iaso

MEDICAL SPA

WELLNESS MENU

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IASO AND THE FATHER OF MODERN MEDICINE – HIPPOCRATES

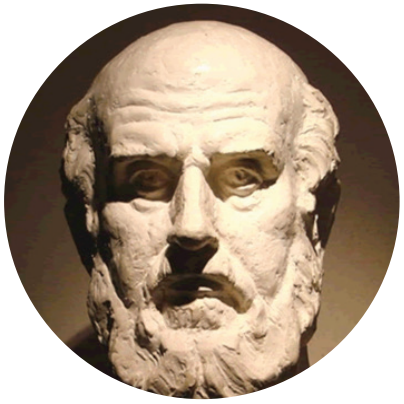
Iaso is the ancient Greek goddess of recuperation, recovery and restoration. She symbolises what most of us need in this fast paced world, some time to get back to feeling ourselves again.

Our medical clinic follows many of the philosophies of another famous ancient Greek, Hippocrates. Hippocrates is credited as the father of modern medicine. He turned his back on accepted dogma and took an evidence based approach to disease, unlocking many of the secrets of illness. He was the first to diagnose causes of diseases and found effective treatments to restore and recover. Many of his teachings on diet, exercise and disease are just as relevant today as when he wrote them perhaps more so. In compiling this menu, we have combined medical science and evidence with the luxury experience of a 5 star resort spa.

Within the idyllic luxury of Heritance Aarah, Iaso Medical Spa sits above the water to give you the best opportunity to relax, rejuvenate and recover from the stresses of the world, to make you feel your best self again. Using proven, effective therapies, we will redefine your expectation of a holiday.

In our menu you will find a wide range of spa therapies and massage, but we are much more than a spa. Whether you can come for a short visit or stay for several weeks, our menu will provide you with the opportunity for real change.

IASO



HIPPOCRATES

" Healing is a matter of time, but it is sometimes also a matter of opportunity "

Hippocrates

IASO MEDICAL SPA PROGRAM AT A GLANCE

By combining the latest in medical prevention, aesthetic dermatology, fitness, nutrition and wellbeing, Iaso Medical Spa will restore your balance, help you recover from the ravages of ageing and recuperate to be the best version of you, ready to live life to the fullest. Using the Dermograph skin diagnosis system, we can develop a personalised plan of spa, medispa and home care using medical grade product only available at a medispa.

Aesthetics
State of the art diagnostic scanning to pinpoint problems, allowing effective prescription of remedial medical aesthetic treatments. Reverse signs of ageing, reduce appearance of fine lines and resolve pigmentation problems. When you want to feel younger than the mirror is telling you, we have the solution.

Medical Assessment
Unique predictive software provides the most comprehensive medical assessments test to detect current health conditions and evaluates future disease risk to drive prevention that will increase your health span, as well as your lifespan.

Diet & Nutrition
Discover how mindful nutrition can positively affect your general wellbeing, enjoying dishes that taste as good as they are for your body, without compromising on delicious flavors. We also offer cooking classes - an insightful experience that will provide useful and information and new tools, so that you can incorporate healthier eating habits into your daily routine back home.

Wellness Program
IASO has been created to bring the best of western medical technology to you. Our expert medical team has devised a menu of state of the art aesthetic dermatological treatments that combine the latest in both aesthetics and wellness, with traditional spa treatments, scenic ambience and pampering. Whether you want to reverse the visible signs of ageing, de-stress & detox, lose weight, or restore your hair, you can be assured that our medically derived programs can produce results far beyond any other spa. Our goal is to help you live your best possible life; to look and feel your best, using evidence-based programs. Our programs do not stop when you leave Iaso, rather we take care of you with tailored at home treatments using the best products from around the world, available exclusively in a spa boutique.

Weight Loss Programs
Medically proven intensive Weight Loss Programs deliver results of 8-10kg in 3 weeks. Our Doctor/Wellness expert will be by your side, to assist you throughout the program. We respect your preferences by customizing food and personalizing an exercise plan that best suits you.

Fitness Stays
Rest and relaxation are an essential part of any spa getaway, but achieving personal rejuvenation and renewal sometimes requires new activities and challenges. Our fitness assessments and programs for those who wish to use holidays to exercise, train and improve fitness whilst away from work.

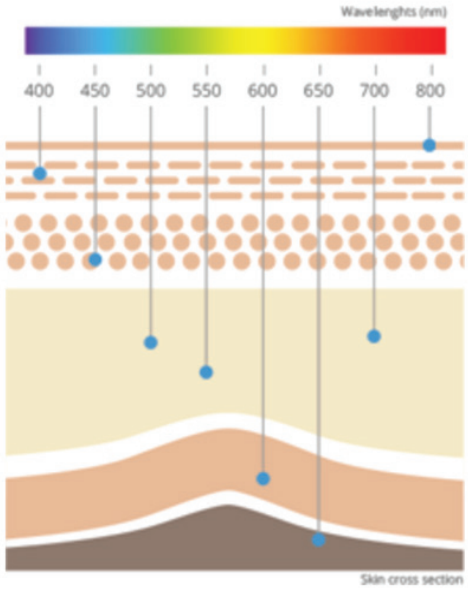
Wellness Activities
Maintaining a healthy lifestyle is no longer a luxury, but a necessity of everyday life. This is why IASO has the mission of encouraging our guests to take advantage of our ability to pamper you as well as our activities to keep you in great shape. When you stay with us, you will have access to fitness activities such as yoga, pilates, crossfit, beach classes and bootcamp workouts. These have been chosen by popular demand so those of you who want a more intense exercise experience can get it.

Salon & Nail Services
Where our spa treats your body, our salon tends to the details - refreshing your senses with revitalizing treatments that leave you feeling alive, well, and thoroughly relaxed. Offering a complete array of high-end beautifying treatments for women and men in a breathtaking environment with sea views, the Salon is a dreamy place to find a better self. Master technicians provide personalized approaches to hair styling, coloring and design, as well as makeup and nail services.

SKIN CONSULTATION AND DIAGNOSIS

As a medically based clinic, to advise you best, we first need to diagnose your problems. Using our unique Dermograph ® assessment tool, we will be able to gain a complete understanding of all your skin issues. The Dermograph uses 7 light spectrums to give details about all skin structures from the surface epidermis to the deep dermis. Skin Consultations are complimentary within 48hrs of arrival, or with any of our facial therapies.

Using the skin diagnosis, we can develop a personalised plan of spa, medispa and home care using medical grade product only available at a medispa.



Accurate diagnosis is the key to the best results

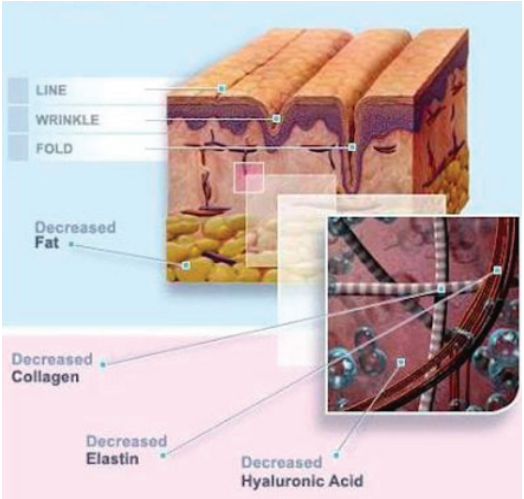
IASO AESTHETICS - TREAT THE CAUSES OF VISIBLE AGEING

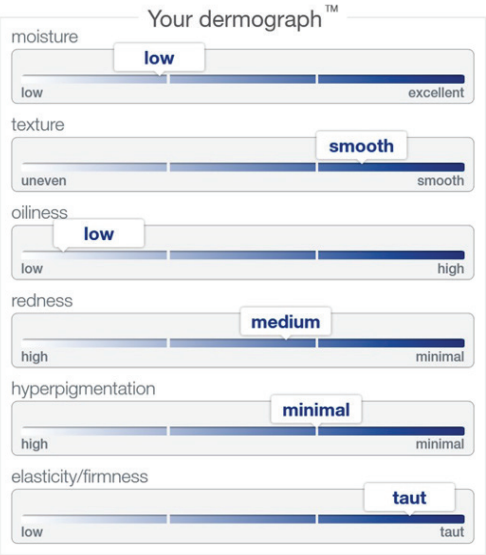
Understanding why we look older is critical to reversing it. Whilst we can appear to age at different rates, what is seen are;

Surface changes – Pigmentation, Fine lines, Uneven tone

Deep changes - Collagen loss, Elastin loss, Hyaluronic Acid and Volume loss

Glogau Score of Ageing - Type 1 - 30's / Type 2 - 40's / Type 3 - 50's / Type 4 - 60 plus





Reversing visible signs of ageing

Our treatments work to fundamentally change the signs of ageing.

