

A tropical beach scene with a wooden pier leading to over-water bungalows in the Maldives. The water is a clear, vibrant turquoise, and the sky is a deep blue with a few wispy clouds. Palm fronds frame the top and sides of the image, and lush green foliage is visible in the bottom left corner.

CONRAD[®] SPA

MALDIVES
RANGALI ISLAND

THE OVER-WATER SPA



The Over-Water Spa - 01

CONRAD® SPA

MALDIVES
RANGALI ISLAND

The Thalgo colour rituals have been created as the ultimate in spa pampering journeys. Each ritual is unique and has been designed to correspond with the chakra systems of the body to bring about physical, emotional and spiritual enlightenment.

Each ritual commences with an initiation ceremony consisting of a refreshing foot bath with pure Himalayan salts, selected fruits or flowers and specially blended essential oils. To begin your treatment, your therapist will guide you through a series of calming breathing exercises to release stagnant energy, purify the body and allow you to let go and immerse yourself in your chosen colour ritual, a truly unforgettable spa journey.

The Over-Water Spa - 02

SIGNATURE TREATMENTS



COUPLE'S TREATMENTS

THE SEARCH FOR ENLIGHTENMENT AND ETERNAL LOVE.

Sharing and indulging the senses while reconnecting with each other in one of the most romantic settings in the world: the Maldives. Awaken and increase energy, extend it to all spheres of the body and wash away the negative energy bringing peace, harmony and sensuality into your relationship.

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 use our luxurious French skin care brand Thalgo where sensual aromas fill the air as you celebrate the art of love.

Our pampering couple's rituals create a very special memory of your time here in paradise...



COUPLE'S TREATMENTS

ART OF LOVE

Body exfoliation

Scalp massage

Nourishing bath

Body wrap

Body massage

180 mins

- 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 picturesque views of the Indian Ocean.
- You will emerge from this decadent ritual feeling renewed, relaxed and glowing with vitality.

ALLURE

Body exfoliation

Body massage

Mini facial by Valmont

120 mins

- 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

CHAKRA COLOUR RITUALS



RED - EMPOWERING

This represents the base chakra, bringing about personal empowerment, vitality and personal assertiveness. This ritual is a great choice for those wanting to energise, purify and detoxify.



ORANGE - ENLIVENMENT

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.



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.



GREEN - BALANCING

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.



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.



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 with this unique Ayurvedic inspired ritual to allow you to 'go within' for a deep level of respite and healing.



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.

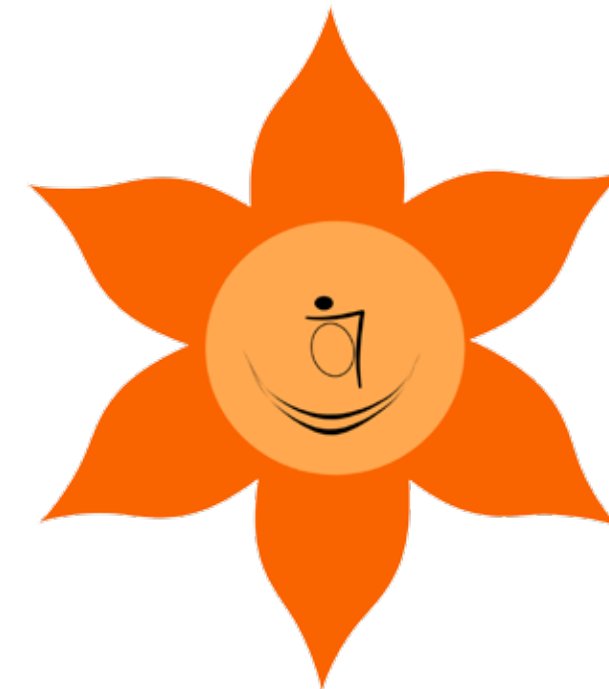


RED
EMPOWERING
Base chakra
Power.
Stamina.
Assertiveness.

Ocean draine drink
Hot stone massage
Body wrap
Foot massage
120 mins

- Energy-giving treatment incorporating the base chakra and jasper stones from Australia 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.



ORANGE
ENLIVENING
Sacral chakra
Creativity.
Joy.
Enthusiasm.

Body wrap
Scalp massage
Lymphatic drainage or aromatherapy massage
Infus' ocean organic digestion infusion tea ceremony
120 mins

- Designed to increase your natural zest for life.
- Orange calcite from Mexico 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 instill in you a lasting feeling of elation, joy and happiness.

