



CONRAD® SPA

MALDIVES
RANGALI ISLAND

THE SPA RETREAT

THE STORY OF AN ESCAPE TO A SECLUDED, PEACEFUL HAVEN



The Spa Retreat - 01

CONRAD® SPA

MALDIVES
RANGALI ISLAND

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 such as acupuncture, nutrition and beauty treatments 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, couples' soaking tub or Vichy shower. Facilities also include a hair spa, nail spa, relaxation lounge, retail boutique and Naturopathic herbal dispensary.

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.

The Spa Retreat - 02



ELEMIS

Leading the way in innovative, professional therapies and superior formulations for over 25 years, ELEMIS is the only professional British brand to clinically trial the efficacy of its advanced facials, proven to be effective after just one treatment.

Expert body therapies and unique massage techniques are combined with potent natural active formulations for maximum results. Our team of highly experienced therapists are trained to intuitively nurture your wellbeing, treat your skin and achieve results specific to you.



TREATMENTS AND RITUALS



ELEMIS

SIGNATURE TREATMENTS AND RITUALS

ELEMIS SIGNATURE TREATMENT - TROPICAL INDULGENCE

Exclusively designed for Conrad Maldives

120 min

A traditional tropical recipe with Coconut, Mung Bean, spices and Papaya to polish the skin whilst exotic Frangipani Monoï Oil indulges your senses. Your entire body is cocooned in a comforting foil wrap. Nourishing, comforting opulence followed by a deep tissue massage technique targeting large muscle groups such as thighs, buttocks and back to broaden and stretch tight muscles resulting in a supple, realigned body.

MALDIVIAN INDIGENOUS TREATMENTS

Maldivian Spa Blend

90 min

This localised 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.

ELEMIS RITUALS

ELEMIS ABSOLUTE SPA RITUAL

Enjoy the no.1 treatment

120 min

The ultimate introduction to ELEMIS spa therapies. This no.1 best-selling package combines a full body deep tissue massage with an intensive Anti-Ageing or Skin Solution Facial, prescribed to your needs.

ELEMIS FACE AND BODY SENSATION

The perfect duo when time is of the essence

60 min

A sensational massage, combined with an Anti-Ageing Booster Facial. Choose from the Re-Energiser, Ice-Cool Thermal Massage or the Tranquillity Thermal Soothing Massage, whilst your facial helps smooth wrinkles and restore youthful radiance.

ELEMIS EXOTIC COCONUT RUB AND MILK RITUAL WRAP

A gentle polishing and nourishing wrap

45 min

This indulgent therapy gently polishes and nourishes your skin whilst soothing the senses for smooth, soft skin. Warmed ELEMIS Skin Nourishing Milk Bath is drizzled over your entire body, followed by a softening Balinese Coconut scrub. Relax whilst your body soaks up the enriching actives.

ELEMIS CELLUTOX AROMA SPA OCEAN WRAP

Detoxify and kick-start your body

75 min

Let your thoughts drift away, whilst cocooned in a comforting wrap of rich Marine Algae and detoxifying Juniper and Lemon. Enjoy a facial massage and de-stress scalp treatment or soothing foot massage. Helps refine the appearance of cellulite and relieve the discomfort of fluid retention.

ELEMIS DETOX AND SCULPTING

ELEMIS BODY SCULPTING CELLULITE AND COLON THERAPY

Redefine and smooth your silhouette

60 min

ELEMIS' clinically proven Body Sculpting System is combined with a detoxifying Birch and Fennel abdominal peel-off body mask. Specialised abdominal, hip and thigh drainage massage techniques help with colon cleansing, to smooth the appearance of cellulite, boost circulation and reduce fluid retention. Skin is firmer and smoother to touch.

ELEMIS FACIALS

ELEMIS PRO-COLLAGEN QUARTZ LIFT FACIAL

Anti-wrinkle facial with proven results

75 min
30 min

Clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57% after just 1 treatment*. Specialised lifting massage, combined with proven Marine extract, Padina Pavonica, helps re-energise cells and rejuvenate skin.

*Independent Clinical Trials

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ELEMIS PRO-INTENSE LIFT EFFECT FACIAL

Shape, lift and firm

60 min
30 min

Powered by breakthrough technology that combines cutting-edge plant stem cells, nutrient-rich natural lipids and firming plant actives. Powerful lifting techniques target sagging jowls, cheeks, chin and neck, whilst helping to reduce puffiness and fluid retention associated with sagging skin.

ELEMIS TRI-ENZYME RESURFACING FACIAL

Peel away the years for smoother, renewed skin

60 min

Clinically proven to resurface by up to 75% and increase skin smoothness by up to 32% after just 1 treatment*. Pioneering precision layering of Tri-Enzyme serums, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing younger looking skin.

*Independent Clinical Trials

ELEMIS OXYGEN SKIN CALM FACIAL

Soothe sensitive skin and even skin tone

75 min

Gentle massage techniques combined with a restructuring Japanese Silk Mask soaked in Absolute Skin Calm Serum helps to rebalance delicate, fragile and sensitive complexions. Relieves redness and evens skin tone, offering immediate comfort to irritated skin.

