The feet, legs and hips feel lighter. Your body feels toned and firmer.

### Body Polish

1h00

An invigorating water massage and rejuvenating body polish transport you to a total state of relaxation. Coupled with a hydrating treatment, this therapy leaves your skin healthy, refined and as soft as silk.

## HARMONISING MESSAGES

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### Imperial Relaxing Massage

1h00 / 1h30

This massage pays homage to the Eau de Cologne Impériale. Transporting you to an anti-stress cocoon, this multisensory experience inspires complete calm, leaving you totally relaxed and reinvigorated. The Imperial Relaxing Massage facilitates oxygenation, stimulates circulation and provides a profound sense of serenity.

### 4-Hand Imperial Massage

1h00 / 1h30

Modelled upon the signature Imperial Relaxing Massage, this masterful ballet of expert hands offers a unique and absolute sensorial experience. From the very first gesture, you surrender to tranquillity, abandoning yourself to the voluptuous sensation of lightness and well-being.

### Sport Massage

1h00 / 1h30

Slow and firm strokes and deep finger pressures perfectly address muscle pain and tension.

### Thai Massage

1h30 / 2h00

This ancestral dry massage takes its cue from natural traditional medicines. Acupressure, stretching techniques inspired from yoga and respiratory exercises awaken the body's energy flow and release it from physical tensions.

### Deep Muscular Massage

1h00 / 1h30

A powerful and sensorial ritual, where the most worked muscles are stimulated using techniques borrowed from the world's most powerful ancestral massage methods such as Tui Na, Lomi Lomi or traditional Balinese massage.

### Indian Head Massage

1h00

Based on Ayurvedic techniques, this traditional Indian massage focuses on the scalp, neck and shoulders, helps stimulate blood circulation, and increases mobility and flexibility in neck and shoulders. It is particularly good for reducing the effects of stress and tension.

### Shiatsu Massage

1h00 / 1h30

This holistic dry massage releases your physical tensions and emotions. A pressure point massage along the meridian system balances the energy flow. Be prepared to feel rejuvenated.

### Lymphatic Drainage Massage

1h00 / 1h30

The drainage-enhancing flow technique activates the lymphatic system while the stimulation of energy points along the meridian system balances the vital functions of the body. The body releases toxins and revitalised, legs appear slimmer.

### Pre/Post Natal Massage

1h00 / 1h30

Given after the first trimestre or after birth, this massage eases the aches and pains caused by pregnancy and relieves the back from its tensions. It improves the elasticity of your skin and stimulates circulation.

The massages proposed are for the purpose of stress reduction, well-being and beauty. We recommend that you consult a healthcare professional for any medical examination or diagnosis for any existing conditions prior to treatment.

## THERAPIES FOR MEN

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### Skin Saver Facial

1h30

A facial uniquely tailored to your needs – fully addressing your desire for technique, skin therapy and total well-being. Following an invigorating exfoliation, your skin is strengthened and revived with Guerlain's exclusive facial massage and specialty mask. A unique eye treatment relieves congestion to reveal youth and clarity.

### Energising Facial

1h00

Give your skin a boost! Uncover a fresher complexion through deep cleansing. An exfoliation, massage and mask, coupled with a complimentary eye treatment generates a more rested and radiant skin tone.

All Guerlain therapies are available for men.



## FOOT EXPERIENCES

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### Foot Reflexology

1h00 / 1h30

A reflexology foot treatment speeds up recovery by improving venous and lymphatic circulation, and stimulates the elimination of toxin build up associated with muscle exertion. It brings a sensation of lightness to the legs and feet, and considerably reduces the heaviness of leg muscles due to heat and sun.

## MANICURE & PEDICURE

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### Hand & Foot Royal Treatment

1h30

Indulge yourself in a blissful hour and a half hand and foot treatment. Warm water introduces your hands and feet to a deep relaxation. Next, they receive a cuticle repair and hydrating treatment, a gentle exfoliation and a four handed massage of the hands and feet. Protected and moisturised, your hands recover their softness, your feet are regenerated, your nails are reinforced and are topped off by a sublime Guerlain lacquer.

