



CONRAD SPA
TREATMENT MENU

AND BREATHE...

Take five deep breaths



Take a moment to inhale and exhale, mindfully,
five times to encourage a gentle reset.

Welcome to the moment.

Focusing on our breathing instantly regulates our parasympathetic nervous system, known to improve digestion and help us rest. This encourages calm and clarity and allows us to find our way back to a comfortable equilibrium. Associated with freedom and curiosity, the number five has a special place in many cultures, also representing the five fingers on each hand, the five toes on each foot, and the five senses.

The Conrad Spa 5 Breaths is a grounding and calming process enveloping each treatment delivered within our menu. A simple yet extremely effective opportunity to center and calm your system before relaxing into our exceptional spa experiences.

CONRAD® SPA

THE DESTINATION

Designed to celebrate the unique experience our Over Water Spa offers. The perfect location to immerse yourself in the tranquility of the Maldivian ocean scape.

Ensuring that every moment of the day is captured and celebrated, our Over Water Spa Menu is designed around the moving sun and how the ebb and flow of each day brings memorable joy and pleasure.

At First Light Ritual

At First Light guides your awakening through five holistic phases that will infuse you with a feeling of wellness, equilibrium, and momentum.

Take a swim in the Indian Ocean, awakening your senses and reestablishing a connection with the present moment, while absorbing the magnificence of the surroundings.

Then rediscover your center through a yoga practice harmonized with focused breathwork. This integration of mind and body prompts the release of inner stagnation, fostering the body's innate flow and purification.

Complete your experience with a massage enriched with the curative properties of gemstones. This infusion elevates the encounter, granting a profound sense of wellness.

Products by: ISUN

115 mins

At Noontide

As the sun reaches its apex, the four stages of the At Noontide ritual will serve as a sacred space of grounding, inviting you to reconnect with mind, body and spirit.

To commence, a customized juice that is specific to your wellness needs is offered.

Beginning your treatment experience with a reviving aromatic foot bath of Pink Himalayan Salt, Pink Peruvian Salt and Dead Sea Salt to gently bring the body into balance. A skincare and wellness consultation will allow your therapist to then select the most suitable products and treatments to answer your needs on the day.

A warming cup of herbal tea completes the ritual as the afternoon draws to a close.

Products by: ISUN

90 mins



At Last Eventide

Set with the sun at dusk and relax into a state of deep rest with this three-stage ritual.

As the night flows in, enjoy a fragrant foot bath and a slow and therapeutic Ayurvedic Shirodhara back massage. Seamlessly followed by a Marma point facial massage and eye mask. Each element of this treatment serves to provide visible skin rejuvenation as well as aid circulation and release stress.

A short yet immersive meditation in the half light complements the ritual as the glow of twilight hues will gently calm the mind and spirit.

A warming cup of herbal tea completes the ritual as your day draws to a peaceful close.

Products by: ISUN

115 mins

FACE

At this spa, we believe in skin health. We focus on techniques that deliver more than surface improvements and a glow that is more than skin deep.

Radiance Age - Revitalizing

A revitalizing facial that encourages skin repair. Facial lines are smoothed and a crystal massage to the hands and feet results in a sense of total well-being.

Products by: ISUN

90 mins

Crystal Energy

A balancing treatment for beauty and spirit combines a series of 3 balancing facial masks that serve to purify, calm, exfoliate and deeply moisturize skin, bringing deep relaxation as it concludes with a soft, subtle acupressure treatment using crystal wands.

Products by: ISUN

90 mins

Soothing Crystal

Repair and soothe skin with this indulgent facial ritual for youthful vitality and rejuvenated radiance. Double exfoliation, gemstone-enhanced techniques, and herbal oils serve to uplift and elevate the mind and body for total well-being. This ritual is customized to the unique needs of your skin.

Products by: ISUN

60 / 90 mins



MASSAGE

A great massage makes everything better. Our selection of massages has been designed to offer a balance of physical and emotional benefits that only a great massage can absolutely deliver.



Conrad Custom Massage

Unwind with this fully bespoke signature massage experience developed by each of our spa team. The embodiment of the Conrad philosophy, the treatment is inspired by the freedom to fully tailor each massage alongside highly specific massage techniques to create a treatment as unique as you.

Products by: ISUN

60 / 90 / 120 minutes

Aromatherapy Gemstone Massage

The ancient wellness benefits of massage are elevated with the healing benefits that our gemstone-infused oils impart. Balance is restored, harmony returned, and soul replenished.

This massage with herb-infused oils allows 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.

Products by: ISUN

90 mins

TREATMENT COMBINATIONS

With well-being as our focus, these treatment combinations are perfectly curated for you to achieve equilibrium.

Strength

A strengthening combination of a herb and gemstone-infused oils are selected with which to deliver this muscle strengthening massage. Preceded by a purifying scrub the skin is cleansed and nurtured in preparation for the tailored aromas. A hydrating and nourishing avocado wrap is then applied to soften the skin and the treatment is concluded with a tailored gemstone massage and hydrating facial.

Products by: ISUN

180 min

Calm

A deep, relaxing massage followed by an express hydrating facial which incorporates the use of gemstone-infused herbal oils and precious crystal massage stones that will provide a radiant glow to the skin and a feeling of calm restfulness.

Products by: ISUN

90 mins

Health

Begin the journey with a rich moisturizing body scrub, a blend of shea butter, fine mineral salt crystals and health giving essential oils. A slow, purposeful massage will soothe the body and melt away any held tension, leaving skin radiant and mind calmed.

Products by: ISUN

120 mins

Radiance

This treatment begins with a lymphatic drainage massage to eradicate stored toxins within the body, followed by the Ayurveda practice of Shirodhara to soothe and ease the nervous system by dripping warm herbal oil on the forehead. A boutique facial with crystal Marma massage then deeply restores and awakens the senses.

Products by: ISUN

120 mins



TREATMENT
COMBINATIONS

FACE & MASSAGE

DESTINATION

SPA TERMS AND CONDITIONS

SPA OPENING HOURS

Daily 10:00AM to 7:00PM

SPA RESERVATIONS

For spa inquiries or reservations, please press the 'spa' button on the phone in your villa or contact your GSA/PIH. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your villa before coming to the spa.

Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved. We recommend using the sauna and steam prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

ARRIVAL

Please arrive 15 minutes prior to your treatment to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment.

CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVAL

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATIONS

Please allow four hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50% of the treatment price will be charged. Failure to keep your appointment will result in a 100% treatment charge.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage or body treatment for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Over Water Spa.

IN VILLA TREATMENT

In villa massages are available for you to have in the privacy of your own villa. A 30% callout fee will be added to the treatment charge. Please contact our spa receptionist, guest service agents or Island Host.

CHILDREN

We love children; however, the Over the Water Spa is an adult only space. Young guests are welcome to enjoy a selection of treatments at our Spa Retreat under the supervision of a guardian.

PAYMENT

For resort guests, all treatments will be charged to your guest room folio and will appear on your account at the time of departure from the resort.



CONRAD® SPA

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The Over Water Spa
Rangali Island
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