



# CONRAD® SPA

MALDIVES  
RANGALI ISLAND



## SEDUCE YOUR SOUL AT THE OVER-WATER SPA

The Auras rituals have been created as the ultimate in spa pampering journeys. Each ritual is unique and has been designed to correspond with the chakra systems of the body to bring physical, emotional and spiritual enlightenment.

Each ritual commences with an initiation ceremony consisting of a refreshing footbath with pure Himalayan salt, selected fruits or flowers and specially blended essential oils. To begin your treatment, your therapist will guide you through a series of calming breathing exercises to release stagnant energy, purify the body and allow you to let go and immerse yourself in your chosen color ritual, a truly unforgettable spa journey.

## THE STORY OF AN ESCAPE TO A SECLUDED PEACEFUL HAVEN AT THE SPA RETREAT

Set on stilts over the lagoon at the tip of the resort's main island, The Spa Retreat offers guests an extensive range of spa treatments coupled with wellness activities for a holistic approach.

The Spa Retreat comprises nine treatment rooms, five of which feature private pavilions which house both a sauna and steam room, and either a Jacuzzi and couples' soaking tub. Facilities also include a hair spa, nail spa, relaxation lounge and retail boutique.

Indulge with a divine natural mix of aromas and expert therapists using rhythmic movements designed to melt away your stress and relax you into pure serenity.

Surrender in tropical paradise and soothe your soul.





## **SIGNATURE COUPLE'S TREATMENTS**

The signature couple's treatment rituals have been specifically designed for couples to unwind and come together in unity, finding their own personal path to eternal love. All rituals are performed in our private couple's suites and focused on balance, wellness and transformative journeys to communicate a spa experience that allows one to emerge brighter. Our pampering couple's rituals create a very special memory of your time here in paradise.

### **ART OF LOVE | 180 min**

Body exfoliation  
Scalp massage  
Nourishing bath  
Body wrap  
Body massage

Celebrate the art of love with this half day ceremony of luxury by relaxing the body, slowing the mind and indulge the spirit to bring about a deep sense of peace and quality time spent with the one you love. A truly exquisite experience combining exotic aromas, soothing music and the art of touch to inspire a deep sense of serenity. Immerse yourself in your private jetted bath to experience a bathing ritual like no other, while sipping on fine Champagne and enjoying the peaceful views of the spa. You will emerge from this decadent ritual feeling renewed, relaxed and glowing with vitality.

### **MALDIVIAN INDIGENOUS TREATMENT | 90 min**

Body exfoliation  
Body massage

This localized blend of treatments and products is designed to relieve muscle tension, smooth skin, improve sleep and nourish the hair and body. It consists of a coconut scrub, Indian inspired head massage and full body massage using heated coconut sticks.

## SIGNATURE TREATMENTS



### VIOLET - REGENERATING

This represents the connection with the higher self and the very essence of being. Violet hues inspire a deep level of relaxation and surrender, making it the ultimate treatment for those who are highly stressed and possibly experiencing sleeping difficulties.



### INDIGO - ORIENTAL DETOX

This represents the brow chakra (third eye) to inspire feelings of self awareness and increased intuition. This treatment is perfect for those wishing to experience a spiritual journey to allow you to go within for a deep level of respite and healing.



### BLUE - DEEP PURIFYING

This represents the throat chakra and with it self-expression and communication. A lovely treatment to calm the senses, clear the body on an emotional and physical level and pamper the skin.



### GREEN - HARMONIZING

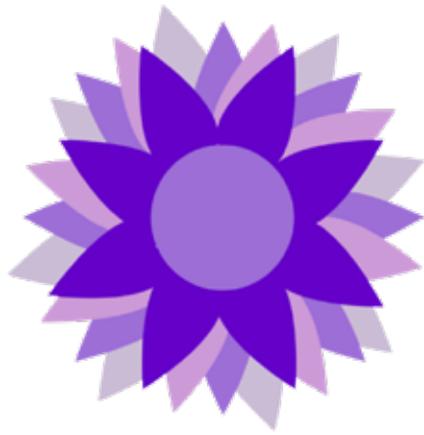
This represents the heart chakra, balancing the body and evoking a deep sense of comfort, love and compassion. A wonderfully grounding treatment to relieve stress and anxiety, inspire unconditional love and nurture the soul.