### Back to Beauty Hand or Foot

1h00

Rediscover perfect hands or feet. A gentle exfoliating treatment, followed by a hydrating treatment and Guerlain lacquer application create a sublime experience for your nails and skin.

### Colour Application

20 min

For perfectly manicured nails, Guerlain lacquer application presents a 3-step ritual. Nails are perfectly smooth, fabulously shiny and perfectly shaped.

## STUDIO

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### Island Make-up Application

1h00

The magic of Guerlain make-up enhances the natural beauty in every woman. With a delicate fragrance and texture, it blends effortlessly with the skin evoking the warmth and elegance of an exquisite world; a world in which every woman glows. Whether seeking a natural or more sophisticated effect, the artistry of the Guerlain make-up range helps you achieve the look you desire.

## HAMMAM

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### Hammam Escape

1h00 / 1h30

This unique and sublime hammam experience begins with an invigorating body polish, which prepares your skin. The exfoliation united with a steam bath purifies your skin, drains toxins and relieves muscles pain and tension. Next, a bespoke Guerlain treatment with one of four Massage Elixirs leaves your skin feeling as soft as silk, and takes you through a marvelous sensorial universe.

## RANDHELI HALF-DAY TRANSFORMING EXPERIENCES

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Escape for half a day by choosing the right Guerlain programme for your needs.

### **Ultimate Beauty** 3h30

Radiance Facial (1h00), Make-up Application (1h00) & Personalised Hair Care Treatment (1h30)

### **Imperial Cocoon** 6h30

Orchidée Impériale Prestige Treatment (2h30), Imperial Relaxing Massage (1h30), Body Polish (1h00) & Hand and Foot Royal Treatment (1h30)

### **Solar Randheli** 4h30

Abeille Royale Expert Treatment (1h30), Randheli Sun Ritual (1h30), Make-up Application or a Massage of your choice (1h30)

### **Ocean Retreat** 3h30

Complete Facial (1h00), After-Diving Experience (1h30) & Back to Beauty Hand or Foot (1h00)

### **Ultimate Transformation** 3h00

Beauty Lift (1h30) & Deep Muscular Massage (1h30)

### **Princess of a Day** 7h00

Radiance Facial (1h00), Sensorial Journey (1h30), Personalised Hair Care Treatment (1h30), Hair Styling (1h30 including two trials) & Make-up Application (1h30)

## TRAVEL PRESCRIPTIONS

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Ideal upon arrival on Randheli to rehydrate skin or restore energy after a lengthy journey, or just before your departure, these treatments are intended to soothe the effects of air travel. This relaxing experience can be prolonged with a personalised hair care treatment and scalp massage.

### **Jet-Lag** 2h30

Complete Facial (1h30) & Imperial Relaxing Massage (1h00)

### **Pre-Flight** 2h00

Radiance Facial (1h00) & Back to Beauty Hand or Foot (1h00)

Guerlain features its exceptional product collections at the Cheval Blanc Randheli Spa.

### The Art of Skincare

Guerlain research is always on a quest for perfection by creating outstanding skincare products, a unique alchemy that combines the most noble, rare and active natural ingredients. Like precious jewels, every beautifully crafted jar encases the efficacy and refinement of carefully formulated and delicately perfumed textures, rendering each a true sensory treasure.

### The Exclusive Collections

Guerlain's Exclusive Collections – l'Art et la Matière, les Elixirs Charnels, les Voyages Olfactifs – are an opportunity to take this unique realm home with you. Lovers of beauty will truly appreciate these timeless and elegant fragrances, each with their individual character and exquisite bottle. With its exclusive use of noble materials and absolute refinement in every detail, the Exclusive Collections encapsulate the entire Guerlain spirit.

### The Magic of Make-up

Extraordinary powders and sparkling lipsticks, an exclusive selection for Randheli has been chosen from Guerlain make-up for an illuminating effect.



## YOGA

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Yoga is a unique workout that comprises a series of postures that exercise both the body and the spirit, simultaneously improving the well-being of both. This involves engaging all of one's senses, getting in touch with nature and enjoying the serenity of the practice itself. Namaste.