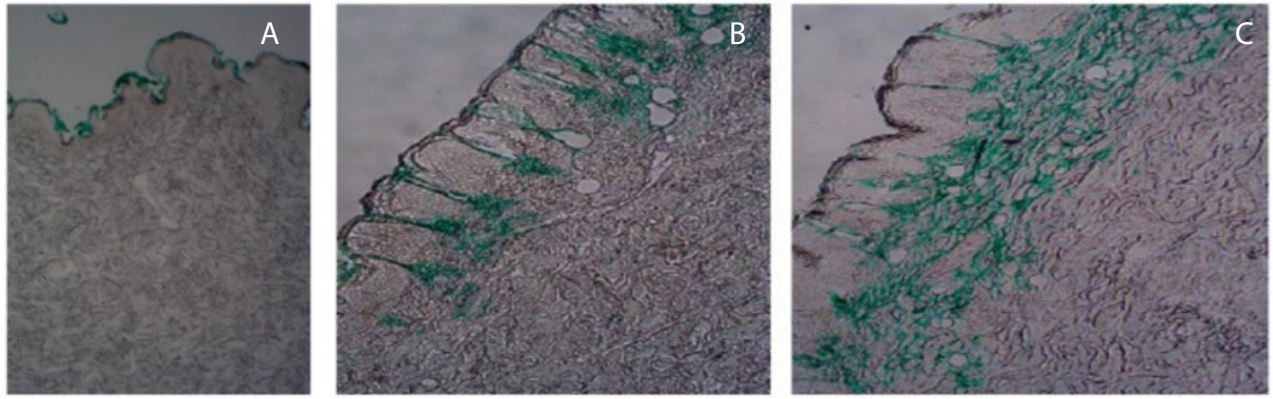
Surface treatments
- Smoothing - Medical Skin Peels
- Correcting pigmentation - mesotherapy, Light Therapy and creams
- Uneven tone - Vitamin A/B/C

Deep treatments
- Restore collagen and elastin - Microneedling collagen induction and mesotherapy
- Restore Hyaluronic Acid - Mesotherapy, Nanoneedling, Microneedling

Microneedling and Nanoneedling

Standard facials can hydrate the skin, but are limited by poor absorption of active ingredients through the epidermal barrier. Bypassing the barrier with Nanoneedling or Microneedling allows a much more effective delivery, instantly hydrating the deep layers and smoothing fine lines and wrinkles. Nanoneedling needs no anaesthetic or down time. The slightly deeper Microneedling extends to the collagen layers, where micro traumas induce new collagen and elastin formation, which supports the skin to restore a youthful appearance over the following weeks. We recommend Microneedling at the start of your stay for the best effect. Needling can be combined with active serums for the best effect. This is then called Mesotherapy. The use of active cosmeceuticals can have a dramatic impact on lines, pigmentation, acne and scarring.

Skin scans showing the penetration of active ingredients in green with different treatments.



A.Topical application sits only on the surface.
B. Injection with a mesogun showing uneven distribution to deep layers
C. Deep and even distribution of topical agent to the dermis using microneedling

WHICH IS BEST : NANO OR MICRONEEDLING ?

Nanoneedling will overcome the epidermal barrier to increase the absorption of products by up to 300 times what can be achieved by a cream or topical application. **Nanoneedling** can be repeated soon after a treatment course.
Microneedling has the added advantage of inducing collagen and elastin formation, which promises to substantially change the composition of your skin. **Microneedling** may show some redness, can feel warm and restricts your activity for 24 hrs in the sun. The skin can be dry for a few days and we can guide you through this process.

For effect, **Microneedling** is the best, but for convenience, **Nanoneedling** is easier.

Before and After Mesotherapy

Medical Health Checks - for healthy ageing

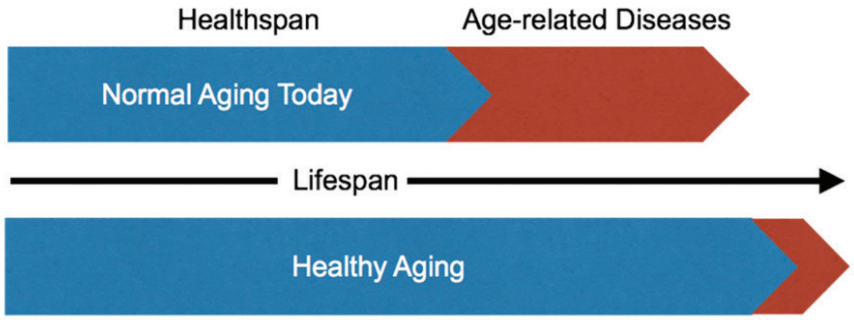
We are now living longer than ever, but your healthspan does not equal your lifespan. Healthspan is how many healthy years you have. The difference, are years spent with illness and disease.

HEALTHY AGEING IS POSSIBLE

A healthy life keeps you fit and well into old age. We now know that most illness is preventable, with illness occurring through a mix of genetic and lifestyle factors. We are all different and need to do different things to stay well. Our plan of prediction and prevention is designed to stop you developing illness or detect it at the earliest stage.
Our system involves the use of bespoke software from partners, Ionic Health, to determine your future disease risks and show you how to reduce your risk to the lowest possible. We can also tell you what tests you need to do when you return home to look for any problems that may be just around the corner.

Our system has 4 steps

1. Predict - using predictive algorithms and clinical examination
2. Report - detailed report of risks
3. Advise - we can show what you need to do to change your risk
4. Screen - advise you what tests to do and how often to stay well



MEDICAL FACIAL THERAPIES

MEDISPA

TREATMENTS

MEDICAL FACIAL THERAPIES - NANO OR MICRONEEDLING

HYDRATING MESOTHERAPY

Hyaluronic Acid – is a natural polysaccharide that is responsible for skin elasticity. It has the capacity to retain water on a percentage of a thousand times its molecular size. It is an activator of the fibroblastic activity, synthesis of collagen, promotes growth factor and slowing down the natural ageing process. Hyaluronic acid has greater effect in reducing the visible signs of ageing. Treatment can be combined with other cosmeceuticals serums for additional desired effect.

90 MINS $ 240.00

ANTI-AGEING MESOTHERAPY

Mesoestetic c.prof / anti-aging solution – The combination of active ingredients eliminates signs of fatigue, adds moisture and instant luminosity, smoothing fine wrinkles and expression lines. Thanks to their repairing and firming properties, they combat flaccidity and help to redefine the facial contour. Maximal effect is at six weeks.
Mesoestetic c.prof / anti-aging flash solution – anti - aging ampoules with an immediately tightening effect. Perfect for when you need to look your best for a special event. Best with Nanoneedling

90 MINS $ 240.00

BRIGHTENING / WHITENING MESOTHERAPY

Mesoestetic c.prof / Vit C intensive 20% - Vitamin C (ascorbic acid) is part of the group of antioxidant vitamins along with vitamins A and E. It plays an important role in the regeneration of Alpha-tocopherol (active form of vitamin E) and is the co-factor in the hydroxylation process of procollagen. It stimulates the synthesis of collagen and is a powerful whitening agent, antioxidant and stimulator of connective tissue.
ADD ON - Underarm whitening 30mins $80

90 MINS $ 240.00

FIRMING / TIGHTENING MESOTHERAPY

Mesoestetic c.prof / facial tightening solution - Stimulates collagen and fibroblast production in the areas affected by loss of turgidity. Particularly suitable for cheekbones, cheeks face contour and double chins.

90 MINS $ 240.00

PIGMENTATION CORRECTION MESOTHERAPY

Mesoestetic c.prof / depigmentation solution - Brighten and correct pigmentation concerns with a powerful combination of active substances and antioxidant action. This formulation prevents the function of tyrosinase, a catalyst in the pigmentation process. Skin tone is unified, brightness and vitality are restored. Active ingredients such as tranexamic acid and nicotinamide inhibit the function and interaction between melanocytes, keratinocytes and melanosome transference, which are all responsible for the production of visible pigmentation. Added Vitamin C has antioxidant benefits and brightening effects to help correct existing pigmentation.

90 MINS $ 240.00

REDNESS/ ENLARGE PORE CORRECTION

Combining microneedling sessions with LED low level light therapy to reduce surface vascularity and redness and visibly reduce the size of pores to even skin texture, for a more youthful appearance.

90 MINS $ 240.00

MEDICAL FACIAL THERAPIES

MEDICAL SKIN PEELS

Skin peels have been used for centuries to smooth the skin and improve skin texture with the ancient Egyptians known to use sour milk (lactic acid) peels to smoothen the skin by removing the surface layer of dead skin cells. Modern medical skin peels can be used for superficial or deep effect, replacing many other techniques, such as dermabrasion and laser resurfacing. We offer peels which are exceptionally safe and effective, requiring minimal down time. During the procedure, a skin peel solution is applied on the skin. The treatment typically takes around 30 minutes. You can expect the skin to start peeling on days 2 and 3 and it can continue to peel for up to 6 days. During the peeling process, your skin typically looks like you have a slight sunburn that is flaking and peeling off. Performed in a series, chemical peels smooth texture, stimulate collagen and even improve skin tone.

MESOPEEL / Salicylic 10% - Salicylic Acid Peel acts directly on oily skin problems or those prone to acne, whiteheads and skin blemishes. The salicylic acid formula mixes freely with existing oils on the epidermis as well as sebaceous material within the follicle resulting unblock pores and reduces acne. A series of 6 peels is needed for significant effect.

MESOPEEL / Glycolic 20% - An excellent and safe 'lunch time' peel with instant effects on skin texture. It is a peel that prepares the skin, evens out skin tone and softens expression lines and superficial wrinkles. This is the best peel for initial therapies. Suitable for skin photo-types from I to VI and all skin types. Repeated peels will help correct skin tone and fine lines. This is the best peel for initial therapies.

MESOPEEL / Glycolic 35% - is designed to address stage II skin ageing (uneven tone, fine lines and wrinkles) and to improve the appearance of stretch marks. It similar to the 20% peel, but with a slightly deeper effect for greater results.

60 MINS $180.00

LED FACIAL THERAPY

LED Light therapy is effective for skin rejuvenation, fine lines and wrinkles, sun damage, acne and problematic skin, sensitive and inflammatory conditions such as rosacea, eczema and psoriasis and post treatment healing and scars. LED Light Therapy is clinically proven to be safe for all skin types and effective in the treatment of a wide range of skin conditions. It is a gentle, heat free treatment that does not contain harmful ultraviolet wavelengths and therefore cannot damage skin tissue.

