

# StyleSpeak

The salon & spa journal



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Origins of  
the 'Spa'  
*the story so far...*

**detox!**  
your senses

**Trend'09**  
**Alert**  
Wella Trend Vision

the world's 1st  
Underwater Spa

**Inside  
Lime Spa**

Huvafen Fushi  
- Maldives

Meet the  
wellness guru

**Paula  
Horan**



# *underwater* *This is 'Lime' – the world's first underwater spa at the exotic Huvafen Fushi island resort, Maldives*

# *Bliss*

*Turquoise* waters glisten in the  
shining sun and the sand is coral white lined by lush  
waving palms.

*We are at one of the thousands of little coral islands  
scattered across the Indian Ocean which form the  
archipelago of the Maldives. With almost 99% of the  
country being the ocean, Maldives is one of the most  
unique nations in the world! And our spectacular island  
resort - Huvafen Fushi is home to the world's first  
underwater spa - Lime.*

Photos: Lime Spa, Huvafen Fushi, Maldives  
Text: Saroni Roy



**lime** is like no other! It takes you closest to nature in spite of the use of cutting-edge technology. It houses the world's first underwater treatment rooms which peep through the glass floors to sea life and nurtures you through the healing hands of its therapists. International style icons like Elizabeth Hurley, Kate Moss, Naomi Campbell, Isabelle Adjani, and Stefano Gabbana among others, have enjoyed the unique spa experience at Lime.

**Concept** This eight treatment room Spa currently comprises of a yoga pavilion, fitness studio, RAW – an innovative spa cuisine restaurant and two underwater treatment suites.

'Lime is an iconic spa brand. By incorporating a variety of wellness services at Huvafen Fushi, we have broken away from the traditional spa concept and allow our guests the freedom to embrace their personal health alongside the more traditional therapies. It is important for us to do it in a credible manner by offering authentic treatments and accurate consultations. To make this possible we needed a consummate professional that is exceptionally passionate about health, wellness and spa, someone who can interact with our guests on a daily basis and gently coach and educate them in areas that affect their everyday life such as stress, nutrition and fitness.' says Jane Quinn, Managing Director, Per Aquum Resorts & Spas.

The Lime Spa respects individuality. After an in-depth consultation, the therapists create a massage completely customized for each individual. Each minute is designed for a unique journey into complete relaxation with individual choice of oil blends.

**Design** The ground-breaking underwater spa treatment rooms have undergone an innovative

transformation making an already sublime experience truly spellbinding. Masterminded by the award-winning British designer and architect Richard Hywel Evans, the two underwater treatment areas have been completely reinvented, with the addition of a separate relaxation pod where post-treatment guests can chill out on an oversized day bed and be mesmerized by the soporific, sun-dappled aquamarine seascape.

**'Unite Me'** is a fusion of the rich Maldivian virgin coconut oil and handcrafted coconut-wood massage tools

*The Maldivian Virgin Coconut Oil was born from the idea of not only giving back to the local islanders but also a way for the guests to experience the Maldives to a greater depth. The oil is organically made by a small family operation on the local Maldivian Island – Makunudhu - using century old extraction techniques. Accredited by the World Health Organization, it is unrefined and has a sensuous, unique and natural aroma which instantly grounds and connects you with the islands. It has anti-aging, antimicrobial, antiseptic and healing properties and is especially beneficial to re-hydrate and nourish the skin. The oil provides superb levels of hydration and nourishment to the skin due to its high properties of natural fats and oil. It creates a natural barrier similar to our skin's natural oil, and was used as a sunscreen by the locals in the past.*

*The spa team has designed a set of massage tools which have been handcrafted from local coconut wood. Used together, the tools and the oil are a powerful combination creating a deep, rejuvenating signature massage the Unite Me – Crystal Ritual, connecting the body with the powerful beauty and energy of the underwater world of the Indian Ocean.*



Inside Lime Spa



#### Accolades won:

Robb Report – *Vinum*, 100 Best Restaurants in the World 2008

Harper's Bazaar Travel Guide (UK) – Best Beach Resort in the World 2008

Interior Design's Best of Year Awards (USA) – Richard Hywel Evans Architecture + Design: Underwater Spa 2007

Elegant Resorts Preferred Partner Award (UK) – Best Spa Experience 2007

World Travel Awards 2007 – Indian Ocean's Leading Spa Resort

Condé Nast Traveller (UK) – Gold List 2007 for Best Service

Luxury Travel & Style Magazine (Australia) – Gold List 2007

Condé Nast Traveller (UK) - Readers' Travel Awards 2006

Australian Gourmet Traveller - Best of the Best 2006  
Winner of the 14th Annual Will Ching Design competition held by the International Interior Design Association (IIDA) 2006

