

VSPA

WELLNESS MENU

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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 the others to support true wellbeing.

02
CONSULTATIONS AND
STANDALONE ASSESSMENTS

*Designed to
guide you on
your wellness
journey.*



ENJOY 2HRS V SPA ACCESS WITH ALL TREATMENTS & CONSULTATIONS*

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 (valued at €45)
*V SPA access not included

Wellness Passport

A personalised consultation with our Movement Specialist to assess your fitness levels using Technogym technology. Receive expert guidance and a tailored movement plan to support your wellbeing and lifestyle goals.

Duration: 60 min | **Price:** €80

Fitness Assessment – Technogym Checkup 9000

Transform your approach to movement with our comprehensive fitness assessment, where science meets personalised retreats for your peak physical 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

03

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

04

CONTRAST THERAPY

*Relax
and revive
for optimised
wellbeing.*



Cold Plunge · Hot Plunge · Heat Rituals · Salt Cave / Halotherapy

Step into our carefully curated Contrast Therapy 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, improve circulation, melt stress away and leave 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 / Halotherapy**

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



PEMF THERAPY

PEMF Therapy

Harness the regenerative power of pulsed electromagnetic fields to enhance cellular healing, improve circulation and create deep physiological calm.

Duration: 30 min | **Price:** €45

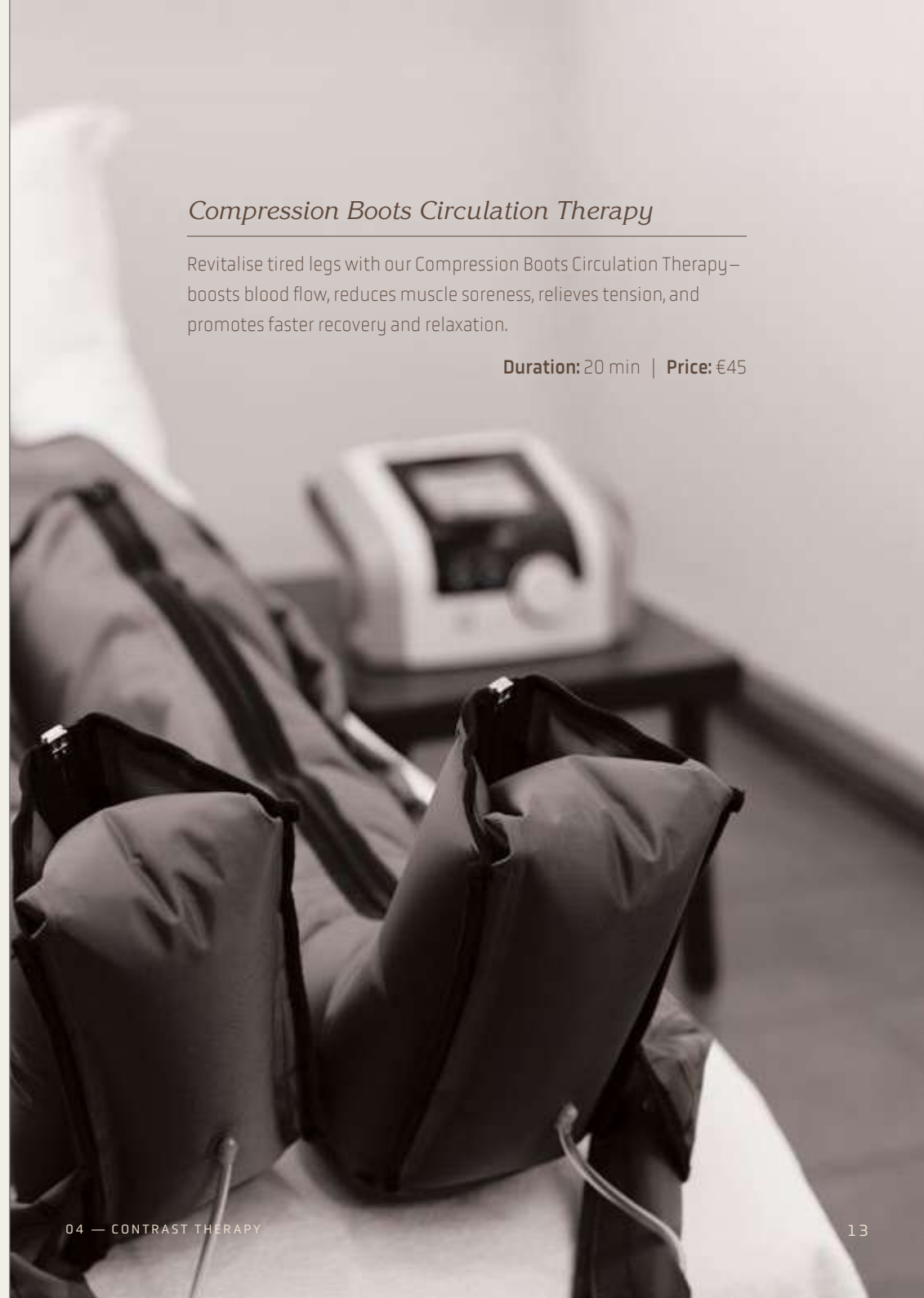
Energy Loungers

Full body light therapy to relax, energise, and deeply relax. Close your eyes and let the light envelop you. Feel energy soften, balance, and renew – body and mind in harmony. 20 minutes session.