Red light 650nm - allows deep stimulation to improve collagen deposition through stimulation and recruitment of fibroblasts to promote wound healing after and enhance results after facial therapies. Non-invasive, non-chemical collagen induction reverses photoageing damage and potentiates the effects of mesotherapeutic cosmeceuticals. Regular use of LLLT reduces inflammation, preventing further damage from ageing and oxidation. Twice a week for 4 weeks needed for initial effect.

Blue light 415nm - used in the treatment of active acne. When Propionibacterium acnes (P. acnes), the causative bacterium in acne lesions, are active, they produce substances called porphyrins, and when these substances are exposed to blue light energy at 415 nm, the porphyrins produce free radicals which will eventually selectively kill the P. acnes. Used in combination with an acne control program light therapy can significantly reduce the chance of active (pustular) acne. Blue light can be combined with red light to reduce inflammation and scarring. Twice a week for 4 weeks needed for effect.

Green light 530nm - for calming irritated skin. Excellent for all conditions where redness is a problem including rosacea and vascular lesions.

30 MINS $50.00

MEDICAL FACIAL THERAPIES

NON-SURGICAL FACELIFT & CONTOURING

The skin gradually loses its firm and youthful appearance as we age. Reduction in the elasticity, strength and quality of the collagen in our skin, leads to the appearance of wrinkles, folds, laxity and loss of its luminosity.

Non-invasive, energy based technologies such as HIFU (High Intensity Focused Ultrasound) can promote new, healthy collagen which results in skin tightening, contouring and wrinkle reduction.
It is a non-surgical, no downtime, in-medispa procedure for lifting and tightening of sagging skin of the brows, cheeks, lower face (jowls), jawline and neck.

This procedure is your next best thing to an actual face lift.

Upper Face Lift	60 MINS	$300.00
Double Chin Reduction	60 MINS	$500.00
Mid Face Lift	90 MINS	$800.00
Full Face Lift	120 MINS	$1000.00
Full Face and Neck Lift	150 MINS	$1500.00

SPA FACIALS

MEDISPA

TREATMENTS

SPA FACIALS

HYDRA MARINE

The Source Marine facial is inspired by the ocean's relaxing and soothing waves, to relax and rehydrate the skin. After carefully cleansing and exfoliation of the skin, a Hydra-Marine concentrate is applied over the face and neck using delicate gliding movements, followed by the Ultra Hydra-Marine mask, an intense hydrating & brightening mask. An application of Hydra Marine 24h Gel Cream completes the treatment to leave you feeling replenished and your skin's original radiance restored.

60 MINS $120.00

PURITY

This is a complete rebalancing treatment for oily and combination skin. After a relaxing welcome massage, the skin is treated to a deep cleansing and thoroughly exfoliated. A purifying serum is applied with Thalgo's signature Heart of the Ocean facial, followed by an application of oil absorbent mask which helps to lift away impurities. Application of the finishing product will leave your skin soft, matte and perfectly balanced.

60 MINS $120.00

TRANQUILITY

A haven of comfort for dry and sensitive skin. After a relaxing welcome massage, your skin is gently cleansed and exfoliated. A concentrate, rich in algae extracts and replenishing oils, is gently infused into the skin with Thalgo's signature Heart of the Ocean facial. This is followed by a mask to bathe the skin in pure nourishment for even the most sensitive of skins. The treatment finishes with an application of nourishing, soothing cream to soften, soothe and restored.

60 MINS $130.00

AGE RENEW

A beauty ritual for ultimate rejuvenation and overall youthfulness. A perfect alchemy between efficacy and sensory pleasure, this treatment provides the revitalizing benefits of Intelligence Marine Regenerative, a complete concentrate of 63 marine active ingredients that erase wrinkles and restore the skin's firmness and elasticity. The face glows with renewed youth. Recommended for age 25+.

75 MINS $150.00

AGE REPAIR

Relax and feel yourself more youthful looking with this super lift facial, designed to combat all the signs of aging at 45+ age. Treatment excels in correcting loss of firmness and smoothing deep wrinkles. Treatment procedure are highly effective in erasing wrinkles and restores radiance to the complexion. Recommended for age 45+.

75 MINS $150.00

ULTIMATE MAN

Whether your skin condition is dry, sensitive, oily and dehydrated, this treatment provides a tailored solution for male skin. Treatment combines energizing marine active ingredients with relaxing massage to defy aging, leaving the skin revitalized and perfectly balanced.

60 MINS $130.00

ADD ON BLISS

You can design your own treatment. Add any of the following 30 minute possibilities to any full body treatment.

• Light Therapy • Foot Massage • Head Massage • Back Massage

30 MINS $50.00

BODY TREATMENTS - MASSAGE

MEDISPA

MASSAGES

BODY MASSAGE

AROMATHERAPY MASSAGE

Aromatherapy massage combines the power to touch with the senses of smell. It helps to smooth away stress, unknotting tense and aching muscles. The skin, blood and lymphatic systems are stimulated, which boost circulation and removing toxic wastes. This is a full body, light pressure massage using a personally selected blend of aromatherapy oils to enhance your mood.

60 / 90 MINS $120.00 / 160.00

SPORTS MASSAGE

A great massage for the athlete in you! This massage is personalized to focus on your body's areas affected by tension and stress. Special blends of oils are prepared to penetrate your skin to soothe tired and aching muscles. This treatment is designed to increase flexibility, relieve tightness and improve circulation and recovery time.

90 MINS $ 160.00

SWEDISH MASSAGE

Swedish massage is the manipulation of the superficial layers of the muscles against the bone; it relaxes the body, increases circulation, removes metabolic waste products, it can be experienced with soft or medium pressure, and is a great treatment for relaxation as well as being a fulfilling introduction to massage.

60 / 90 MINS $120.00 / 160.00

HOT STONE MASSAGE

A powerfully therapeutic massage utilising hot and smooth, oiled basalt stones. The hot stones glide along muscles, warming and loosening knots, correcting tensions at the deepest level. This melting sensation promotes a profound sense of relaxation.

90 MINS $ 160.00

BODY MASSAGE

DEEP TISSUE MASSAGE

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful. The techniques used in this massage create a prolonged state of reduced muscular tension by applying deep muscle compression and cross fibre friction to increase blood and lymphatic flow.

60 / 90 MINS $120.00 / 160.00

COUPLE MASSAGE

Our Couples Massage Packages have been designed with rejuvenation, relaxation and togetherness in mind. If you are tired, feel like you've hit a rut in your relationship or just want to do something extra special with the one you love, our Couples Massage Packages is just what you need. There truly is no better way to grow closer together and spend a few. minutes connecting with each other than during a couples massage. We invite you to choose the massage that best suits your wants and needs.

60 / 90 MINS $ 230.00 / 310.00

BALINESE MASSAGE

A deep massage practiced in Bali for generations, to strengthen and heal the body, this traditional therapy combines stretching, long stroke, skin rolling and palm-and-thumb pressure techniques. Flowing and graceful, the Balinese Massage relieves tension, improves blood flow, eases stress and encourages harmony.

60 / 90 MINS $120.00 / 160.00

TRADITIONAL THAI MASSAGE

Practiced for centuries throughout Thailand, this highly therapeutic treatment focuses on pressure points, energy lines, and stretching. This unique dry massage relies on soft guiding motions to stretch, compress and apply pressure. You will feel loosened, revitalised and relaxed. The belief system behind Thai massage is one of complete healing, aimed at connecting body, energy and mind.

90 MINS $ 160.00

BODY MASSAGE

REFLEXOLOGY

Reflexology is performed to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance. The technique of applying gentle pressure to the reflex points is ideal after a day of walking or travelling.

45 MINS $ 90.00

BACK MASSAGE

This massage can help reduce shoulder tightness and a sore back by working gently on the. tight spots to encourage the healing process.

45 MINS $ 90.00

HEAD MASSAGE

This ancient experience relaxes tones and eases muscle tension in the neck, head scalp and shoulders. It also helps in elimination of toxins by stimulating circulation, creating a positive energy flow through and leaving you in a state of tranquility and peace.

45 MINS $ 90.00

ADD ON BLISS

You can design your own treatment. Add any of the following 30 minute possibilities to any full body treatment.
• Mini Facial • Body Exfoliation • Body wrap • Light Therapy

30 MINS $ 70.00

BODY TREATMENTS

MEDISPA

TREATMENTS

BODY TREATMENTS - MEDISPA

STRETCH MARKS CORRECTION : ABDOMEN OR THIGHS

Stretch marks can be caused by various factors, commonly after rapid growth in puberty or skin stretching pregnancy. On a histological level they represent a thinned area of dermis and epidermis, along with altered pigmentation, which can result in unsightly variations in skin texture and tone. Microneedling with active mesotherapeutic cosmeceuticals can address these changes, bringing a more even and aesthetic appearance to the skin.

·**X.prof Mesoestetic / Organic Silicon**
is a water soluble, biologically active substance present supporting connective tissue. It improves the synthesis of collagen to help with scar tissue modulation.

·**X.prof Mesoestetic / Centella Asciatica**
Centella Asiatica extract stimulates the collagen biosynthesis at dermal fibroblasts and conjunctive tissue levels. This stimulation of the collagen production improves the cellular trophism. Its re-epithelizing and vasoprotector properties encourages the restoring of skin integrity by increasing the capillary resistance and acting as a biostimulator.

90 MINS $ 240.00

BODY TREATMENTS - BODY CONTOURING, SCULPTING AND LIFTING

Non-invasive, energy-based technologies such as HIFU (High Intensity Focused Ultrasound)can promote new, healthy collagen which results in skin tightening, contouring and wrinkle reduction. Ultrasonic energy penetrates deep below the skin to effectively target the fat and connective tissue layers to gently stimulate tightening of the sagging areas of the skin, creating a firmer and lifted look. Results are long lasting and occur gradually but dramatically over time.

