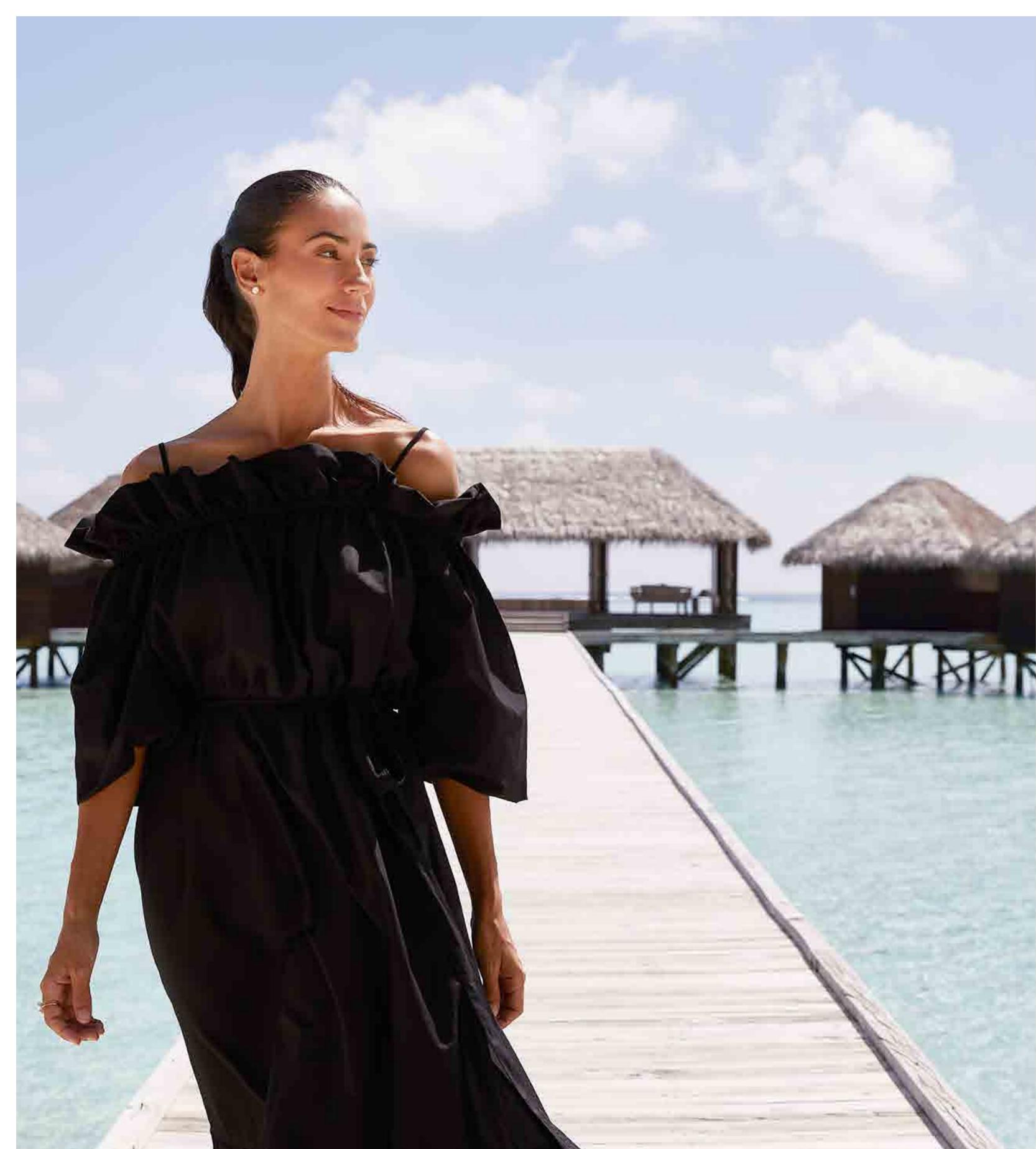


CONRAD® SPA

MALDIVES  
RANGALI ISLAND

***OVER WATER SPA***

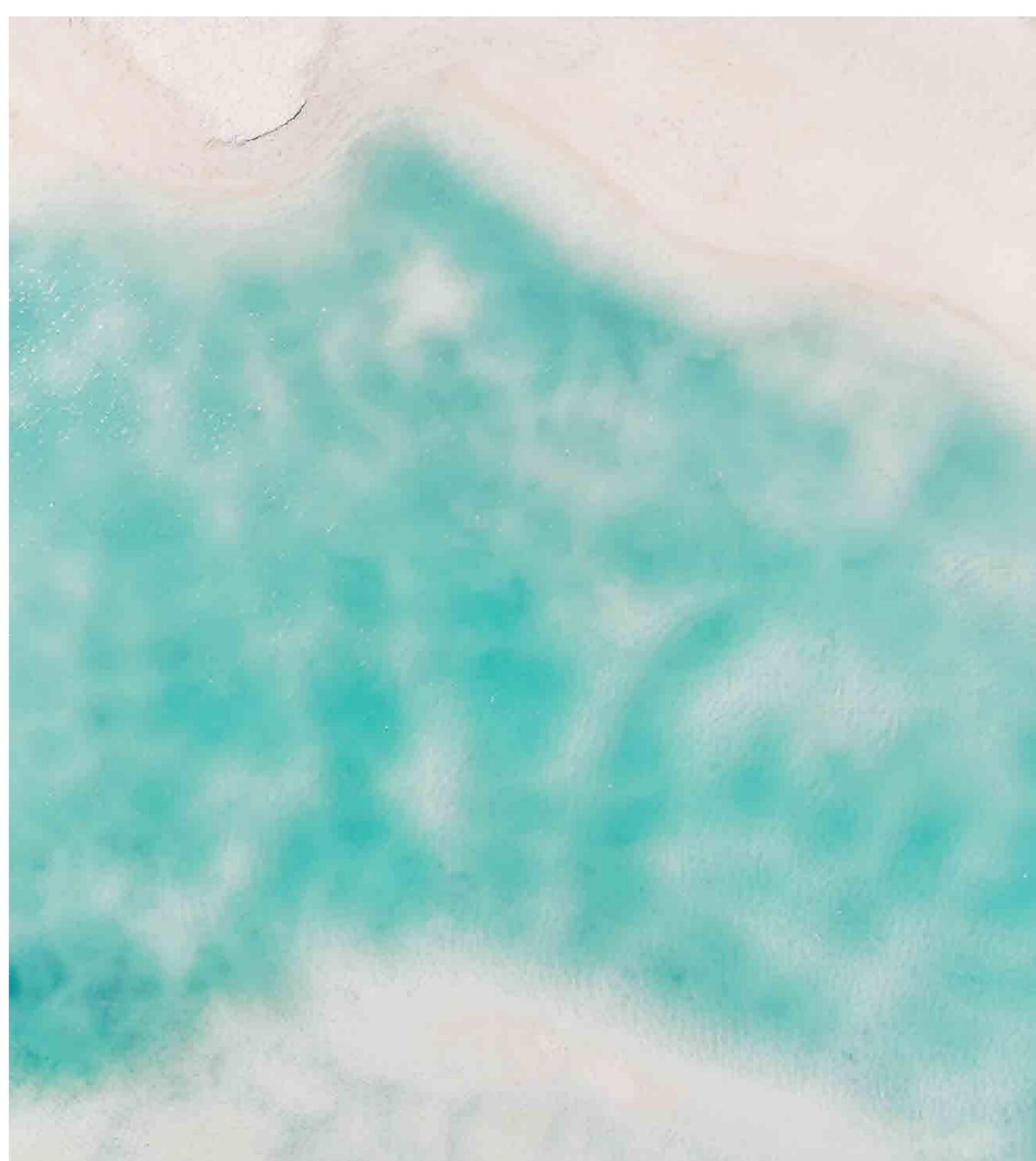


# OVER WATER SPA

Poised over the pristine waters surrounding our twin islands, the Over Water Spa is the epitome of our barefoot luxury philosophy.

As you cross the bridge to one of our four private suites, the tension in your mind, body and soul begins to dissipate as you detach from the mundane and step into the sublime.

In partnership with ISUN, 17 rituals have been crafted to strengthen, soothe, heal and illuminate; channeling the properties of living water, essential oils and precious gemstones, combined with the expert movements of our masterful therapists, for a quantum healing experience that delivers a promise to elevate all dimensions of your being.



# GLOSSARY

## ORMUS WATER

Rushing from a natural spring source found at 9,600ft, deep in the forests of the San Juan Mountains of Colorado; this pristine, energizing living water is exceptionally rich in super-conducting, single atoms of gold, platinum and other precious metals in a rare liquid state.

Collectively, these atoms are called 'ormus', derived from the Kingdom of Ormus, Jewel of the Persian desert.

The high-spin, superconductive nature of Ormus generates a harmonious flow of communication between body, mind and spirit.

