



CONRAD® SPA

MALDIVES
RANGALI ISLAND

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.

ALLURE | 120 min

Body exfoliation
Body massage
Mini facial by Valmont

This treatment is designed to tantalise your senses and indulge the spirit. Melt away every day stress and evoke a deep sense of tranquility.

SIGNATURE TREATMENTS



VIOLET - SPIRIT

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 - INTUITION

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 - CALMING

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.



YELLOW - CONFIDENCE

This represents the solar plexus chakra, helping to inspire self-confidence, encourage concentration and relieve mental fatigue. A fantastic treatment for those wanting to rejoice in life, refresh the mind and stimulate the senses.



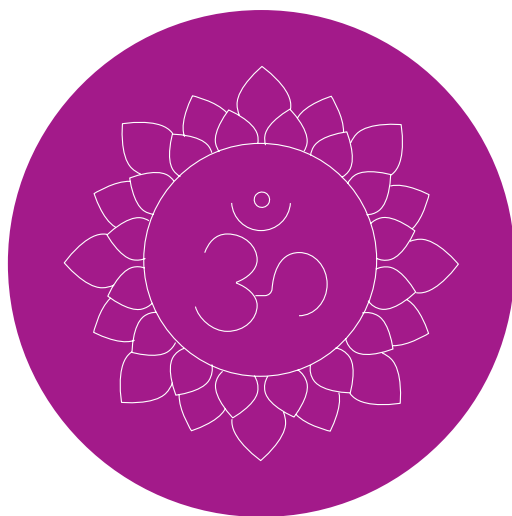
ORANGE - ENLIVEMENT

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.



RED - EMPOWERING

This represents the base chakra, bringing about personal empowerment, vitality and personal assertiveness. This ritual is a great choice for grounding and balancing.



VIOLET | SPIRIT | 120 min

Crown chakra

Insight

Forward thinking

Body Scrub

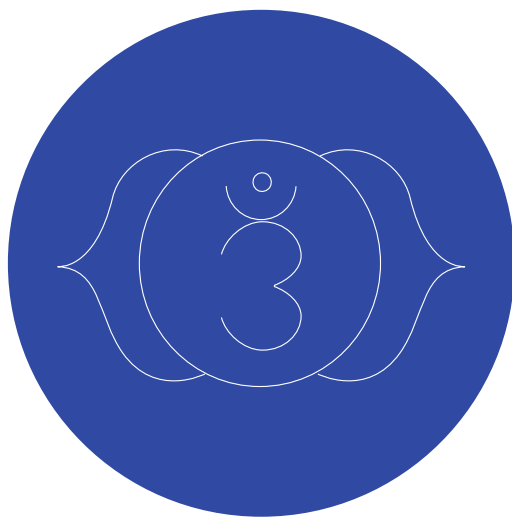
Lomi Lomi Massage

Marma Face & Head 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.



INDIGO | INTUITION | 120 min

Brow chakra

Intuition

Imagination

Perception

Dry Brush

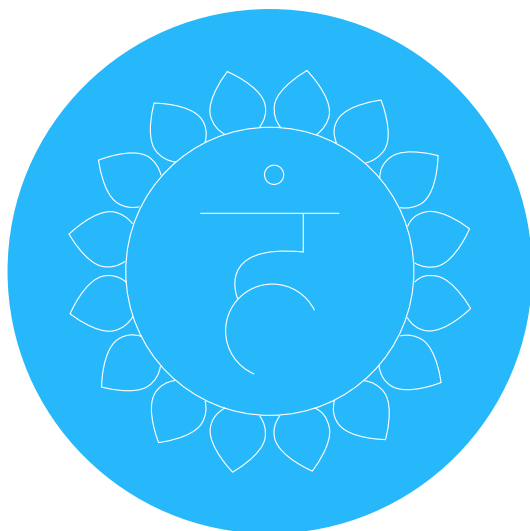
Ayurvedic Massage & Shirodhara

Focusing on the healing powers of the colour indigo and the amethyst crystal this inspiring ritual is based on the ancient wisdom of Ayurvedic traditions

To promote balance between the physical, emotional, spiritual and mental levels, if you find your self constantly only going through the motions of everyday life, you will find the power of your self heightening intuition and self awarness.

Combination of energizing and calming movements to bring your body into balance. This ritual has been used for over 2,000 years 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 | CALMING | 120 min

Throat chakra
Communication
Interaction
Expression

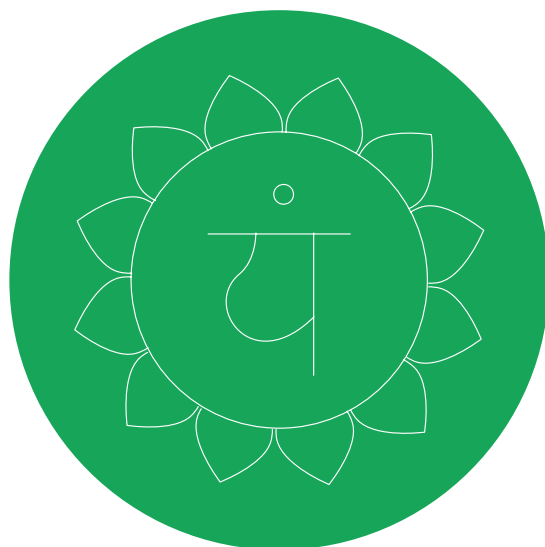
Dry Body Brush
Thai Herbal Poultice

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.