Non-Surgical Butt Lift	90 MINS	$1000.00
Non-Surgical Abdo Tightening	150 MINS	$1000.00
Non-Surgical Arm Lift	150 MINS	$1000.00
Non-Surgical Thigh Lift	180 MINS	$1200.00

BODY TREATMENTS - SCRUBS AND WRAPS

SHINE

Indulge in the invigorating power of revive body exfoliation to effectively exfoliate dry skin cells leaving your skin looking noticeably smoother. Suitable for all skin types but especially recommended for dry and dull looking skin. This exfoliation will leave you feeling invigorated, energized and brighter. The treatment will conclude with a quick face cleansing ritual.

60 MINS $ 120.00

ROSE HYDRATOR

Bring back your radiance with this comforting, restorative treatment. Precious essential oil of damask rose works on capillary circulation renewing the skin whilst the aroma has an expansive quality that soothes the emotions and nurtures the heart. The treatment begins with a gentle olive grain exfoliation. Nourishing oils are applied to cuticles and heels and then the body is layered in a hydrating and regenerating rose gel. A moisturising and softening mix of oil and cream with evening primrose oil and shea butter is smoothed on before being left to penetrate with the body's own heat under a wrap. The treatment will conclude with a scalp massage with aroma inhalation to lift and brighten your spirits.

60 MINS $ 120.00

NOURISH

Give your body an intensive body exfoliation with the Nourishing Body Exfoliation, combination of Sea Salt, Coffee and Grapefruit help to stimulate healthy circulation, leaving skin smooth and soft. A quick face cleansing ritual to complete the treatment.

60 MINS $ 130.00

DETOX & REVIVE

This invigorating treatment is specifically designed for those looking for an intensive body detox. The perfect therapy when you are feeling sluggish and lacking energy. A refreshing and stimulating blend of oils of grapefruit, rosemary and diuretic juniper will leave you feeling truly revitalized and your skin will appear bright, smooth and silky.

60 MINS $ 130.00

ADD ON BLISS

You can design your own treatment. Add any of the following 30-minute possibilities to any full body treatment.

• Back massage • Foot Massage • Head Message • Light Therapy

30 MINS $ 50.00

SIGNATURE SPA TREATMENTS

MEDISPA

MASSAGES

SIGNATURE SPA TREATMENTS

IASO SIGNATURE MASSAGE

This hero treatment starts with a consultation to discover what your emotional and physical needs are. There are 13 signature oils to choose and our aroma oil consultation test allows you to choose the oil most suitable for you with natural natural plant and flower extracts, the oils carry powerful therapeutic benefits for body and mind. With your chosen oil, our therapist will use neuromuscular technique to relieve muscular tension and lymphatic drainage to encourage healthy circulation. This is an intense massage therapy drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

90 MINS $170.00

IASO BODY TREATMENT

A delicious combination of Sea Salt, Sugar and Essential Oils, this scrub helps to eliminate rough patches and leaves your skin silky smooth, followed by a uplifting wrap containing Qi-Marine and Healing lotus. Its silky touch envelopes your body into regenerating softness. Soft powder scent enhances anti-stress effects. The treatment ends with an illuminating face ritual, for a complete uplifting experience.

90 MINS $170.00

IASO HER FACIAL

Experience true marine beauty with this signature algae facial, suitable for all skin types. Followed by light therapy- LED facial mask and foot reflexology, the skin is gently cleansed and exfoliated. A mask of pure natural seaweed, known for its beauty-enhancing properties, is then applied to remineralise and revitalise the skin. Thalgo's Heart of the Ocean massage recreates the rhythmic motions of the sea to relax the facial muscles and relieve tension before an application of serum and moisturiser appropriate for your skin type completes the treatment, leaving your complexion soft, radiant and beautiful. Ideal for client with problematic skin and after over sun exposure.

90 MINS $170.00

IASO HIM FACIAL

This high-tech, relaxing facial for stressed male skin combines energising marine active ingredients with light therapy- LED facial mask and foot reflexology to ensure exceptional results. The facial begins with deep cleansing exfoliating ritual carried out on the face and neck, including an application of Algae Blue Vitale Extract to revitalise the skin. The skin is left looking brighter with all signs of stress and fatigue erased.

90 MINS $170.00

SALON SERVICES

MEDISPA

PROGRAMMES

SALON SERVICES

Whether you're in the mood for a subtle change or a dynamic new look, you can be sure; our IASO Salon offerings will get you there! We offer an array of colours from deep warm chestnut to honey blondes and fiery reds. We offer a variety of salon services to make you feel style unique.

HAIR CUT

		$
A.	Ladies- Cut & Style	70
B.	Gentlemen- Cut & Style	50
C.	Children- Cut & Style	40

HAIR STYLE

		$
A.	Roller set S/M/L	60 / 70 / 80
B.	Curl S/M/L	60 / 70 / 80
C.	Ironing S/M/L	50 / 60 / 70
D.	Bun style	70
E.	Creative Style	80

HAIR COLOR

		$
A.	Root Touch-up	90
B.	Global S/M/L	140 / 160 / 180/

HAIR TREATMENT

		$
A.	Hair Spa S/M/L	80 / 90 / 100
B.	Deep Conditioning S/M/L	90 / 100 / 110
C.	Shampoo	20
D.	Blowdry	30

WAXING

		$
A.	Brow / Lip / Chin	25
B.	Face	90
C.	Half Arms / Full Arms	30 / 55
D.	Under Arms	25
E.	Half Legs / Full Legs	45 / 90
F.	Bikini Line	45
G	Back / Chest	90
H..	Stomach / Bust	50

THREADING

		$
A.	Eyebrow	20
B.	Upper lip	20
C.	Jawline	20
D.	Chin	20
E.	Forehead	20
F.	Face	75

MAKE UP

		$
A.	Basic Makeup	50
B.	Party Makeup	70
C.	Makeup Application & Lesson	80

HAND AND FEET TREATMENTS

MEDISPA

PROGRAMMES

HAND AND FEET TREATMENTS

HYDRATING HANDS

A combination of deeply restorative and nourishing essential oils are combined to leave hands and arms looking perfectly conditioned and feeling deeply moisturized.

30 MINS $ 50.00

CLASSIC MANICURE

Your nails are one of your most important accessories, so keep them beautiful with this invigorating manicure that will warm your spirit and cool your stress. Treatment includes warm towel cleanse, cuticle soak with essential oils, nail shaping & buffing, nail cleaning and relaxing massage. Your skin will be smoother and your nails will be nourished and polished to perfection.

60 MINS $ 80.00

EXPRESS MANICURE

Includes cuticle soak with essential oils, nail shaping & buffing, nail cleaning.

30 MINS $ 50.00

ADD NAIL POLISH

Give a colour to your nail by choosing from a selected range of OPI nail polish.

20 MINS $ 20.00

HYDRATING FEET

A combination of Rose, Geranium and Lavender work to help leave rough, dry feet and heels intensely nourished and smooth.

30 MINS $ 50.00

CLASSIC PEDICURE

This super rejuvenating pedicure will warm your senses and cool your tension. The experience includes an herbal foot soak, nail shaping & buffing, nail cleaning, callus removal, lower leg exfoliation and a relaxing foot massage.

60 MINS $ 80.00

EXPRESS PEDICURE

Includes whirlpool herbal foot soak, nail shaping & buffing, nail cleaning, callus removal.

30 MINS $ 50.00

SPA JOURNEYS

MEDISPA

MASSAGES

SPA JOURNEYS

SLEEP DEEPLY

This ritual is able to raise the customer to a state of full relaxation and induce a quiet sleep. This bedtime indulgent treat will allow you to experience a tranquil and relaxing night's sleep. It is a full massage from head to toe where vetivert, chamomile and sandalwood oils, well-known for its numerous relaxing properties, are involved. To further enhances the experience of relaxation the treatment ends with a relaxing face ritual.

120 MINS $240.00

ISLAND INDULGENCE

The perfect ritual for those feeling the ill-effects of stress and a hectic lifestyle. Traditional aromatherapy massage, fused with relaxing scalp and facial massage using the award-winning de-stress Mind Oil, will help clear your mind

90 MINS $180.00

IASO JOURNEY

Restore your energy with the power of marine stones. A journey to beaches, home to the myriad colours of the Atlantic: since the dawn of time, the erosive force of waves has coloured the Atlantic coast sand, depositing a host of energising semi-precious minerals. Set off on this revitalising journey inspired by 'marine lithotherapy ' and use the power of the stones to restore your body 's vital energy stores.

120 MINS $240.00

SUN SOOTHER

Soothe and re-hydrate over-exposed skin with this cooling, refreshing treatment. An intensive layering of hydrating rose gel, soothing lavender oil and nourishing body cream rich in shea butter deeply nourish your body. A hydrating mask is applied to the face and while the active extracts get to work a scalp massage releases tension in the head for an all-over relaxing, restorative treatment. Your skin is left feeling cool, soothed and moisturized

90 MINS $180.00

ISLAND ROMANCE

This is a journey for a couple to unwind and regain your sense of harmony. A steam bath infused with herbs will let tight muscles unwind and this is then followed by a body exfoliation using mineral rich salts and a body wrap to stimulate circulation and boost the lymphatic system. While cocooned in the body wrap, a nurturing head massage will leave you deeply relaxed. This is then followed by our hydrating facial that will restore your natural radiance, and whilst the facial mask is infusing minerals into the skin, you will receive a rebalancing foot massage.

120 MINS $410.00

FACIAL ANTIAGEING PROGRAM

Our extended programs take advantage of the synergistic effects of our treatments to deliver superior results. If you would like to leave your holiday looking years younger, these packages are for you. Choose from a 3 or 5 package day depending on your schedule. Our packages are designed to give you time to enjoy the other facilities in the resort and time with your loved ones, as well as a structured aesthetics program that will deliver results. We use professional medical grade products combined with state of the art assessment and treatment technologies to get the best possible results for you.
Our packages are designed to take 2-3 hrs per day, but can be personalised to suit your needs.

