

WITHIN

SPA

TREATMENT COLLECTION

2026



WITHIN BY INIALA

WELLBEING BEGINS WITHIN

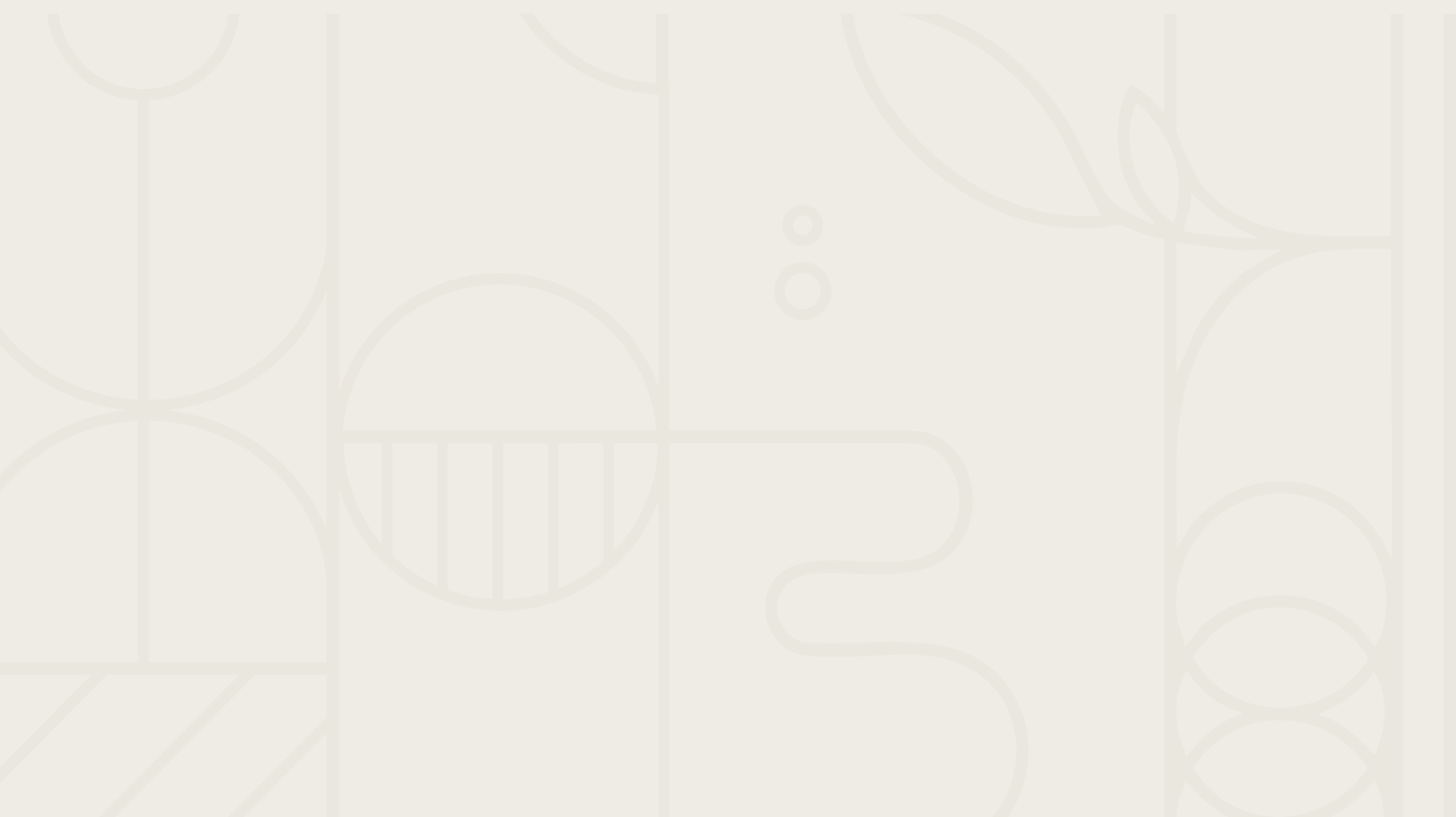
A considered collection of restorative rituals, advanced skin therapies and deeply personalised touch. Each experience is guided by the body's natural intelligence and shaped around how you wish to feel - calmer, stronger, renewed, and visibly radiant.

Your Experience

Your therapist will begin with a private consultation and adapt pressure, products and focus areas to your needs. Treatment time includes consultation and a closing moment of rest, allowing every ritual to unfold without haste.

