



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 within our menu. A simple yet extremely effective opportunity to center and calm your system before relaxing into our exceptional spa experiences.

CONRAD® SPA

WELLBEING  
EDIT

BODY

FACE

MASSAGE

DESTINATION

## THE DESTINATION

Experience the true nature of Maldivian wellness with our destination unique treatments. These exquisite treatments have been designed to celebrate the beauty and tranquility of our island paradise.

### Essence of the Maldives

This regionally crafted fusion of therapies aims to alleviate muscle stress, enhance skin texture, promote restful sleep, and provide nourishment to both hair and body. The experience encompasses a locally sourced coconut exfoliation, a head massage influenced by ayurvedic traditions, and a tension releasing body massage utilizing heated coconut sticks to gently ease out muscular aches and pains.

Products are naturally sourced in the Maldives

90 mins

### Tranquil Retreat - For Couples

This exquisite couples ceremony embraces every element of relaxation, tranquillity, and calm. This half day treatment promises serenity and precious moments shared with your beloved. After a skin renewing scrub and hydrating body wrap, immerse in a personal, jetted bath – a peaceful bathing ritual accompanied by a glass of Champagne to enjoy together. This is followed with a soothing massage with deep scalp tension release, this treatment inspires a moment of gratitude shared with a loved one.

Products by: ISUN

180 mins



## Island Possibilities

Relax into the possibilities our island has to offer. This bespoke treatment is designed to combine our wealth of knowledge to deliver the perfect treatment combination for you.

From crystal massage to detoxifying wraps, your therapist will guide you on an island journey suited to your needs.

Boundary free and well-being focused.

Products by: ISUN, Valmont

120 mins

WELLBEING  
EDIT

BODY

FACE

MESSAGE

DESTINATION

## 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 mins

### Aromatherapy Massage

Discover the ancient art of aromatherapy with this gentle, slow flowing and soothing massage. Bringing equilibrium to mind and body, reducing stress and relieving anxiety, this massage is truly all about relaxation.

Products by: ISUN

60 / 90 mins

### Balinese Massage

A medium to deep massage. This treatment focuses on tension relief using a combination of traditional Balinese massage techniques. Utilizing warm stones, warm oil and therapeutic head massage to provide deep relaxation.

Products by: ISUN

60 / 90 mins

### Traditional Thai Massage

Performed using deep stretching movements to relieve tension. This is a dry massage fully clothed in soft pajamas, 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.

60 / 90 mins



### Four Hands Massage

A therapeutic massage which is performed by two therapists perfectly synchronized. This synergy helps ensure total relaxation with a unique feel as the therapists melodically move in unison over the body.

Products by: ISUN

75 / 90 mins

### Ayurvedic Renewal

Traditional Ayurvedic massage delivers a deep sense of restfulness. Marma points are activated to reduce stress and gently ease muscle tension. Followed by Shirodhara, the practice of hot oil pouring over the third eye ultimately providing a nourishing hair treatment whilst nurturing the mind and body.

90 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.

### Island Radiance

This majestic facial beautifully delivers nourished sculpted skin on the face and chest. The result is blooming, radiant skin with a healthy glow and the face feeling lifted and chiseled.

Products by: Elixir Des Glaciers

90 mins

### Vibrant Hydration

Designed to deliver optimum hydration, this treatment smooths out facial features and erases signs of fatigue. It leaves the skin feeling refreshed, imparting a youthful, fresh-faced glow.

Products by: Valmont

60 / 75 mins





## Elemental Glow

This energy giving facial regenerates tired skin and delivers a final radiant glow. The skin is firmer and enlivened post treatment, a vital result for overstrained, tired skin.

Products by: Valmont

60 / 75 mins

## Clarify and Energize

Designed for skin types which are prone to oiliness, this facial refines skin's texture and provides unified complexion. The skin is softer, smoother, and overall radiant with a clear healthy glow.

Products by: Valmont

60 / 75 mins

## Firm and Rejuvenate

This results focused treatment provides an intense smoothing effect while alleviating stressed areas of the skin and smoothing texture.

The face appears sculpted and plumped with a youthful radiance.

Products by: Valmont

60 / 75 mins

## Pure Skin Awakening

This facial results in skin which is clean, purified, and balanced. The treatment cleanses without removing essential nutrients in the skin, and leaves the face hydrated and incredibly soft.

Products by: Valmont

45 mins

## BODY

Well-being is the focus, feeling better with treatments that enhance and revitalize from top to toe.

### After Sun Soother

This treatment provides a calming effect after intense sun exposure. Designed to hydrate and moisturize sunburned skin – each element of the treatment is healing, soothing and cooling.

Product are naturally sourced in the Maldives

75 mins

### Enhanced Silhouette

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

This treatment includes a unique technique to define the silhouette through massage and offers continued results through ongoing treatment.

Products by: Valmont

60 mins

### Mother to Be

Specifically designed for pre and post-natal guests, this soothing therapy helps relieve back tension and swollen hands and feet. A gentle massage which eases the mind and lifts the spirits.

Products by: ISUN

75 mins

### Revitalize The Body

A highly energizing and anti-aging treatment including a specific massage technique that retains a feeling of relaxation whilst the skin and muscles are energized. The result - soft skin and an overall sense of renewal.

Products by: Valmont

60 mins



## Relaxed Feet

Restore the body's balance and release aches and pressure in the feet with this signature treatment. Including massage techniques on the meridian lines of the legs and zones of the feet.

Products by: ISUN

60 mins

WELLBEING  
EDIT

BODY

FACE

MASSAGE

DESTINATION

## THE WELLBEING EDIT

A curated selection of essential add ons to your treatment experience. Please note these cannot be booked independently and are recommended as additions to your chosen treatment only.

### Glow and Nourish Body Scrub

This cleansing scrub provides skin nourishment and can be delivered with varying scrubs dependent on the skins needs. Choose from Rhassoul Mud for purifying, Rosemary, and Sage to invigorate or crystal pearl to provide the skin pure radiance.

Products by: ISUN

30 mins

### Shirodhara

This stress-releasing treatment has a focus of 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.

30 mins

### Detox and Hydrate Body Wrap

A range of body wraps using natural products are used to form intensive and moisturizing body masks. Choose from either a beautifully gentle detox or deeply hydrating Honey and Avocado.

Products by: ISUN

30 mins



WELLBEING  
EDIT

BODY

FACE

MESSAGE

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. Please inquire with your spa therapists.

### 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.

### 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

Conrad Maldives Rangali Island  
The Spa Retreat  
Rangali-Finolhu Island  
+960 668 0629