



lime

Come out of your shell



At LIME you are invited to drop your robe, cares, guard and anything else that has been weighing you down. LIME is more than skin deep. We get right to the pulp, without ignoring the outer peel. Our team will treat you intuitively and individually, whether through our bespoke facials or unforgettable rituals.



## Anne Semonin at LIME Spa

“Because each skin is unique”, every Anne Semonin programme is customized and starts with a personal interview and a diagnosis of your skin. Your therapist will create your own “beauty prescription”, depending on the needs of your skin at that time, and your lifestyle.

The Anne Semonin treatment collection combines an ingenious blend of aromatic essential oils, trace elements and marine ingredients with the classic French touch and a holistic approach to treating the individual needs of your body and skin. Anne Semonin treatments are designed to be “tailor made” and will not only revitalize the skin, but energize and balance the mind and spirit, providing total relaxation.



## LIME Intentions

We want you to get the most out of your Lime experience. To help ensure this happens you will be encouraged to try something different, to experiment a little, to seek so that you shall find...

### Restore Me Ritual

150 minutes

This ultimate anti-ageing ritual starts with a soothing foot bath with grape seeds and essential oils while you enjoy a refreshing vitamin drink of grape juice. Continue on with a deep revitalising body exfoliation and nurturing anti-ageing body wrap, concluding with the deeply relaxing and soothing poultice massage.

### Purify Me Ritual

150 minutes

The Purification begins with a body scrub, including fig and pomegranate to remove dead skin cells revealing silky smooth skin. Next, a spirulina wrap containing seaweed extract re-metabolises the body to kick start the elimination of toxins and waste. The cleanse is complete with a full body massage that includes the application of draining essential oils.

**Embrace Me Ritual**

150 minutes

An ultra moisturizing and hydrating treat for the body and skin, making it look gorgeous. This journey begins with a sea salt & lime peel body exfoliation followed by a smothering wrap of Pink Kaolin clay which stimulates blood circulation and restores skin cells. A deeply relaxing full body massage using blended botanical body oils then heals aching, tired muscles. A perfect full body thirst quencher for tired sensitive skin.

**Inspire Me Ritual**

150 minutes

Centre yourself, focus, visualize and retain energy for inspiration. Awaken the senses with an energizing full body massage before succumbing to the deep relaxation of foot reflexology. The healing power of shirodhara completes the journey as you reconnect the mind, body and soul.

**Indulge Me Ritual**

150 minutes

The warmth of the hot rocks penetrates far into the muscles, dissolving deep seated tension and blocked energy. This contrasts beautifully with the cooling power of a miracle ice facial to revive and lift skin, making it look and feel amazing. An exquisite Indian Head massage finishes this oh-so indulgent treat.



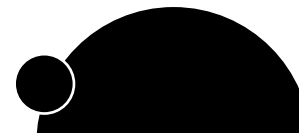
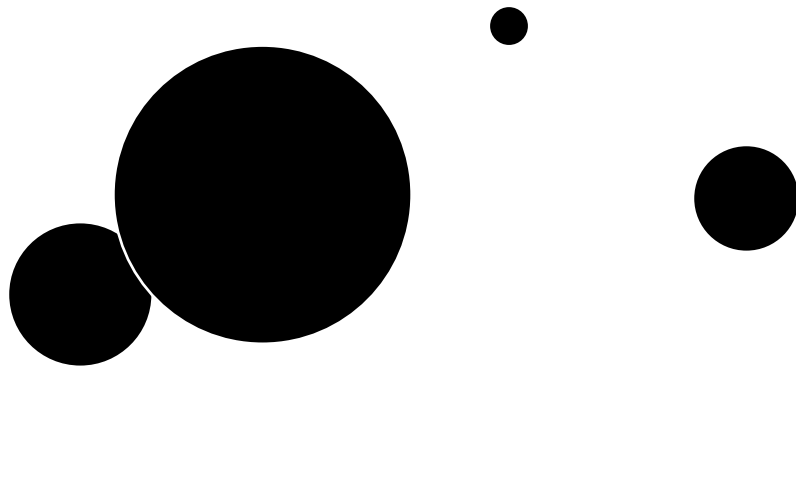
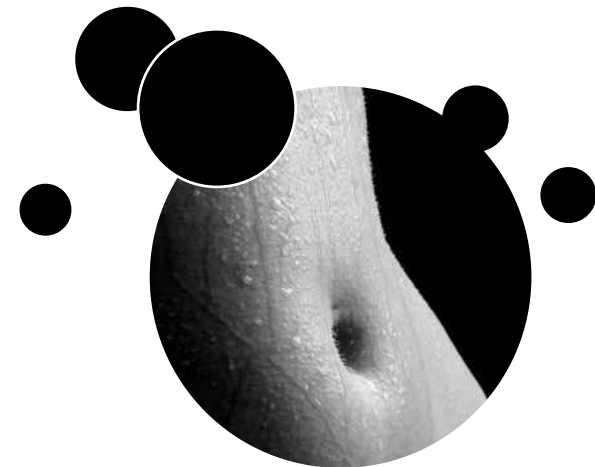
## Underwater Dreams