The Within Promise

Science-led care, intentional design, and warm Iniala hospitality come together in an experience that extends beyond the treatment room – empowering you to live well now and better always.



RESTORATIVE TOUCH

EXCLUSIVE TO WITHIN

SIGNATURE JOURNEYS

Immersive rituals rooted in Malta, nature and purposeful restoration.

<i>Sole di Malta - The Mediterranean Ritual</i> A sensory journey inspired by Malta’s light, limestone and sea. A renewing body polish prepares the skin before a flowing full-body massage, restorative scalp work and a quiet closing ritual leave body and mind deeply rebalanced.	120 MIN · €280
<i>The Royal Citrus Ritual</i> A Natura Bissé Vitamin C immersion created for luminous skin and complete renewal. Citrus-rich exfoliation, nourishing bodywork and an enveloping massage restore softness, energy and a radiant Mediterranean glow.	120 MIN · €350
<i>Diamond Luminous Perfect Glow</i> A radiance-focused Natura Bissé ritual that refines the appearance of uneven tone and restores clarity through luxurious exfoliation, brightening care and a luminous finishing veil.	60 MIN · €250

Signature journeys may be personalised following consultation.

THE ART OF MASSAGE

CLASSIC BODYWORK

Unhurried touch, carefully selected pressure and a ritual designed around you.

<i>Grounded Sole Reflexology</i> Focused pressure-point work across the feet encourages deep relaxation, supports circulation and restores a sense of whole-body balance.	60 MIN · €150
<i>Crown & Décolleté Ritual</i> A restorative sequence for the face, scalp, neck, and décolleté. Slow, precise touch releases accumulated tension and leaves the upper body feeling open and light.	60 MIN · €150
<i>Mother-to-Be Serenity</i> A nurturing side-lying massage adapted to each stage of pregnancy, easing areas of tension while supporting comfort, rest and emotional wellbeing. <i>Available after the first trimester and subject to consultation.</i>	75 MIN · €175
<i>Maltese Stone Release</i> Smooth heated stones and flowing massage techniques soften muscular tension, cocoon the body in warmth and invite profound stillness.	60 MIN · €180

TARGETED RESTORATION

THERAPEUTIC BODYWORK

Focused techniques for muscular recovery, mobility and nervous-system calm.

<i>Upper Body Unwind</i> Concentrated work across the head, neck, shoulders and upper back to ease desk-bound tension, mental fatigue and postural strain.	60 MIN · €160
<i>Lymphatic Flow</i> Light, rhythmic techniques encourage lymphatic movement and a feeling of lightness while supporting the body's natural restorative processes. <i>Subject to health consultation and therapist suitability assessment.</i>	60 MIN · €175
<i>Deep Release Massage</i> A purposeful massage using sustained pressure and targeted techniques to address deeper muscular tension and restore ease of movement.	60 MIN · €180 90 MIN · €230
<i>Performance Recovery</i> Dynamic bodywork for active bodies, combining deep-tissue techniques, assisted movement and focused recovery work to support mobility and physical readiness.	90 MIN · €200

NATURA BISSÉ

BODY RITUALS

Textural, aromatic and deeply restorative care for the skin and senses.

<i>Aromatic Well-Living Massage</i> A Natura Bissé massage personalised through aroma, pressure and pace. Choose a focused pause, a complete body ritual or an extended journey into deep relaxation.	30 MIN · €110 60 MIN · €165 90 MIN · €200
<i>Citrus Renewal</i> An energising citrus scrub and drench that polishes away dullness, replenishes moisture and leaves the body silky, vibrant and beautifully scented.	60 MIN · €180 90 MIN · €280
<i>Marine Body Detox</i> A mineral-rich marine ritual designed to refine the skin and create a feeling of lightness. The extended experience adds focused massage for complete renewal.	60 MIN · €180 90 MIN · €280
<i>The Longevity Reset</i> A Natura Bissé neuro-relaxing body ritual that combines purposeful touch and sensorial care to release tension, quieten mental noise and return the body to a more grounded state.	60 MIN · €280

SKIN RITUALS



SKIN ATELIER

BESPOKE FACIAL CARE

Personalised care for travel fatigue, dehydration and everyday loss of radiance.

