



# NATURE IN BLOOM

## An Easter in Paradise

Our twin-island of authentic barefoot luxury celebrates the colors of nature this Easter. Brimming with lush greenery and abundant tropical flowers, experience the charm of the Maldives this Easter with an unparalleled access to the Indian Ocean.

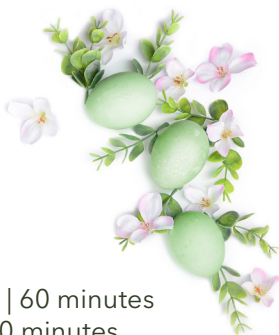
**CONRAD**<sup>®</sup>  
MALDIVES  
RANGALI ISLAND

# SPA & WELLNESS

## FAMILY OFFERING

60 min | US\$409 for 2 people

Spend quality time with family and focus on your body while your daughter gets a mini massage, combining relaxation with bonding rituals that are sure to make unforgettable memories for both.



Parents' choice of:

- **Deep relaxing hands-on Facial and Foot Massage** | 60 minutes
- **Facial by Valmont** - Shoulder and Scalp Massage | 60 minutes
- **Deep Tissue Massage** | 60 minutes

Son/Daughter's choice of:

- **Shoulder & Scalp or Soothing Bath** | 20 minutes
- **Hand or Foot Massage** | 20 minutes
- **Pamper your skin**
  - Mini Face or Relaxing Escape Leg Massage | 20 minutes

## TEENS TREATMENT FOR 30'/45'/60'

Choice of:

- **Hydration or Luminosity of the Ice Facial**  
US\$300 per person | 60 minutes
- **Back Refining Treatment - Back Scrub & Back Massage**  
US\$180 per person | 45 minutes
- **Happy Hand and Foot - Hand and Foot Massage**  
US\$180 person | 45 minutes
- **Pamper Mini-Facial - Purity of the Alps**  
US\$200 per person | 45 minutes
- **Instant Chill Back Massage**  
US\$96 per person | 30 minutes
- **Get Ready for Spring/Summer - Body Scrub**  
US\$96 per person | 30 minutes

All prices are in USD, inclusive of 10% SVC and 16% T-GST. Advanced reservation is recommended to ensure availability. All the other scheduled activities will be running as usual. For more information, contact your Island Host or The Over Water Spa Reception by dialing 5365 from your villa telephone.

## AYURVEDIC TREATMENTS WITH DR. GOPAL GOVINDASAMY

Expert in Naturopathic Medicine and yoga from India, specialized in Ayurveda, Wellness, and Nutrition and Lifestyle guidelines. His record for relieving and correcting persistent physical problems has resulted in an international reputation as "Dr. Magic Hands".

### Royal Ayurvedic Deep Fusion Journey

US\$280 per person | 60 minutes

Experience a full body massage combining Abhyanga and Marma massage to keep the doshas balanced.

### Breathe Easy (Sinus Care)

US\$280 per person | 60 minutes

Experience the benefits of medicated herbal preparations and oils as it is administered through the nose.

### Back Pain Care

US\$280 per person | 60 minutes

Experience a relieving back massage as medicated herbal oils are applied to the lower back with the use of an herbal paste boundary.

### Shiro Dhara (Third Eye Treatment)

US\$300 per person | 60 minutes

Shiro means head and dhara is a steady flow of warm ayurvedic oil that is selected by the practitioner.

### Chinese Acupuncture

US\$300 per person | 60 minutes

An acupuncture session where thin needles will be used to target strategic points on your body to balance the energy flow.

### Castor Oil Pack (Abdominal Detox Massage)

US\$256 per person | 50 minutes

A castor oil pack is an external application of oil to the abdominal area

## COMPLIMENTARY ACTIVITIES

### Yoga For Life

Wednesday | 8:00AM - 8:30AM

### Ayurvedic Nutrition Workshop

Friday | 11:30AM - 12:00PM

### Art Of Breathing / Meditation

Sunday | 3:00PM - 3:30PM





# FITNESS

## SUNDAY 2<sup>nd</sup> APRIL

### Rangali Sunriser

7:15AM - 8:45AM

Feel the calm of the Maldivian sunrise as you tread through our island.

## MONDAY 3<sup>rd</sup> APRIL

### Water Volley

#### Guest vs Team Members

5:30PM - 6:30PM

We are ready to challenge you with a game of water volley this Easter.

## TUESDAY 4<sup>th</sup> APRIL

### Rangali Beach Volley Match

5:30PM - 6:30PM

As the sun begins to set, join us for a friendly Beach Volley tournament.

## WEDNESDAY 5<sup>th</sup> APRIL

### Sunrise Bootcamp

7:00AM - 8:00AM

Take part in the Island Boot Camp with a revitalizing core and cardio circuit. Test your endurance through four line stations with intensities suited for all levels.

## THURSDAY 6<sup>th</sup> APRIL

### Rangali Olympics

4:00PM - 5:00PM

Have fun while you challenge yourself with some friendly competition as you take part in our curated set of activities!

## FRIDAY 7<sup>th</sup> APRIL

### Rangali Tennis Grand Slam

4:30PM - 6:30PM

Bring your family together to take part in the Easter Tennis Open for an adrenaline-filled afternoon.

## SATURDAY 8<sup>th</sup> APRIL

### Body Balance

10:00AM - 11:00AM

Find peace with a morning workout on our soft white sand.

## SUNDAY 9<sup>th</sup> APRIL

### Rangali Mini Marathon

7:30AM - 9:00AM

Join us for a Mini Marathon as you test your fitness by running beside our lush greenery with the sea breeze cooling you down.

## MONDAY 10<sup>th</sup> APRIL

### Guest Football Match

4:00PM - 5:00PM

Join us for an exhilarating game of Football.

## TUESDAY 11<sup>th</sup> APRIL

### Rangali Beach Volley Match

5:30PM - 6:30PM

As the sun begins to set, join us for a friendly Beach Volley tournament.

## WEDNESDAY 12<sup>th</sup> APRIL

### Rangali Sunriser

7:15AM - 8:45AM

Feel the calm of the Maldivian sunrise as you tread through our island.

## THURSDAY 13<sup>th</sup> APRIL

### Sunrise Bootcamp

7:00AM - 8:00AM

Take part in the Island Boot Camp with a revitalizing core and cardio circuit. Test your endurance through four line stations with intensities suited for all levels.

## FRIDAY 14<sup>th</sup> APRIL

### Aqua Relax

8:00AM - 9:00AM

Loosen and relax those tight muscles with slow exercises through our Aqua Relax session.

## SATURDAY 15<sup>th</sup> APRIL

### Rangali Tennis Grand Slam

4:30PM - 6:30PM

Bring your family together to take part in the Easter Tennis Open for an adrenaline-filled afternoon.

## SUNDAY 16<sup>th</sup> APRIL

### Guest Football Match

4:00PM - 5:00PM

Join us for an exhilarating game of Football.

## MONDAY 17<sup>th</sup> APRIL

### Rangali Mini Marathon

7:30AM - 9:00AM

Join us for a Mini Marathon as you test your fitness by running beside our lush greenery with the sea breeze cooling you down.



CONRAD<sup>®</sup>  
MALDIVES  
RANGALI ISLAND

Events are subject to change without prior notice.  
For further information, please contact:  
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