This iconic designer underwater space offers an exclusive post-treatment experience of private reflection time in another world. Please allow thirty minutes for the post-treatment experience, to chill in your own underwater surroundings, complete with a spa cocktail and island fruits.

**LIME Light**

150 minutes

Embrace the essence of the Maldives with indigenous island coconut, lime and mineral offerings that create the basis for this authentic and holistic experience. A zesty foot ritual prepares for the steaming mineral poultices. Local virgin coconut oil massage completes and unifies ones natural self. Awaken during a melting application of Radiance Ice Cubes – leaving facial contours stimulated and the mind revived.





**Fluidity**

90 minutes

Experience massage on a whole new level lying face up “on the water, under the water”. An unrivalled treatment for comfort and relaxation; the body is embraced and lifted by heated Hydrotherm water cushions. The heat of the water soothes painful areas as graceful, fluid massage movements evaporate muscular tension leaving sheer, blissful sensations. The best massage experience in the most unique treatment space in the world.

**Turquoise Explosion**

90 minutes

Lay back and absorb our addictive underwater surroundings whilst your scalp, neck and shoulders are massaged and soothed. An aromatic tension-releasing massage on the hands, legs and feet leaves you floating. Allow yourself to drift away during a replenishing island teaser facial, designed to suit specific skin concerns.

**Marine Wave**

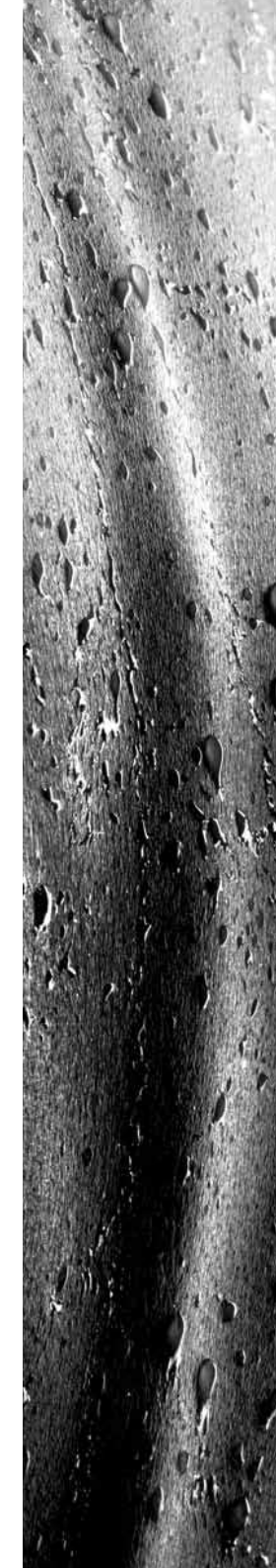
90 minutes

A sublime aromatic full body and scalp massage experience, from the shores of Huvafen Fushi. Synchronised flowing and soothing movements lull you into a deep state of peace and tranquillity as soft palms and forearms melt the tension and stresses of the day. This healing massage allows your therapist to work intuitively on the front of the body, whilst targeting upper-back tension.

