



iaso  
MEDICAL SPA



# IASO MEDISPA AT HERITANCE AARAH

PAMPER WITH PURPOSE

IASO Medispa is named after the Greek goddess of Recovery, Restoration and Recuperation. In the island paradise of Heritance Aarah, we are here to help you achieve a state of complete physical and mental wellness. Tell us what you wish to achieve and we will design a bespoke experience for you using traditional therapies and state of the art western technologies.

## **RECOVERY**

Recover with massage, facial therapies, IV therapies and targeted treatments.

## **RESTORATION**

Restore what time and stress have taken away with anti-aging medispa face and body treatments or salon therapies

## **RECUPERATION**

Recuperate and bring back the vitality with a wellness consultation, yoga, meditation or traditional therapies



# OUR EQUIPMENT

## Face Scanner

State of the art diagnostic scanning to pinpoint problems, allowing effective prescription of remedial medical aesthetic treatments.

## LED Light Therapy

Medical grade light therapy using single wavelength high intensity LED light to safely and painlessly penetrate to the deepest layers of the dermis to promote new collagen formation, treating lines, wrinkles, pigmentation, scars, sunburn and acne.

## RF Body Contouring

Non-surgical body and face contouring. Effects continue to grow for 6-8 weeks post treatment. This treatment has no downtime and allows maximal effect without interfering with your holiday.

## Micro Needling

Used alone or in combination with active ingredients as mesotherapy, micro needling stimulates new collagen and elastin formation to turn back the visible signs of ageing.

## Nano Infusion

Non-invasive treatment used on the face to promote the absorption of active treatments like anti-oxidants and hyaluronic acid moisturisers for deeper, more effective results than topical therapies.

## Laser Hair Removal

The most effective, comfortable and safest hair removal treatment. Our state-of-the-art laser is the only one of its kind in a resort in the Maldives.





# RECOVERY



## MASSAGES

### Balinese Massage

60 / 90 mins - \$150++ / \$190++

Strengthen and heal the body.  
Traditional therapy combines stretching, long stroke, skin palm-and-thumb pressure techniques. Flowing and graceful, the Balinese Massage relieves tension, improves blood flow, eases stress, and encourages harmony

### Swedish Massage

60 / 90 mins - \$150++ / \$190++

Fulfilling introduction to massage.  
Relaxes the body, increases circulation, removes metabolic waste products. Soft or medium pressure treatment for relaxation.

### Deep Tissue Massage

60 / 90 mins - \$160++ / \$200++

Deeply restorative treatment for tight, stressed and aching muscles  
The techniques used in this massage reduces muscular tension by applying deep muscle compression and cross fibre friction to increase blood and lymphatic flow.

### Foot Reflexology

60 mins - \$150++

Restore and maintain the body's natural equilibrium.  
This gentle therapy encourages the body to work naturally to restore its own healthy balance. The technique of applying gentle pressure to the reflex points is ideal after a day of walking or travelling.

### Hot Stone Massage

90 mins - \$200++

Profound sense of relaxation  
A powerfully therapeutic massage utilising warm oiled basalt stones. The hot stones glide along muscles, warming and loosening knots, correcting tensions at the deepest level.

### Pre & Post Natal Massage

60 / 90 mins - \$150++ / \$190++

Designed to care for pregnancy women.  
As you lie on your side supported by a body pillow, gentle deep-tissue techniques and stretches knead away tension and fatigue.

### Hawaiian Lomi Lomi Massage

60 / 90 mins - \$160++ / \$200++

Harmony and love, deep relaxation and surrender the mind.  
This treatment works gently yet deeply into the muscles with continuous, flowing strokes, totally nurturing the body and soul.

### Traditional Thai Massage

60 / 90 mins - \$160++ / \$200++

Healing, aimed at connecting body, energy and mind  
Highly therapeutic treatment practiced for centuries throughout Thailand focuses on pressure points, energy lines, and stretching. Unique dry massage relies on soft guiding motions to stretch, compress and apply pressure. You will feel loosened, revitalised and relaxed.

