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.

WITHIN SPA

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RESTORATIVE TOUCH

EXCLUSIVE TO WITHIN

SIGNATURE JOURNEYS

Immersive rituals rooted in Malta, nature and purposeful restoration.

Sole di Malta *The Mediterranean Body Ritual* A ritual created exclusively by the therapists of WITHIN Spa, drawn from Malta's light, its honeyed limestone and the sea that surrounds it. A renewing body polish prepares the skin before the candle balm oil of renowned Maltese perfumer Stephen Cordina is melted into a silken pour, carrying his signature Valletta and Mananni fragrances across the skin. Four techniques flow as one: deep tissue work, warm stones, gentle lymphatic drainage and reflexology, releasing tension and restoring balance from the soles upward. The ritual closes with a hammam-inspired foot ceremony, using our own eucalyptus soap, made in-house, and Gozo sea salt from the island's ancient salt pans, leaving the skin luminous and the body and mind deeply rebalanced.	€280 · 120 MIN
The Royal Citrus Ritual *A Natura Bissé Vitamin C Immersion* A ritual of light and renewal, created with Natura Bissé, named the World's Best Spa Brand 2026, for luminous skin and a radiant Mediterranean glow. A citrus body scrub rich in the zest of sun-ripened fruit cleanses and polishes the skin, followed by a vitamin C-rich body butter mask that restores suppleness and leaves the skin quenched and glowing. The ritual closes with an enveloping massage using Natura Bissé's energising aromatic oils, releasing tension and leaving the body light, renewed and softly radiant. *Like a Mediterranean morning: bright, fresh and full of light.*	€350 · 120 MIN
Diamond Luminous Perfect Glow *A Natura Bissé Radiance Ritual* A ritual of clarity and light, created with Natura Bissé to refine uneven tone and reveal skin that glows from within. Finely milled diamond powder gently polishes away dullness, while a light resurfacing peel delivers immediate, visible results. Paired with Natura Bissé's prestigious Diamond skincare, it restores clarity and evens tone, leaving the skin fresh, firm and visibly lifted. A luminous finishing veil seals in radiance, with the instant brilliance of a freshly cut diamond. *Like light caught in a jewel: clear, bright and quietly brilliant.*	€250 · 60 MIN

Signature journeys may be personalised following consultation.

Please note that a 10 per cent service charge will be added to the final bill.

THE ART OF MASSAGE

CLASSIC BODYWORK

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

Grounded Sole Reflexology Focused pressure-point work across the feet encourages deep relaxation, supports circulation and restores a sense of whole-body balance.	€150 · 60 MIN
Crown & Décolleté Ritual 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.	€150 · 60 MIN
Mother-to-Be Serenity A nurturing side-lying massage adapted to each stage of pregnancy, easing areas of tension while supporting comfort, rest and emotional wellbeing. *Available after the first trimester and subject to consultation.*	€175 · 75 MIN
Maltese Stone Release Smooth heated stones and flowing massage techniques soften muscular tension, cocoon the body in warmth and invite profound stillness.	€180 · 60 MIN

Please note that a 10 per cent service charge will be added to the final bill.

TARGETED RESTORATION

THERAPEUTIC BODYWORK

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

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

Please note that a 10 per cent service charge will be added to the final bill.

NATURA BISSÉ

BODY RITUALS

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

Aromatic Well-Living Massage 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.	€110 · 30 MIN €165 · 60 MIN €200 · 90 MIN
Citrus Renewal An energising citrus scrub and drench that polishes away dullness, replenishes moisture and leaves the body silky, vibrant and beautifully scented.	€180 · 60 MIN €280 · 90 MIN
Marine Body Detox 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.	€180 · 60 MIN €280 · 90 MIN
The Longevity Reset 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.	€280 · 60 MIN

Please note that a 10 per cent service charge will be added to the final bill.

SKIN RITUALS

NATURA BISSÉ

SIGNATURE FACIAL RITUALS

High-performance skincare elevated through expert touch and sensorial ritual.