**Sole to Soul**

90 minutes

The fusion of Reflexology, Reiki and Indian head massage is a powerful holistic combination ; evaporating tension and calming the body and mind. It's amazing how good you'll feel as the ocean comes alive around you!









## Temple Spa Collections

Temple Spa is an award-winning, cutting-edge skincare and lifestyle brand with fantastically effective face and body treatments. Expect integrity with luxury and an abundance of dynamic ingredients, from the natural warm fresh botanicals of the Mediterranean and intensely rich anti-oxidating Black Truffles, to the renewing and illuminating power of Diamonds and Platinum.

### A Brush with Heaven

90 minutes

Imagine the sensation of a sequence of brushes in varying sizes and textures being used from top to toe, to massage, stimulate, drain toxins and smooth on delicious preparations to the face and body. Once lavished in rich warm body oil, the client will be cocooned and then treated to the exclusive Temple Spa facial treatment carried out entirely with brushes, while they doze. Heaven!

### Champagne & Truffles

90 minutes

This stunning treatment is just the thing for a serious celebration for the skin, containing ingredients such as champagne, silk, diamonds, gold and of course black truffles. Highly unique elements include techniques and masks to reveal fresher skin, specialist lifting massage to strengthen and tone and an iced blend to reduce puffiness. Finally an application of Temple Spa award winning cult product Skin Truffle will leave the complexion glowing, more youthful looking and instantly wonderful.

### Go Guy Facial

60 minutes

This macho facial is perfect to revive, refresh and invigorate. The skin will be revitalised with one of our exfoliating masks, in addition, aching neck muscles will be massaged, worry lines erased and headaches soothed. You will feel glad you gave us an hour of your time.

# Bespoke Facials

## Pure Facial 75mins

Ideal for combination, oily, congested, problematic skin, this complete deep cleansing purifying treatment combines traditional steam and extraction techniques with rebalancing lymphatic drainage massage. A detoxifying and anti inflammatory peel off mask and aromatic intensive complexes are used to soothe calm and rebalance the skin to encourage a visibly clear complexion.

## Miracle Ice Facial 60 minutes

Feel the cryotherapy power of the express radiance ice cubes as they instantly (and we mean instantly) revive, lift and plump the skin. This facial is a unique and divine experience leaving the complexion visibly refreshed.