Condé Nast Traveller (UK) - Hot List 2005

Condé Nast Traveler (USA) - Hot List 2005

Luxury Travel Magazine Gold List 2005 (Australia) – Best Overseas Spa Resort

Luxury Travel Magazine Gold List 2005 (Australia) – Best Overseas Resort

Luxury Travel Magazine (USA) - One of World's Ultimate Hotels 2005

"We wanted to create an interior that was in keeping with the spa's position – at the bottom of the sea! The underwater spa has always been a sensational concept and the new interior reflects and amplifies this extraordinary environment and adds flexibility too. One of our main challenges was to divide the space into three separate areas using room dividers that could disappear, and the unified space could be used for a variety of functions including 'underwater' wedding ceremonies. The underwater spa is now truly the world's most unique spa experience." says Hywel Evans.

To enter the underwater spa, guests pass along a passageway bathed in soft pinks, aqua blues, calming yellows and relaxing greens. These colours reflect off the wooden walls that retract to reveal the treatment and relaxation spaces beyond. The interior walls are silver white, providing an ideal canvas for the Chromotherapy lighting; the Barrisol ceiling, creates an ethereal canopy of light, with variable colour and intensity to enhance or tone down the mood while pebbled marble tiles underfoot appear to bring the sea floor inside.

**Rituals** Lime Spa at Huvafen Fushi has designed six vibrant energy rituals exclusively by the spa team to allow guests to discover more about themselves through their LIME experience. Intention is known to all spiritual healers throughout history as the most powerful tool of healing. Each ritual is designed to transform

through colours and the harnessing of earth and sea elements to create a sensory journey, a complete holistic experience.

To celebrate the evolution of the underwater treatment rooms, a sensational signature spa experience was created - 'The Unite Me - Crystal Ritual'. It offers guests the opportunity to embrace the essence of the Maldives with a truly indigenous combination of body brushing; a sand and lime mineral poultice, using Maldivian sand and lime from local lime trees; and a local Maldivian virgin coconut oil massage using coconut-wood massage tools designed exclusively by the spa team at Huvafen Fushi, and hand-made by the local community. Following the massage, guests retire to the relaxation pod and enjoy mineral rich water, fresh fruits and herbal teas while savouring kaleidoscopic views of clownfish, stingrays and the other exotic marine life that populates the lagoon.

The Unite Me – Crystal Ritual is 2 ½ hours of the most unique and expensive treatment at Lime Spa priced at USD495 per person.

**Wellness** Huvafen Fushi, is working with a resident Wellness Mentor. Embracing a 'keep it real' philosophy, the Wellness Mentor provides in-depth wellness consultations using cutting edge technologies blended with age old wisdom to support your lifestyle choices. Whether you are stressed, tired or simply curious, a visit to the Health Exchange can yield changes that may just last a lifetime.

The wellness program includes – Haemaview or live blood analysis (an exceptional tool based on Haematology, incorporated as part of the spa services to provide a more holistic and wellness orientated approach), Iridology, Reiki, Shirodhara, Ear Candling (includes a massage and lymphatic sinus drainage using essential oils,) and Yoga. **SS**

Isabelle Yasmine Adjani at the Lime Spa, a four-time César Award-winner and two-time Academy Award-nominated French film actress and singer.



Prawns and Shiitake filled Rice Paper Parcel with Nam Gim dressing

**RAW** is the innovative spa cuisine of huvafen Fushi. It's for those that care for their bodies yet crave exquisite taste. RAW food can be a healthy lunchtime dish or it can be a way of life. The health benefits are numerous; only organic produce is used in the dishes with special focus on healthy, nutritious proteins such as sprouting seeds, grains, nut milks, soy, almond, beans and pulses.

RAW is the ideal cuisine for those who prefer a vegetarian lifestyle where no meat, seafood or eggs are used. Sauces and dressings are blended with uncooked oils, nut sauces, miso sauces, yoghurt, olive oil, vegetable purees and tahini, creating scrumptious dishes that are both wholesome and tasty.

**Healthy goodies and seriously spa food:** Healthy spa food is based on the same nutritive principles of RAW whereby organic produce is used, however these dishes can also include meat and seafood and can be served either cooked or in their natural state.

Incorporating an all over healthy attitude to food, only grains, brown rice, in-house cured and pickled foods that are low in salt, refined sugar and fat are used, and deep frying is a taboo.

The spa offers wheat alternatives such as oats, quinoa, millet, rye, spelt, buckwheat and barley. No artificial sweeteners appear on the menu only use of natural sugars such as honey, raw sugar, palm sugar, apple concentrate, fructose and fruit purees to add depth and bring out the real flavour in each dish.



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