### Traditional Maldivian Massage

60/90 mins - \$150++ / \$190++

Authentic, deeply relaxing.  
Maldivian shell massage with coconut oil.

### Ayurvedic Oil Massage

60 / 90 mins - \$160++ / \$200++

Ayurvedic massage Therapy uses a mix of warm herbal oils intended to open the minor Srotas – fluid circulation channels, remove toxins through the skin, melt fat secretions blocking the Srotas, cleanse and nourish the skin. Helps to balance Doshas which will bring deep relaxation to the body and a peaceful mind.

### Cellulite Massage

60 / 90 mins - \$160++ / \$200++

Stretch out cellulite dimples.  
Targeted massage to problem areas using nutrient oils to help smooth and treat cellulite. Can be combined with LED Light Therapy and body contour for best effect (see BODY TREATMENTS (SCRUBS & WRAPS).

### Lymphatic Drainage Massage

60/90 mins - \$160++ / \$200++

Reduce tissue swelling with this focused massage. Areas of concern can be discussed. Especially helpful for swollen and tired legs post flight.



# RECOVERY

## Kids Spa Experience

60 / 90 mins - \$130++ / \$170++

Choose 2 for 60 mins, and 3 for 90 mins.

- Massage
- Mini Facial
- Nail painting
- Hair braiding

## Couples Massage

60 / 90 mins - \$280++ / \$360++

Massage of choice for two

Unwind together, with a side-by-side massage experience using organic coconut oil and targeted movements to relax and recover.

## BODY TREATMENTS

### Shine Revitalizing Scrub

60 mins - \$150++

Smoother, illuminated skin.

Coconut scrub, suitable for all skin types, especially recommended for dry and dull looking skin.

Includes body exfoliation and face cleansing ritual

### Pink Sand & White Quartz Energizing Scrub

60 mins - \$150++

Bring back your radiance with comforting, energising whole body scrub.

Pink salt crystals exfoliation with a combination of massage cream enriched with exotic oil, for a beautiful, hydrated result.

### Nourish Nurturing Scrub

60 mins - \$150++

Stimulates healthy circulation, leaving skin smooth and soft.

Intensive and nourishing body exfoliation using sea salt, coffee and grapefruit, face cleansing ritual to complete.

### Detox & Revive Detoxifying Wrap

60 mins - \$150++

Intensive body detox.

Sea salt and coffee body scrub followed by full body marine wrap with refreshing head massage

## SIGNATURE EXPERIENCES

### IASO Bespoke Ritual

180 mins - \$430++

- Massage of choice – 60 mins
- Hydrating facial with hyaluronic acid – 90 mins
- LED light therapy – 30 mins

### Island Romance

120 mins - \$460++ / Couple

Experience for two

- Aroma steam bath – 30 mins
- Body scrub – 30 mins
- Body wrap with head massage – 30 mins
- Mini hydrating facial – 30 mins

### Island Indulgence

90 mins - \$200++

Aroma Massage – 60 mins

Scalp and Face massage – 30 mins

### Sun Soother

90 mins - \$200++

Cooling restorative treatment.

Relaxing massage with intensive layer of nourishing shea butter body cream – 60 mins

Hydrating face mask with scalp massage – 30 mins

### Sleep Deeply

120 mins - \$280++

Signature ritual to raise a state of full relaxation and induce a quiet sleep

Massage – 90 mins.

Relaxing face ritual – 30mins

### 4 Hand Massage

60 mins - \$280++

Two massage therapists working in synchronised tandem to elevate you to heavenly bliss with ultimate relaxation



# RECOVERY

## ARRIVAL PACKAGE - 20% OFF

**TOTAL TIME & PRICE** 165 mins - \$340++

**Or Choose:**

**Body Scrub** 60 mins - \$150++

Reveal your holiday glow with this comforting restorative treatment. Your choice of scrub to shed your tired and dry skin and get ready for the sun.

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**IV Fluid & B12** 45 mins - \$150++

Rehydrate and energise ready for your holiday.

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**Rehydration Mini Facial** 30 mins - \$70++

Rehydrate tired skin after your flight.