Consciousness elevating essential oils of Sacred Frankincense, Rose and Jasmine are infused in the lively water to create Ormus Myst, incorporated in all our rituals.



# GLOSSARY

## GEMSTONES

### AMETHYST

Characteristics: Protection | Purification | Divine Connection

Element: Wind

Chakras: Third Eye | Crown | Etheric

### CARNELIAN

Characteristics: Ambition | Drive | Determination | Stability

Element: Fire

Chakras: Sacral | Root

### CLEAR QUARTZ

Characteristics: Strength | Clarity | Healing | Purification

Element: Fire

Chakras: Crown

### GARNET

Characteristics: Serenity | Success | Health

Element: Fire | Water

Chakras: Base | Crown

### LAPIS LAZULI

Characteristics: Truth | Understanding | Harmony | Success

Element: Water

Chakras: Third Eye | Throat

### ROSE QUARTZ

Characteristics: Love | Healing | Abundance | Success

Element: Earth

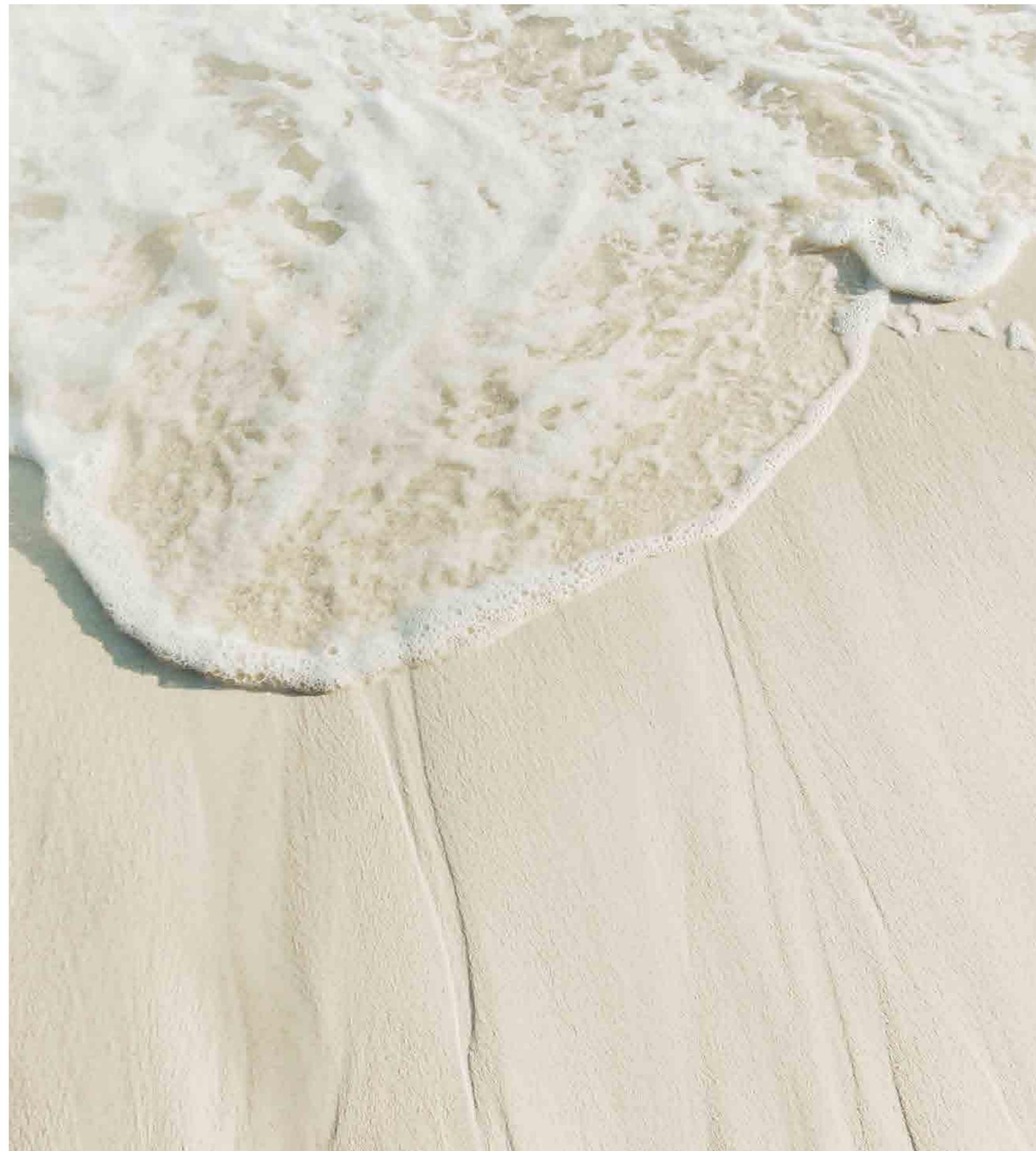
Chakras: Heart



# ***JOURNEY OF THE SUN***

*Allow the course of the sun  
to guide you through the  
following rituals*

*Lift your spirit with the rising  
sun, reach apogee at high  
noon, or wind down as the  
ardent colors of the Indian  
Ocean sunset dissipate into  
the clear night sky*



# SUNRISE

115 MINUTES

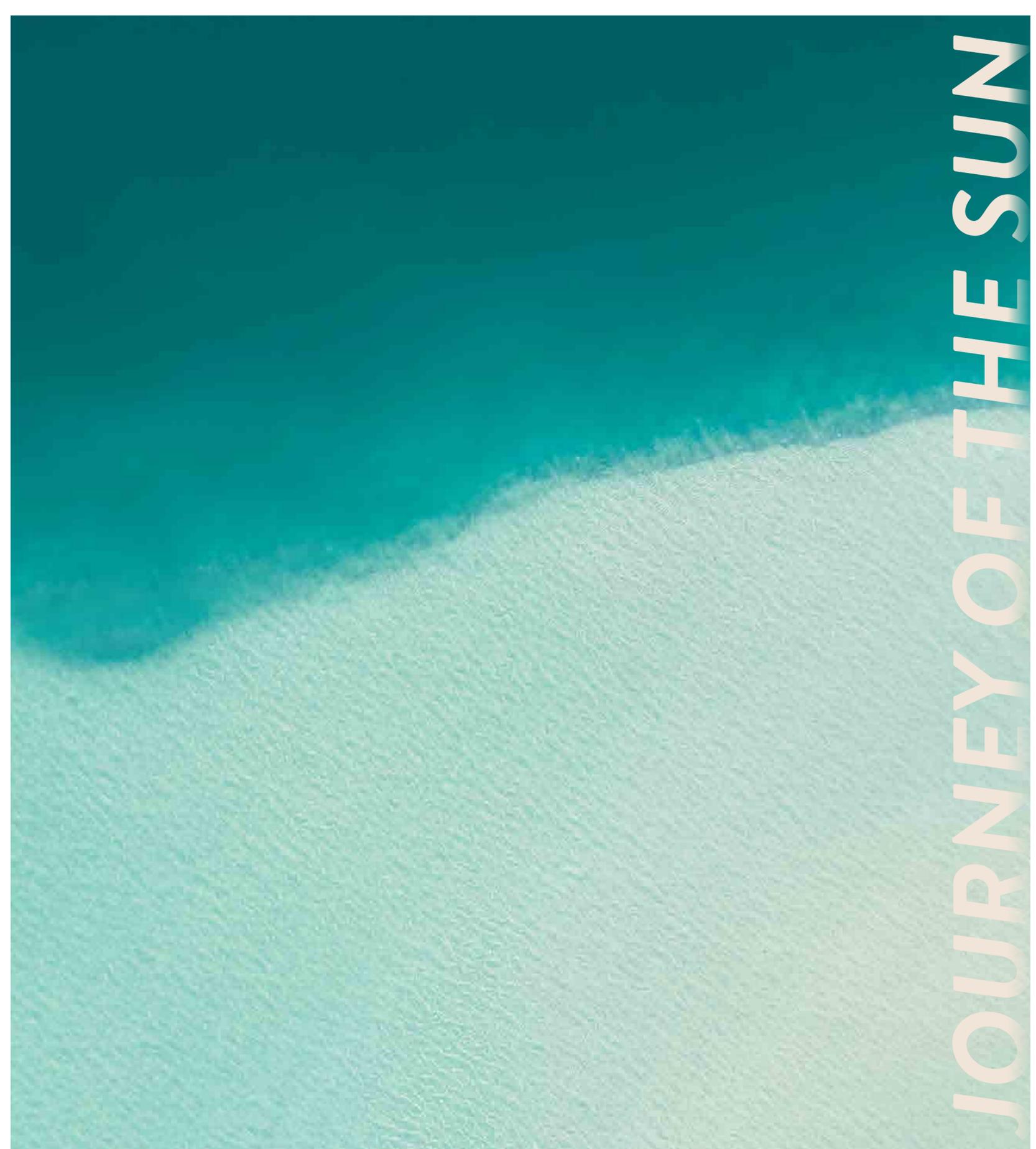
As dawn breaks over the horizon and the darkness transforms into light, elevate your energy along the sun's path for a day filled with purity and bliss.