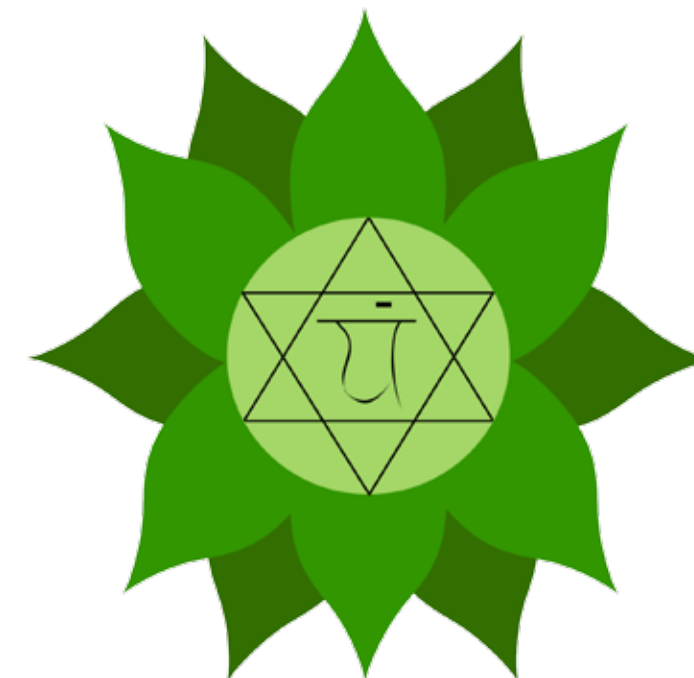
- This is associated with self-awareness, vitality and stamina.
- Emerge feeling completely rejuvenated and renewed, ready to face the world with increased energy and spirit.



YELLOW
CONFIDENCE
 Solar plexus chakra
 Spontaneity.
 Self-confidence.
 Encouragement.

Ocean draine drink
 Full body exfoliation
 Body wrap
 Back and hand
 reflexology massage
 120 mins

- 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.
- Stimulating hand massage, resulting in decreased stress and tension.
- Relax even further with the concentrated healing powers of the yellow quartz.
- Emerge completely free from worry and doubt, as though a little ray of sunshine has come into your world.



GREEN
HARMONISING
 Heart chakra
 Compassion.
 Acceptance.
 Peace.

Reiki
 Full body exfoliation
 Body wrap and scalp
 massage
 Swedish massage
 Infus' ocean serenity
 infusion tea ceremony
 120 mins

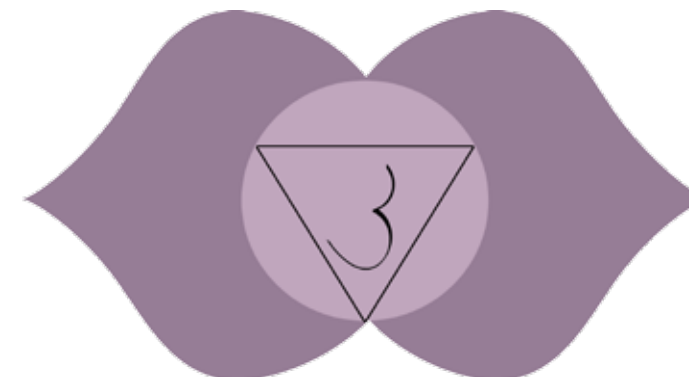
- If you have been hurt previously and find it difficult to accept new love in your life or you tend to judge unfairly, this ritual will assist you in revealing an inner-world of compassion, acceptance and harmony.
- The jade crystal focuses on the heart and lungs to balance these organs and energy.
- Feel the love!



BLUE
CLEARING
Throat chakra
Communication.
Interaction.
Expression.