## Skin Renewal Treatment 75 minutes

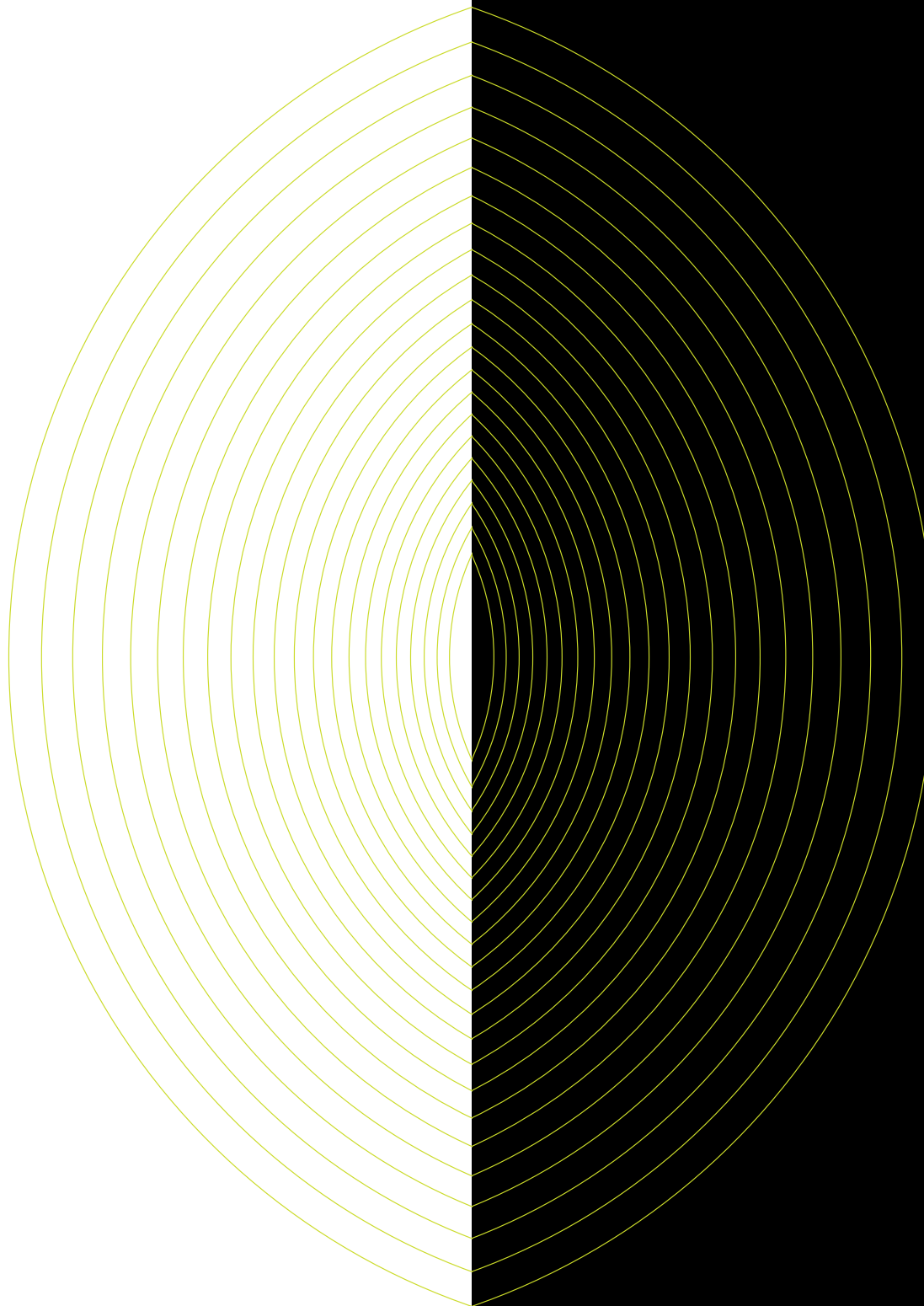
A renewing and resurfacing treatment which re-invents the surface of the skin instantly! This medically inspired method combines surface and deep exfoliation without irritation that gives the skin luxurious glow and incredible softness. You won't believe how good your skin will look!

## LIME Couture Facial 60 minutes

This skin enhancing "Tailor Made facial" ensures effective, visible results. This treatment has been designed for your individual skin needs through individually blended plant active serums, masks and aromatic intensive complexes. The ultimate bespoke treatment just for you.

## "For Your Eyes Only" 30 minutes (On its own or perfect as add on to any facial.)

Designed to enhance, lift and firm your eye area. State of the art cryotherapy ice cubes work wonderfully with a lymphatic eye massage, targeting dark circles and signs of ageing.





# Bespoke Massage

## Intuitive

60 minutes

90 minutes

A tailor-made full body massage, from the top of your head to the tip of your toes. This wonderfully therapeutic massage, using warm botanical oils made of a unique aromatherapy blend selected “just for you”, will allow you to relax, unwind and de-stress...

Your therapist will customize this massage to suit all your concerns with a combination of techniques and strength according to your needs.

Helping you to choose from:

- Relaxing • Energizing
- Detoxifying • Anti-Oxidant

## Un-Thai Me

60 minutes

90 minutes

Replenish energy levels and rebalance during this alternative holistic Thai yoga massage. Stretching and a trigger pressure-point massage will release blocked energy from the meridians resulting in inner calm.