This 5-chapter ritual channels the properties of Amethyst, Carnelian, Garnet and Rose Quartz to cleanse, invigorate, heal and nurture for a new day and a new you.

Initiate with a refreshing and cleansing juice, followed by a 25-minute yoga practice before washing away any negative energy by taking a swim in the Indian ocean.

Finally, sink into the Gemstone & Aromatherapy Body Bliss to open your chakras and harmonise your resonance.

Ormus Myst concludes the Sunrise ritual allowing you to begin your day with a fresh perspective on a world of possibilities.



# HIGH NOON

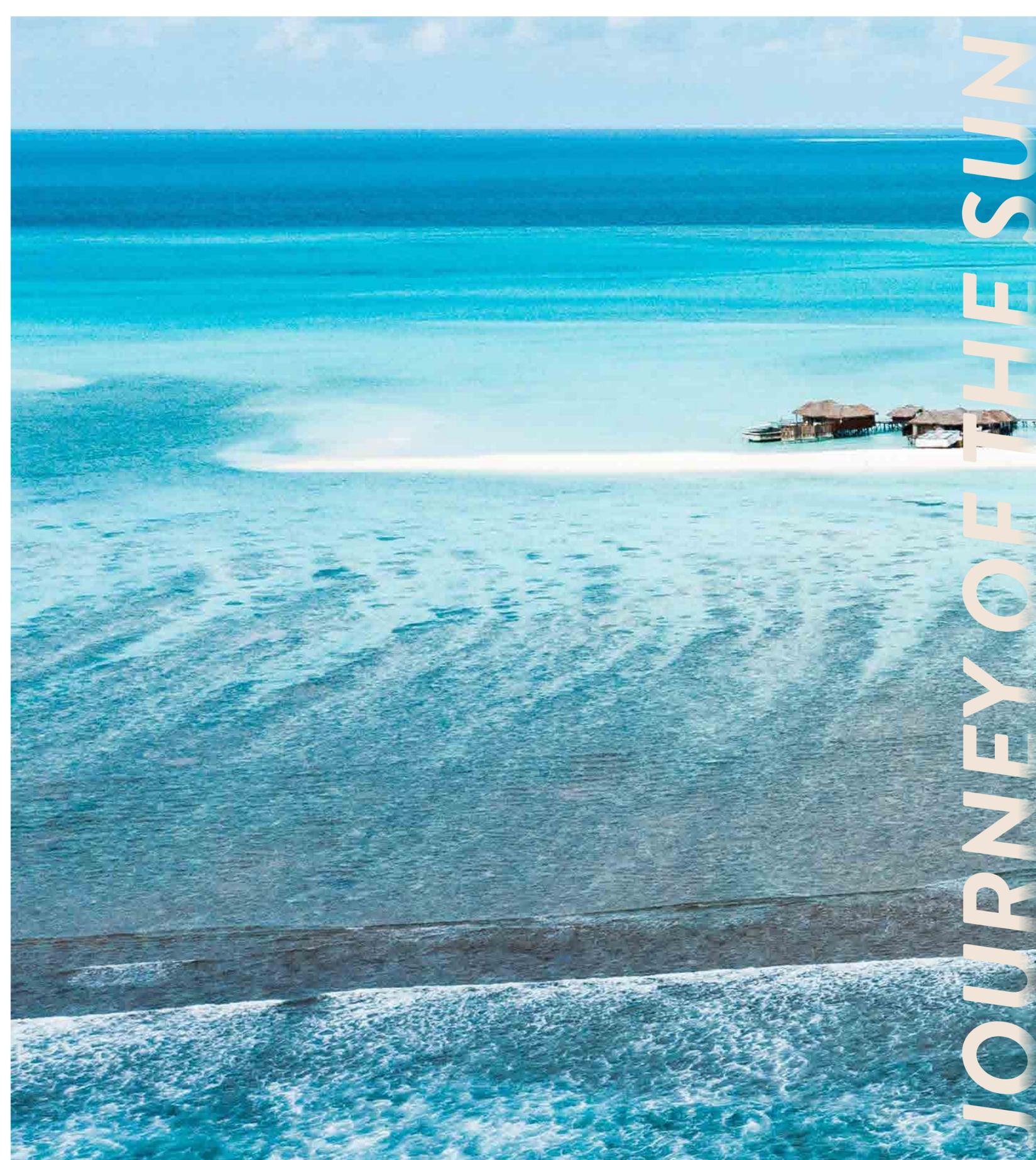
90 MINUTES

While the sun reaches its zenith, the High Noon 4-chapter ritual guides the alignment and opening of the crown and root chakras.

Begin with a refreshing foot bath with therapeutic Ormus Bath salts, infused with Rose, Sacred Frankincense and Jasmine essential oils, leeching the negative energy, stress and tension from your body and leaving you feeling refreshed and light as a feather.

As your feet soak, a skincare consultation will allow our therapists to select the best combination of ISUN products to repair, regenerate and transform your face bringing youthful vitality and rejuvenating radiance through the signature Radiance Revitalizing Facial.

The ritual ends with a cup of soothing herbal tea, while your therapists recommends after-care of ISUN products to keep that glow long after you exit the Spa.



JOURNEY OF THE SUN

# SUNSET SURRENDER

*115 MINUTES*

Relinquish yourself to the sublime energy of the setting sun with this 3-chapter ritual.

As the hues of orange, pink and red dance across the sky, unwind with a 15-minute meditation session to prepare your mind and body for an exceptional experience.

Foot bath, Shirodhara back massage and Vedic Marma point facial massage will transport you to a timeless place, free of the worry, needs and limitations of everyday life.

As the colors in the sky reach their apotheosis, cede any remaining negative energy to the hypnotic effect of the ancestral practice of oil being gently poured on your Third-Eye Chakra as you receive a hair and scalp massage to restore harmony and balance.

As the stars begin to dot the dusk sky, enjoy a pacifying chamomile infusion to conclude your Sunset Surrender.