### ORANGE - ENERGIZING

This represents the sacral chakra and inspires creativity, self respect and vivacity. A perfect treatment for those wanting to instill a renewed zest for life, overcome jetlag and regain a sense of joy and happiness.





## **VIOLET | REGENERATING | 120 min**

**Crown chakra**

**Insight**

**Forward thinking**

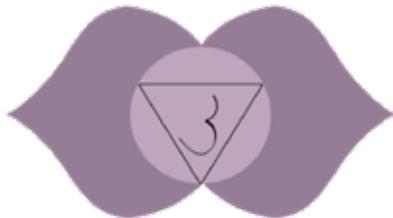
Body exfoliation  
Body wrap  
Scalp massage  
Lomilomi massage

If you find it hard to switch off and meditate, the power of the rose quartz will help you to connect with your innate spirituality and higher consciousness, resulting in increased self knowledge and awareness.

This rhythmic full-body massage has a profound effect on the physical, emotional and spiritual states. A variety of gentle yet deep-acting integrated movements allow you to let go not just of tension, but also of limiting beliefs and behaviors that can block energy.

Fluid, rhythmic and wave-like movements will have you thinking you're floating in the beautiful ocean and gentle stretches enable you to slip away to another realm.

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## **INDIGO | ORIENTAL DETOX | 120 min**

**Brow chakra**

**Intuition**

**Imagination**

**Perception**

Body exfoliation  
Body wrap  
Scalp massage  
Oriental Detox massage

Focusing on the healing powers of the color indigo and the amethyst crystal, this inspiring ritual is therapeutic and erotic in nature and gives full-body satisfaction. To promote balance between the physical, emotional, spiritual and mental levels, if you find yourself constantly only going through the motions of everyday life, you will find the power of yourself, heightening intuition and self awareness.

Combination of energizing and calming movements to bring your body into balance. This ritual bringing peace and clarity to the mind. Physically nurturing and mentally soothing, this ritual will leave you serene and at one with the world.



## **BLUE | DEEP PURIFYING | 120 min**

**Throat chakra**  
**Communication**  
**Interaction**  
**Expression**

Body exfoliation  
Body wrap  
Scalp massage  
Deep Tissue massage

If you are feeling congested and are finding it difficult to speak your thoughts, you will be taken on a journey to greater clarity of mind, improved creative expression and enhanced personal interaction.

The blue quartz is used in this clearing ritual and focuses on personal expression and communication.

The uplifting aroma relieves sinus congestion and opens the throat and chest.



## **GREEN | HARMONIZING | 120 min**

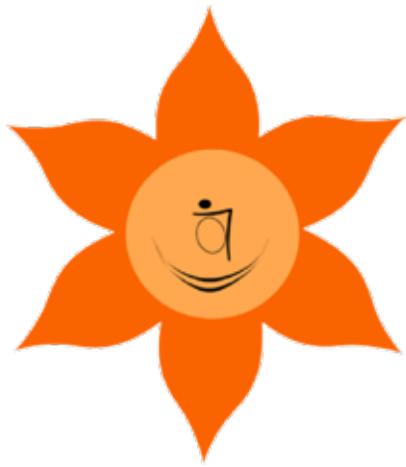
**Heart chakra**  
**Compassion**  
**Acceptance**  
**Peace**

Body exfoliation  
Body wrap  
Scalp massage  
Aromatherapy massage

If you have been hurt previously and find it difficult to accept new love in your life or you tend to judge unfairly, this ritual will assist you in revealing an inner-world of compassion, acceptance and harmony.

The jade crystal focuses on the heart and lungs to balance these organs and energy.

Feel the love!



**ORANGE | ENERGIZING | 120 min**

**Sacral chakra**

**Creativity**

**Joy**

**Enthusiasm**

Body exfoliation

Body wrap

Scalp massage

Swedish massage

Designed to increase your natural zest for life.

Orange calcite is placed to open the sacral chakra which is associated with creativity, self-respect and vivacity.

Good if you are feeling stale and the effects of jetlag have caught up with you.

Emerge feeling uplifted in your spirits and in still in you a lasting feeling of elation, joy and happiness.