Full body exfoliation
Herbal poultice massage
Infus' ocean serenity
infusion tea ceremony
120 mins

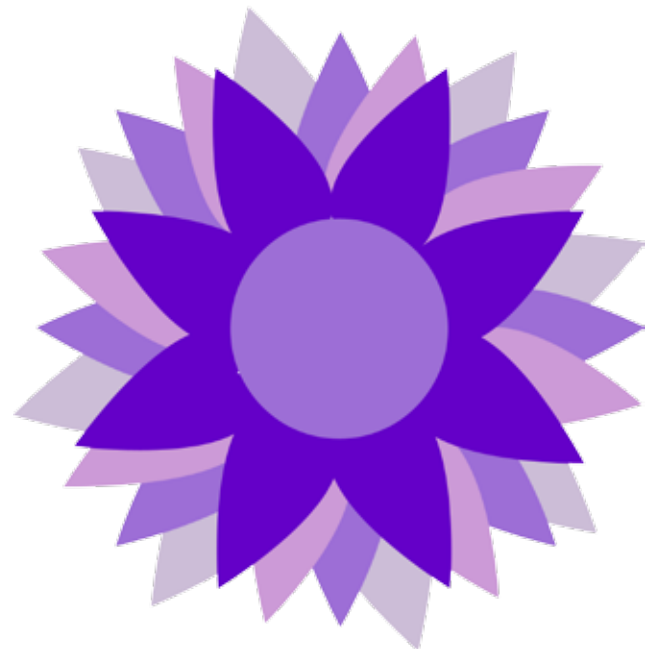
- If you are feeling congested and are finding it difficult to speak your thoughts, you will be taken on a journey to greater clarity of mind, improved creative expression and enhanced personal interaction.
- The blue quartz is used in this clearing ritual and focuses on personal expression and communication.
- The 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.
- The uplifting aroma relieves sinus congestion and opens the throat and chest.



INDIGO
INSPIRING
Brow chakra
Intuition.
Imagination.
Perception.

Full body exfoliation
Ayurvedic massage
Body wrap
Shirodhara
Infus' ocean serenity
infusion tea ceremony
120 mins

- 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 yourself constantly only going through the motions of everyday life, you will find the power of your self, heightening intuition and self awareness.
- 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.



**VIOLET
SPIRITUAL**
Crown chakra
Insight.
Forward thinking.

**Soothing lomi lomi
massage**
Body wrap
Hair treatment
Scalp massage
**Infus' ocean serenity
infusion tea ceremony**
120 mins

- 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.



CUSTOMISED MESSAGES



CUSTOMISED MESSAGES

Your therapist will draw upon the following massage styles to create a customised massage. Should you wish to have a particular massage style, please let our receptionist know.

Choose from:

FOUR-HAND, SHIATSU, MUSCLE EASE, HOT STONE, THAI, SWEDISH, AYURVEDIC, LOMI-LOMI, LYMPHATIC DRAINAGE, AROMATHERAPY

ENHANCEMENTS

ENHANCEMENTS FOR ANY TREATMENT

Eye Treatment 'Reflection on a frozen lake'

Highly delicate skin area requires extra care and attention. Products applied following exceptionally lifting and draining gestures stimulate the synthesis of new collagen fibers; the skin regains its density and vitality.

BODY TREATMENTS



BODY TREATMENTS

BY VALMONT

FIT AND TONE SLIMMING TREATMENTS 90 mins

- Combines a unique motion with an original technique working in the direction of the muscular fibres to render the body toned and slender.
- Includes a 30-minute scrub and 60-minutes of kneading, friction and smoothing pressures provide deep action on each area.

- Proposed as a 10-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 mins

- A truly energising treatment.
- Features an original massage technique that is both relaxing and invigorating.
- Added benefit of concluding with an active and revitalizing back massage.
- An ideal program to regain energy, serenity and perfectly soft skin.



FACIALS

BY VALMONT

In addition to our innovative and tempting couple’s rituals, the Over-Water Spa menu features a range of lavish spa facials using luscious skin care from Valmont. Valmont harnesses the pure power of glacial spring water from the Swiss Alps and refreshes, revitalises and revives with infinite gentleness.

DECADENCE
FACIAL
90 mins

A powerful anti-ageing and anti-wrinkle treatment, this decadent treat is for all skin types. This advanced facial treatment uses specialized lifting techniques for the face with the powerful combination of DNA and glacial spring water to rejuvenate and hydrate the skin. A specialised collagen mask which deeply nourishes, smooths and renews, leaving skin glowing with vitality.

Massage for the hands, feet, face, neck and shoulders and a mind melting scalp massage ensures that every ounce of tension is removed from the body leaving you feeling rejuvenated from head to toe.

ULTRA-DECADENCE
120 mins

This is a luxurious combination of the Decadence facial which begins with a warm back massage to soothe the senses, relieve muscular tension and improve circulation making this the perfect way to prepare the body and mind for the pampering facial treat that lies ahead.