# SUN SOOTHER

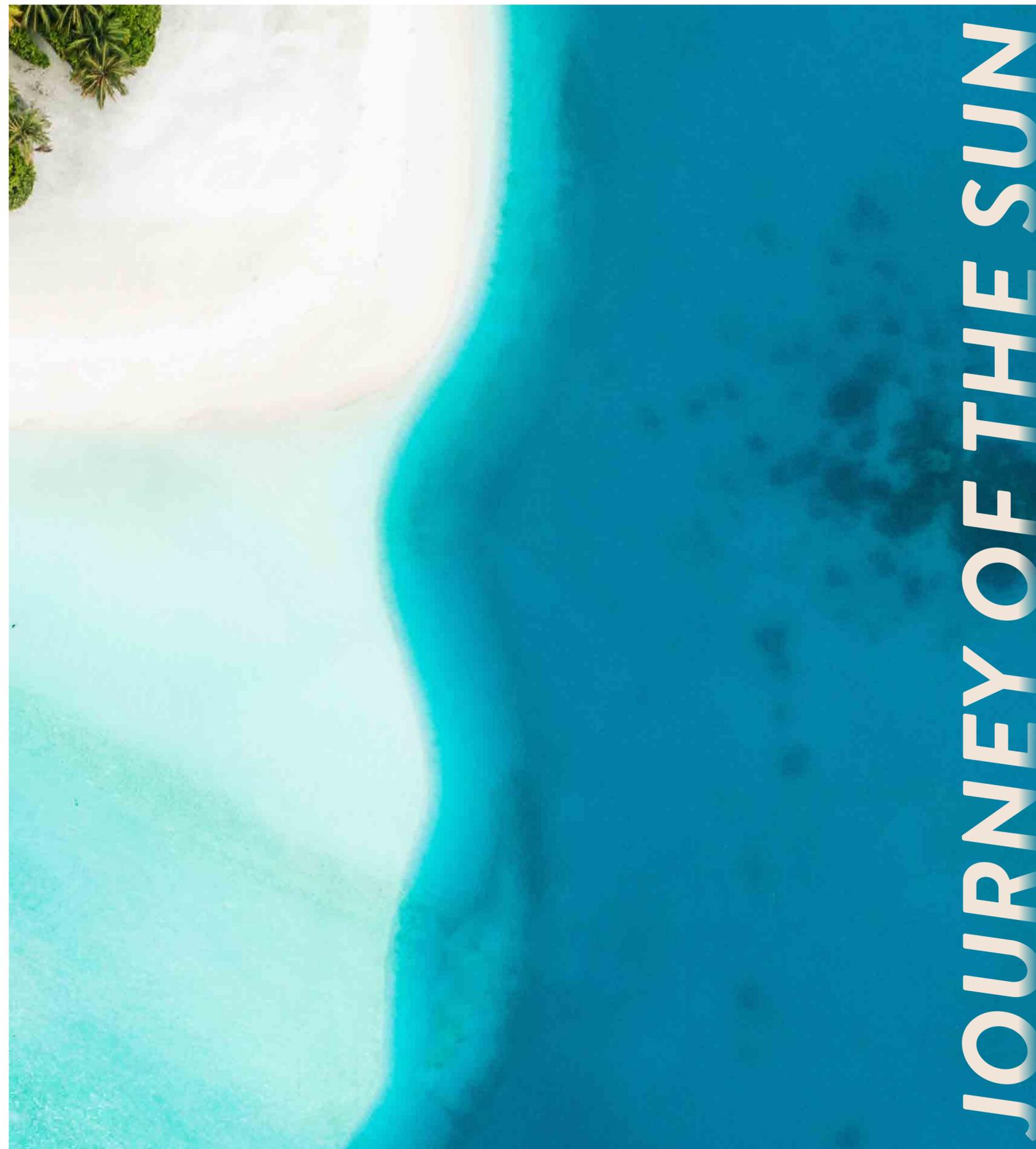
## 60 MINUTES

Soothe sensitive skin and promote healing of over-exposition to the sun with this relieving 4-chapter ritual. Initiate with a hydrating mist, followed by a rich face & body wrap concocted with virgin coconut cream, aloe vera, cucumber and a mix of healing herbs.

As this healing balm slowly works its magic, a Marma point facial massage bestowed by crystal wands will ease you into a deeper relaxed state. An ultra-luxurious scalp massage ensues before the balm is gently wiped off.

A gentle healing mist precedes a light application of nurturing, anti-oxidant body oils to lock-in moisture and optimize healing.

To conclude, a procession of decadent repair and rejuvenation serums are applied to the face and neck, closing the ritual and leaving you feeling refreshed and renewed.

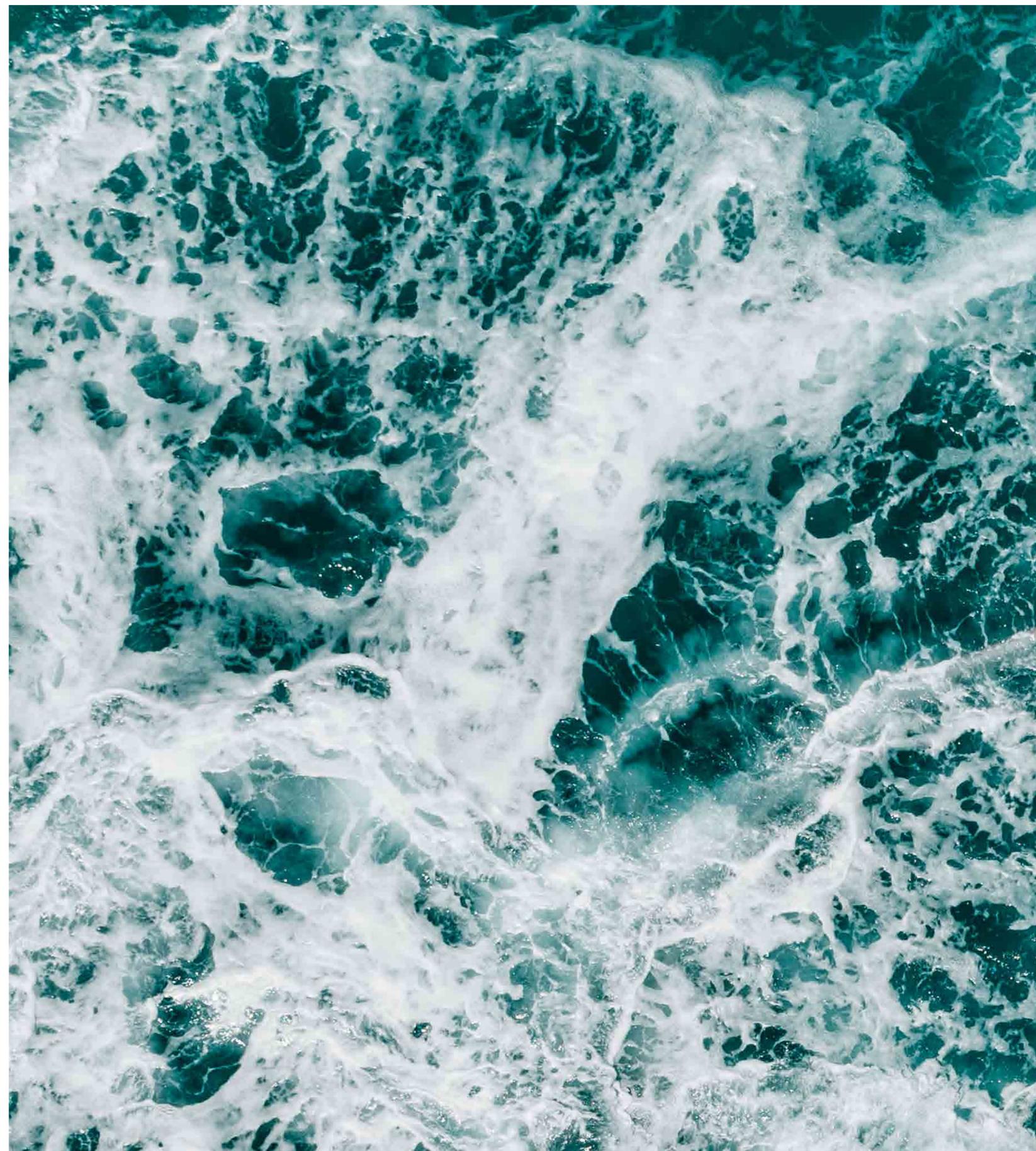


JOURNEY OF THE SUN

# STRENGTH

*The following rituals are focused on grounding your being, balance and re-align any dissonances caused by the stress and distractions of daily life*

*Tap into the power of the Earth's magnetic field with the help of precious gemstones incorporated in the rituals to bring equilibrium to the mind, body and spirit*



# LONGEVITY SPACE

## 90 MINUTES

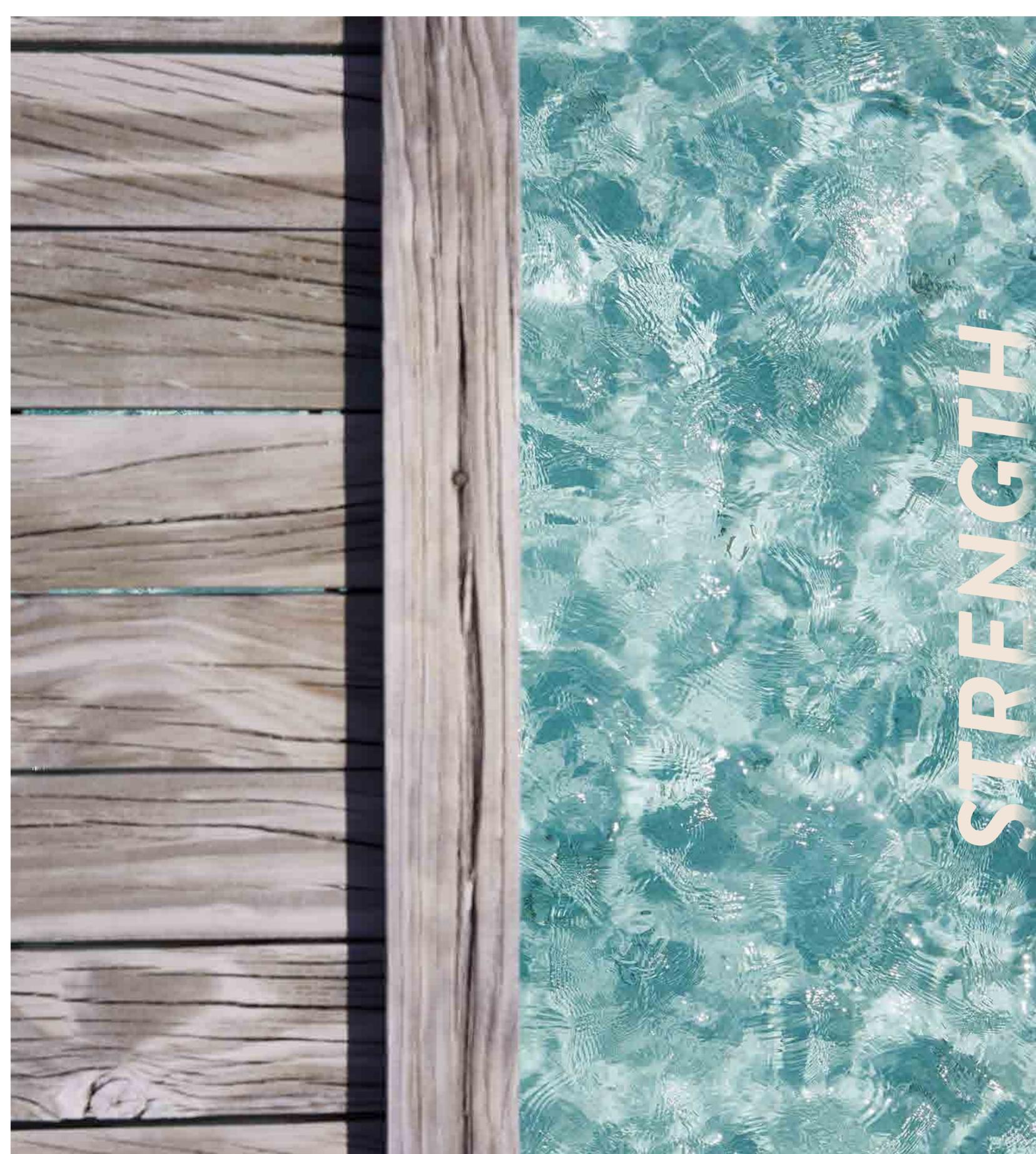
Ideal for aligning imbalances caused by mental or physical stress, travel or sleep deprivation.