### Yoga – All Levels

1h00 / 1h30

#### Sunrise / Sunset Yoga

Performing yoga at sunrise or at sunset is the optimal way to experience its physical, mental and emotional benefits. The invigorating and challenging poses of Sunrise Yoga will awaken your senses with the rise of the sun leaving you energised for the remainder of the day. Similarly, the slow and deliberate poses of Sunset Yoga will relax you preparing your mind and body for a restful evening.

#### Power Yoga

More energetic than traditional yoga, Power Yoga combines poses known for their energising properties. This yoga is a fitness oriented practice that tones your muscles, improves flexibility and stability.

#### Weight-loss Yoga

As an extension of Power Yoga, Weight-loss Yoga places focus on perfecting each pose by holding it for longer. This improves endurance and flexibility contributing to a leaner and more slender figure.

### Yoga – Intermediate / Advanced

1h00 / 1h30

#### Hatha Yoga

The ancient practice of Yoga benefits its practitioners by bringing them spiritual and physical elevation. This unique form of exercise which combines stretching and breathing helps improve circulation. This will, in turn, nourish the cells throughout your body leading to improved physical health and a more meditative state of mind.

#### Ashtanga Yoga

This practice will guide you through the eight-fold path of yoga as outlined by Patanjali: yama (moral conduct), niyama (contemplation), asana (yogic posture), pranayama (control over breathing), pratyahara (control over your senses), dharana (focused concentration), dhyana (meditation), samadhi (self-realisation). A combination of vigorous exercises for your limbs and an enlightening moment for your mind will leave you feeling accomplished and at peace.

#### Vinyasa Yoga

Vinyasa krama Yoga is derived from the practice of Ashtanga Vinyasa Yoga, and employs the technique of “connecting postures” and breath-synchronised movements that lead you to a path of physical lightness and mental peace. Your body, mind and spirit will be synchronised granting you truly holistic well-being.



## MEDITATION

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To deeply relax your body and soul, indulge your mind in a meditation session at one of our pavilions opened onto the lagoon.

### **Concentration** 1h00

This introductory session to meditation will take you through the steps and basic techniques to achieve the correct mental state required for meditative serenity. You will improve your ability to focus and concentrate.

### **Cyclic Meditation** 1h00

This practice of meditation develops the control of prana, the body's vital energy. It brings focus inward to your breathing and you will decouple your senses from external stimuli to achieve concentration of the mind and cultivation of inner peace.

### **Mindfulness Meditation** 1h00

Explore the five elements that make a beautiful mind: calm, gratitude, clarity, spontaneity, and care. By defining what a happy and beautiful mind means to you, you achieve a state of inner serenity and peace.

### **Spiritual Meditation** 1h00

Reach the deepest point of meditative relaxation, and enjoy the present moment. This guided meditation seeks to open your mind as well as your heart, by allowing you to feel the true nature in all beings

## GENERAL CONDITIONS

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### Treatment Duration

The therapy durations indicated correspond to the length of your experience at the Spa. We encourage you to arrive at the Spa island 30 minutes prior to treatment time in order to enjoy the spa facilities.

### A Moment of Tranquillity

Our Spa is a haven of serenity. Please be sure to turn off your cell phone so that your relaxation and that of other guests is not disturbed.

### Reservation and Cancellation Policy

In order to secure the most suitable schedule for you, we recommend that you anticipate your treatments by reserving an appointment. Should you need to cancel or reschedule your appointment, as a courtesy we ask that you provide us with a 3-hour notice to avoid incurring the full therapy fee. Cancellations made within the 3 hours will incur a full treatment price charge.

### Late Arrival

Late arrivals may result in lost treatment time unless our schedule enables us to offer you the full service.

### Special Consideration

Guest who have high blood pressure, heart conditions, any other medical complications, or are pregnant, are advised to consult their doctors before signing up for any spa services. kindly inform your spa therapist of any existing medical conditions.

### Smoking and Alcohol

Smoking and consumption of alcohol within the spa is prohibited.

### Valuables

A box for safekeeping of valuables is provided in the treatment room but we recommend that no jewellery is worn at the Spa. The management and Ambassadeurs accept no responsibility for the loss of any valuables of any kind brought into the spa premises.

### Opening Hours

The Spa is open every day from 10 am to 8 pm.