Unwind: Single session €55

Restore: 3 session pack €140 save 15%

Renew: 10 session pack €385 save 30%



Compression Boots Circulation Therapy

Revitalise tired legs with our Compression Boots Circulation Therapy – boosts blood flow, reduces muscle soreness, relieves tension, and promotes faster recovery and relaxation.

Duration: 20 min | **Price:** €45

05
GROUND
SIGNATURE TREATMENTS

*Natural.
Intentional.
Restorative.*



All prices are listed per person. Twin/couple bookings are available for all treatments of the same duration and category (facial or massage).

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:** €110

Cleansing Ritual

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

Duration: 60 min | **Price:** €150

Verdala Signature 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: 75 min | **Price:** €150

Intuitive Massage

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

Duration: 90 min | **Price:** €170

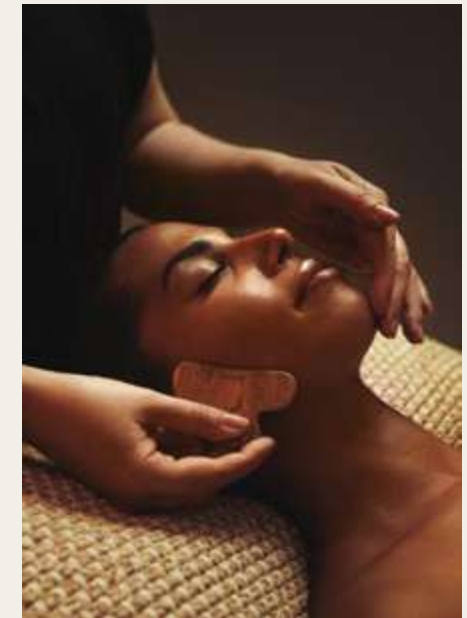
Immersive Sleep Therapy

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

Duration: 90 min | **Price:** €280



CLEANSING RITUAL



SIGNATURE FACIAL

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-inspired 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

06
GROUND
CLASSIC TREATMENTS

*Your
escape
to deep
relaxation.*



All prices are listed per person. Twin/couple bookings are available for all treatments of the same duration, excluding Pre and Post Natal Massage.

ENJOY 2HRS V SPA ACCESS WITH ALL TREATMENTS & CONSULTATIONS

MASSAGES

Lymphatic Drainage Massage

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

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:** €120 / €150

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

07

SEED TO SKIN PREMIUM
FACE AND BODY TREATMENTS

*Natural. Proven.
Truly effective.*



All prices are listed per person. Twin/couple bookings are available for all treatments of the same duration and category (facial or massage).

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:** €230

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

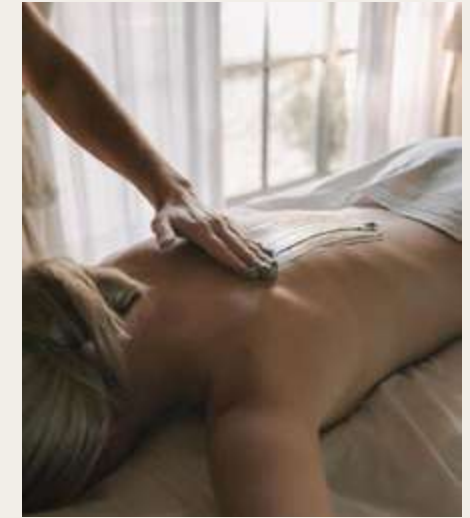
The Reverse Signature Facial

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



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:** €230

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

Hammam 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



08
EXPRESS RITUALS

*Elevated
essentials for
instant glow.*



All prices are listed per person. Twin/couple bookings are available for all treatments of the same duration and category (facial or massage).

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

09

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.