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**Lower Limb Massage** 30 mins - \$70++

Improve drainage and restore tired and swollen legs post flight.

## DEPARTURE PACKAGE - 20% OFF

**TOTAL TIME & PRICE** 120 mins - \$260++

**Or Choose:**

**Aloe Wrap** 30 mins - \$70++

Comforting restorative treatment after the sun.

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**Targeted Massage** 45 mins - \$100++

Target 2 regions after exercise and activities.

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**Express Facial** 30 mins - \$70++

To rehydrate and even the tone in your skin after your time in the sun.

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**LED Red Light** 15 mins - \$70++

To rehydrate and even the tone in your skin after your time in the sun.

## ADD ONS

**Bliss** 30 mins - \$70++

You can design your own treatment by adding any of the following 30 minute possibilities to any full body treatment.

- Head / Face / Hands / Foot massage
- Mini facial / Eye and Lip treatment
- Body exfoliation

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**LED Light Therapy** 30 mins - \$70++

Medical grade light therapy using single wavelength high intensity LED light to safely and painlessly penetrate to the deepest layers of the dermis to promote new collagen formation, treating lines, wrinkles, pigmentation, scars, sunburn and healing. Includes Foot massage

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**Nano Infusion Anti-Pigmentation for Hands** 30 mins - \$70++

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**Nano Infusion Hands Hydration** 30 mins - \$70++

All services are subject to 10% service charge and prevailing government taxes





# LIFE RECOVERY

## INTRAVENOUS THERAPY CLINIC

Designed to enhance your stay with a much needed energy boost, to help you cope with the sun and heat, or to recovery from a bit too much fun, we have designed a menu to help you get the most out of your holiday.

### IV Vitamin Infusion

|                |         |
|----------------|---------|
| 45 mins        | \$150++ |
| 1 hour         | \$180++ |
| 1 hour 30 mins | \$250++ |

- Energy Boost - high dose Vitamin B12
- Anti-Ageing - Vitamin C and Collagen
- Skin Brightening - High dose Vitamin C

## HANGOVER RECOVERY

Rapidly restore your holiday plans after a big night with a special infusion of fluids, electrolytes and vitamins to get you back to normal.

**I Had a Bit Much Last Night** 45 mins - \$150++  
Treatment of headache, dry mouth, mild nausea. Our simplest package. 500ml IV fluids and a vitamin B boost

**Was There Alcohol In Those Cocktails?** 60 mins - \$180++  
Treatment of dehydrated, strong headache and nausea. For when you need a bit more. 1L IV fluids, minerals, pain killers and vitamin B boost, 1000ml minerals,

**I'm Never Drinking Again** 90 mins - \$250++  
Treatment of severe headache, furry tongue and nausea. For when you are feeling groggy. Up to 1.5L IV fluids, minerals, pain relief and a vitamin B boost. 1500ml

## ACNE BREAKOUT

### Acne Breakout Emergency

\$50++

Consultation with our aesthetic nurse and treatment of acne whiteheads for faster recovery and better selfies on holiday.

## SUNBURN RECOVERY

### Sunburn Recovery Per Region

20 mins - \$50++

The sun might be stronger in the Maldives than home. Let us help you get back on pool deck sooner with our sunburn recover clinic. We will soothe with aloe and moisturisers as well as accelerating healing with our 650nm red light LED therapy.

#### Regions -

- Face
- Neck
- Upper back
- Lower back
- Upper abdomen
- Lower abdomen
- Thigh - front or back
- Arm - front or back





# RESTORATION



## FACIAL THERAPIES

### Hydrating Facial

60 mins - \$160++

Rehydrating after a long flight or time in the sun. Cleansing, toning and exfoliating, massage with hydrating serum and hydrating mask to deeply restore the skin's natural hydration, finishing with eye cream, moisturizer and sunscreen to have you ready for your day by the pool.

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### Ultimate Man

60 mins - \$160++

Facial designed specifically for male skin. Whether your skin condition is dry, sensitive, oily or dehydrated, this treatment provides a tailored solution. Cleanse, tone, massage and moisturise, followed by a mask and sunscreen will leave you looking your best.

