

VSPA

WELLNESS MENU

CONTENTS

01

Introduction	4
Our Mission	5
Our Vision	5
Our Pillars of Wellbeing	5



02

Consultations and Standalone Assessments	6
--	---

03

Coaching Services	8
-------------------	---

04

GROUND Signature Treatments	10
-----------------------------	----



05

GROUND Classic Treatments	14
---------------------------	----

06

Seed to Skin Premium Treatments	16
---------------------------------	----



07

Express Rituals 22



08

Préime DermaFacial
Treatments 24



09

Ritual Extensions 28

10

Holistic Experiences 30



11

Etiquette and
Guest Conduct Policy 32

12

Appointment Booking
and Cancellation Policy 34

01

INTRODUCTION

Welcome to V SPA.

Nestled in Rabat's idyllic countryside just a stone's throw from the historic citadel of Mdina, Verdala Hotel and Spa is a 5-star boutique sanctuary and the newest member of the AX Privilege collection.

We guide our guests on a transformative journey toward calm and inner balance by blending luxury with minimalism and inspired biophilic design.



Our Mission

Verdala Wellness Hotel takes a holistic approach, combining healthy eating, movement, community and social wellness, mindfulness practices and recovery to support overall wellbeing and longevity.



Our Vision

A space where timeless wellness traditions meet the latest research, offering a balance between everyday luxuries and wellness, nature and innovation, international practices and Maltese traditions.

Our Pillars of Wellbeing

At Verdala Wellness Hotel, our holistic philosophy is built upon five core pillars: Nutrition, Movement, Rest & Recovery, Emotional Wellbeing and Community & Connection.

These pillars serve as the foundation for every service offered within V SPA. Rather than existing in isolation, they are intrinsically intertwined; each element complementing and enhancing the others to support true, lasting wellbeing.

02

CONSULTATIONS AND
STANDALONE ASSESSMENTS

*Designed to
guide you on
your wellness
journey.*



*Personalise your Verdala stay with a
programme tailored exclusively to your goals*



V SPA Wellness team presents a curated suite of consultations and standalone assessments, from personalised lifestyle and biofeedback sessions to advanced movement and nutritional evaluations, each crafted to deliver precise insights and bespoke recommendations.

We invite you to visit the Wellness Concierge desk on Level -1 so that, together, we will select the ideal consultations and assessments to maximise your benefits and deliver measurable results.

For advance planning, please email
vspa.concierge@axhotelsmalta.com

03

COACHING SERVICES

*Personalised
guidance for
your wellness
goals.*



*Select the ideal combination of
services to elevate your Verdala stay*



Our expert coaches offer a tailored blend of performance optimisation, holistic lifestyle guidance and mind-body techniques to support clarity, resilience and lasting wellbeing. Each session is designed to align body, mind and intention.

Visit our Wellness Concierge on Level -1 to begin your personalised journey and co-create the ideal combination of services for your time at Verdala Wellness Hotel.

For advance planning, please email
vspa.concierge@axhotelsmalta.com

04

GROUND
SIGNATURE TREATMENTS

*Natural.
Intentional.
Restorative.*



GROUND

Signature Treatments

GROUND



Experience the healing power of GROUND rituals, where intuitively blended botanicals meet therapeutic touch and soulful intention. Handmade in small batches in Ireland using vegan and organic ingredients, each product is designed to calm the nervous system and support the body through all of life's cycles.

From hormone balance and sleep to pregnancy, menopause and cancer care, GROUND delivers evidence-informed treatments rooted in emotional wellbeing and traditional plant wisdom. Every ritual is guided by purpose — to restore balance, ease tension and reconnect you with yourself. Crafted for real life, GROUND offers simple, clean selfcare that feels like coming home.

Immersive Sleep Therapy

Combines a soothing Maltese herb oil massage, sound bath and hot oil scalp massage to promote deep, restorative sleep.

Duration: 90 min | **Price:** €280

Five Elements Therapy

A holistic ritual that restores balance through guided breathwork, deep stabilising strokes and an aromatic herbal infusion, leaving you centered and renewed.