MEDISPA
PROGRAMMES

1 DAY FACIAL REJUVENATION

Time, sun and and the stress of our busy lives all show on our faces, making us look older than we are or feel. Take a day to unwind and rewind the clock with our facial rejuvenation day. Using proven medical grade cosmeceuticals and medispa techniques you will notice a visible difference in fine lines, skin tone and smoothness. Your day will involve a personalised assessment of your skin and problem areas to develop a tailored plan to achieve maximal results. You will also receive a take home plan and prescription for ongoing care, to keep you looking your best.

DAY 1

ASSESSMENT

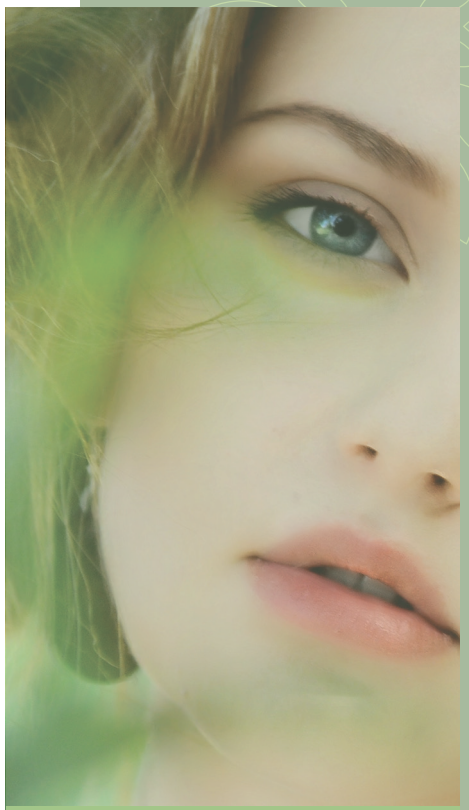
- Consultation - skin health assessment
- Skin aesthetics diagnosis
- Personal treatment prescription

TREATMENTS

- Gentle facial cleansing
- Medical skin peel
- Facial moisturising
- Microneedling or nanoneedling mesotherapy
- Healing mask
- Light therapy

CONSULTATION

- Daily care plan
- $100 towards take home product of your choice



FACE ONLY
$450.00
FACE AND NECK
$550.00
FACE, NECK AND DÉCOLLETAGE
$650.00

3 DAY ANTIAGEING PROGRAM

In just 3 days we can make a visible difference to your appearance, giving a younger, brighter complexion, correction of fine lines and evening skin tone. Using the latest advances in cosmetic dermatology and mesotherapy to improve skin from the inside out, the effects will continue to build long after your return home. We exclusively use luxury products from Medik8 and Mesoestetic ensuring our program is rich in antioxidant activity and rejuvenation with Vitamins C, E and A

DAY 1

ASSESSMENT

- Consultation - skin health assessment
- Skin aesthetics diagnosis
- Personal treatment prescription

TREATMENTS

- Gentle facial cleansing
- Medical skin peel
- Facial massage
- Light therapy
- Nanoneedling treatment
- Aftercare discussion

TAKE HOME

- Daily care plan
- $100 towards take home product

DAY 2

ASSESSMENT

- Consultation – discuss response to previous day's treatment
- Skin assessment

TREATMENTS

- Gentle facial cleansing
- Deep microneedling
- Antiageing mesotherapy
- Ultimate recovery mask
- Light therapy
- Cooling mask
- Aftercare discussion

- It is recommended to have treatment later in the day as sun exposure and swimming is not advised post treatment

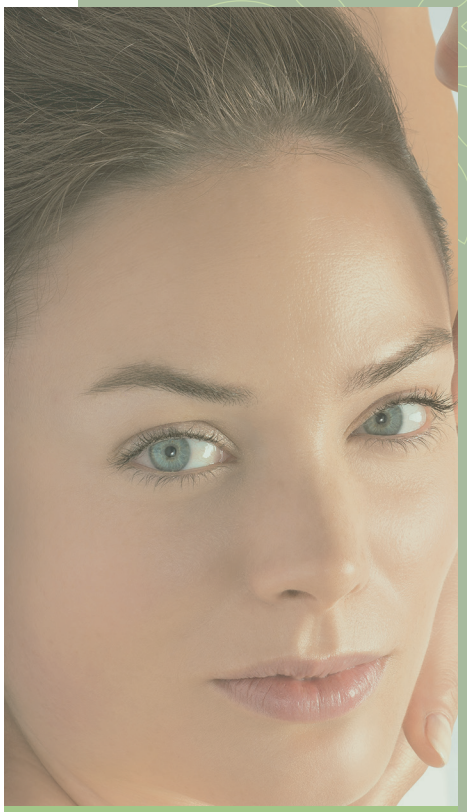
DAY 3

ASSESSMENT

- Consultation – discuss response to previous day's treatment
- Skin assessment

TREATMENTS

- Gentle facial cleansing
- Hyrdating facial with Hydr8 B5
- Occlusion mask
- Light therapy



FACE ONLY
$1000.00
FACE AND NECK
$1200.00
FACE, NECK AND DÉCOLLETAGE
$1400.00

5 DAY ANTIAGEING PROGRAM

Our comprehensive 5 day antiageing program expands on our 3 day program which will make a visible difference to your appearance, giving a younger, brighter complexion, correction of fine lines and evening skin tone. Using the latest advances in cosmetic dermatology and mesotherapy to improve skin from the inside out, the effects will continue to build long after your return home. We will also include treatment to your hands, one of the most visible areas of ageing. We exclusively use luxury products from Medik8 and Mesoestetic ensuring our program is rich in antioxidant activity and rejuvenation with Vitamins C, E and A. You will receive a personalised prescription for your skin care to continue once home.

DAY 1

ASSESSMENT

- Consultation - skin health assessment
- Skin aesthetics diagnosis
- Personal treatment prescription

TREATMENTS

- Gentle facial cleansing
- Medical skin peel
- Facial massage
- Light therapy
- Nanoneedling treatment
- Aftercare discussion

TAKE HOME

- Daily care plan
- $100 towards take home product

DAY 2

ASSESSMENT

- Consultation – discuss response to previous day's treatment
- Skin assessment

TREATMENTS

- Gentle facial cleansing
- Medical skin peel
- Cream mask
- Light therapy
- Nanoneedling treatment- hand

DAY 3

ASSESSMENT

- Consultation – discuss response to previous day's treatment
- Skin assessment

TREATMENTS

- Gentle facial cleansing
- Deep microneedling
- Antiageing mesotherapy
- Ultimate recovery mask
- Light therapy
- Cooling mask
- Aftercare discussion

DAY 4

ASSESSMENT

- Consultation – discuss response to previous day's treatment
- Skin assessment

TREATMENTS

- Gentle facial cleansing
- Hyrdating facial with Hydr8 B5
- Occlusion mask
- Light therapy

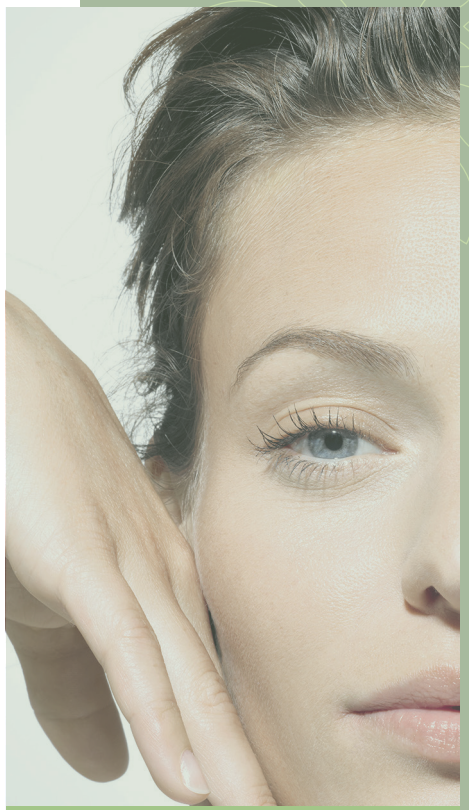
DAY 5

ASSESSMENT

- Consultation – discuss response to previous day's treatment
- Skin assessment

TREATMENTS

- Gentle facial cleansing
- Facial massage
- Occlusion mask
- Light therapy
- Head massage
- Medik8 Hydr8 B5 facial infusion



FACE ONLY
$1500.00
FACE AND NECK
$1700.00
FACE, NECK AND DÉCOLLETAGE
$1900.00

DE-STRESS AND DETOX PROGRAM

An ideal program for when you have been pushing things too hard, either at work or on your holiday!

MEDISPA

PROGRAMMES

1 DAY DE-STRESS AND DETOX

An ideal day for when you have been pushing things too hard, either at work or on your holiday! Start the day with a morning yoga session before your healthy breakfast and spa visit. Your treatment starts with a vitamin infusion, followed by a tension relieving 90 minute massage and signature facial, followed by a pedicure treatment. After Lunch, you will return for a signature facial.

DAY 1

INCLUSION

- Morning Yoga class and Breakfast
- Dermograph skin assessment
- Intravenous vitamin infusion
- Signature massage
- Lunch
- Spa facial

7 DAY DE-STRESS AND DETOX

With our fast paced lives, stress can reduce our physical and emotional health leading to lower energy and productivity. Refresh and recharge with our anti stress program. The program is designed to find medical problems caused by stress and to rejuvenate physically, mentally and aesthetically. This package also includes a medical grade sleep study in the privacy of your room.

