

VSPA

WELLNESS MENU

WELCOME TO V SPA

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

Our Mission

A holistic approach to wellbeing, combining nutrition, movement, mindfulness and recovery to support balance, longevity and overall health.

Our Vision

A space where timeless wellness traditions meet modern innovation, blending nature, science and Maltese heritage into a balanced luxury experience.

Our Pillars

Five core pillars: Nutrition, Movement, Rest & Recovery, Emotional Wellbeing and Community ; working together to create a fully integrated approach to wellbeing.

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01

CONSULTATIONS AND STANDALONE ASSESSMENTS

*Designed to
guide you on
your wellness
journey.*



Welcome Consultation

The Welcome Consultation is a personalised introduction to your wellness journey, where an expert reviews your needs and goals to create a tailored wellbeing plan.

Duration: 15 min | **Price:** Complimentary

*V SPA access not included

Fitness Assessment – Technogym Checkup 9000

Transform your approach to movement with our comprehensive fitness assessment. Powered by advanced Technogym technology, precise insights guide your understanding of the body. Personalised recommendations support strength, mobility and overall performance.

Duration: 70 min | **Price:** €100

Verdala Signature Consultation

The Verdala Signature Consultation offers a personalised wellbeing plan, addressing five key pillars to create balance, vitality and lasting transformation through expert guidance.

Duration: 90 min | **Price:** €150

02

COACHING SERVICES

*Personalised
guidance for
your wellness
goals.*





LIFESTYLE COACHING

Lifestyle Coaching

Our expert lifestyle coach helps you build sustainable habits in nutrition, movement, stress and balance – aligning with your goals for lasting wellbeing and meaningful change.

Duration: 45 min | **Price:** €100

03

THERMAL EXPERIENCES

*Relax
and revive
for optimised
wellbeing.*



Cold Plunge · Hot Plunge · Heat Rituals · Salt Cave

Step into our carefully curated Thermal experiences facilities, designed to invigorate, restore and balance. From the intense clarity of a cold plunge to the soothing warmth of hydrotherapy, our offerings blend modern science with ancient wellness rituals.

- **Cold Plunge**

Embrace the power of cold immersion therapy, where moments of intensity lead to profound clarity, resilience and renewed vitality.

- **Hot Plunge**

Relax and unwind in our hot plunge to ease muscle tension, improves circulation, melts stress away and leaves you feeling deeply restored and refreshed.

- **Heat Rituals**

Where ancient heat therapy traditions – from hot plunge, infrared and Finnish sauna, hamman, steam room and experience showers – create space for deep restoration, mindful reflection and profound bodily renewal.

- **Salt Cave**

Breathe in salt-infused air to clear airways, soothe skin and promote deep relaxation in a tranquil, cave-like environment designed for ultimate wellbeing.

All included as a complimentary experience for our hotel guests.

Day passes are available for purchase by general public.



HOT AND COLD PLUNGE



COMPRESSION BOOTS

PEMF Therapy

Harness the regenerative power of pulsed electromagnetic fields to support cellular vitality and energy balance. Enhances circulation while reducing inflammation and physical tension. Supports muscle recovery and promotes nervous system regulation. Encourages deep relaxation, improved sleep quality and overall physiological calm.

Duration: 30 min | **Price:** €45

Compression Boots Circulation Therapy

Revitalise tired legs with our compression boots circulation therapy. Designed to stimulate circulation, reduce swelling and support fluid drainage. Eases post-exercise fatigue, muscle soreness and physical tension. Promotes faster recovery while inducing deep relaxation and stress relief. Ideal for travel recovery and restoring balance after long journeys.

Duration: 20 min | **Price:** €45

Energy Loungers

A full-body light therapy experience designed to restore balance and vitality. Encourages deep relaxation while supporting nervous system reset and stress recovery. Eases physical tension, muscle fatigue and promotes circulation flow. Enhances sleep quality, energy levels and overall mind-body harmony.

SINGLE SESSION

RESTORE: 3 sessions

RENEW: 10 sessions

Duration: 20min | **Price:** €55

save 15% **Price:** €140

save 30% **Price:** €385

energylounger

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.

ENJOY 2HRS V SPA ACCESS WITH ALL TREATMENTS & CONSULTATIONS

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:** €145

Biome Repair Soothing Skin & Repair Facial

Designed to restore the skin's delicate microbiome when compromised and sensitive to outside aggressors. The Biome facial works to soothe & repair the skin's natural barrier, helping to reduce inflammation and increase natural skin function.