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: 35 min | **Price:** €150

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

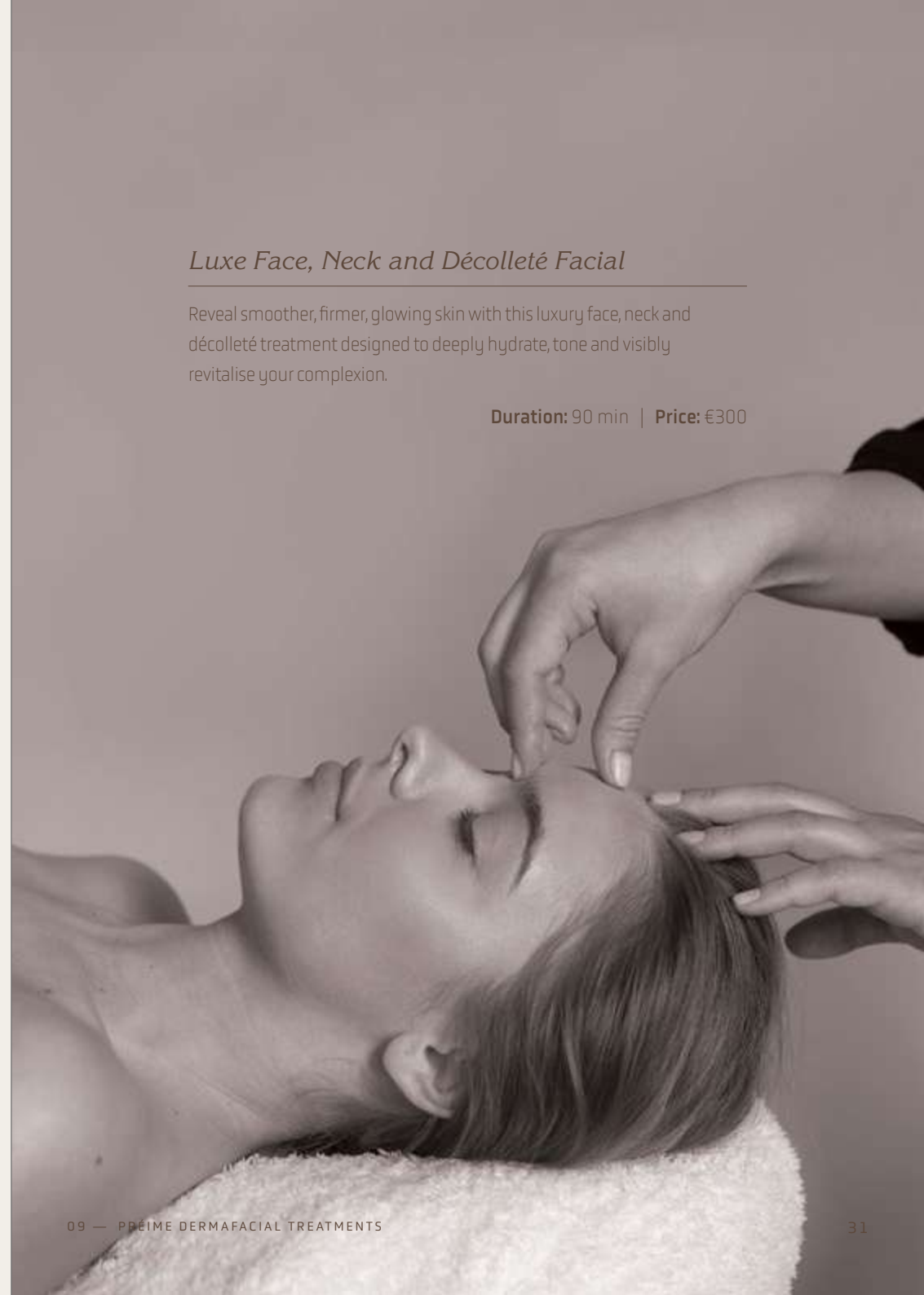
A radiance-boosting facial that combines five advanced technologies and curated actives to hydrate, firm and visibly brighten the skin for a healthy, luminous glow.

Duration: 60 min | **Price:** €260

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



10

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

*Stillness
that transforms
from within.*



ENJOY 2HRS V SPA ACCESS WITH ALL TREATMENTS & CONSULTATIONS

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

EFT Tapping

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

INITIAL CONSULTATION

Duration: 90 min | **Price:** €150

RETURN CONSULTATION

Duration: 60 min | **Price:** €100

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

12
MINDFUL
MOVEMENT CLASSES

*Flow and
balance
in every
setting.*



PRIVATE SESSIONS

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

Physio Guided Personal Training

Expert personal training sessions, guided by a physiotherapist, to restore balance, build strength and support lasting vitality.