DAY 1-7

INCLUSION

- Medical assessment
- Blood panel
- Health questionnaire
- Biometrics
- Resting metabolic rate
- Vitamin B IV infusion
- Sleep study

WELLNESS

- Dermograph skin assessment
- Anti-stress facial / Purifying facial
- Detox Body wrap
- 4 x De-Stress massage
- Aromatherapy Massage
- Hot stone / Swedish massage
- Deep tissue massage / Balinese massage
- Nanoneedling facial rejuvenation
- 2 x Light therapy
- Iaso healthy eating menu

FITNESS

- Morning Yoga classes
- Evening meditation and mindfulness classes
- Access to group fitness classes
- Float therapy
- 2 x Personal training session wit HIIT sessions to burn away stress

1 DAY PROGRAMME

$340.00

7 DAY PROGRAMME

$1495.00

FITNESS PROGRAM

If your idea of a holiday is a chance to devote more time to your fitness goals, we have developed programs to help you to achieve just this. A holiday can be an ideal time to lift you further, without the limitations a busy working life can impose. Our fitness assessments use laboratory grade metabolic testing with VO2 max testing, as well as full biometric evaluations. Longer stays can help you make gains through personalised training and exercise classes. Combined with our massage services and exceptional food menus, you will find a holiday that gives you so much more. Our tropical island waters are ideal for swimmers and our gymnasium perfect for indoor training. Morning yoga and evening wellness classes bookend a perfect day. If your healthy outdoor lifestyle in the sun has left you looking older than you feel, you can combine a fitness stay with our medispa services to reverse the visible signs of ageing.

1 DAY FITNESS BREAKS

Your fitness level is the best single measure of your future disease risk, longevity and life quality. Where do you sit? Learn your biological age, on the inside and outside. After completing this fitness day, you will have a clear idea of your strengths and weaknesses, and enough information to change how you look at your health. In the spa will undergo a biometric assessment followed by a thorough facial skin assessment. Moving to the gym we will assess all the major measurements of fitness, including a VO2 max test. Using our clinical grade equipment the VO2 max gives you the most accurate insight into your health and your body. If you only do one thing for yourself during your holiday, this is the day for you. Finish the day with a sports massage and if you have any energy left, come and join our exclusive beach workout session as the sun sets on the first day of the rest of your life.

DAY 1

INCLUSION

ASSESSMENT BIOMETRICS

- Height
- Weight
- Body composition
- Abdominal circumference
- Blood pressure
- Resting pulse rate
- Oxygen saturation
- Dermograph skin assessment

WARM UP

FLEXIBILITY TESTING

- Sit and reach

STRENGTH TESTING

- 60sec push up
- Bench press max weight
- Chin ups
- Squat single rep
- Vertical jump
- Standing long jump

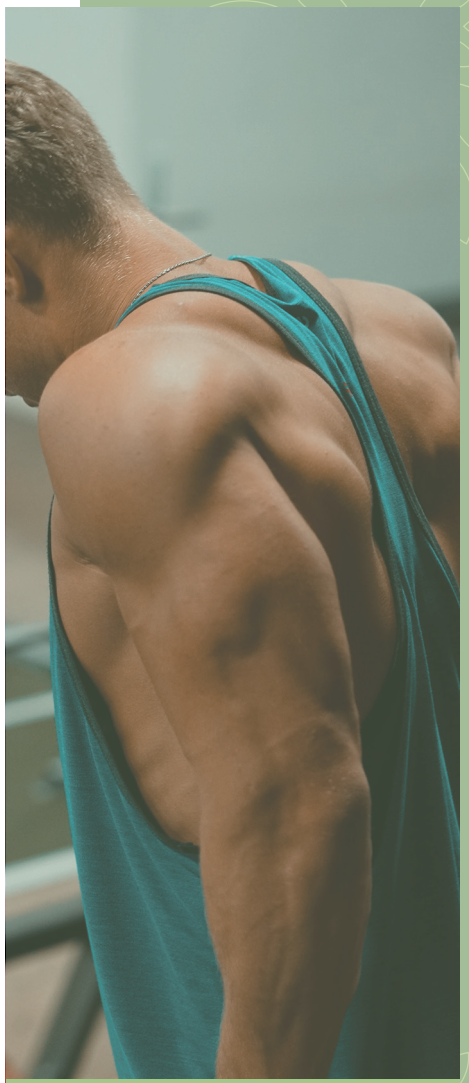
CARDIOVASCULAR TESTING

- VO2 MAX test

MASSAGE

- Sports massage

SUNSET GROUP CLASS ON BEACH



1 DAY PROGRAMME

$ 395.00

3 DAY FITNESS STAY

Our 3 day package builds on the fitness assessment day to add in yoga and personal training. Holidays can be the perfect time to train harder and rest more. The first day will show you where you are today, through our clinical grade assessment. Each day will start with yoga and end with our exclusive sunset beach classes, a highlight of your time in paradise. You will also receive a personal training session and massage each day to leave you in a state of satisfied bliss. This experience is only available through this package, with prices at a significant discount to individual pricing.

DAY 1

INCLUSION

ASSESSMENT BIOMETRICS

- Height
- Weight
- Body composition
- Abdominal circumference
- Blood pressure
- Resting pulse rate
- Oxygen saturation
- Dermograph skin assessment

WARM UP

FLEXIBILITY TESTING

- Sit and reach

STRENGTH TESTING

- 60sec push up
- Bench press max weight
- Chin ups
- Squat single rep
- Vertical jump
- Standing long jump

CARDIOVASCULAR TESTING

- VO2 MAX test

MASSAGE

- Sports massage

SUNSET GROUP CLASS ON BEACH

DAY 2-3

FITNESS

- Early morning yoga
- Daily power breakfast
- Personal training session
- Sports Massage
- Sunset group class on beach

3 DAY PROGRAMME

$895.00

7-14 DAY FITNESS STAY

You work hard, now play hard. Our extended fitness breaks are designed for people who want much more from their holiday. This package builds on our shorter stays to allow you to make serious gains in your fitness. Holidays provide the perfect time to train and rest like a pro, with superb nutrition and massage, you will never want to leave. Our packages will start with an intensive assessment and personalized plan for your stay. There is a strong emphasis on personal training for strength, yoga for flexibility, massage for recovery and medispa for rejuvenation. All of this in a luxury resort in paradise. A fitness stay is likely to become become the highlight of your training calendar. We can be flexible with your packages to ensure you can enjoy all the resort has to offer.

DAY 1

INCLUSION

ASSESSMENT BIOMETRICS

- Height
- Weight
- Body composition
- Abdominal circumference
- Blood pressure
- Resting pulse rate
- Oxygen saturation

WARM UP

FLEXIBILITY TESTING

- Sit and reach

STRENGTH TESTING

- 60sec push up
- Bench press max weight
- Chin ups
- Squat single rep
- Vertical jump
- Standing long jump

CARDIOVASCULAR TESTING

- VO2 MAX test

TREATMENTS

- IV Hydration Vitamins
- Sports massage

DAY 2-7

FITNESS

- Morning yoga
- PT sessions
- Strength Aerobic
- Functional fitness
- Water based training
- Evening beach group class

TREATMENTS

- 3 x Therapeutic massages
- Spa Facial
- Body wrap
- Medispa facial
- Light Therapy

- Healthy cooking classes

DAY 7-14

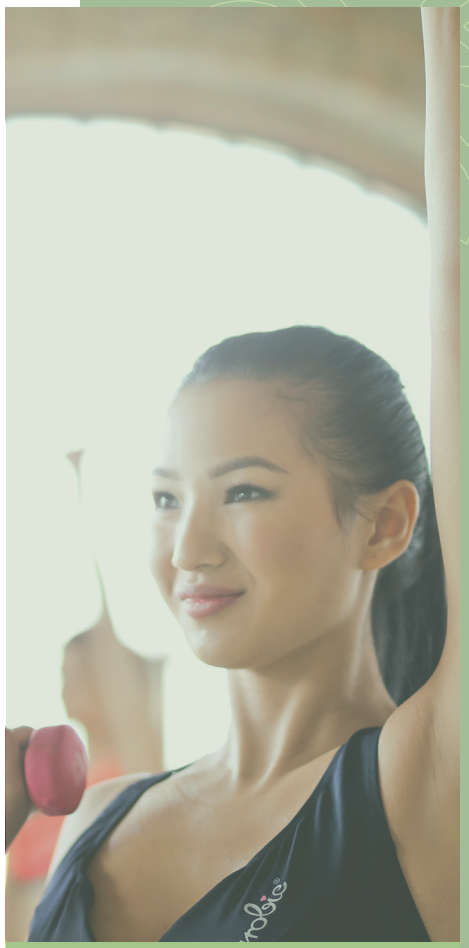
ASSESEMENT PLUS

- Morning yoga
- PT sessions
- Strength Aerobic
- Functional fitness
- Water based training

TREATMENTS

- 3 x Therapeutic massages
- Spa Facial
- Body wrap
- Antiageing mesotherapy
- Photoageing mesotherapy
- Light therapy

- Healthy cooking classes



7 DAY PROGRAMME

$1595.00

14 DAY PROGRAMME

$2800.00

WELLNESS PROGRAM

Beyond health there is wellness, where the body and mind are in a state of optimal balance. Wellness is a destination that must be actively pursued. Through our wellness programs we will set you on this path, whether through our introductory day programs or our immersive wellness stays. Our programs are designed to make the most of your holiday time to refresh, re energise and renew, leaving you restored to your best health and contentment. You can combine your wellness stay with our medispa treatments to reverse the visible signs of ageing.