## LIME Dream Massage

90 minutes

Our uplifting, signature massage uses only the best moves from Balinese, Shiatsu and Thai therapy, delightfully fused together by our skilled therapists. This remarkable massage fizzes away tension, totally invigorating the body.



**Evolve Hot Stone** 90 minutes

Heated black basalt stones are used to massage the whole body, releasing deep tension; ideal for anyone suffering with muscular aches and pains and in need of a little TLC. Relieving stress at the deepest level, this exceptional treatment is a comforting and energising therapy for the mind body and spirit.

**Escape** 60 minutes

A beautiful cosy therapy as warm, self-heating and bubbling marine mud is smothered on the back, neck and shoulders combatting tight muscles and stress. The back, feet and lower legs are then soothingly massaged to improve circulation and enhance wellbeing.

**Pampering Poultice Massage** 75 minutes

An ancient massage technique utilising linen pumices, filled with all the goodness of grape seeds and aromatic essential oils. This gentle massage induces a profound state of physical and mental wellbeing; its impossible not to love it!

**Scrummy Mummy** 60 minutes

A combination of pregnancy-specific techniques, adapted to each stage of this precious journey, bringing much needed release and relief. Virgin coconut oil nurtures, protects and strengthens leaving skin soft and supple.





# Bespoke Body

## Pulp Friction

45 minutes

An aromatic oil and your choice of scrub, to re-mineralise and stimulate during this zesty full body exfoliation. The perfect holiday skin preparation to reveal radiant skin. This treatment concludes with the application of a silky botanical body milk leaving the skin deeply nourished, hydrated and polished to perfection. Choose from: Sugar Buff & Pomegranate or Red Grape Seed.

## LIME Cocoon

75 minutes

### Detoxifying Spirulina Therapy

A detoxifying, slimming and energy boosting treatment, this therapy begins with an invigorating exfoliation to boost circulation combined with seaweed extracts to harness the powerful cleansing and remineralising benefits of the ocean. This natural seaweed envelopment re-metabolises the body to efficiently kick start and maintain the elimination of toxins and waste.

## LIME Cocoon

75 minutes

### Anti-Ageing Red Grape

Anti-Ageing Body Cocooning Scrub & Wrap  
This pampering body rejuvenation will regenerate the skin to its best. An invigorating body scrub is followed by a nourishing and anti-ageing body mask while you drift away with a wonderfully soothing scalp massage.





### Sculpt

75 minutes

An anti cellulite specialized treatment designed to stimulate the body's system and target areas of fluid retention and stubborn areas. Using massage and lymphatic drainage techniques the legs and abdomen are massaged to restore circulation, a blend of detoxifying and smoothing exfoliation and mask will relieve blockages and tone the skin. This very effective therapy concludes with the application of a contouring and firming magic lotion, proven to reduce uneven skin with regular use.

### Sun Repair

60 minutes

Sooth and replenish from top to toe during this skin quenching treatment for post sun exposed skin. The body is enveloped with a blend of healing Kaolin clay, soothing Aloe Vera and cooling Fresh cucumber. This treatment will conclude with a relaxing scalp massage and application of a wonderfully soothing botanical body milk, ideal for sun damaged or sun burnt skin.



# Essential Nails

## Fingers First 60 minutes

Warm botanical oils soothe and strengthen, transforming hands and nails from the practical to the beautiful. Restore and refine with aromatherapy infused oils then File, buff & shine! An optional splash of nail colour completes the experience.



## Well-heeled 75 minutes

The ultimate foot-to-toe treat for tired and worn-out feet. Foot ritual and soothing sea salt exfoliation prepares for an aromatherapy infused sole massage. Cuticles are tidied, nails filed then polished to perfection!

## Hands and Feet Expresso 75 minutes

A mini manicure and pedicure if you need a quick buff, tidy and polish.





LIME Wellness

Reflexology 60 minutes

Go beyond ordinary foot rubs and get to the core of your well-being during this precision on-sole massage.