Duration: 55 min | **Price:** €100

Private Fitness Training

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

NON-MEMBERS

Duration: 45 min | **Price:** €55

MEMBERS

Duration: 45 min | **Price:** €45



STRENGTH AND CONDITIONING



GLUTES AND ABS

STUDIO CLASSES – FITNESS

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

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

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

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

Glutes and Abs

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

Duration: 45 min | **Price:** €20



STUDIO CLASSES – MINDFUL MOVEMENT

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

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

Bamboo Flow

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

Duration: 45 min | **Price:** €20

Yoga

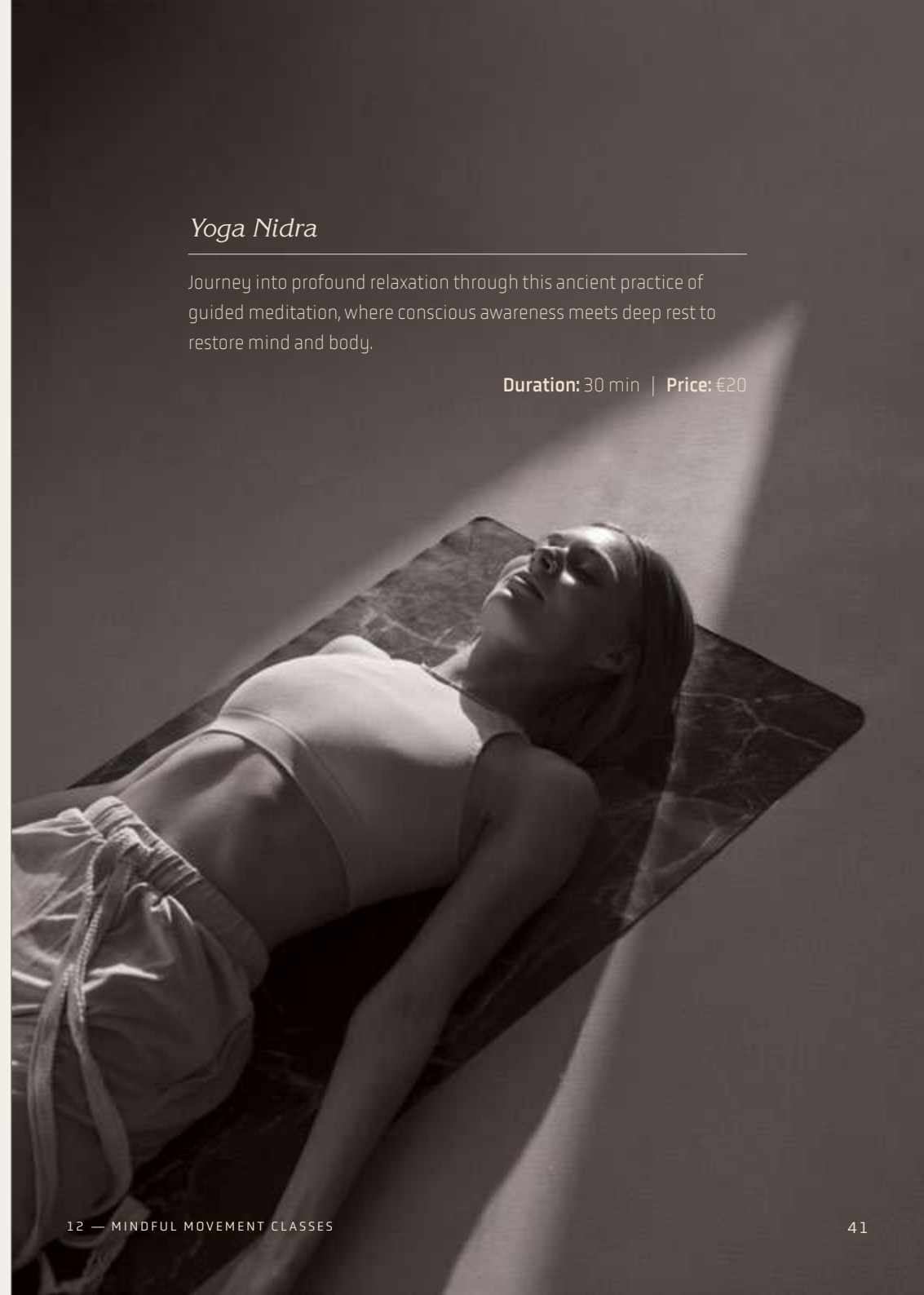
A mindful practice combining breath and movement to build strength, flexibility, and inner calm, open to all levels.

Duration: 60 min | **Price:** €20

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



13

PHYSIOTHERAPY

*Guided
recovery rooted
in wisdom.*



ENJOY 2HRS V SPA ACCESS WITH ALL TREATMENTS & CONSULTATIONS

FIN System Functional Integrated Needling

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

Duration: 40 min | **Price:** €165

Shoulder, Back, Neck Combo Treatments

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
OPTION 2

Duration: 55 min | **Price:** €150
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

- 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.

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 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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EXPLORE	verdahotelmalta.com