MEDISPA

PROGRAMMES

1 DAY PACKAGE- LIFE ASSESSMENT MEDICAL

Take time out for the most precious thing you possess - your health. A holiday provides a great opportunity to take stock, set goals and reset. On this life assessment day our team of doctors and therapists will leave no stone unturned to give you the most comprehensive health check possible. Using our own proprietary software, developed by an Australian cancer surgeon and our comprehensive medical assessment, we can tell you, not only where you are today, but what future disease risks you may have. By knowing your personal risk for cancers, heart disease, stroke, diabetes and even dementia, we can advise you on the best course of action to prevent illness. You will be provided with a detailed report and list of suggested screening tests and risk reduction techniques that you can take home to your own doctors. Our assessment is unlike any other medical, telling you what you really need to know to stay fit and healthy into old age. After a comprehensive review of the inside, we will assess what you can see outside, with a comprehensive facial skin assessment. So, take stock, be inspired and get ready for the best version of you.

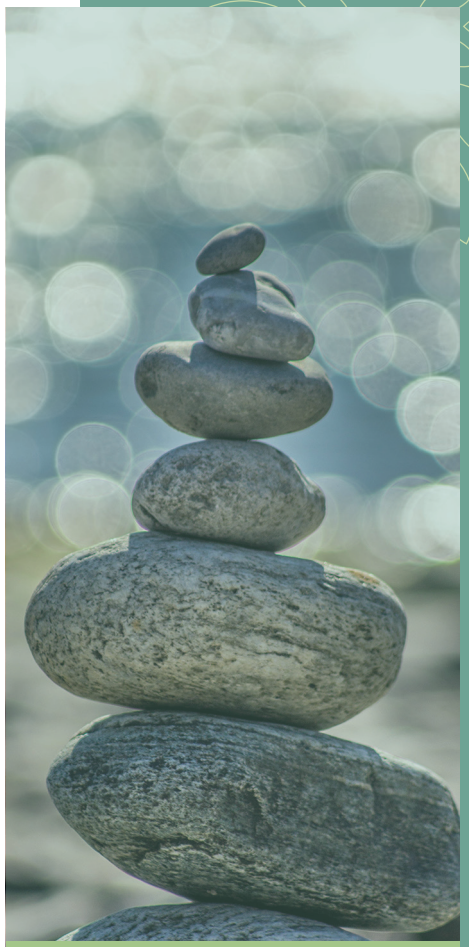
DAY 1

INCLUSION

LIFE ASSESSMENT

- Health questionnaire
- Medical examination and biometrics
- Blood panel
- ECG
- Blood pressure, vascular check
- Spirometry and lung assessment
- Body composition analysis
- Basal metabolic rate calculation
- Submaximal VO2 max test.
- Detailed health report and explanation explaining disease risk, screening tests and prevention activities need to achieve your best health
- Dietary advice
- Ideal weight calculation
- Signature massage
- Comprehensive skin aesthetics assessment using Dermograph skin analyzer

- **OPTIONAL – SLEEP STUDY**
  In resort medical grade sleep study with Australian physician review and report.



1 DAY PROGRAMME

$ 595.00

OPTIONAL SLEEP STUDY

$ 395.00

3 DAY PACKAGE- PATH TO WELLNESS

Take time out for the most precious thing you possess - your health. A holiday provides a great opportunity to take stock, set goals and reset. On this life assessment day our team of doctors and therapists will leave no stone unturned to give you the most comprehensive health check possible. Using our own proprietary software, developed by an Australian cancer surgeon and our comprehensive medical assessment, we can tell you, not only where you are today, but what future disease risks you have. By knowing your personal risk for cancers, heart disease, stroke, diabetes and even dementia, we can advise you on the best course of action to prevent illness. You will be provided with a detailed report and list of suggested screening tests and risk reduction techniques that you can take home to your own doctors. Our assessment is unlike any other medical, telling you what you really need to know to stay fit and healthy into old age. After a comprehensive review of the inside, we will assess what you can see outside, with a comprehensive facial skin assessment. So, take stock, be inspired and get ready for the best version of you.

DAY 1

INCLUSION

LIFE ASSESSMENT

- Health questionnaire
- Medical examination and biometrics
- Blood panel
- ECG
- Blood pressure, vascular check
- Spirometry and lung assessment
- Body composition analysis
- Basal metabolic rate calculation
- Submaximal VO2 max test.
- Detailed health report and explanation explaining disease risk, screening tests and prevention activities need to achieve your best health
- Dietary advice
- Ideal weight calculation

DAY 2

INCLUSION

- Morning Yoga / Meditation
- Breakfast
- Personal training session
- Spa facial
- Body massage
- Healthy cooking class

DAY 3

INCLUSION

- Morning Yoga / Meditation
- Breakfast
- Skin aesthetic consultation with Dermograph
- Medical Skin peel
- Nanoneedling mesotherapy
- Light therapy
- Body massage
- Evening exercise class
- Access to wellness talks

3 DAY PROGRAMME

$1395.00

7 DAY PACKAGE- REBOOT AND RESET

Our wellness packages are designed for anyone who is wishing to take the steps towards looking and feeling better. Our medical assessments will give you a clear idea of your current health, strengths and weaknesses. Basal metabolic rate evaluation can guide your caloric intake and we will advise on an ideal diet for you. During your stay our fitness, yoga and therapeutic session will leave you invigorated and revitalized. An aesthetic dermatological evaluation will give clear guidance on your skin type and needs as well as suggesting targeted treatments for reversing ageing, photo damage and pigmentation problems.

DAY 1-7

INCLUSION

LIFE ASSESSMENT

- Health questionnaire
- Medical examination and biometrics
- Blood panel
- ECG
- Blood pressure, vascular check
- Spirometry and lung assessment
- Body composition analysis
- Basal metabolic rate calculation
- Submaximal VO2 max test.
- Detailed health report and explanation explaining disease risk, screening tests and prevention activities need to achieve your best health
- Dietary advice
- Ideal weight calculation

TREATMENTS

- 3 X Therapeutic massages
- Spa facial
- Medical Skin Peels, Microneedling or Nano/Micro Mesotherapy
- Light therapy session

WELLNESS ACTIVITIES

- 2 x PT session
- Morning Yoga sessions
- Group exercise classes

7 DAY PROGRAMME

$1395.00

7 DAY PROGRAMME WITH SLEEP STUDY

$1695.00

WHITE AND BRIGHT DEPIGMENTATION PROGRAM

Uneven or abnormal pigmentation is a common consequence of ageing, especially in Asian or darker skins. With our unique combination of therapies we are able to achieve significant results during your resort stay. Our skin analysis will get to the heart of the problem and allow us to develop a personalised program to achieve the best possible results. Using the latest in cosmetic dermatology, treatments with leading brands Medik8 and Mesoestetic, our one day program will leave your skin visibly more even in tone, younger and smoother. More significant pigmentation problems will benefit from our longer programs.

MEDISPA

PROGRAMMES

1 DAY DEPIGMENTATION PROGRAM - WHITE AND BRIGHT

BEST FOR – Melasma, uneven pigmentation, acne scarring

In just one day you will see a visible difference in skin pigmentation problems. Uneven or abnormal pigmentation is a common consequence of ageing, especially in Asian or darker skins. With our unique combination of therapies we are able to achieve significant results during your resort stay. Our skin analysis will get to the heart of the problem and allow us to develop a personalised program to achieve the best possible results. Using the latest in cosmetic dermatology, treatments with leading brands Medik8 and Mesoestetic, our one day program will leave your skin visibly more even in tone, younger and smoother. More significant pigmentation problems will benefit from our longer programs.

Your day begins with a thorough skin assessment with our therapists to define your problem and develop a personal program for your day. Using our dermograph® skin analyser we will provide you with an objective report and take home prescription.

As a medically derived clinic, we will explain how pigmentation problems occur and what need to be done to correct them and prevent recurrence. Our medispa treatments will provide rapid results, leaving problems visibly improved before you return home, with remarkably little down time. Our treatment uses a combination of medical peels, microneedling mesotheraopy and LED light therapy, as well as traditional spa facial treatments.

A personalised prescription of medical grade products will be offered, as well as access to take home therapies to maintain your results.

DAY 1

INCLUSION

LIFE ASSESSMENT

- Questionnaire
- Skin aesthetic consultation with Dernograph
- Personal treatment prescription

TREATMENTS

- Gentle cleansing facial
- Surface treatment as prescribed - Medical Skin peel or exfoliating facial
- Vitamin C intense facial mask deep moisturising vitamin c treatment
- Pigmentation correction mesotherapy
  Vitamin C 20% occlusion mask
- Light therapy
- Head massage
- Personal product prescription with explanantion
- $100 product voucher included
- Discussion of white and bright program
- Discussion of maintenance daily routine and importance of sun protection
-

FACE ONLY

$550.00

FACE AND NECK

$650.00

3 DAY DEPIGMENTATION PROGRAM - WHITE AND BRIGHT

BEST FOR – Complex or longstanding Melasma, uneven pigmentation, acne scarring.

Our 3 day program builds on our one day depigmentation program, but achieves greater effectiveness by allowing pre-treatment and further combinations of treatment to achieve the best possible results. Our longer programs are also easier to fit into your day, with plenty of time to enjoy all the resort has to offer.

We will not only treat your pigmentation problems, we will educate and support you to achieve the best possible results when you return home.

DAY 1

INCLUSION

ASSESSMENT

- Questionnaire
- Skin aesthetic consultation with Dernograph
- Personal treatment prescripton

TREATMENTS

- Cleansing facial cleansing
- Surface treatment – Medical Skin Peel
- Medik8 Vitamin C intense facial mask
- Deep moisturising Vitamin C treatment

LEARN

- Personal product prescription –
- $100 voucher included
- Discussion of maintenance daily routine and sun protection.
- Review of product range.