Reiki 75 minutes

Experience a hands-on empowering technique that allows energy to flow to your entire being. Reiki works on all levels to balance, cleanse and promote a state of pure relaxation.

Shirodhara 90 minutes

This ancient ritual nourishes and restores your nervous system whilst invigorating the mind. A soaking of the third eye uses warm the healing oil of black sesame combined with traditional Ayurvedic massage.

Personal Training          60 minutes

A fusion of gym programmes to suit individual needs.

Yoga                                  60 minutes  
Private sessions

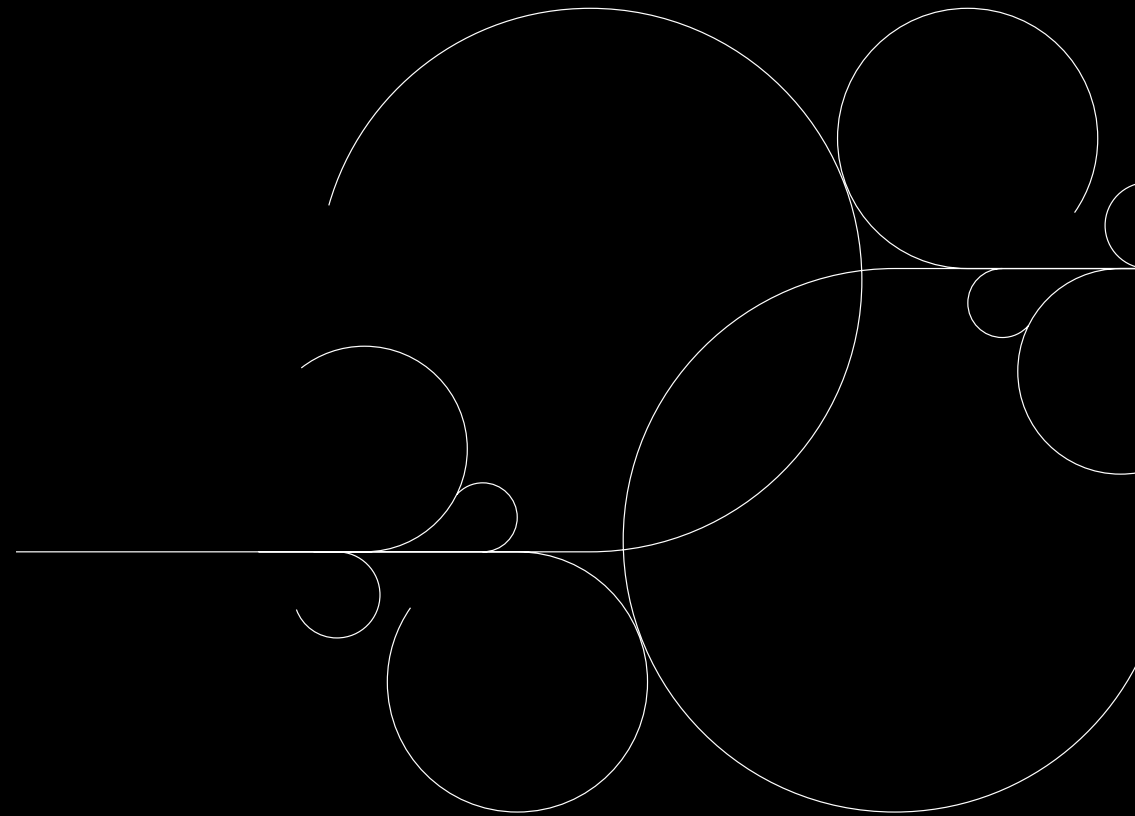
Yoga promotes inner calm and mental focus through stretching, breathing and balancing exercises. Sunrise and sunset form the backdrop for this essential practice.