Duration: 90 min | **Price:** €250

Verdala Body Ritual (Scrub–Massage–Wrap) with Maltese Herbal Oils

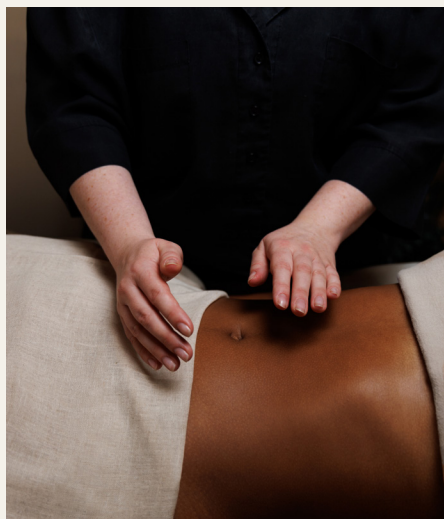
A holistic treatment beginning with a refreshing scrub, followed by a targeted massage with herbal oils and concluded with a nourishing wrap to restore balance.

Duration: 90 min | **Price:** €250

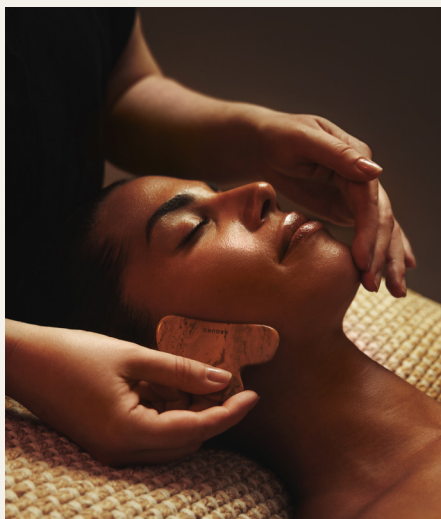
Verdala Signature Massage with Maltese Herbal Oils

A luxurious massage that uses traditional Maltese herbal oils to relax muscles, enhance circulation and rejuvenate your body.

Duration: 75 min | **Price:** €170



CLEANSING RITUAL



SIGNATURE FACIAL

Intuitive Massage

A highly personalised treatment where techniques are adapted to your current physical and energetic state for maximum relaxation.

Duration: 75 / 90 min | **Price:** €155 / €170

Cleansing Ritual

A therapeutic treatment focusing on the abdomen to promote digestion, detoxification and emotional balance.

Duration: 60 min | **Price:** €150

Signature Facial – WITH GUA SHA

A restorative skincare ritual using Gua Sha techniques to nourish, sculpt and revitalise your skin, yielding a lifted, radiant complexion.

Duration: 60 min | **Price:** €130

05

GROUND
CLASSIC TREATMENTS

*Your
escape
to deep
relaxation.*



MASSAGES

Lymphatic Drainage Massage

A specialised treatment that combines dry body brushing and manual lymphatic drainage to detoxify and tone your body.

Duration: 60 min | **Price:** €150

Deep Tissue Massage

An intensive treatment that uses slow, targeted strokes and firm pressure to relieve chronic tension, improve circulation and restore mobility.

Duration: 60 / 90 min | **Price:** €140 / €170

Pre- and Post-Natal Massage

A nurturing massage designed to support mothers during and after pregnancy, easing discomfort and promoting balance.

Duration: 60 min | **Price:** €140

06

SEED TO SKIN PREMIUM
FACE AND BODY TREATMENTS

*Natural.
Proven.
Honestly
effective.*



Seed to Skin *Premium Treatments*



Experience our premium Seed to Skin treatments, where meticulously sourced botanicals meet Green Molecular Science, executed by precision-led therapists.

From farm-to-formulation efficacy and purity, to microbiome supporting complexes, each treatment blends targeted exfoliation, nutrient-dense masks and sculpting massage to purify, hydrate and illuminate your complexion. Designed for discerning guests, these bespoke therapies deliver visibly radiant, resilient skin.

FACE TREATMENTS

The Reverse Signature Facial

Our high performance, age reverse facial uses advanced molecular formulas for instantly rejuvenated, visibly brighter skin. Enjoy detoxifying oxygen therapy with our award winning The Black Magic, a Signature Myofascial and Gua Sha massage and a double mask treatment featuring The Golden Dew (empowered by the Active Delivery Mantle), enhanced by The Light Source and finalised with a Cryotherapy massage.