Duration: 60 min | **Price:** €170

Cleansing Ritual

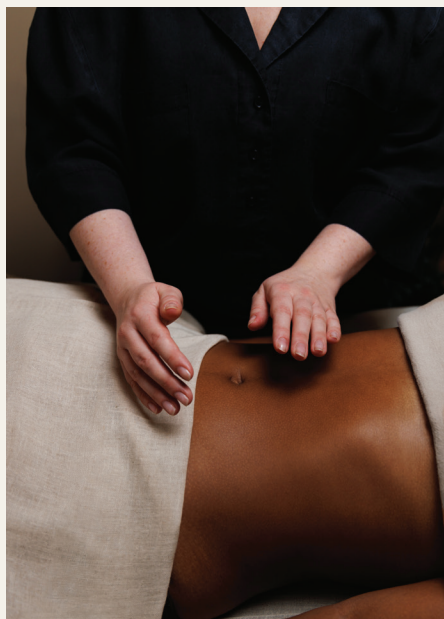
This upper body focused, abdominal massage treatment helps encourage our gut to connect deeply into our body and aim to gently stimulate the circulation of energy, lymph and fresh blood flow to the digestive organs.

Duration: 60 min | **Price:** €150

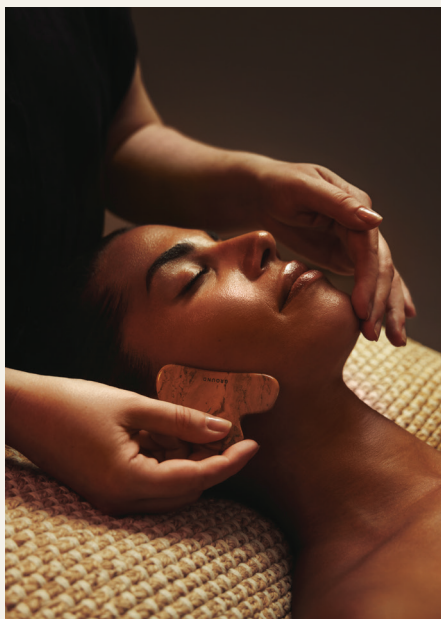
Verdala Signature Full Body Massage with Maltese-inspired Herbal Oils

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

Duration: 60 min | **Price:** €150



CLEANSING RITUAL



SIGNATURE FACIAL WITH GUA SHA

Maltese Salt Stone Ritual

Experience the healing power of Maltese salt stones, naturally mineral-rich, to relax muscles and soothe the nervous system. This warming full body massage combines therapeutic massage with the detoxifying, exfoliating and energy-balancing properties.

Duration: 60 min | **Price:** €175

Duration: 90 min | **Price:** €200

Intuitive Full Body Massage

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

Duration: 75 min | **Price:** €170

Mental Anxiety & Stress Grounding Ritual

This treatment will provide you with the space and time to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded. Focused especially on the back of the body and the areas that are prone to tightness and tension.

Duration: 90 min | **Price:** €210

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

Immersive Sleep Therapy

Guide the mind and body into deep slumber. Soothing, flowing massage techniques and pressure points combined with mindful breathwork help to induce deeper breathing and invite rest in.

Duration: 90 min | **Price:** €280

Comforting Ritual Facial & Pregnancy Massage

Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting treatment for the second and third trimester of pregnancy. It is an intuitive and grounding massage designed to soothe and release tired muscles specifically in the shoulders, back, hips and lower legs as the body grows through pregnancy. Treatment delivered in the side lying position.

Duration: 90 min | **Price:** €195



Verdala Full Body Ritual

SCRUB, WRAP, BODY MASSAGE WITH MALTESE-INSPIRED 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

05

GROUND
CLASSIC TREATMENTS

*Your
escape
to deep
relaxation.*



Lymphatic Drainage Massage

A calming, rhythmic full-body ritual using the Földi Lymphatic Technique to support detoxification and flow. Gentle movements, breathwork and aromatherapy restore balance, reduce fluid retention and promote deep relaxation.

Duration: 60 min | **Price:** €150

Deep Tissue Massage

A firm, flowing massage designed to release tension in overworked muscles and restore ease of movement. Improves circulation, relieves stiffness and supports overall balance, leaving the body renewed.