This 3-chapter ritual combines the power of gemstones and their corresponding plants and herbs, with ancestral massage techniques; leaving you feeling light and uplifted.

Begin with a Sacred Aromablend inhalation, followed by a massage with herb-infused oils allowing your brain to slowly slip into the Theta wave state ideal for deep meditation, aided by the deliberate, slow, long, soothing and firm massage strokes and energy-balancing gemstones.

Following a purifying cleanse with lavender and sage, hot towels finish diffusing any leftover tension in your muscles. A rejuvenating facial treatment ensues, with a nutrient-rich chlorella algae mask, edelweiss and green tea extract serum along with herb-infused oil moisturizer, incorporated into the skin through a Marma point massage bestowed with cooling quartz crystal wands.

Closed with Ormus Myst, this ritual is a transformative experience leading to a lingering sentiment of blissful balance and a heightened sense of consciousness.



# CRYSTAL ENERGY IMMERSION

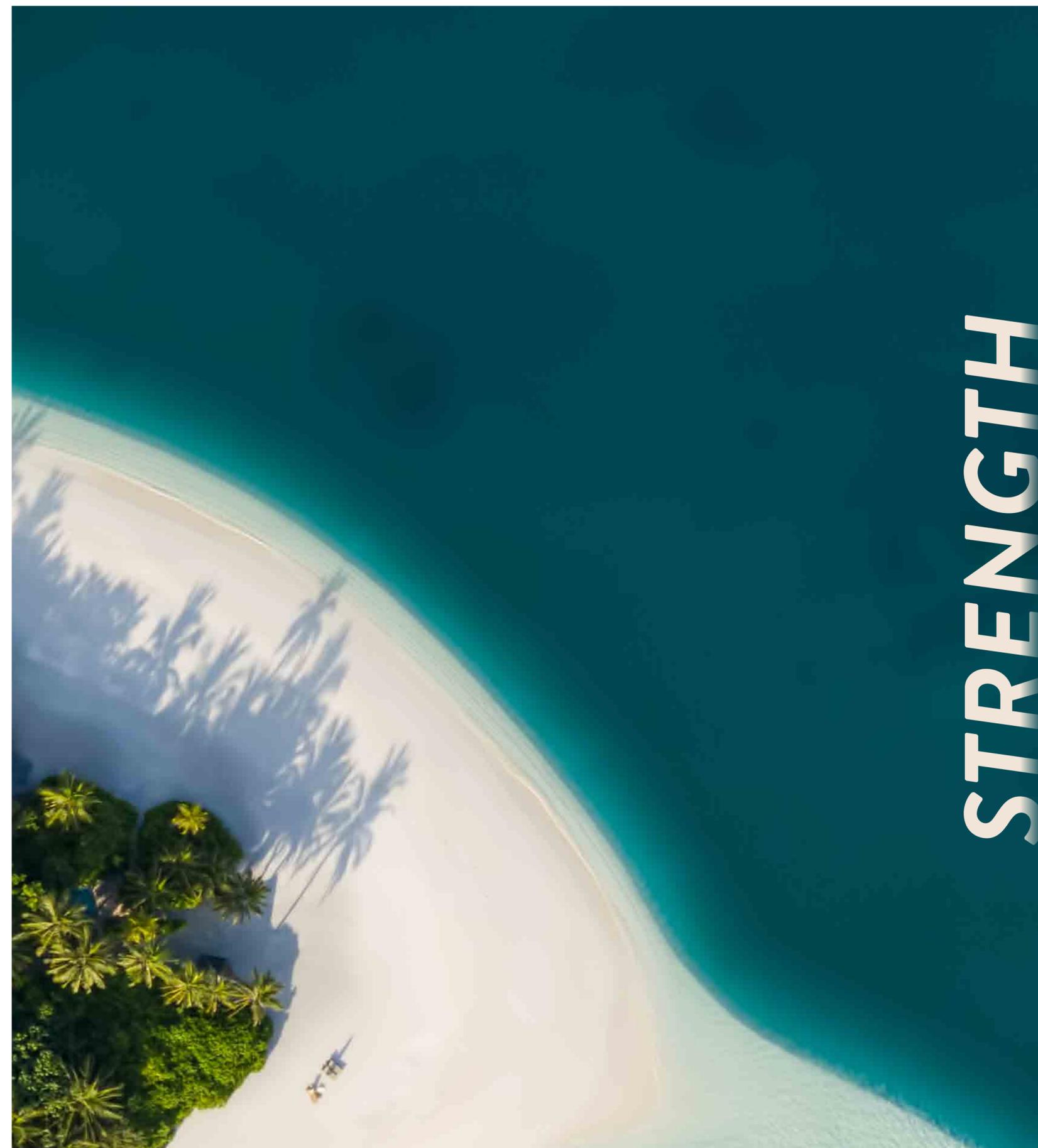
120 MINUTES

Curated with the warmth of Maldivian hospitality in mind, this rich and indulgent 6-chapter ritual channels the benefits of wild crafted botanicals and precious gemstones.

The ritual starts off with a decadent Honey-Avocado body wrap; an undeniable invitation to tranquility as a gentle Marma point massage is performed on your face and scalp with quartz crystal wands and gemstone based oil moisturizer.

Once the wrap is showered away, you will find your skin supple and glowing, ready for a garnet body oil massage.

Finally, foot reflexology massage is performed using herbal shea butter, leaving your balance restored, your skin renewed and your body light as feather.