Duration: 90 min | **Price:** €280

The Deeply Hydrating Facial

A restorative facial that promotes visible hydration, volume and skin brightness through deep cleansing, potent Signature Masks and sculpting techniques enriched with a Hydration Complex of hyaluronic acids, vitamins and Octa Peptides.

Duration: 60 min | **Price:** €230

The Purifying Facial

A detoxifying facial that purifies, resurfaces and re-energises your skin using intelligent anti blemish actives, a lymphatic Facial Massage and a healing mask—paired with pre-, pro- and postbiotics for a smoother, brighter complexion.

Duration: 60 min | **Price:** €230



THE BODY SCULPTOR MASSAGE
AND MUD THERAPY

HAMMAM

BODY TREATMENTS

The Body Sculptor Massage and Mud Therapy

A dual action treatment beginning with lymphatic drainage and circulatory techniques, followed by bamboo movements and thermal heating mud therapy to detoxify, tighten and contour your body.

Duration: 90 min | **Price:** €300

Hammam

A luxurious Hammam experience combining Sicilian sea salt, nourishing shea butter and essential oils with self heating mineral mud, followed by The Bath Therapy for ultimate relaxation.

Duration: 90 min | **Price:** €300

The Nature's Bounty — FULL BODY SCRUB AND MASSAGE

Designed to nourish and invigorate dry, dull skin, this treatment begins with a Sicilian Sea Salt full body exfoliation, followed by a deeply relaxing, personalised massage to leave you feeling renewed.

Duration: 90 min | **Price:** €280

The Unwind Therapy

— DRY BODY BRUSH, MUD BACK WRAP, BODY AND SCALP MASSAGE

An extraordinary ritual that begins with a dry body brush exfoliation, followed by self heating mineral mud application, The Bath Therapy full body massage and a balancing Jade Comb Scalp massage for profound relaxation.

Duration: 90 min | **Price:** €280

The Awakening — FULL BODY SCRUB

A rejuvenating exfoliation that combines natural, skin loving ingredients to gently remove dead skin cells, stimulate circulation and deeply hydrate your skin—all while indulging your senses with uplifting aromas.