Duration: 60 min | **Price:** €160

Duration: 90 min | **Price:** €200

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

Healing Lava Stones

Warm stones are placed at key points to release tension, encourage deep relaxation and support the body's natural healing, leaving you grounded and restored.

Duration: 60 min | **Price:** €150

Duration: 90 min | **Price:** €175

Thai Aromatic Massage

A gentle therapy combining pressure and stretching to release tension, stimulate energy flow and restore balance to body and mind.

Duration: 60 min | **Price:** €185

Duration: 90 min | **Price:** €210

06

SEED TO SKIN PREMIUM
FACE AND BODY TREATMENTS

*Natural. Proven.
Truly effective.*



Seed to Skin *Premium Treatments*



Seed to Skin Tuscany is a vertically integrated skincare brand rooted in nature, driven by science, and guided by integrity.

Controlling every step from soil to skin, it grows ingredients on its 120-hectare certified organic farm in Tuscany and sources rare actives from ethical partners worldwide. Through its Green Molecular Science approach, botanical actives and bioavailable molecules work in harmony with the skin, ensuring purity, performance, and lasting results.

ENJOY 2HRS V SPA ACCESS WITH ALL TREATMENTS & CONSULTATIONS

FACE TREATMENTS

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:** €195

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:** €210

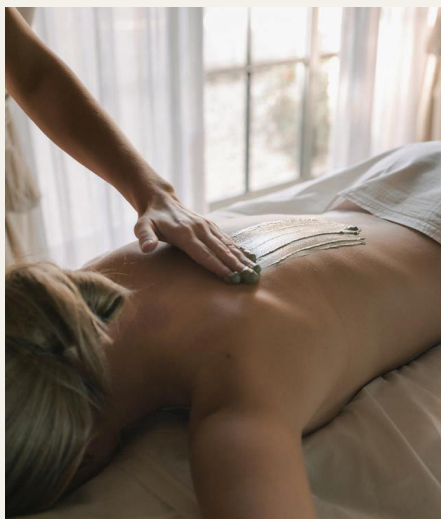
The Reverse Signature Facial

Our age reverse facial uses advanced molecular formulas for instantly rejuvenated, visibly brighter skin. Enjoy detoxifying oxygen therapy with our award winning products a signature myofascial and Gua Sha massage and a double mask treatment, enhanced by The Light Source and finalised with a Cryotherapy massage.

Duration: 90 min | **Price:** €280



HAMMAM RITUAL



THE BODY SCULPTOR MASSAGE
AND MUD THERAPY

BODY TREATMENTS

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:** €195

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 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