ELEMIS WHITE BRIGHTENING FACIAL

Illuminates and brightens for a naturally more even complexion

60 min
30 min

Precision, feather-light movements delicately layer proven brightening actives onto the skin to encourage the breakdown and washing-out of melanin, whilst reducing the visible dullness that develops over time. This targeted treatment responds to individual skin needs, helping to reduce age spots, discolouration and dull skin tone and texture on the face, décolleté, arms and hands. Leaves the complexion illuminated, more even and beautifully white bright.

ELEMIS VISIBLE BRILLIANCE FACIAL

Revives dull, slackened skin, restoring radiance

75 min
30 min

Moisturisation levels are clinically proven to increase by up to 61% and elasticity by up to 40% after just 1 treatment*. Specialised micro-circulatory massage, combined with a two phase amino active mask, helps smooth, firm, plump and restore radiance. Perfect pre-occasion treatment.

*Independent Clinical Trials

ELEMIS FACIALS

ELEMIS SKIN IQ + FOR MEN

Anti-ageing booster for tired, stressed and dehydrated skin

75 min
30 min

The ultimate skin overhaul for maximum anti-ageing results. Charged with clinically proven Time Defence Wrinkle Delay and Eye Reviver, this treatment is tailored to help combat the effects of a hectic lifestyle and environmental stressors.

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ELEMIS BODY MASSAGES

ELEMIS DEEP TISSUE

Deep rhythmic pressure massage

90 min

60 min

30 min

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.

AROMATHERAPY

Soft and relaxing movements

90 min

60 min

Discover the ancient art and allure of aromatherapy with this gentle and soothing massage style. This pampering massage includes a pressure point facial massage and slow flowing movements.

ELEMIS AROMA STONE THERAPY

Warm basalt stones melt away tension

90 min

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.

MUSCLE EASE

Heated Thai herbs soften stressed muscles

90 min

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.

ELEMIS NURTURING MASSAGE FOR MOTHER-TO-BE

Massage for each stage of pregnancy

75 min

Award-winning therapy that's good for you and your baby from the first trimester. Performed on the unique ELEMIS beanbag for ultimate safety, comfort and relaxation, this unique therapy helps relieve back tension, swollen hands and feet. Eases the mind and lifts the spirits.

THAI

Stretching movements to relieve tension

90 min

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.

SHIATSU

Japanese translation is "finger pressure" for restoring balance

90 min

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.

FOOT REFLEXOLOGY

Based on a system of zones and reflex areas that reflect an image of the body onto the feet

60 min

Reflexology has been shown to reduce stress, improve blood circulation, relieve pain anywhere in the body and improve health and recovery from illness. This ancient practice is the art of applying pressure to the feet using specific thumb, finger and hand techniques.

FOUR HAND

Good for sleep and deep relaxation

90 min

60 min

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.

BODY MASSAGES

ELEMIS BODY WRAPS AND SCRUBS

ELEMIS EXOTIC FRANGIPANI BODY NOURISH WRAP

Deeply nourishing aromatic treat

45 min

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce Monoi, which is poured over your body before being cocooned in a nourishing foil wrap. Your skin is drenched with moisture for immediate softness, suppleness and radiance.

ELEMIS MUSCLEASE AROMASPA OCEAN WRAP

Muscle warming seaweed wrap

75 min

The power of aromatherapy combined with the riches of the ocean. This beautiful, aromatic heated seaweed body mask containing muscle warming blends of Pine and Rosemary essential oils, helps ease the pain of arthritis, fatigue and aching muscles. Whilst cocooned, let your thoughts drift away.

ELEMIS EXOTIC LIME AND GINGER SALT GLOW

Invigorating deep cleanse

30 min

Feel your senses lifted and your body invigorated by the sublime ELEMIS Exotic Lime and Ginger Salt Glow infused with skin enriching Japanese Camellia Oil Blend. After light body brushing, warm oil is drizzled luxuriously over the body. Skin is deeply cleansed, leaving it silky-smooth and glowing.

ELEMIS EXOTIC FRANGIPANI SALT GLOW

Nourishing exfoliation

30 min

Thoroughly exfoliate the whole body with ELEMIS Frangipani Monoi Salt Glow to slough away dead skin cells. Skin is left smooth and healthy and the Frangipani oil seals in moisture and gives the skin a beautiful sheen.

ELEMIS AFTER SUN SOOTHER

Calming effect after intense sun exposure

75 min

Hydrates and moisturises sunburned skin - healing, soothing and cooling. We wrap you with fresh Cucumber and Aloe Vera gel and then finish with ELEMIS Skin Nourishing Body Lotion. Helps to relieve irritated skin and restores hydration.

ELEMIS PRO-RADIANCE HAND AND NAIL TREATMENT

A nourishing and indulgent hand therapy

30 min

Cuticles and nails are conditioned and strengthened, whilst the indulgent ELEMIS Skin Nourishing Milk Bath combined with the anti-ageing Pro-Radiance Hand and Nail Cream intensely hydrates for irresistibly smooth, youthful looking hands.