Duration: 60 min | **Price:** €230

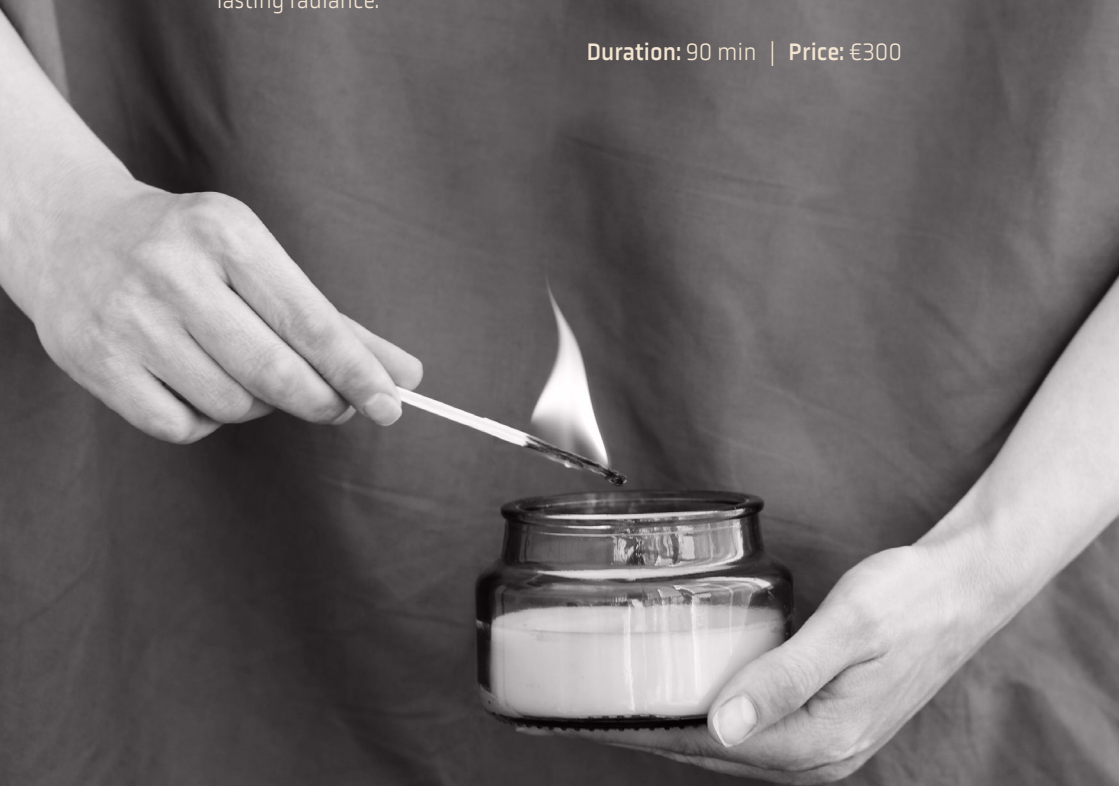
FACE AND BODY TREATMENT

The Cocoon

— DRY BODY BRUSH, PERSONALISED
CANDLE MASSAGE AND WRAP, EXPRESS FACIAL

Experience a multi sensory journey that begins with gentle body brush exfoliation to stimulate lymphatic flow, followed by a Signature Tuscan Candle Massage and restoring body wrap enriched with argan oil, shea butter and extracts of vanilla rose and oud wood. An accompanying Express Facial stimulates cellular regeneration for lasting radiance.

Duration: 90 min | **Price:** €300



07

EXPRESS RITUALS

*Elevated
essentials for
instant glow.*



Express Glow Facial

A targeted facial designed to deliver maximum results in minimal time using advanced science led formulas to instantly hydrate, refine and smooth your complexion—paired with a neck and shoulder massage.

Duration: 30 min | **Price:** €115

The Scalp Treatment

Nourish and invigorate your scalp with a mist of The Alche'Mist, an optional warm oil pour and a soothing jade comb massage combined with a personalised neck and shoulder massage.

Duration: 30 min | **Price:** €75

The Foot Ritual

A pick me up ritual for your legs and feet featuring an aromatherapy foot cleanse, exfoliation and stimulating foot wrap, enhanced by a rejuvenating legs and feet massage.

Duration: 30 min | **Price:** €75

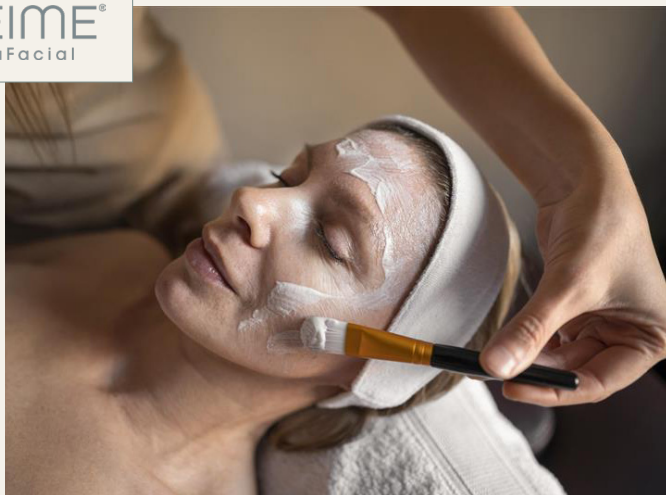
08

PRÉIME DERMAFACIAL
TREATMENTS

*Cutting-edge
rituals, flawless
renewal.*



Préime DermaFacial Treatments



Experience the next generation of luxury skincare with the Préime DermaFacial, an advanced skin management platform designed to refresh, hydrate and visibly refine the skin.

Each facial is expertly tailored, combining advanced technologies with curated actives and in select protocols, exosome-rich solutions, to boost radiance, enhance skin tone and support lasting luminosity through sensory-driven enhancements, all with no downtime.

FACE TREATMENTS

Sustainable™ Hollywood Facial

A radiance-boosting facial that combines five advanced technologies and curated actives to hydrate, firm and visibly brighten the skin for a healthy, luminous glow.

Duration: 60 min | **Price:** €260

Energising Facial

A revitalising facial that deeply cleanses, exfoliates, lifts and hydrates the skin, awakening a fresh, smooth and healthy-looking glow.

Duration: 45 min | **Price:** €180

Face Gym Facial

A firming express facial that helps tone, smooth and refresh the skin while enhancing absorption for a lifted, energised and radiant appearance.