<i>The Fresh-Faced Edit</i> A concise cleansing and hydration ritual for an immediate refresh. Ideal before an occasion, after travel or whenever the complexion needs a polished boost.	30 MIN · €75
<i>The Arrival Reset</i> Created for travel-weary skin, this restorative facial combines deep hydration, cooling touch and circulation-boosting massage to soften signs of fatigue and bring back a rested glow.	75 MIN · €150
<i>Hydra-Luminous Deluxe</i> A multi-step HydraFacial experience combining thorough cleansing, exfoliation, extraction and personalised hydration. The extended ritual includes expert finishing care for smooth, refreshed and visibly luminous skin.	90 MIN · €235

ADVANCED SKIN THERAPIES

PRECISION RENEWAL

Results-led protocols begin with consultation and are tailored to skin condition, tolerance and desired outcome.

<i>pHformula Bespoke Resurfacing – Face</i> A customised pHformula resurfacing treatment selected according to skin type and concern. Professional protocols can be tailored to the appearance of pigmentation, acne and congestion, dullness, uneven texture or loss of glow.	60 MIN · €150
<i>pHformula Bespoke Resurfacing – Face, Neck & Décolleté</i> An extended resurfacing protocol bringing the same personalised approach to the face, neck and décolleté for a more harmonious, refined and radiant result.	60 MIN · €180
<i>Collagen Renewal Microneedling</i> A precision microneedling treatment designed to support natural collagen processes and improve the appearance of texture, fine lines, enlarged pores and post-acne marking. Includes preparation, tailored needling and calming post-treatment care. <i>Consultation, consent and aftercare guidance are required. Exosome Recovery Boost (€100) and PDRN Renewal Boost (€100) are applied with microneedling as topical enhancements.</i>	90 MIN · €235

COMPLETE YOUR RITUAL

FACIAL ENHANCEMENTS

Available alongside selected facial treatments following therapist consultation.

<i>Eye Renewal</i> A targeted treatment for the delicate eye area to refresh, comfort and soften the appearance of fatigue.	€35
<i>Hydration Infusion</i> A concentrated moisture boost chosen to replenish dehydration and restore softness and suppleness.	€35
<i>LED Light Therapy</i> A non-invasive light session selected to complement the facial goal and support a calm, revitalised appearance.	€35
<i>Sculpting Facial Massage</i> An extended lifting and drainage-focused massage for enhanced definition, circulation and glow.	€35
<i>Exosome Recovery Boost</i> A topical exosome serum enhancement applied with microneedling to support post-treatment comfort and visible renewal. <i>Not a standalone treatment. Subject to consultation and product suitability.</i>	€100
<i>PDRN Renewal Boost</i> A topical PDRN serum enhancement using salmon-derived polynucleotides, applied with microneedling to support a hydrated, revitalised appearance. <i>Not an injectable service. Subject to consultation and product suitability.</i>	€100

BODY RITUALS

COMPLETE YOUR RITUAL

BODY ENHANCEMENTS

Small additions designed to deepen rest, ease tired areas or extend the benefits of your treatment.

<i>Weightless Rest</i> A quiet interval on the floating bed, allowing the body to feel supported, warm and completely at ease.	<i>Coming Soon</i>
<i>Infrared Warmth</i> A gentle infrared sauna experience that surrounds the body in restorative warmth before or after a compatible treatment.	<i>Coming Soon</i>
<i>Cryotherapy Reset</i> A focused cooling experience offered following suitability assessment to support a refreshed feeling and physical recovery.	<i>Coming Soon</i>
<i>Assisted Stretch</i> Therapist-guided stretching for a chosen area, created to complement massage and encourage a greater sense of mobility.	€25 · PER AREA
<i>Tired Legs Chillout</i> A cooling Natura Bissé booster for legs that feel heavy or travel-worn, leaving them refreshed and revived.	€35
<i>Muscle Relaxant Heat Touch</i> A warming Natura Bissé enhancement applied to a chosen area to complement bodywork and deepen the feeling of release.	€35
<i>Hands & Feet Renewal</i> A polished mini ritual for hardworking hands and feet, combining exfoliation, nourishment and restorative massage.	€50



BEFORE YOUR VISIT

Arrival

We invite you to arrive 15 minutes before your appointment to settle in and complete your private consultation.

Health and Comfort

Please advise us of pregnancy, allergies, recent procedures, medication or medical conditions when booking. We may adapt or postpone a treatment to protect your wellbeing.

Cancellations

Please provide at least 24 hours' notice when changing or cancelling an appointment. Late cancellations and non-arrivals may be charged in full.

Treatment Time

Durations include consultation and closing care. Late arrival may shorten the experience so that the next guest's time remains undisturbed.

Pricing

Prices are quoted in euro per person and include VAT. Treatments, availability and prices may change. Advanced treatments are subject to consultation, contraindication screening and informed consent.

Your wellbeing begins within.