## BODY MASSAGES

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### **AROMATHERAPY | 60 min | 90 min**

Discover the ancient art and allure of aromatherapy with this gentle, slow flowing movements and soothing massage style. This pampering massage brings equilibrium to mind and body, reducing stress and relieving anxiety.

### **DEEP TISSUE | 60 min | 90 min**

Deep rhythmic pressure massage

Alleviate high stress levels, ease aching muscles and revive the senses with this powerful deep tissue massage. Dynamic blends of essential oils and level of pressure are customised to target individual needs. Helps relax, recharge and re-energise, whilst tension melts away.

### **SWEDISH | 60 min | 90 min**

The “Classic Massage”

Best known and most widely practiced type of massage therapy. A wonderful combination of sliding, kneading, wringing, friction, vibration and rhythmic tapping strokes designed to relax muscular tension and calm the nervous system. It Improves circulation, boosting the energy leaving the body invigorated.

### **SHIATSU | 60 min | 90 min**

Japanese translation is “finger pressure” for restoring balance

This is a deep pressure point massage

to clear blockages in the body’s energy channels using a pulsating and rhythmic technique without oil. Also known as meridians, these energy paths if congested may cause tension, pain and disease.

### **TRADITIONAL THAI MASSAGE**

**60 min | 90 min**

Stretching movements to relieve tension

This is a dry massage fully clothed in soft pyjamas, using techniques practiced for 2,500 years. Often described as passive yoga, the therapist uses continuous choreographed movements to stretch and relieve tension from the body and mind.

### **HOT STONE | 90 min**

Warm basalt stones melt away tension

This ancient therapy uses the therapeutic heat from stones which is slowly released into the heart of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

### **THAI HERBAL COMPRESS MASSAGE**

**90 min**

Heated Thai herbs aids heal bruised, sore muscles and ligaments.

This therapeutic massage style relieves

aches and pains, stimulates circulation, increases lymphatic drainage and detoxifies fusing medium to deep pressure combined with heat and organic herbs absorbed by the body.

### **FOOT REFLEXOLOGY | 60 min**

Based on a system of zones and reflex areas that reflect an image of the body onto the feet

Reflexology has been shown to reduce stress, improve blood circulation, relieve pain anywhere in the body and improve health and recovery from illness. This pressure to the feet using specific thumb, finger and hand techniques.

### **FOUR HAND | 60 min**

Good for sleep and deep relaxation

An amazing therapeutic massage which is performed by two therapists perfectly synchronised. This synergy helps to facilitate the harmonising energies within your own body. The person receiving this choreographed massage therapy avails total relaxation with a unique feel.

### **ELEMIS NURTURING MASSAGE FOR MOTHER-TO-BE | 75 min**

An excellent therapy that’s good for you and your baby. Performed with the safety, comfort and relaxation, this unique therapy helps relieve back tension, swollen hands and feet. Eases the mind and lifts the spirits.

## BODY TREATMENTS BY VALMONT

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### FIT AND TONE | PEAKS OF SLIMNESS 60 min | 90 min (with body scrub)

A full-body remodeling. Kneading and decongesting movements, friction and smoothing pressures techniques are performed to tone the body.

Combines a unique motion with an original technique working in the direction of the muscular fibres to render the body toned and slender.

Proposed as a 7-session treatment, this treatment will charm with its innovative approach and immediate effects.

Recommended as an attack phase for slimming down, for maintaining one's figure, as a firming program after pregnancy or a diet, in addition to exercise but also - and above all - for any woman who wants to control the effects of time on her body!

### VITALITY OF THE BODY | 60 min

A truly energizing treatment, this body modeling features an original massage technique that is both relaxing and invigorating. And to start on the right foot, this treatment has the added highlight of concluding with an active and revitalizing back massage. In 60 minutes, the client regains energy and serenity and perfectly soft skin!

## FAMILY OFFERINGS

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Spend some quality time together with these unique family offerings, combining relaxation with bonding rituals that you'll remember for years to come.