Hamмам Ritual

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: 105 min | **Price:** €300

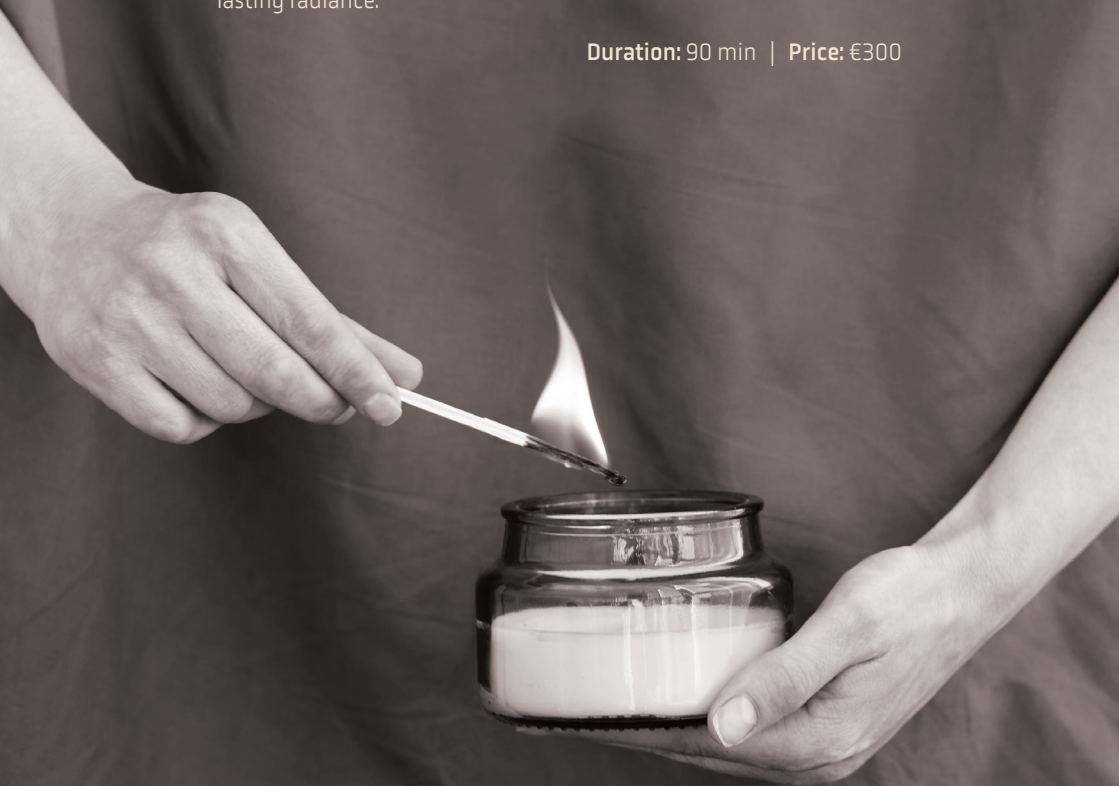
FACE AND BODY TREATMENT

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

Duration: 60 min | **Price:** €150

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 leg and foot massage.

Duration: 30 min | **Price:** €75

Sole Serenity Ritual

Restore lightness to your step with this deeply soothing foot and leg massage designed to relieve tension, improve circulation and ease muscular fatigue. This treatment focuses on pressure point therapy across the soles to release built-up stress and rebalance energy flow.

Duration: 45 min | **Price:** €110

Back Revival Therapy

Targeting the back, neck and shoulders, this treatment combines flowing strokes with deeper pressure to relieve tension and muscular tightness. Designed to reduce stress and improve circulation, it focuses on areas commonly affected by daily strain.

Duration: 45 min | **Price:** €75

Duration: 75 min | **Price:** €130

08

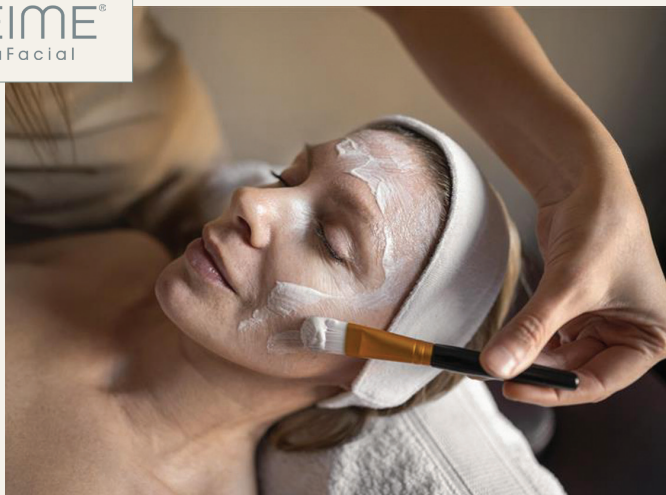
PRÉIME DERMAFACIAL
TREATMENTS

*Cutting-edge
rituals, flawless
renewal.*



Préime DermaFacial Treatments

PRÉIME®
DermaFacial



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.

ENJOY 2HRS V SPA ACCESS WITH ALL TREATMENTS & CONSULTATIONS

FACE TREATMENTS

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: 30 min | **Price:** €150

Duration: 60 min | **Price:** €200

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

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

Duration: 90 min | **Price:** €300

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.