DETOXIFYING FACIAL
75 mins

Stress, pollution and poor diet can leave skin looking sluggish and tired: this facial uses skin exfoliation and an oxygenating mask to detoxify and stimulate ensuring skin is bright and fresh. Pure plant and glacial water extracts hydrate and repair while cleansing masks relieve congestion, balance the oil production and purify the skin. A luxury facial and scalp massage melts away any stress and tension while a hand and foot massage ensures deep relaxation.

MEN’S CLEANSING AND
PURIFYING FACIAL
75 mins

This treatment focuses on deep cleansing, purifying and firming the skin. If you have congestion, blocked pores, or just feel as though your skin could use a boost this facial is the one for you. Extracts from Swiss Alps glacial water rejuvenate and hydrate leaving skin soft and supple, while nourishing plant extracts repair and renew. Incorporating a relaxing blend of facial, shoulder, scalp, hand and foot massage, this facial treat is sure to leave you blissfully relaxed.

PRODUCT PARTNERS

PRODUCT PARTNERS



VALMONT

VALMONT STORY

If there is one strong characteristic that can describe the Valmont brand it's the excellence of its products and their ingredients. Since its beginnings, the history of Valmont cosmetics is marked by the quest for unprecedented efficacy in the struggle against the visible signs of time.

Heir to traditional Swiss medicine, the company draws from the unspoiled natural resources of Switzerland and the latest cellular cosmetic research findings to formulate anti-ageing skin care products featuring visible and long-lasting efficacy. At Valmont every effort is made to preserve and prolong the original beauty of the skin by designing its products in the spirit of a skin care ritual which fosters full regeneration.

Through unique and exclusive treatment protocols, Valmont SPA treatments are easily distinguished from all others notably thanks to the "Butterfly Movement". Way more than a traditional beauty treatment, Valmont treatments are designed as music symphonies. For a skin glowing with beauty, youth, health and harmony.



PRODUCT PARTNERS

THALGO

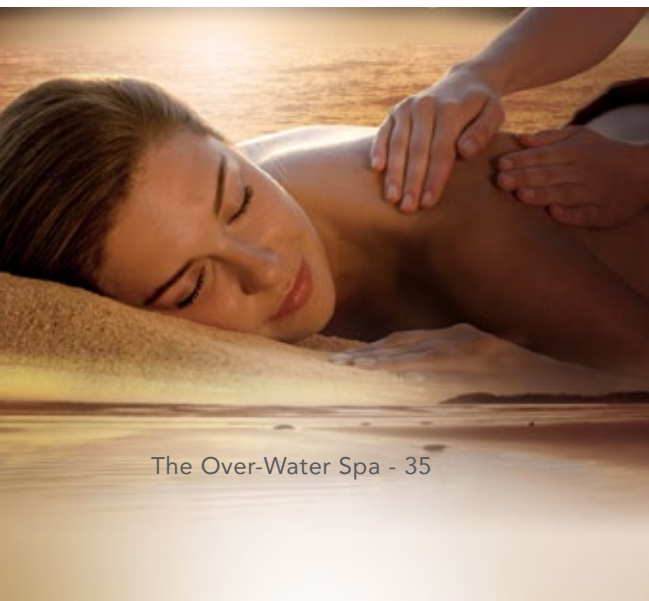
THALGO STORY

Thalgo is a world leader in spa, renowned for treatments and products that deliver excellent results. Founded in 1964, it's the original French marine spa brand. From the outset, Thalgo has been led by science and marine research making it specialists in marine spa and beauty for over 49 years.

Working closely together with renowned phycologists, the Thalgo Research Centre is the undisputed expert in marine intelligence, with more than 50 identified aquatic active ingredients, extracts and concentrates within exclusive active ingredients with unequalled properties. Every Thalgo treatment is rich in marine effectiveness, created according to stringent standards of performance, total affinity with the skin and ultimate sensory experience to offer high-performance professional excellence.

Today, Thalgo is the range chosen by over 20,000 top spas, resorts, and thalassotherapy centers in more than 90 countries. Thalgo brings together the best in spa and beauty, and continues to push the boundaries of innovation, providing spas with on-trend treatments and products.

Thalgo takes a 360° approach offering a wide range of skincare and body care treatments combined with nutritional supplements for a complete solution and added effectiveness.



THE JOURNEY NEVER ENDS

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