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### Tranquility

60 mins - \$160++

A heaven of comfort for dry and sensitive skin. Relaxing welcome massage, gentle cleansing and exfoliation. A concentrate, rich in algae extracts and replenishing oils, followed by a nourishing mask and application of nourishing, soothing cream.

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### Purify

60 mins - \$160++

Complete rebalancing treatment for oily and combination skin. Includes relaxing welcome massage, deep cleansing, exfoliation, an application of purifying serum, followed by a purifying natural mask which helps to lift away impurities and gently exfoliate blocked pores. Eye cream, moisturizer and sunscreen for soft, matte and perfectly balanced skin

## THERAPUTIC FACIAL THERAPIES

### Anti-ageing intense Hydration

60 mins - \$190++

Nano hyaluronic acid infusion  
Dramatically increases effectiveness, with no redness or down time. Includes cleansing, toning, exfoliating of the skin, followed by nano infusion with hyaluronic acid and occlusive mask to improve skin penetration. Eye cream, moisturiser and sunscreen to complete.

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### Oily Skin / Acne Facial

60 mins - \$190++

Noticeable skin improvement  
Best for mild acne, after a cleanse and tone, we apply a deep cleaning salicylic acid scrub to unblock pores, followed by massage and purifying probiotic mask, eye cream, moisturiser and sunscreen.  
If acne is red or active, please consider medispa therapy program with repeat treatments during your stay for best effect

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### Depigmentation Facial - for Uneven Skin Tone

60 mins - \$190++

Ideal for skin with mild uneven tone and superficial pigmentation.  
After a cleanse and tone, we apply a gentle glycolic scrub and massage. Active depigmentation with potent antioxidant Vit C serum penetrates the skin with nano infusion. A hydrating mask is followed by eye cream, moisturiser and sunscreen. For deeper pigmentation such as Melasma, please see micro needling below.





# RESTORATION

## MEDICAL GRADE TREATMENTS

### Anti-ageing

90 mins - \$220++

Fine Line Correction / Collagen stimulation

Full facial therapy to improve skin brightness, micro needling to deeper skin layers to stimulate new collagen formation to reverse the visible signs of ageing.

### Acne Treatment

90 mins - \$220++

Medical grade acne treatment

Medical grade treatment for a significant difference in just a few days through the use of salicylic acid peels, probiotic mask and blue light therapy to help restore skin bacteria balance. Repeat treatment is recommended during your stay if acne is active.

### Depigmentation

90 mins - \$220++

Powerful treatment for more significant pigmentation and uneven tone.

Our highly effective facial addresses pigmentation issues with results visible in 48hrs, includes full spa facial with glycolic acid peel and micro infusion with powerful Vit C / glutathione

## NON-SURGICAL FACE LIFT

### RF Treatment - Skin Tightening / 90 mins - \$100++ / Region Facial Contouring

Non invasive radio frequency treatment to tighten loose skin and change the visible signs of ageing achieving a mini face, neck or brow lift

- Double Chin - 1 region
- Jaw Line - 2 regions
- Neck Lift - 2 sides
- Upper Face Lift - 2 sides
- Mini Face Lift - Mid face tightening 2 sides
- Mini Brow Lift - Upper face tightening 2 sides



### RF Treatment - Skin Tightening / 90 mins - \$100++ / Region Fat Loss

Using non invasive radio frequency technology delivered through the skin, without causing redness or scarring, we can tighten sagging skin and reduce body fat to achieve non surgical lift / lipolysis.

- Skin Tightening - single layer 4.5 mm
- Fat Loss - for best results, multilevel treatment is needed. Please discuss your needs with your therapist. Abdomen is upper and lower and per side
- Outer Upper Arms
- Inner Upper Arms
- Waist
- Abdomen\*
- Buttocks
- Outer Thigh
- Front Thigh
- Back Thigh



## MEDISPA BODY THERAPIES

### Stretch Mark Correction: Abdomen or Thighs

90 mins - \$240++

Microneedling with active mesotherapeutic cosmeceuticals to address the changes, bringing a more even and aesthetic appearance to the skin.