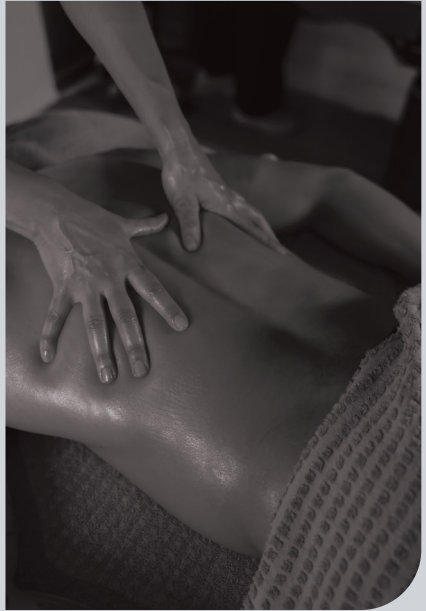
Duration: 90 min | **Price:** €300

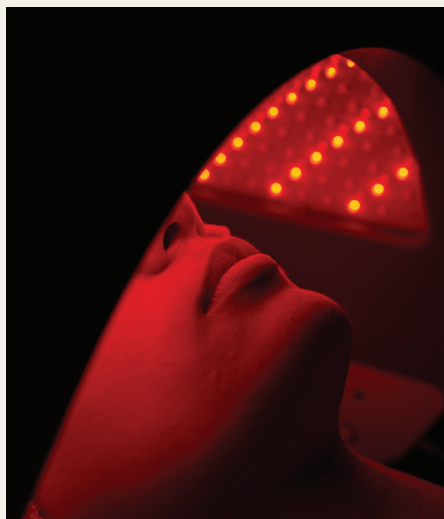


09

RITUAL ADD-ONS

*Elevate your
experience.*





DERMALUX TRI WAVE LED



LUMINOUS BACK RENEWAL
WITH DERMALUX

DermaLux Tri Wave LED

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

Duration: 30 min | **Price:** €75

Luminous Back Renewal with Dermalux

Reveal clearer, smoother skin with this results-driven back facial enhanced by Dermalux LED phototherapy. Often neglected yet prone to congestion and breakouts, the back requires the same expert care as the face. This targeted treatment begins with a deep cleanse and gentle exfoliation to remove impurities and refine skin texture. Extractions are performed if required, followed by a purifying mask to clarify and rebalance.

Duration: 60 min | **Price:** €130

11

COUPLE RITUALS

*Connection
through elevated
rituals.*



Couples Indulgence Ritual

A luxurious full-body renewal designed to exfoliate, smooth and deeply relax—experienced together. Begin with a revitalising body scrub to gently remove dry skin and stimulate circulation, revealing softer, brighter skin beneath. Followed by a soothing full-body massage to hydrate the skin and release muscular tension, leaving you both glowing and completely at ease.

Duration: 90 min | **Price:** €330

Harmony Couples Massage

Reconnect and unwind side by side. This shared experience allows you and your partner to enjoy personalised pressure and techniques tailored to your individual needs. Flowing therapeutic movements ease muscular tension, improve circulation and calm the nervous system while the serene setting enhances relaxation and connection.

Duration: 90 min | **Price:** €340

Duration: 120 min | **Price:** €450

Tranquil Nights Couples Escape

A serene shared ritual designed to calm the mind, ease the body and prepare you both for deep, restorative sleep. Your journey begins with guided breathwork to release stress and bring balance, followed by a side-by-side full-body massage using soothing aromatherapy to relax the nervous system. A personalised facial completes the experience, restoring hydration and radiance while you remain in a state of profound relaxation.

Duration: 120 min | **Price:** €560

10

HOLISTIC EXPERIENCES

*Stillness
that transforms
from within.*



Meditation

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

Duration: 60 min | **Price:** €100

Conscious Breathing

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

Duration: 60 min | **Price:** €150

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

Sound Healing

A holistic sound healing journey rooted in vibrational therapy and mindful practice. Sound bowls, breathwork and guided meditation work to recalibrate body and mind. Designed to release stress, restore energetic flow and enhance inner clarity.

Duration: 60 min | **Price:** €150

12
MINDFUL
MOVEMENT CLASSES

*Flow and
balance
in every
setting.*



PRIVATE SESSIONS (ONE-ON-ONE)

Pilates Reformer

One-to-one sessions, where expert instruction and specialised equipment combine to transform your core strength and alignment.

Duration: 60 min | **Price:** €70

Pre and Post Natal Yoga and Exercise

Experience guidance with tailored movement, whether gentle yoga or more dynamic exercises, designed to nurture your changing body.

Duration: 60 min | **Price:** €70

Mat Pilates

Personalised mat-based training, building core strength and body awareness with precise, controlled movements.

Duration: 60 min | **Price:** €65

Yoga

The transformative power of personalised yoga practice, where ancient wisdom meets modern expertise to nurture body and mind.

Duration: 60 min | **Price:** €65

Fitness Training

Expert personal training sessions – whether you're building strength, enhancing endurance or optimising overall physical performance.

NON-MEMBERS
MEMBERS

Duration: 45 min | **Price:** €55
Duration: 45 min | **Price:** €45

STUDIO CLASSES – FITNESS (GROUP CLASSES)

Build: Full Body

Combines resistance work with bodyweight exercises to build strength and enhance muscle tone in every major muscle group.