The herbal poultice are filled with 10 healing herbs and when heated will increase circulation and soothe aching muscles the heat penetrates deep within the muscles releasing all tension.



GREEN | HARMONIZING | 120 min

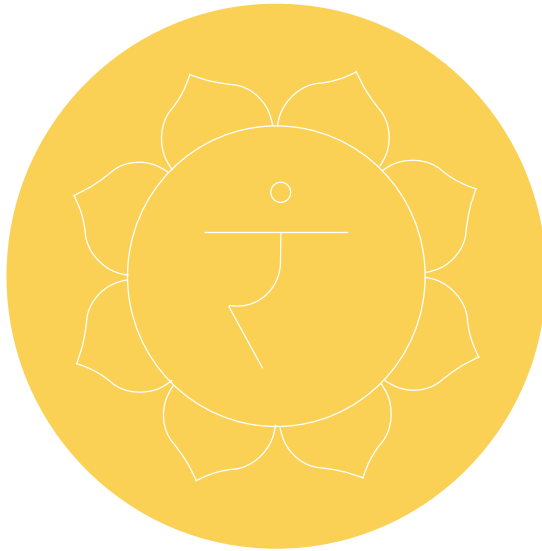
Heart chakra
Compassion
Acceptance
Peace

Full body exfoliation
Body wrap and reiki
Swedish 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!



YELLOW | CONFIDENCE | 120 min

Solar plexus chakra

Spontaneity

Self-confidence

Encouragement

Full body exfoliation
Body wrap
Oriental Detox

Designed to increase confidence, assertiveness and golden sunshine.

Alternating between light, medium and deep pressure, different strokes are used to stretch muscle fibres, increasing oxygen flow and eradicating tight knots.

Relax even further with the concentrated healing powers of the yellow quartz.



ORANGE | ENLIVENING | 120 min

Sacral chakra

Creativity

Joy

Enthusiasm

Body Exfoliation
Body Mask
Aromatherapy Massage

Designed to increase your natural zest for life.

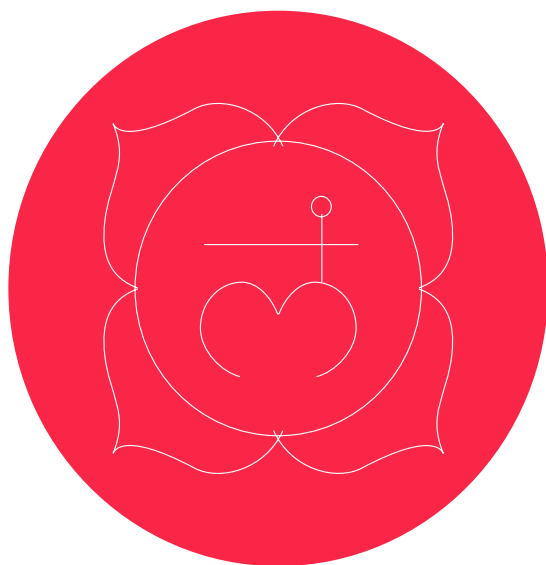
Orange calcite is placed to open the sacral chakra which is associated with creativity, self-respect and vivacity.

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.

This associates with self- awareness, vitality and stamina.

Emerge feeling completely rejuvenated and renewed, ready to face the world with increased energy and spirit.



RED | EMPOWERING | 120 min

Base chakra

Power

Stamina

Assertiveness

Hot stone massage

Body wrap

Foot massage

Energy-giving treatment incorporating the base chakra and jasper stones that will melt your muscles to allow for deeper healing to take place.

This is associated with self-awareness, vitality and stamina.

Good if you are feeling insecure and sluggish.

Emerge feeling completely rejuvenated and renewed, ready to face the world with increased energy and spirit.



AYURVEDIC TREATMENT

SHIRODHARA | 30 min

This stress-releasing treatment, involves pouring a stream of warm oil over the third eye to soothe and calm the nervous system. It is helpful for treating skin conditions and insomnia, while also enhancing emotional balance.

AYURVEDIC MASSAGE | 60 min

This popular Ayurvedic warm oil body massage, reduces the signs of aging, relieves fatigue, induces sleep, strengthens the skin and boosts the immune system.

AYURVEDIC EXPERIENCE | 90 min

This treatment combines Abhyanga and Shirodhara to deliver a deeply healing Ayurvedic experience.

BODY MASSAGES

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.