### Hair Loss Treatment

90 mins - \$250++

Microneedling scalp to stimulate new hair growth.

### Acne Treatment to Back

90 mins - \$210++

Acne on the back can be difficult to treat, especially by yourself. Your holiday gives us a chance to get on top of this with a scrub, steam, deep cleaning salicylic acid peel and antibacterial blue light therapy.



# RECUPERATION

"If you don't make time for your wellness, you will be forced to make time for your illness." JOYCE SUNADA



## WELLNESS CONSULTATION

### Consultation

30 mins - \$50++

Discuss your personal goals and options for a tailored wellness program which includes most appropriate therapies, treatments and activities to maximise the benefit of your stay

\* Consultation is complimentary when booked on the first 2 days of arrival.

## SKIN & NUTRITION

### Skin Within

60 mins - \$130++

A customised skin consultation that takes into consideration the whole being to uncover the root cause of the skin issues (acne, eczema, etc). This consultation is more beneficial when combined with a MediSpa facial treatment

### Detox Body & Mind

60 mins - \$130++

Realign your body and mind with a 3 month detox plan that includes new eating habits, lifestyle guidelines, a personalised diet program and a mind self-care practices plan

### De-stress & Relax

60 mins - \$130++

A personalised 3 month plan based on breathing techniques, nutrition, lifestyle and herbal remedies is created to better manage stressful situations, release stress in the body and still the mind.

### Sleep Well

60 mins - \$130++

Address sleep concerns and regulate your sleep through a personalised plan that includes diet, nutrition and lifestyle recommendations to increase energy levels and feel rested.

### Nutritional Guidance

60 mins - \$120++

This educational session is beneficial for individuals looking to get nutritional knowledge based on naturopathic principles and personal advice on how to incorporate good eating habits into their lifestyle.

## BODY & MIND

### REIKI Energy Healing

60 mins - \$150++

Energy Healing Therapy focuses on the body's energy fields to correct imbalances and awaken energies that give us resilience and improve the vitality of the body, cells and mind

### Flower Essence for Emotional Balance

60 mins - \$130++

The purpose of Flower Essence Therapy is to restore emotional imbalances such as anxiety, fears, anger, trauma, separation, lack of self-esteem and gain more clarity, focus, confidence and joy.

### EFT Tapping for Emotional Freedom

60 mins - \$120++

It is centered around the understanding that emotional stress creates blockages in the body that impede healing. Research has shown that tapping into the meridian points sends a calming signal to the brain and releases stress and negative emotions from the body.

### Guided Meditation

30 mins - \$60++

Guided meditation session and breathing techniques to relax and revitalise the body, mind and soul for everyday life.

### Floating Meditation

30 mins - \$75++

Experience deep relaxation and the benefits of the sea to improve your sleep, relax your body and mind and provide a deep sense of inner peace.

### Private Yoga Session

30 / 60 mins - \$60 / 110++

Hatha, Vinyasa, Yin Yoga

One on One Yoga session made according to your needs and length of stay

### Morning Yoga

45 mins - Complimentary

Morning yoga is available on the sunrise deck at the spa. Please check with your butler to arrange it.

### Evening Yoga

45 mins - \$20++

Group classes at the spa deck. Watch the sun set and achieve inner balance with this class.

All services are subject to 10% service charge and prevailing government taxes



# SALON

## BEAUTY

### Shampoo & Blow Dry

|        |        |
|--------|--------|
| Small  | \$40++ |
| Medium | \$50++ |
| Large  | \$60++ |

### Hair Cut

|          |        |
|----------|--------|
| Ladies   | \$60++ |
| Gents    | \$40++ |
| Children | \$30++ |

### Hair Style

|        |        |
|--------|--------|
| Small  | \$60++ |
| Medium | \$70++ |
| Large  | \$80++ |

### Hair Treatment

\$90++ / \$100++ / \$110++

Revitalising - Hair repair  
Moisturising - Hair hydration  
Nourishing Ayurvedic oil - promotes hair growth and reduces hair loss

### Make Up

|               |                  |
|---------------|------------------|
| Island Makeup | 60 mins - \$80++ |
| Party Makeup  | 30 mins - \$70++ |

### Classic Manicure

60 mins - \$80++

Cleanse, cuticle soak with essential oils, nail shaping & buffing, nail cleaning and relaxing massage. Your skin will be smoother and your nails will be nourished and polished to perfection.