May be extended to a 60 minute treatment to include a manicure.

ELEMIS SOLE DELIGHT GROOMING FOR FEET

A total sensory experience for your feet

30 min

Warmed aroma-therapeutic oils nourish and super condition neglected feet and nails. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin.

May be extended to a 60 minute treatment to include a pedicure.

ELEMIS BEAUTY ESSENTIALS

SERVICES AVAILABLE UPON REQUEST:

French Polish
Long lasting nails (Hands or Feet)
Long lasting French Polish (Hands or Feet)
Long lasting nails removal
Nail art
Hair rituals
Men's and Ladies' shampoo / cut / blow-dry
Test up-style
Up-style
Make-up application
Waxing services

VALMONT



VALMONT

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.





FACIALS BY 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 min

A powerful anti-ageing and anti-wrinkle treatment, this decadent treat is for all skin types. This advanced facial treatment uses specialised 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, smoothes 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.

DETOXIFYING FACIAL

75 min

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 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 min

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.



VALMONT BODY TREATMENTS

FIT AND TONE SLIMMING TREATMENT

90 min

Combines a unique motion with an original technique working in the direction of the muscular fibres to render the body toned and slender. Recommended 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!

Includes a 30 minute scrub and 60 minutes of kneading, friction and smoothing pressures, providing deep action on each area.

Proposed as a 10-session treatment, this treatment will charm with its innovative approach and immediate effects.

HYDROTHERAPY



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.

DELUXE SUITE - 45 min
STANDARD SUITE - 45 min

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

ELEMIS MUSCLEASE HERBAL BATH SYNERGY

This deeply soothing, spray-dried fusion of warming Maritime Pine, Rosemary essential oil and mineral-rich Algae help to ease muscle spasm, stressed joints and tense neck and shoulders.

ELEMIS CELLUTOX HERBAL BATH SYNERGY

A potent blend of detoxifying Algae, Sea-Buckthorn and Sea Fennel extracts with detoxifying pure essential oils of Juniper and Lemon. This powerful combination works to help break down cellulite and combat the build up of toxins.

ELEMIS SKIN NOURISHING MILK BATH

This award winning formula has a rich Milk Protein base of nourishing vitamins, amino acids and minerals. Natural plant Collagen feeds the skin, whilst keeping it soft and supple. Excellent for sensitive and excessively dry skin.

ELEMIS JASMINE AND ROSE MILK BATH

Indulge in your bath with this exquisite Jasmine and White Lotus flower milk that softens and calms dry skin while nourishing Argan Oil and Vitamin E improve moisture retention to leave skin feeling soft and smooth. Camellia seed oil, rich in essential fatty acids, shields and protects the skin from moisture loss.



VICHY SHOWER PRIVATE HEAT THERAPY SUITE

This water treatment is a luxurious way to detoxify, hydrate and relax. It has the therapeutic effect of soothing rain and provides a relaxing and calming wet body treatment to make you feel extremely pampered. Choose either of these scrubs as part of your Vichy shower experience.

45 min

ELEMIS EXOTIC FRANGIPANI SCRUB SALT GLOW

Mineral rich salts and Hibiscus cleanse and exfoliate dead cells to help brighten the skin. A nourishing Coconut oil base melts on contact with the skin to seal in moisture while a rich infusion of exotic Tahitian Monoi oil and Frangipani flowers leave skin delicately fragrant.

ELEMIS EXOTIC LIME AND GINGER SALT GLOW

Invigorating Ginger stimulates the metabolism and tones the body, while Lime peel works to energise, cleanse and purify the skin. Unrefined Sea Salt is uniquely blended with Kukui, Camellia and Jojoba oils to exfoliate and remineralise the skin, helping it regain its natural moisture balance and silky softness.



ELEMIS 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

An inspired, shared bonding experience, both Father and Son can leave The Spa Retreat feeling energised, refreshed and rejuvenated after these treatments designed for both generations.

FATHER:

ELEMIS Deep Tissue Massage
60 min

SON:

Mini-massage with temporary tattoo application
60 min

MOTHER AND DAUGHTER

Share some much needed girl time during these indulgent Mother and Daughter treatments which are both luxurious and therapeutic. Begin a ritual of relaxation which you can continue to enjoy together for years to come.

MOTHER:

ELEMIS Exotic Frangipani Salt Glow with Back Massage
60 min

DAUGHTER:

Mini-massage with nail painting or hair braiding
60 min



ELEMIS TEENAGER OFFERINGS

(14+ WITH PARENTAL CONSENT)

This selection of treatments have been designed specifically for teenagers and focus on treating the problem areas and intricacies of teenage skin.

ELEMIS HERBAL LAVENDER REPAIR FACIAL

For perfect restoration of skin balance

60 min

Deeply cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

ELEMIS EXOTIC MOISTURE DEW FACIAL

Treat your skin to a moisture boost

60 min

Following a specialised facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

ELEMIS FRUIT ACTIVE GLOW FACIAL

Bring back the glow to a lifeless complexion

60 min

Skin is deeply cleansed and stimulated by specialised Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.



THE JOURNEY NEVER ENDS



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