STRENGTH

# CELESTIAL LIGHT EXPERIENCE

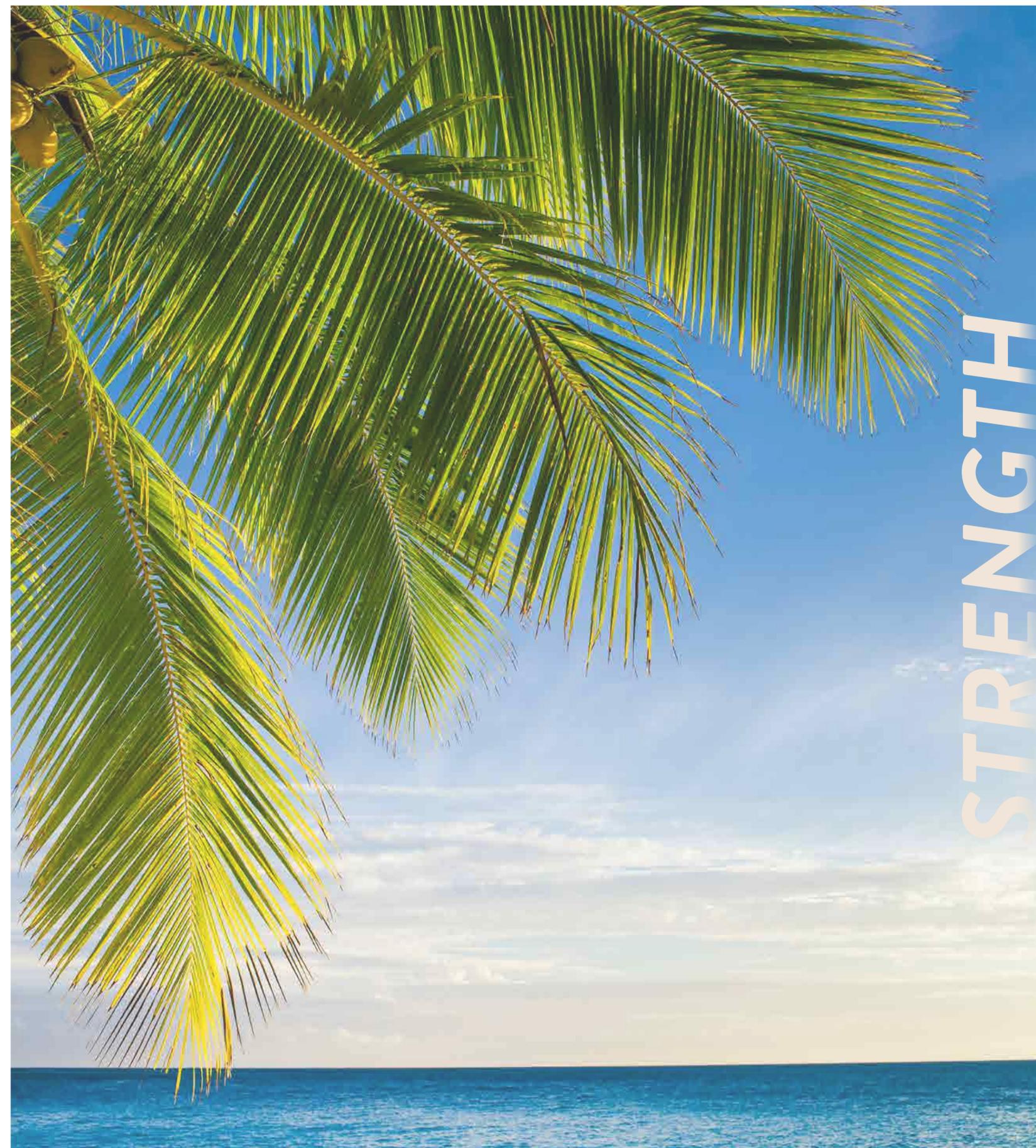
180 MINUTES

This 5-chapter ceremonial ritual is inspired by the wisdom of Ayurveda, and the choice of herbs and gemstones is customized to your needs and intentions, seeking to balance your personal "dosha" - Pitta, Vata or Kapha.

Dosha represents each of the 3 energies believed to circulate in the body according to ancient Ayurvedic medicine practice. These energies are believed to govern physiological activity and their differing proportions determine individual temperament and physical constitution. Unbalanced doshas can predispose to particular physical and mental ailments.

The journey begins with a rich polish of wild crafted, detoxifying botanicals, followed by a wrap of healing oils and herbs. As you are cocooned, tension is released from your head with a gentle scalp massage. The wrap is then washed off in an Ancient Mineral Salt bath, before a wellness massage using Garnet, Amethyst or Carnelian body oil is bestowed.

Finally, a 1 hour bespoke Celestial Light Facial seals the ritual, transforming your complexion, plumping your skin and allowing your inner glow to shine bright.



STRENGTH

# CALM

*The following 3 rituals were conceived to slow the racing mind and ground the rushing body, allowing you to penetrate a state of serenity and restfulness*

*The rituals incorporate gemstones such as Clear Quartz, Lapis Lazuli and Amethyst, to work on the Crown, Third-Eye, Throat, Heart and Etheric Chakras to foster reparation, restoration and rejuvenation in your mind, body and soul*



# OCEAN EMBRACE

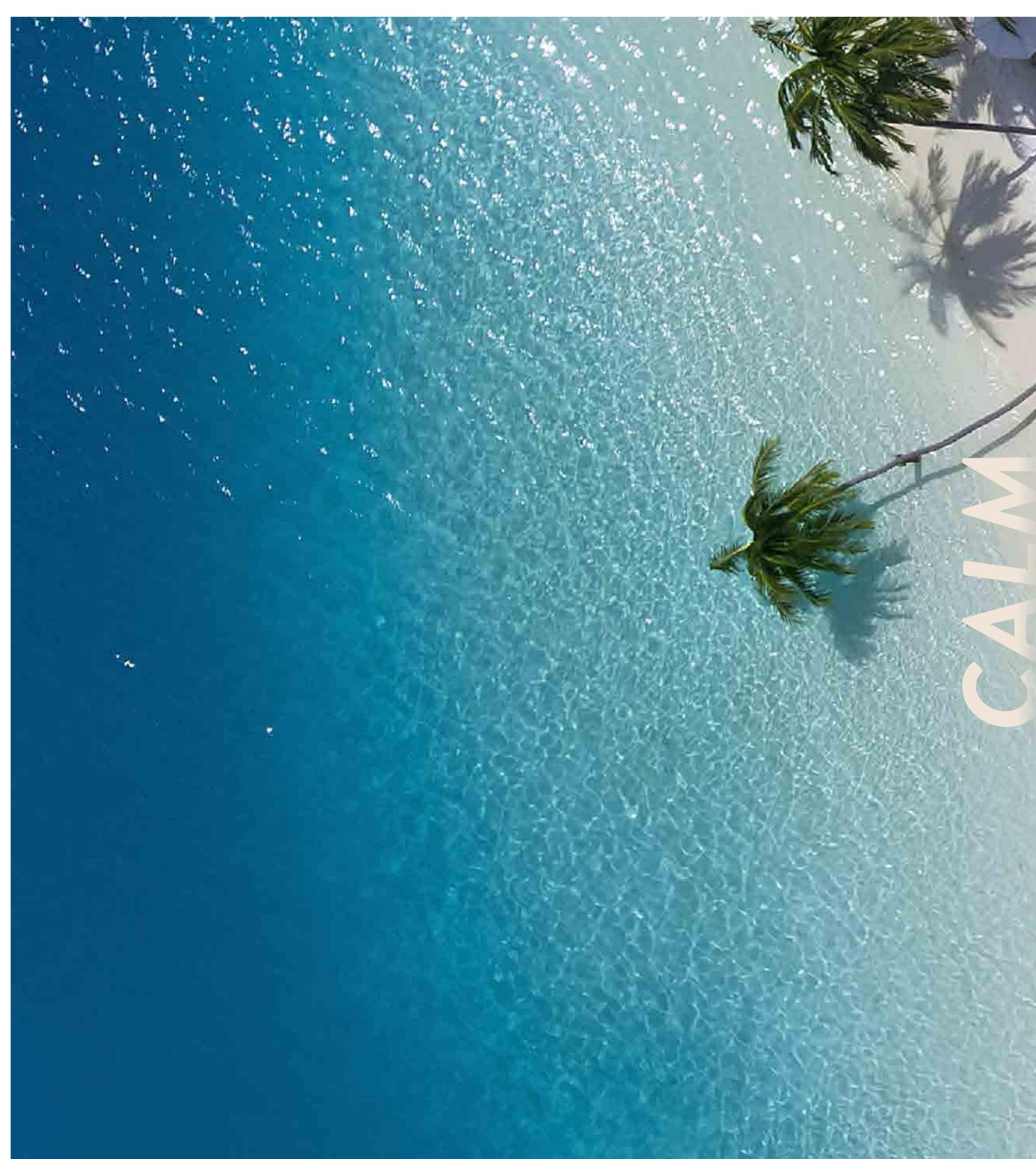
## 90 MINUTES

Envisioned to revive the tired traveler, this tailored 4-chapter ritual consists of a reinvigorating foot soak and foot to knee massage to reinstate optimal circulation, followed by a back, neck and shoulder massage to release pent-up muscle tension with an Herbal Lapis Lazuli or Amethyst body oil.

A detoxifying and calming Lavender-Sage cleanser is then applied following hot towels to dispel any remaining strain.

Subsequently, a mini facial and Marma point face massage removes impurities, brings nourishment to the tired skin and revitalizes the complexion.

We then recommend a dose of fresh sea air and a walk on the white sand beach to ground your energy and settle into the new time zone.



# LIGHTNESS OF HARMONY

*120 MINUTES*

This luxurious 2 hour, 3-chapter ritual begins with a rich moisturizing and exfoliating scrub, associating fine mineral salt with opulently creamy unrefined organic Shea butter.

After the scrub is cleansed away with lavender-sage cleanser and hot towels, a generous layer of indulgent Honey-Avocado butter, infused with cardamom and vanilla is lathered over the body and face, creating a warm embrace of nourishing wholesomeness.

Once the wrap is removed, a luscious full body massage awaits with nutritious Ghanaian Shea butter, infused with soothing lavender, calendula and helichrysum flowers.

This ambrosial ritual brings together the benefits of wildcrafted herbs, seeds and flowers for a pearlescent skin and solaced mind.



# *BRIGHT & CELESTIAL*

## *180 MINUTES*

This lavish 5-chapter ritual begins with a luxurious body polish of wild crafted cleansing botanical selection, followed by an herbal body wrap to extract toxins and infuse nourishment into the deepest layers of the skin as an invigorating scalp massage releases tensions and promotes circulation.