### Classic Pedicure

60 mins - \$90++

The experience includes an herbal foot soak, nail shaping & buffing, nail cleaning, callus removal, lower leg exfoliation and a relaxing foot massage

### Express Manicure

30 mins - \$60++

Includes cuticle soak with essential oils, nail shaping & buffing, nail cleaning.

### Express Pedicure

30 mins - \$70++

Includes whirlpool herbal foot soak, nail shaping & buffing, nail cleaning, callus removal.

### Shellak Manicure

30 mins - \$100++

### Shellak Pedicure

30 mins - \$100++

### Add Nail Polish

20 mins - \$30++

Give a colour to your nail by choosing from a selected range of OPI nail polish

### Remove Gel Nail Polish

20 mins - \$40++

### Hydrating Hands

30 mins - \$50++

A combination of deeply restorative and nourishing essential oils to leave hands and arms looking perfectly conditioned and feeling deeply moisturized.

### Hydrating Feet

30 mins - \$50++

A combination of Rose, Geranium and Lavender work to help leave rough, dry feet and heels intensely nourished and smooth

### Laser Hair Removal

30 mins - \$50++

At Iaso medispa we have the most effective hair removal treatment available. Unlike IPL, there is minimal, heat and pain with our built in cooling. Suitable for all hair types and skin types.

### Waxing & Threading Available Upon Request

All services are subject to 10% service charge and prevailing government taxes



# SPA ETIQUETTE

## Spa Opening Hours

10:00 AM TO 8:00 PM

## Spa appointments

For reservations, please contact your butler or IASO Medispa by dialing 6266. We suggest that you schedule your appointments in advance to obtain your preferred time.

## Spa credit

Spa credit of minimum \$50 available for each adult guest. To be used for spa / medispa or wellness therapies.

## Cancellation policy

Should you wish to cancel or reschedule your appointment, please let us know at least 6 hours beforehand to avoid full cancellation fee. No-shows will be charged at the full treatment price.

## Arrival

We recommend that you arrive at least 15 minutes prior to your appointment time in order to relax and enjoy our facilities. Arriving late might limit the time of your treatment. At Iaso medical spa you will be asked to complete a brief, confidential consultation card. This is to check for possible contraindications to any treatments.

## What to wear

At Iaso medical spa we provide a robe and a pair of slippers. For your comfort, disposable undergarments are provided before the start of your treatment. Our therapists are highly trained in proper draping procedures for your complete privacy. Swimming suite required to use spa thermal zones.

## Health conditions

Please inform us of any health conditions when booking your appointment. These include high blood pressure, heart conditions, any allergies, recent surgeries or pregnancy.

## Admission

At Iaso medical spa guests aged under 12-16 should be accompanied with the presence of parents/ guardians. Selections of treatments are available, subject to the advice of our specialist.

## Valuables

While we take precautions, IASO Medispa accepts no responsibility for the loss valuables of any kind.

## Comfort

The Spa is an area of relaxation and tranquility. We ask you to refrain from using your cell phone while on the premises. The Spa is a non-smoking area. Please do not consume alcohol prior to or immediately following your treatment as it may impair the effectiveness of the treatment.

## Shower

Sand can be an irritant to the body during any kind of massage. We kindly ask that you be showered and sand-free prior to your treatment. We would like to suggest allowing time either before or after your treatment to enjoy our wet area or relaxation areas.

## In-room massage

For the ultimate in relaxation, we'll bring the spa to you! Send your cares adrift and enjoy a massage in the comfort and privacy of your Villa or guest pavilion. Additional 25% added to the treatment price of your choice.

## Charges

All services are subject to 10 per cent service charge and prevailing government taxes.



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