Duration: 35 min | **Price:** €150

Luxe Face, Neck and Décolleté Facial

Reveal smoother, firmer, glowing skin with this luxury face, neck and décolleté treatment designed to deeply hydrate, tone and visibly revitalise your complexion.

Duration: 1 hr 30 min | **Price:** €300

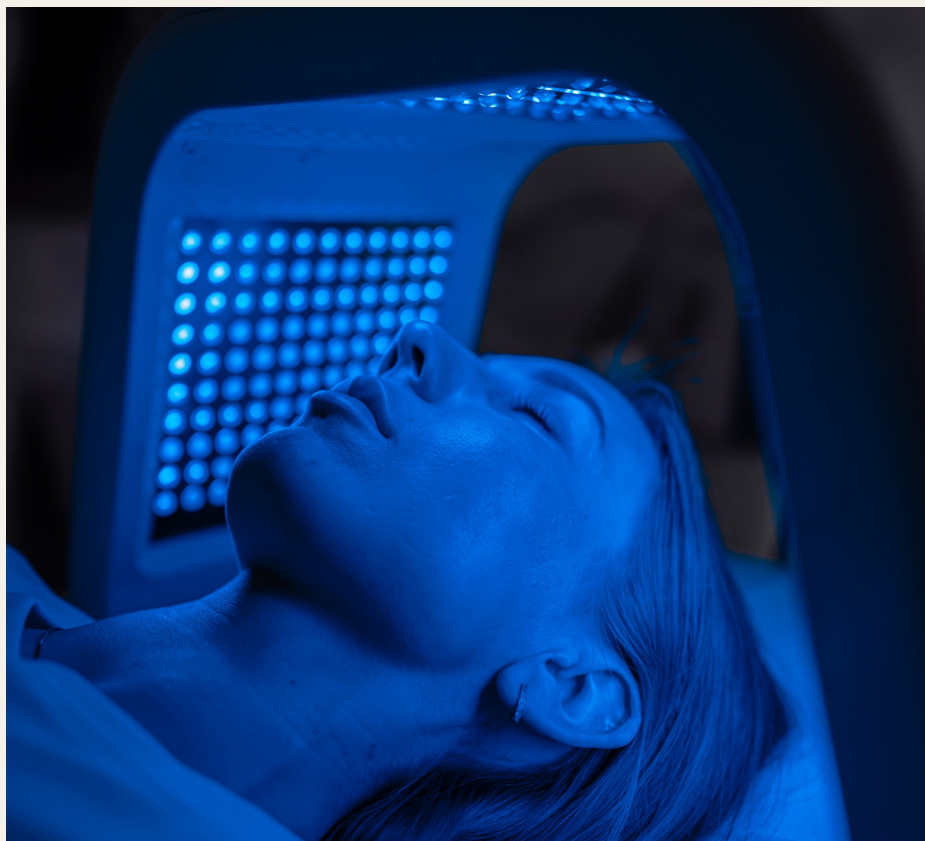


09

RITUAL EXTENSIONS

*Elevate your
experience.*





DERMALUX TRI WAVE LED

DermaLux Tri Wave LED

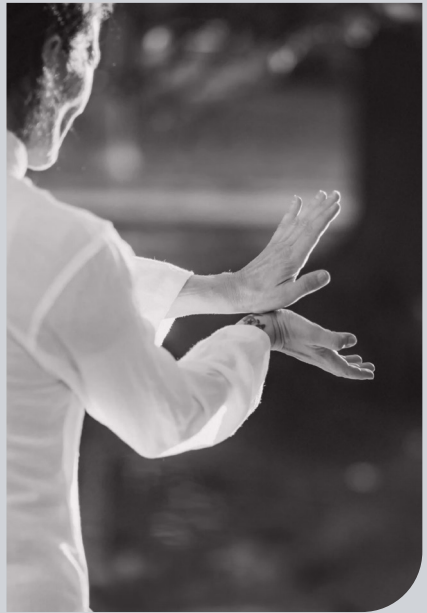
A state of the art LED therapy that combines blue, red and near infrared wavelengths to target acne, aging and inflammation while boosting collagen production and enhancing skin tone.

Duration: 30 min | **Price:** €75

10

HOLISTIC EXPERIENCES

*Stillness
that transforms
from within.*



Shamanic Healing

Enter a sacred space guided by ancient wisdom. Through ritual and energy clearing, this deep healing experience restores balance, clears blockages and reconnects you within.