BALINESE | 60 min | 90 min

A medium to deep massage, this treatment focuses on tension relief using a combination of traditional Balinese massage techniques. A mix of warm stones, warm oil and therapeutic head massage give deep relaxation leaving you fully invigorated.

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.

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.

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.

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.

LOMI LOMI | 60 min | 90 min

Ancient Hawaiian restorative and compassionate touch with hands and forearm include range-of motion work, deep tissue techniques which build strength and the full presence of loving touch.

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.

THAI HERBAL COMPRESS | 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.

TRADITIONAL THAI | 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.

BODY TREATMENTS BY VALMONT

FIT AND TONE | PEAKS OF SLIMNESS | 60 min

A high-performance treatment targeting curves and cellulite. The skin is firmer and more toned, the contours of the figure are redrawn, and the body feels incredibly fresh and light.

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 highly energizing and anti-aging treatment including an original massage technique that is at once relaxing and invigorating.

FRESH & FEEL | BISSED PURITY | 40MIN

This exfoliating and purifying treatment is perfect for a return to soft, silky skin all over the body. Essential for those on a weight-loss program.

FAMILY OFFERINGS

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.

YOUR ULTIMATE TREATMENT

L'ELIXIR DES GLACIERS | MAJESTIC TREATMENT | 90 min

With this nourishing, sculpting and remodeling treatment for the face and chest, beauty blossoms with ultimate refinement.

SIGNATURE FACIALS BY VALMONT

HYDRATION OF BISSES | 60 min | 75 MIN

The skin is perfectly hydrated, plumped and smoothed. Features are smoothed out and signs of fatigue erased.

ENERGY OF THE GLACIERS | 60 min | 75 MIN

The skin is regenerated, radiant and firmer. A vital treatment for overstrained, lifeless skin.

LUMINOSITY OF ICE | 60 min | 75 min

Refines the skin's texture and calls forth the glow of a unified complexion. The skin is softer, smoother and altogether radiant, with fewer irregularities.

LIFTING FROM THE PEAK | 60 min | 75 min

The face volumes appear sculpted and plumped.

RITUALS BY VALMONT

PURITY OF THE ALPS | 45 min

The skin is clean, purified and balanced. This treatment cleanses without stripping, and leaves the epidermis ideally hydrated and incredibly soft. The skin is lifted and smoothed.



BODY MASKS AND SCRUBS

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.

DEEP PURIFYING BODY MASK | 30 min

Refined Sea Salt - Sugar - Green Bean - Black Sesame Seed Powder

ORIENTAL DETOX BODY MASK | 30 min

Green Bean - Spirulina Powder - Buckwheat Extract

HYDRATING BODY MASK | 30 min

Oat Meal Powder - Apricot - Yogurt Extract - Sweet Almond & Jojoba Oil

ORIENTAL DETOX SCRUB | 30 min

Green Bean - Spirulina Powder - Buckwheat Extract

DEEP PURIFYING SCRUB | 30 min

Refined Sea Salt - Sugar - Green Bean - Black Sesame Seed Powder

REGENERATING SCRUB | 30 min

Oat Meal Powder - Apricot - Yogurt Extract - Sweet Almond & Jojoba Oil

ENERGIZING SCRUB | 30 min

Apricot Scrub-Tamarind Scrub - Inca Omega Oil - Willow Bark Extract

HARMONIZING SCRUB | 30 min

Lotus - Hibiscus - Frangipani - Charcoal

HIMALAYAN SALT SCRUB | 30 min

Himalayan Salt - Luffa Cylindrica Fruit Mint Herb Powder Thanaka Powder

PRIVATE HEAT THERAPY SUITES

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.

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.

DELUXE SUITE | 45 min STANDARD SUITE | 45 min

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



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

SHELLAC HAND AND NAIL

MANICURE + COLOR APPLICATION | 60 min

COLOR REMOVAL + MANICURE + COLOR APPLICATION | 75 min

SHELLAC GROOMING FOR FEET

PEDICURE + COLOR APPLICATION | 60 min

COLOR REMOVAL + PEDICURE + COLOR APPLICATION | 75 min

MANICURE AND PEDICURE

EXPRESS MANICURE | 45 min

EXPRESS PEDICURE | 45 min

HAND AND NAIL | 75 min

GROOMING FOR FEET | 75 min

HAIR CARE BY VALMONT

60 min | 90 min

The hair regains its shine, density and strength.

HAIR SALON SERVICES

WASH & DRY W/O STYLING

WASH & DRY WITH STYLING

MENS SHAMPOO / CUT / BLOW-DRY

LADIES SHAMPOO / CUT / BLOW-DRY

WAXING

BACK AND CHEST

BACK

BIKINI

BRAZILIAN

CHIN

EYE BROW WAXING

FULL FACE

FULL LEG

HALF ARM

HALF LEG

LIP

UNDERARM





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.



EFOREA

Is derived from the core values of eforea spa therapy.

We focused on the balance, wellness and transformative journeys to communicate of a spa experience that allows one to emerge brighter.



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