The Longevity Structural Lift A firming facial featuring the 3D Collagen approach and precise lifting massage to visibly redefine, replenish and support skin elasticity.	€190 · 60 MIN
The Exosome Longevity Cure A restorative Natura Bissé experience designed to comfort stressed, depleted skin and renew its appearance with concentrated care and an extended rest ritual.	€220 · 70 MIN
COMPLETE YOUR RITUAL *Facial Enhancements* Eye Renewal · Hydration Infusion · LED Light Therapy · Sculpting Facial Massage *Available alongside selected facial treatments following therapist consultation.*	€35 · EACH

Please note that a 10 per cent service charge will be added to the final bill.

SKIN ATELIER

BESPOKE FACIAL CARE

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

The Fresh-Faced Edit A concise cleansing and hydration ritual for an immediate refresh. Ideal before an occasion, after travel or whenever the complexion needs a polished boost.	€75 · 30 MIN
The Arrival Reset 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.	€150 · 75 MIN
Hydra-Luminous Deluxe 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.	€235 · 90 MIN

Please note that a 10 per cent service charge will be added to the final bill.

ADVANCED SKIN THERAPIES

PRECISION RENEWAL

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

pHformula Bespoke Resurfacing – Face 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.	€150 · 60 MIN
pHformula Bespoke Resurfacing – Face, Neck & Décolleté An extended resurfacing protocol bringing the same personalised approach to the face, neck and décolleté for a more harmonious, refined and radiant result.	€180 · 60 MIN
Collagen Renewal Microneedling 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. *Consultation, consent and aftercare guidance are required. Exosome Recovery Boost (€100) and PDRN Renewal Boost (€100) are applied with microneedling as topical enhancements.*	€235 · 90 MIN

Please note that a 10 per cent service charge will be added to the final bill.

COMPLETE YOUR RITUAL

FACIAL ENHANCEMENTS

Available alongside selected facial treatments following therapist consultation.

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

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BODY RITUALS

BODY RITUALS

WITHIN RECOVERY

Recovery sessions that soothe inflammation, release tension and restore balance, leaving you lighter, clearer and renewed.

Weightless Rest Fully clothed and completely dry, the body settles onto a cushioned bed that gently lowers into warm water, with headphones and an eye mask to draw attention inward. Almost weightless, the mind drifts into a deep, meditative stillness as twenty-five minutes of floating ease muscle and joint tension, calm stress and support deeper sleep, leaving the body lighter and quietly renewed.	€50 · 30 MIN
Infrared Warmth A private cabin of soft, glowing light fills with gentle full-spectrum infrared warmth. Unlike the heavy heat of a traditional sauna, it feels soothing and penetrating, sinking deep into the muscles while the breath stays easy. It boosts circulation, eases muscle and joint tension and calms the nervous system, leaving the body relaxed, restored and gently radiant.	€50 · 30 MIN
Cryotherapy Reset Gentle breathing exercises lead into a session on the cryo bed, where a soft, dry membrane of cold water envelops the body for 2 to 10 minutes, depending on experience with contrast therapies. With a therapist close throughout, the bracing cold sharpens the senses and steadies the breath, soothing inflammation and muscle soreness and leaving the mind clear and renewed. There is no contact with water.	€50 · 30 MIN
Contrast Recovery Gentle breathing exercises open the session, then a few bracing minutes on the cryo bed give way to the soft, glowing warmth of the infrared sauna, with a therapist present at every transition. Moving from cold to warmth boosts circulation, soothes inflammation and muscle tension, calms the nervous system and lifts mood and energy, leaving body and mind restored, clear and quietly radiant.	€65 · 30 MIN

Please note that a 10 per cent service charge will be added to the final bill.

COMPLETE YOUR RITUAL

BODY ENHANCEMENTS

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

Assisted Stretch Therapist-guided stretching for a chosen area, created to complement massage and encourage a greater sense of mobility.	€25 · PER AREA
Tired Legs Chillout A cooling Natura Bissé booster for legs that feel heavy or travel-worn, leaving them refreshed and revived.	€35
Muscle Relaxant Heat Touch A warming Natura Bissé enhancement applied to a chosen area to complement bodywork and deepen the feeling of release.	€35
Hands & Feet Renewal A polished mini ritual for hardworking hands and feet, combining exfoliation, nourishment and restorative massage.	€50

Please note that a 10 per cent service charge will be added to the final bill.

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 euros per person and include VAT. A 10 per cent service charge will be added to the final bill. Treatments, availability and prices may change. Advanced treatments are subject to consultation, contraindication screening and informed consent.

Your wellbeing begins within.

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