### FATHER AND SON

FATHER | 60 min  
Deep Tissue Massage

SON | 60 min  
Mini-massage with temporary tattoo application

### MOTHER AND DAUGHTER

MOTHER | 60 min  
Vitality of the body

DAUGHTER | 60 min  
Mini-massage with nail painting or hair braiding



## BODY WRAPS AND SCRUBS

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### ELEMIS MUSCLE EASE AROMA SPA OCEAN WRAP | 75 min

Muscle warming seaweed wrap

The power of aromatherapy combined with the riches of the ocean. This beautiful, aromatic heated seaweed body mask containing muscle warming blends of Pine and Rosemary essential oils, helps ease the pain of arthritis, fatigue and aching muscles. Whilst cocooned, let your thoughts drift away.

### AFTER SUN SOOTHER | 75 min

Calming effect after intense sun exposure

Hydrates and moisturises sunburned skin - healing, soothing and cooling. We wrap you with fresh cucumber and aloe vera gel. Helps to relieve irritated skin and restores hydration.

### COCONUT NOURISHING POLISH 30 min

Thoroughly exfoliate the whole body with localized blend of coconut scrub to take away dead skin cells. Skin is left smooth, healthy and the coconut oil seals in moisture and gives the skin a beautiful sheen.

## SERVICES AVAILABLE UPON REQUEST:

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French polish  
Long lasting nails (Hands or Feet)  
Long lasting French Polish (Hands or Feet)  
Long lasting nail color removal  
Hair rituals  
Men's shampoo / cut / blow-dry

## PRIVATE HEAT THERAPY SUITES

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The synergy of aromas and jetted water will customise your experience in your choice of deluxe or standard private heat therapy suite, each featuring a jetted bath.

DELUXE SUITE | 45 min  
STANDARD SUITE | 45 min

Unwind in your private heat therapy suite and enjoy one of these indulgent treatments.

### EFOREA BODY BLISS HYDRATING MILK BATH

A nourishing blend of sweet almond, lavender, bergamot and coconut oil. This perfect concoction with anti stress aroma deeply nourish the skin giving a smooth silky feeling.

### ELEMIS CELLUTOX HERBAL BATH SYNERGY

A potent blend of detoxifying algae, sea-buckthorn and sea fennel extracts with detoxifying pure essential oils of juniper and lemon. This powerful combination works to help break down cellulite and combat the build up of toxins.

## SERVICES AVAILABLE UPON REQUEST:

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Hand and nail treatment | 45 min | 75 min  
Grooming for feet | 45 min | 75 min





## ENHANCEMENTS FOR ANY TREATMENT

### **BACK RELIEF | 30 min**

A deeply relaxing treatment to relieve all feelings of tension.

### **LIGHTER LEGS | 30 min**

A refreshing treatment that relaxes and relieves tired, heavy-feeling legs.

### **FOOT MASSAGE | 15 min**

### **HAND MASSAGE | 15 min**

### **SCALP MASSAGE | 15 min**



## VALMONT

To offer astonishingly effective high-performance anti-aging treatments: this has been the vocation of Valmont cosmetics since 1985.

A true anti-aging expert, for more than 30 years Valmont has been perpetuating the unique expertise of Swiss cellular cosmetics, legacy of the famous Valmont Clinic, with treatments that offer instant and lasting results of unparalleled quality.

True to the concept of cellulotherapy, Valmont delved into the very nucleus of the skin's cells to find molecules with peerless anti-aging properties: DNA and RNA.

Thanks to a unique and exclusive extraction process, Valmont harvests macro-molecules intact, thus preserving their incomparable regenerative power. Featured in Valmont's beauty treatments, this dynamic duo strengthens and stimulates cells suffering from the effects of time or outside aggressions, revealing sublime and youthfully radiant skin.

Conrad Maldives Rangali Island Spa is one of the luxury resort spas in Maldives to exclusively carry Valmont skincare lines, offering guests therapies and treatments that set new standards of excellence while delivering the utmost in relaxation, revitalization and rejuvenation. Featuring five private treatment cabins designed to reflect the comfort and splendor of Valmont's luxury.

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## ELEMIS

The #1 Luxury British Skincare Brand.

Your skin, your body and your wellness lie at the heart of ELEMIS.

Leading the way in innovative, professional therapies and superior formulations for over 25 years, ELEMIS is the only professional British brand to clinically trial the efficacy of its advanced facials, proven to be effective after just one treatment.

Expert body therapies and unique massage techniques are combined with potent natural active formulations for maximum results. Our team of highly experienced therapists are trained to intuitively nurture your wellbeing, treat your skin and achieve results specific to you.





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