After soaking in a warm bath filled with Ormus Ancient Mineral Bath Salts, a soothing massage alleviates pent-up tension with Lapis Lazuli Herbal Oil or Amethyst Body Oil.

The ritual then moves on to the face with a 1 hour Celestial Light Facial for deep face tissue regeneration, leaving your skin restored, rejuvenated and radiant.

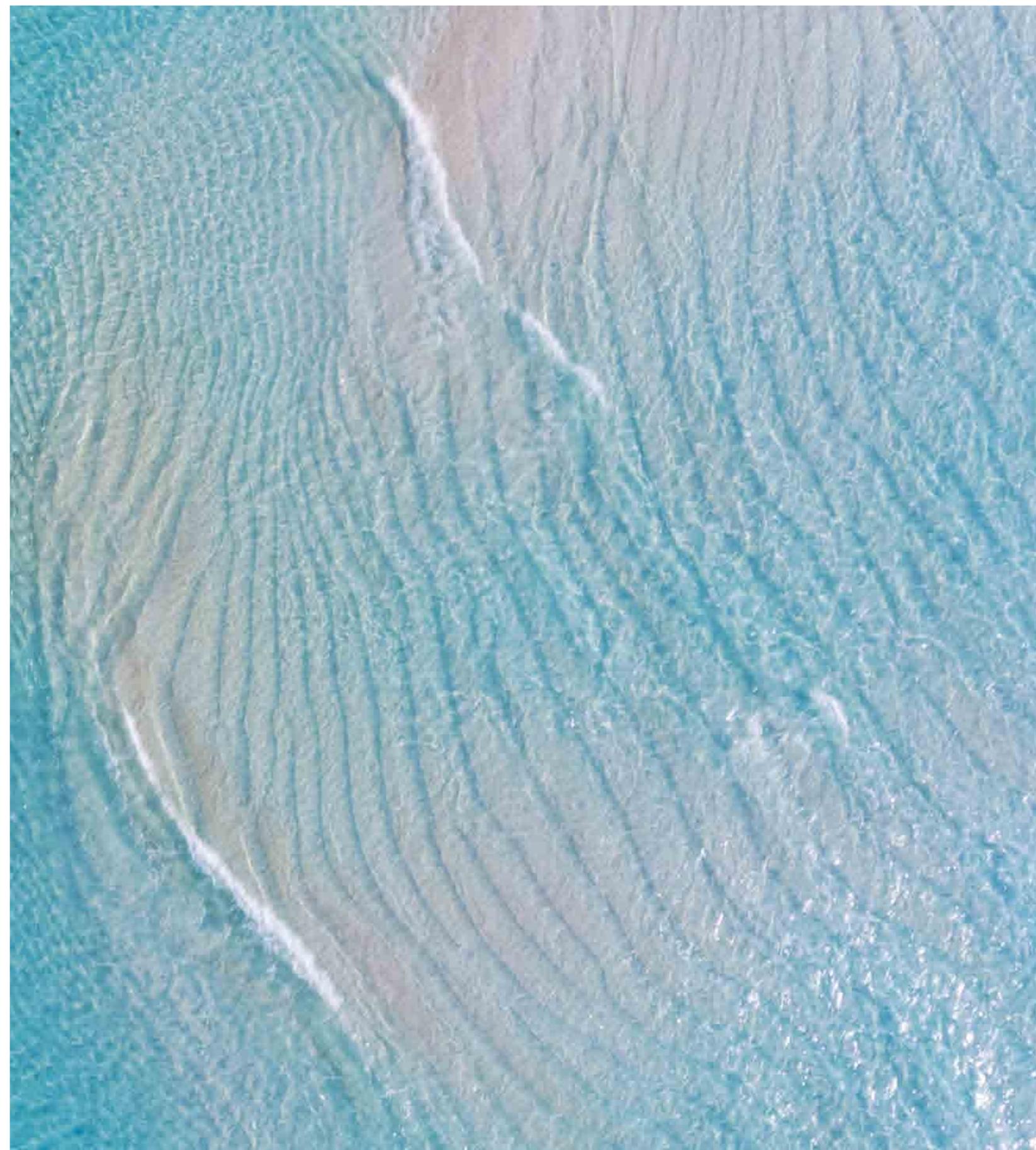


CALM

# HEALTH

*Purify, Renew & Rejuvenate  
with your choice of the 3  
Health Rituals*

*Removing impurities and  
toxins from the mind, body  
and soul with wild crafted  
herb and oil ancestral  
combinations*



# MINDFUL BLISS

*90 MINUTES*

Restore harmony and balance with this 5 chapter ritual, beginning at your root with an Ormus Ancient Mineral Salt foot bath, reaching out to your neurological pathway with a Shirodhara back massage with fractionated coconut oil and ending at your crown with an Ayurvedic Marma point facial massage with Clear Quartz crystal wands and rejuvenating eye mask.

The ritual concludes with the entrancing effect of oil being gently poured on your Third-Eye Chakra as you receive an invigorating hair and scalp massage.



# AWAKEN RENEWAL

## 120 MINUTES

This captivating 3-chapter ritual allows for renewal of the mind, body and soul.

Begin with Citrus and Spice Herbal Body Oil massage, complimented by the captivating sensation of oil being poured on your Third-Eye Chakra, soothing the anxious mind and relieving tension.

To conclude, a 1 hour Celestial Light facial combines the benefits of minerals, herbs and citrus to nurture radiance back into the complexion.

# GEM OF HEALTH

180 MINUTES

This opulent 5-chapter purification ritual came into existence to bestir mind, body and soul, and reinstate youthful vitality and create a greater sense of wellbeing.

The ritual commences with an immersion in water infused with ancient mineral salts and essential oils. Amethyst crystals are placed in the bath water, further channeling the purification intent of this ritual. After the soak, the skin is gently dry brushed, stimulating lymphatic glands to clear toxins and removing dead surface skin cells.

The cleansing continues with a detoxifying body scrub, with a proprietary blend of herbs, plants and spices combined with Moroccan rhassoul clay blend and incorporated in an invigorating citrus oil. The mixture is vigorously massaged on your skin to stimulate circulation, galvanize the herbs and plants active ingredients and mildly exfoliate the skin.

The blend is then wrapped on the body in layers, maintaining heat and allowing for maximum absorption, while your face undergoes a mini facial with detoxifying facial mask and scalp massage. Once the wrap is washed off, a massage with citrus and spice herbal oil ensues.

Finally, take a moment to relax while replenishing the body with Pink Himalayan salt stirred in cool refreshing water.



# RADIANCE

*This collection of facial rituals is designed to brighten the complexion and plump the face from within, leaving your face with an ethereal, radiant glow lasting long after you cross the bridge of the Over Water Spa.*