Duration: 90 min | **Price:** €175

Energetic Alignment Ritual

Restore balance by releasing energy blockages with gentle, hands on or hands off techniques to reduce stress and promote holistic healing.

Duration: 60 min | **Price:** €150

EFT Tapping

A therapeutic practice that gently taps specific acupressure points to release emotional blockages and alleviate stress.

Duration: 90 min | **Price:** €150

Breathwork

Guided breathing techniques designed to reduce stress, enhance relaxation and boost mindfulness.

Duration: 60 min | **Price:** €100

Meditation

Achieve mental clarity and emotional calm through mindful awareness and controlled breathing.

Duration: 60 min | **Price:** €100

11

ETIQUETTE AND GUEST CONDUCT POLICY

Mindful guest guide.

At V SPA, we strive to create a serene and rejuvenating environment for all guests.

To ensure the highest level of relaxation and enjoyment, we kindly ask that guests adhere to the following guidelines.

Amenities and Attire

- Guests booking a wellness treatment will be provided with a robe, slippers and a locker for their convenience.
- Appropriate spa attire must be worn in all treatment and relaxation areas. Any form of nudity is strictly prohibited; guests are required to wear proper swimwear or coverings at all times.

Mobile Phones and Smoking Policy

- Please turn off all mobile phones and electronic devices during your visit to preserve a tranquil atmosphere.
- V SPA is a strictly non-smoking zone.

Facility Usage

- Resident guests enjoy complimentary access to all spa facilities.
- External guests may access facilities depending on treatment bookings or day pass availability.

Age Requirements

- Spa treatments and wellness facilities are reserved for guests aged 16 and over.
- Guests under 18 must be accompanied by an adult at all times and a signed consent form is required.
- Treatments for minors are adapted to their age and wellbeing, with limited options for safety and suitability.

General Conduct

- Maintain a respectful and quiet demeanour throughout your visit to preserve the spa's tranquil atmosphere.
- Observe proper hygiene and etiquette at all times.
- Any inappropriate behaviour toward staff or fellow guests may result in immediate removal from the premises without refund.

12

APPOINTMENT BOOKING AND CANCELLATION POLICY

Scheduling with care.

Your time and wellbeing are deeply valued. To ensure a smooth and relaxing experience for all, we kindly ask that guests take note of the following appointment booking and cancellation guidelines.

Booking Appointments

- We recommend booking in advance to ensure availability; walk ins are welcome but subject to availability.
- A valid phone number or email address is required to confirm your booking.
- A deposit may be required for certain treatments, packages, or group bookings.
- Please arrive at least 15 minutes before your scheduled appointment for check in and relaxation.

Cancellation and Rescheduling

- If you need to cancel or reschedule, please notify us at least 24 hours in advance for individual appointments and 48 hours for group bookings.
- Cancellations within the required notice period will receive a full refund of any deposit paid.
- Late cancellations (less than the required notice) may incur a 50% charge; no shows or same day cancellations will be charged 100% of the service cost.
- Sessions may be shortened if you arrive late. If you are more than 15 minutes late, we may need to reschedule your appointment and a cancellation fee may apply.

Group and Package Bookings

- A 50% deposit is required for group bookings of three or more guests or for special spa packages.
- Any changes or cancellations to group bookings must be made at least 48 hours in advance.

Refund Policy

- Deposits for late cancellations or no shows are non refundable.
- Gift vouchers are non refundable but may be transferred to another person.

By booking an appointment with us, you agree to our booking and cancellation policy. We appreciate your understanding and look forward to providing you with a truly relaxing experience.

At V SPA, every treatment is a step toward harmonising your body, mind and spirit. We invite you to indulge in our luxurious experiences and embark on a journey toward a more vibrant, balanced and joyful life.

Our wellness area and spa are conveniently located on Level –1 of the hotel, providing easy access to a serene and rejuvenating experience.

Connect with Our Wellness Concierge

CALL

+356 2557 5010

EMAIL

vspa.concierge@axhotelsmalta.com

EXPLORE

verdalahotelmalta.com

STEP INTO YOUR ELEMENT.
FEEL THE *flow* OF WELLNESS.