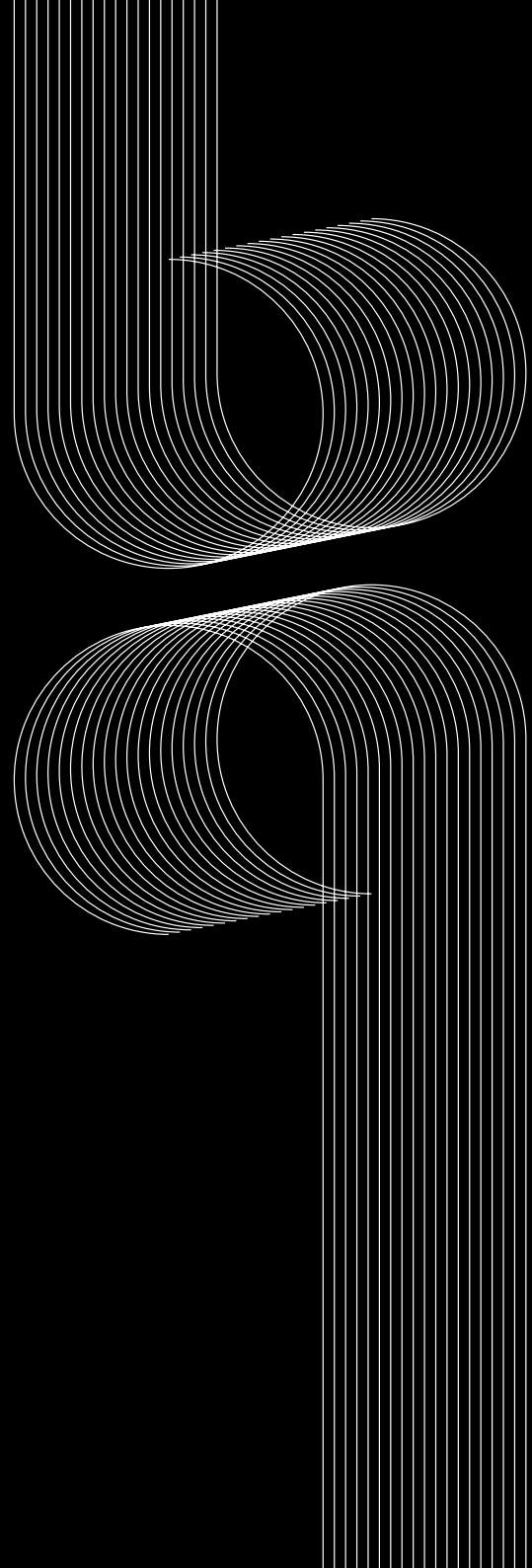
Stretch Yoga  
Individual  
Group Class

#### LIME Recommends

100% raw cuisine. Original. Creative. Natural.

For those who care about their bodies yet eschew the bland and the boring, we highly recommend incorporating the RAW experience into your wellness journey. Enjoy the wholesome food and juice bar set over the water.





## How to LIME

### Avant LIME

We recommend that you arrive 30 minutes prior to your appointment time to allow yourself to relax and explore Sublime – LIME’s pre-treatment spaces – as well as our calming surroundings.

Whilst we will always try to accommodate your treatments in full, we would hate for your treatment to be cut short due to your late arrival.

### LIME Health

Please inform your therapist if you have any known medical conditions that may effect your treatment. As a healing environment, our priority is your well-being.

### Cancellations

We understand that sometimes you may need to change your schedule. We kindly ask that you give us a minimum of twenty four hours’ notice. Appointments cancelled within 12 hours will incur a 50% cancellation fee. Appointments cancelled within four hours will incur a 100% cancellation fee.

### LIME Wear

Please wear whatever makes you feel comfortable. Upon arrival you will be provided with a robe and towels. Swimwear for communal areas is required for heat and water experiences.

### Emerald and Jade

Whilst lockers are provided for you, we recommend that you leave all valuables in your resort room, as we do not assume any liability for loss and damage of any kind.

### Green Environment

LIME is a fresh and pure environment – free from environmental noise pollution. Please help us to maintain Lime’s serenity by refraining from smoking and turning off mobile phones before entering.