# RADIANCE AGE-REVITALIZING

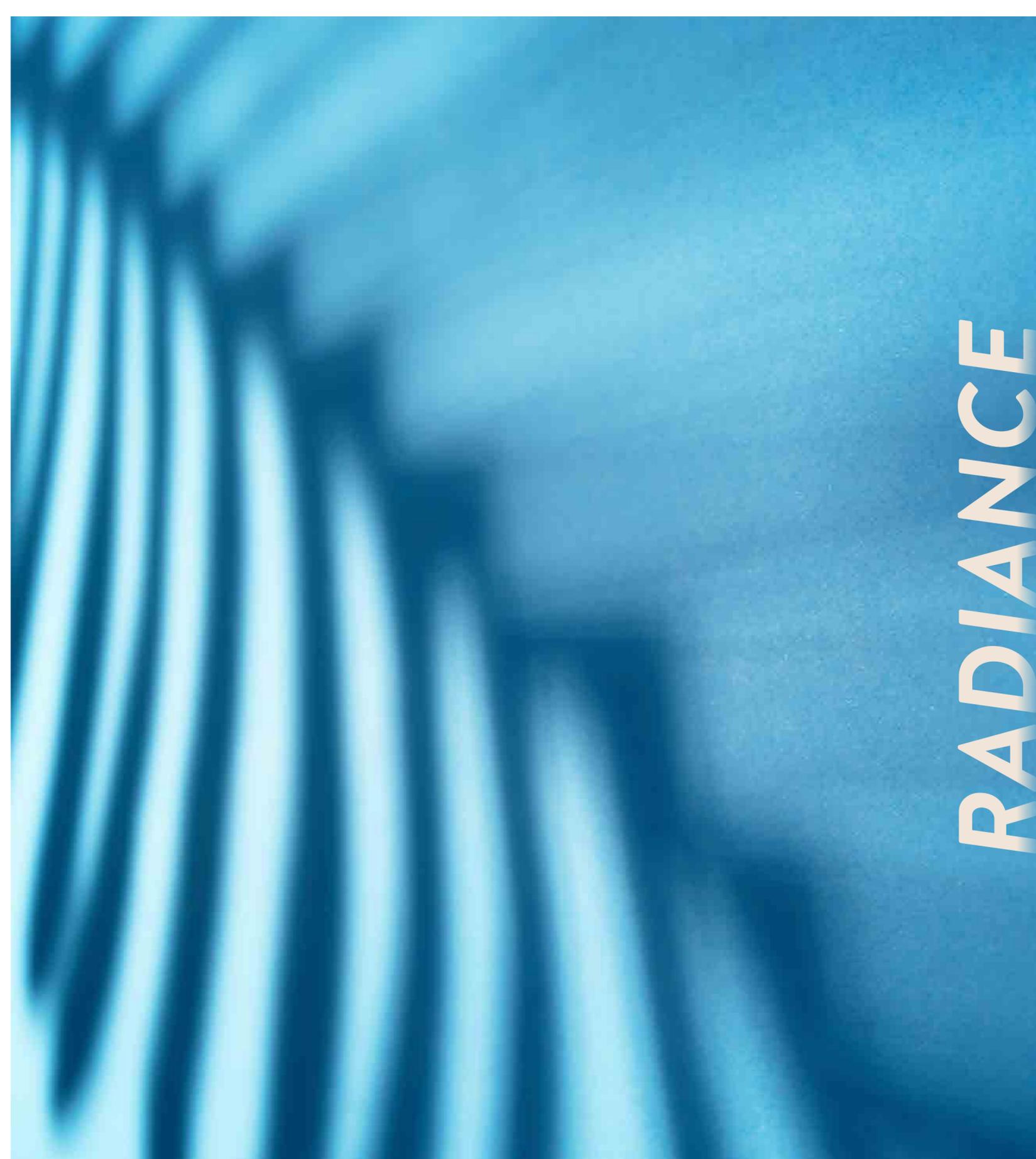
90 MINUTES

This luxurious ritual gives your skin the tools to repair, regenerate, restore and transform back to rejuvenated radiance. Cleansing and purifying the 3 entrance points of the body: face, hands and feet, this ritual revitalizes the skin; granting it a youthful glow and inner radiance.

From beginning to end, this aromatic experience is a treat to the senses. With 2 exfoliating treatments ridding the skin of impurities and dead cells, followed by rich and nutritious masks to plump facial lines and clear the complexion.

A variation of the same treatment is applied to the hands and forearms, harshened by daily aggression of soap, disinfectant and sun exposure. For the feet, a rich moisturizing herbal shea butter treatment awaits, along with a massage and quartz crystal palm stone.

Finally, a soothing face, neck and shoulder massage will release any leftover tension, aided by the energy of clear quartz gemstone for an enduring sense of wellbeing.



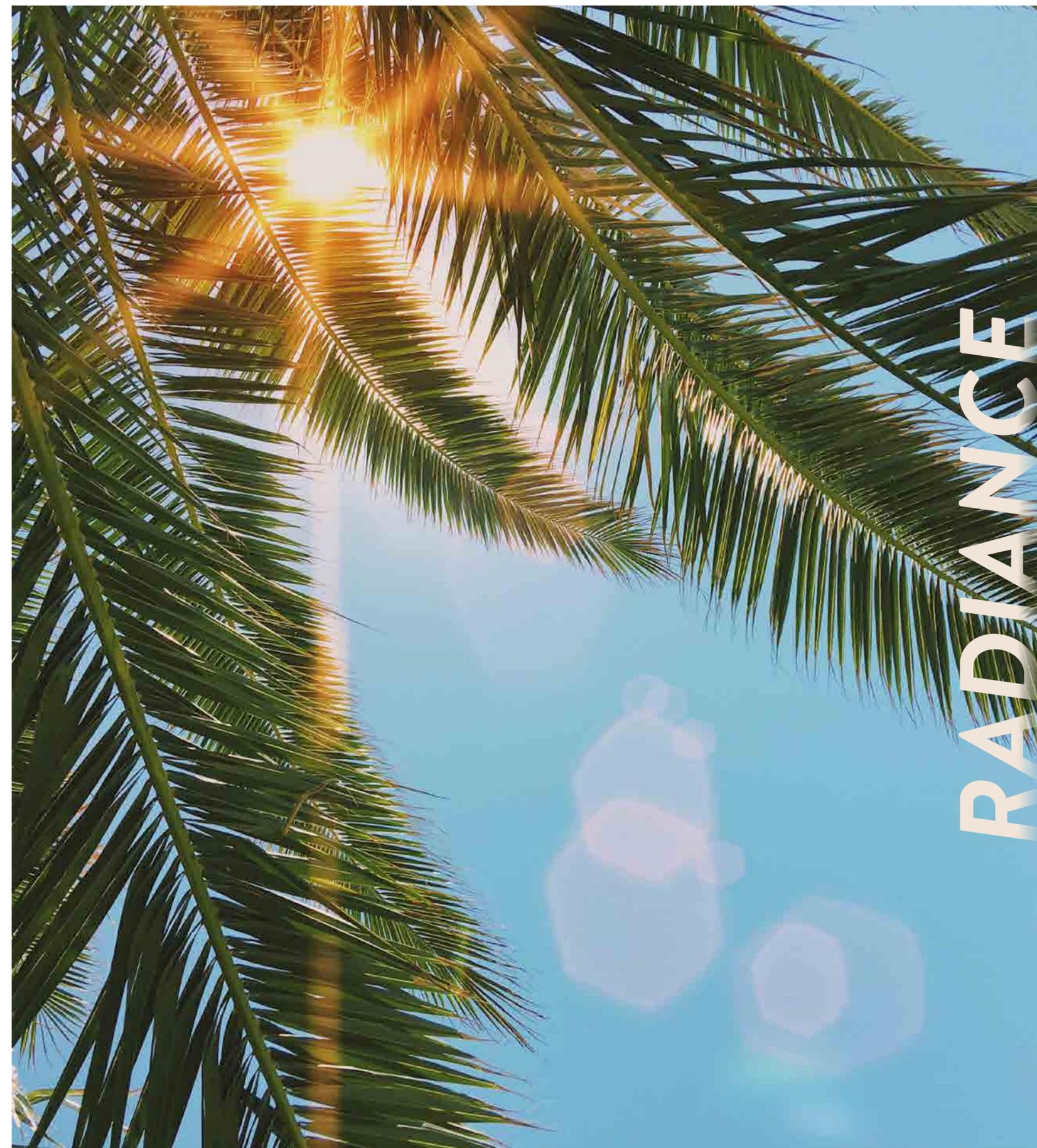
# CELESTIAL LIGHT

90 MINUTES

Designed to brighten the skin, even out complexion and sooth the lines of ageing, the Celestial Light ritual replenishes the skin with deep and intense moisturizing treatment.

Pure pearl, wild Australian Kakadu plum, Rose, Cucumber are just some of the ingredients selected in the rich basket of nature to cleanse, nourish and plump the face, neck and décolleté.

Finishing with a sequence of essential oils, serums and creams, brightening the face with a celestial glow.



RADIANCE

# CRYSTAL ENERGY

## 90 MINUTES

Restore balance to your skin and your energy with this carefully crafted ritual.

A series of 3 face masks are applied throughout the 90min ritual to purify, soothe and deeply moisturize the skin.

Each mask application is complimented by an energy balancing massage using gemstone infused oils channeling the corresponding energies.

To conclude, a 12 point facial Marma massage aided by crystal wands is applied to the already glowing face, closing with a series of lush serums and moisturizers for that unique glow that comes with wellbeing.



# SOOTHING CRYSTAL

*60/90 MINUTES*

Repair and regenerate facial tissue with the long lasting effects of this indulgent facial ritual, for youthful vitality and rejuvenated radiance.

Double exfoliation, gemstone enhanced techniques, and luscious herbal oils come together to uplift and elevate the soul, while soothing and repairing the skin.

This ritual is customized to the needs of your skin and dosha type - Vata, Pitta or Kapha.

- Intense Moisturizing Hydration for Dry Skin - Vata
- Soft Soothing for Sensitive Skin - Pitta
- Deep cleansing for congested, acne-prone/oily skin - Kapha

The 90 minute variation includes a shea butter foot wrap and clear quartz gemstone foot massage



RADIANCE

# THE GENTLEMAN

## 60/90 MINUTES

This age-revitalizing, high-performance facial ritual is curated specifically for men to evacuate physical and mental stress while alleviating the signs of tension and ageing in facial tissues.

The ritual begins with a deep cleanse, before the skin is softened and refined with active enzymatic exfoliation mask and mineralized scrub.

The stress simply dissolves as a scalp, neck and shoulder massage with lapis lazuli gemstone and herbal oil.

Nourishing facial mask and relaxing facial massage conclude the ritual, with a finishing application of concentrated serums stimulation cell regeneration for a long-lasting effect.

The 90 minute variation includes a shea butter foot wrap and clear quartz gemstone foot massage

RADIANCE