EVENING

- Cleanse
- Medik8 r-retinoate application

DAY 2

INCLUSION

ASSESSMENT

- Review of response to day one

TREATMENTS

- Gentle facial cleansing
- Pigmentation correction mesotherapy
- Facial massage
- Occlusion mask
- Light therapy
- Head massage
- Healing mask

DAY 3

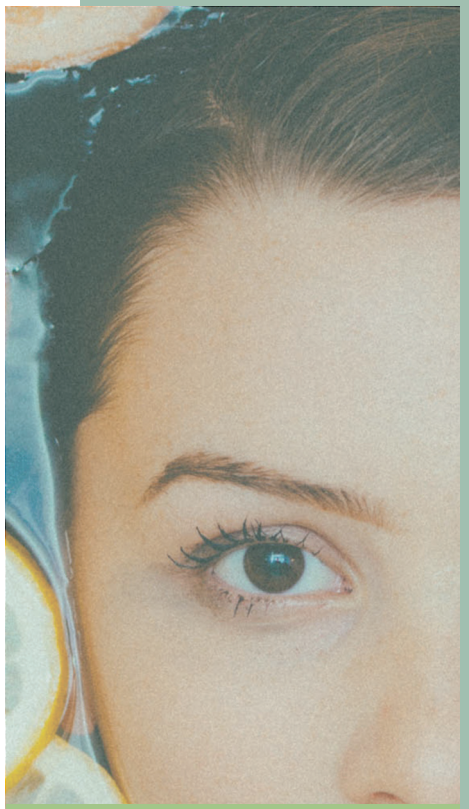
INCLUSION

ASSESSMENT

- Review of response to day two

TREATMENTS

- Gentle facial cleansing
- Hydrating facial with Hydr8 B5
- Occlusion mask
- Medik8 Intense Vitamin C



FACE ONLY
$1000.00
FACE AND NECK
$1200.00
FACE, NECK AND DÉCOLLETAGE
$1400.00

iaso

MEDICAL SPA

“ Wherever the art of medicine is loved,
there is also a love of humanity “

Hippocrates

IASO RAPID WEIGHT LOSS PROGRAM

This program has been medically derived to achieve rapid results for those who are serious about losing weight.
When excess weight is affecting your health and your happiness, it is time to take action.

MEDISPA

PROGRAMMES

IASO RAPID WEIGHT LOSS PROGRAM

This program has been medically derived to achieve rapid results for those who are serious about losing weight. When excess weight is affecting your health and your happiness, it is time to take action. Many health problems like diabetes, heart disease and sleep problems can be reversed with weight loss of 10% or more, which is achievable with our 21 day stay. Our supervised medical program has been proven to shed excess kilo's effectively, safely and efficiently. We will teach you how to control your weight for a healthier future, for a benefit that will last well beyond your stay. Combined with our spa and Medispa therapies, there has never been a more pleasant or more effective way to get back in shape.

DAY 1-7

INCLUSION

INITIAL ASSESSMENT AND TESTING

- Health questionnaire
- Medical examination
- Biometric testing
- Height
- Weight
- Abdominal circumference
- Blood Pressure
- Blood panel
- Body composition - fat% / Muscle mass
- Basal Metabolic rate
- Dermograph skin assessment
- Identification of health risks
- Heart disease risk calculation
- Diabetes risk
- Medical consultation for explanation
- Sleep study
- Access to medical review as needed

WELLNESS

- Morning Yoga
- Personal training initiation session
- Supervised weight loss exercise sessions twice daily
- Gym based aerobic and resistance training
- Water based exercise programs and beach classes
- 3 x Body Massage
- Spa Facial
- Healthy cooking classes
- Optional anti ageing facial therapies

7 DAY PROGRAMME
$1899.00
14 DAY PROGRAMME
$3699.00
21 DAY PROGRAMME
$5499.00

IASO RECOVERY CLINIC

Holidays don't always go exactly to plan. If you are unwell, please see our resort doctor.
If you need some help to recover from too much sun or too much indulgence, we can help.

MEDISPA
PROGRAMMES

IASO RECOVERY CLINIC

Holidays don't always go exactly to plan. If you are unwell, please see our resort doctor. If you need some help to recover from too much sun or too much indulgence, we can help.

HANGOVER RECOVERY

Don't waste a moment of your precious holiday just because you've over indulged the night before. Our range of solutions an get you back and track, feeling great again. We have a range of intravenous fluid, vitamin and mineral treatments to get you out of your bed and back into your holiday.

I had a bit much last night
Treatment of headache, dry mouth, mild nausea. Our simplest package. 500ml IV fluids and a vitamin B boost — 45 MINS — $ 150.00

I shouldn't have done that
Treatment of dehydrated, strong headache and nausea. For when you need a bit more. 1L IV fluids, minerals, pain killers and vitamin B boost, — 60 MINS — $ 180.00

I'm never drinking again
Treatment of severe headache, furry tongue and nausea. For when you are feeling groggy. Up to 2L IV fluids, minerals, pain relief and a vitamin B boost. — 90 MINS — $ 250.00

SUNBURN RECOVERY

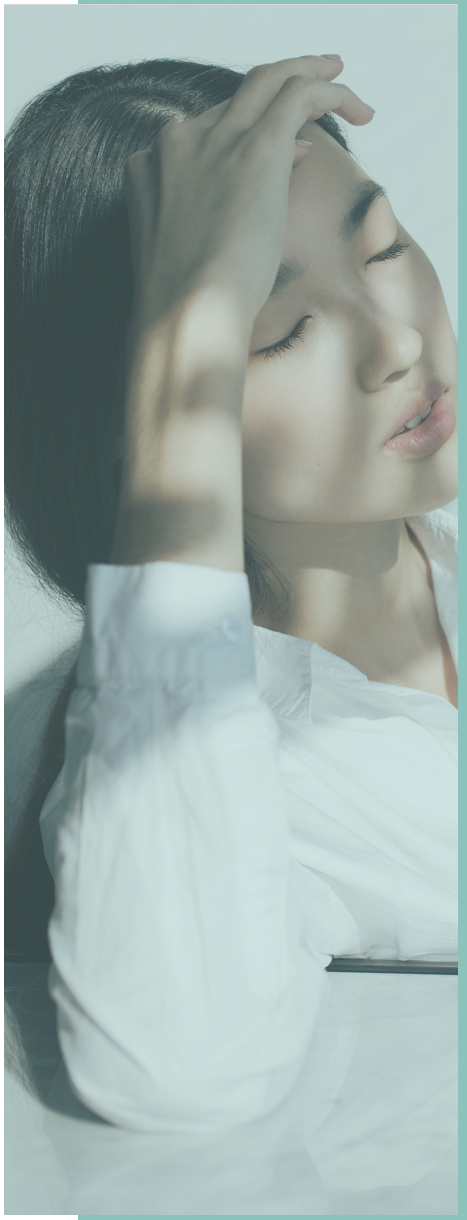
Sunburn is a medical condition that damages the skin. We can help you recover faster and reduce the risks and impact of post sun peeling.
Using soothing aloe, deep moisturising and the power of LED light to speed recovery, you can get back on with your holiday.
Treatment area = Face / Chest / Abdomen / Back / Leg / Arm
Add on - IV Vitamin infusion

20 MINS — $ 50.00

IV VITAMIN INFUSION

Intravenous vitamin and antioxidant infusions have been used for recovery from illness, boosting immunity, for anti ageing and even skin whitening.
Please consult our menu in clinic to discuss with our medical staff.

45 MINS — $ 150.00 - 250.00



SPA ETIQUETTE

SPA APPOINTMENTS

Please consult our Specialist for assistance in selecting treatments to fulfil your personal requirements. Appointments can be made at the IASO spa reception desk, by dialing +960 658 0222 or through our IASO Medispa website- www.iaso.com. We suggest that you schedule your appointments in advance to obtain your preferred time.

CANCELLATION POLICY

Should you wish to cancel an appointment, please let us know at least 6 hours beforehand or a full cancellation fee will be charged. No-shows will also be charged at the full treatment price.

ARRIVAL

We recommend that you arrive at least 15 minutes prior to your appointment time in order to relax and enjoy our facilities. Arriving late will limit the time of your treatment. At Iaso medical spa you will be asked to complete a brief, confidential consultation card. This is to check for possible contraindications to any treatments.

WHAT TO WEAR

At Iaso medical spa we provide a robe and a pair of slippers. For your comfort, disposable undergarments are provided before the start of your treatment. Our therapists are highly trained in proper draping procedures for your complete privacy.

HEALTH CONDITIONS

Please inform us of any health conditions when booking your appointment. These include high blood pressure, heart conditions, any allergies, recent surgeries or pregnancy.

ADMISSION

At Iaso medical spa guests aged under 12-16 should be accompanied with the presence of parents/ guardians. Selections of treatments are available, subject to the advice of our specialist.

VALUABLES

While we take precautions. IASO Medispa accepts no responsibility for the loss of money or valuables of any kind.

COMFORT

The Spa is an area of relaxation and tranquility. We ask you to refrain from using your cell phone while on the premises. The Spa is a non-smoking area. Please do not consume alcohol prior to or immediately following your treatment as it may impair the effectiveness of the treatment.

SHOWER

Sand can be an irritant to the body during any kind of massage. We kindly ask that you be showered and sand-free prior to your treatment. We would like to suggest allowing time either before or after your treatment to enjoy our wet area or relaxation areas.

IN-ROOM MASSAGE

For the ultimate in relaxation, we'll bring the spa to you! Send your cares adrift and enjoy a massage in the comfort and privacy of your Villa or guest pavilion. Additional 25% added to the treatment price of your choice.

CHARGES

All services are subject to 10 per cent service charge and prevailing government taxes.

T (960) 658 0222 E info@iasomedispa.com

HERITANCE AARAH RESORT
Aarah Island, North Raa Atoll, Maldives

www.iasomedispa.com