Duration: 45 min | **Price:** €20 per person

Strength and Conditioning

Build lean muscle and enhance athletic performance through a powerful combination of compound lifts, functional movements and high-intensity conditioning drills.

Duration: 45 min | **Price:** €20 per person

Mobility

Enhance your body's natural movement patterns through targeted exercises that increase joint mobility, reduce stiffness and improve overall functional flexibility.

Duration: 45 min | **Price:** €20 per person

Bodyweight Burn

Master the art of using your body as resistance in this high-energy session designed to build strength and boost metabolic conditioning.

Duration: 45 min | **Price:** €20 per person

Glutes and Abs

Use precise exercises designed to build stability, enhance muscle definition and improve functional power.

Duration: 45 min | **Price:** €20 per person

STUDIO CLASSES – MINDFUL MOVEMENT (GROUP CLASSES)

Mat Pilates

Build core strength and enhance your body awareness through classical Pilates exercises that focus on controlled movement, precise breathing and postural alignment.

Duration: 45 min | **Price:** €20 per person

Afro Moves – AFRICAN INSPIRED MOVEMENT AND FITNESS

Afro Moves is a joyful dance class blending African rhythms, expressive movement, and soulful flow to boost confidence, wellbeing, and connection in a fun space.

Duration: 45 min | **Price:** €20 per person

Bamboo Flow

A fusion of yoga and bamboo sticks, enhancing alignment, core strength and awareness through meditative, intentional movement.

Duration: 45 min | **Price:** €20 per person

Yoga

A mindful practice combining breath and movement to build strength, flexibility, and inner calm, open to all levels.

Duration: 60 min | **Price:** €20 per person

Yoga Nidra

Journey into profound relaxation through this ancient practice of guided meditation, where conscious awareness meets deep rest to restore mind and body.

Duration: 30 min | **Price:** €20 per person

13

PHYSIOTHERAPY

*Guided
recovery rooted
in wisdom.*



FIN System Functional Integrated Needling

Designed for sleeping and eating disorders, acute and chronic pain.

Duration: 40 min | **Price:** €165

Shoulder, Back, Neck Combo Treatment

Designed and personalised for pain, mobility, strength, stability issues and for injury prevention (including Graston, Stecco, trigger point release, suction cupping and dry needling).

Duration: 50 min | **Price:** €200

Graston Myofascial Release with Tool

Designed for a variety of health issues including diaphragm compensation, acute and chronic pain, limitations and restrictions in the human myofascial network.

Duration: 50 min | **Price:** €150

Full Body Dynamic Stretch

Designed to increase mobility, blood flow circulation and injury prevention through a series of active, passive, dynamic and hold release stretches for all the human kinetic chain.

Duration: 50 min | **Price:** €150

Mulligan Joint Mobilization Technique

Designed joint health, acute and chronic pain treatment.

Duration: 50 min | **Price:** €150



GRASTON MYOFASCIAL
RELEASE WITH TOOL



FULL BODY DYNAMIC STRETCH

Postural Assessment, Education and Correction Through Personalised Exercise Therapy

Designed to assess how your movement patterns impact wellbeing, through postural analysis and personalised movement assessment.

Duration: 55 min | **Price:** €150

Personalised Exercise Therapy

Exercise programmes tailored to the needs of the client after biopsychosocial assessment.

OPTION 1

Duration: 55 min | **Price:** €150

OPTION 2

Duration: 3 x 55 min | **Price:** €370



MULLIGAN JOINT
MOBILIZATION

14

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

- Switch off or silence all mobile phones and electronic devices during your visit, helping us maintain a calm and 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 persons between 16 to 18 years old 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.

15

APPOINTMENT BOOKING AND CANCELLATION POLICY

Scheduling with care.

To ensure a smooth and respectful experience for all guests and practitioners, we kindly ask that you review the following policies before booking your session or class.

Booking Appointments

- We recommend booking in advance to ensure availability; walk ins are welcome but subject to availability.
- Bookings for Private and Personal Training Sessions and Physiotherapy sessions are required 24 hours in advance.
- A valid phone number and 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 pre-treatment consultation.

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 and no shows will be charged in full.
- 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. Our cancellation policy applies.

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

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WHATSAPP	+356 7901 6974
EMAIL	vspa.concierge@axhotelsmalta.com
EXPLORE	verdalahotelmalta.com

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

