



*One&Only*

REETHI RAH

SPA & FITNESS

## ONE&ONLY SPA

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*Discover One&Only Spa, a true sanctuary of well-being, evoking  
a warmth and hospitality unique to the Maldives.*

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In this extraordinary tranquil setting, we invite you to indulge in a spa experience tailored to your specific needs and desires, choosing from an à la carte menu of specialised therapies, or one of our unique personalised spa journeys.

Utilising indigenous and authentic techniques, these treatments encourage you to immerse yourself in the One&Only experience to truly understand and embrace the exquisite environment.

We have created a collection of ‘Only Here’ spa experiences exclusive to One&Only Reethi Rah, each carefully crafted to enhance your journey of personal rejuvenation and renewal. With hand-picked, highly trained therapists and ESPA products featuring only the purest extracts of natural ingredients, the experience is both holistically therapeutic and very personal.

‘Only Body’ collection will elevate and optimise your body experience. Believing in the pure power of massage and how we can enhance its benefits, the techniques are wonderfully familiar and luxurious; however, built upon ancient knowledge and wisdom. The experience delivered is a true reward and the well-known benefits of such massage treatments are unsurpassed.

Gents are not forgotten – do not miss our ‘Only for Him’ spa experiences, with hand-picked treatments to ensure our male guests enjoy the benefit of our expertise.

We have created all our new spa experiences to be able to soothe, calm and nurture the body and mind.

Experience our exotic getaway to enjoy complete seclusion and tranquillity.

We look forward to welcoming you at One&Only Spa.

### **HOURS**

ONE&ONLY SPA – 9AM TO 9PM DAILY

PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ – 10AM TO 7PM DAILY

ONE&ONLY HAIR SALON BY TAYLOR TAYLOR LONDON – 11AM TO 8PM DAILY

FITNESS CENTRE – 7AM TO 9PM DAILY



## ONLY HERE

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*Designed with our One&Only guests at the heart, these treatments are unique to our beautiful surroundings and our experienced therapists. Utilising indigenous and authentic techniques, these treatments encourage you to immerse yourself in the One&Only experience and truly understand and embrace the exquisite environment.*

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### **ONE&ONLY – ESSENCE OF REETHI RAH (180 MINUTES)**

DEEPLY RELAXING AND UPLIFTING – NOURISHING AND SMOOTHING TO SKIN – ALLEVIATES MUSCLE TENSION AND ACHES AND PAINS.

Our signature transformative spa experience. Begin your journey with immersion in the restorative waters of our ocean-side WatSu pool, followed by a body exfoliation utilising local coconut and completed by a deeply relaxing massage with coconut oil. The treatment is completed with a tension releasing scalp massage to ensure you are in a true state of serenity.

### **ONE&ONLY – SALUTE THE SUN (120 MINUTES)**

NOURISHES AND REVITALISES THE SKIN – PROVIDES TOTAL BODY RADIANCE – RELAXES TIRED MUSCLES.

A total body treatment created to prepare your skin for a sun-kissed glow or nourish a sun-bronzed body. Combining an essential oil and sea salt exfoliation with a deeply nourishing and radiance, this total massage treatment experience offers the ultimate feel good sensation and fully prepares your body for the island life.

### **ONE&ONLY – TROPICAL DETOX (120 MINUTES)**

SMOOTHENS AND TONES SKIN – CLEANSSES AND PURIFIES.

A fusion of treatments combined for a truly purifying experience, which will ensure you are revitalised. Your skin is left nourished and soothed and the body is re-energised, cleansed. Using body brushing and exfoliating techniques to stimulate and remove toxins in the body, the treatment also includes a marine envelopment and massage with grapefruit and cypress to further detoxify a sluggish system.

### **ONE&ONLY IN HARMONY (120 MINUTES)**

TWO THERAPISTS WORK IN HARMONY TO MASSAGE AWAY STRESSES AND STRAINS – LEAVES SKIN SOFT AND NOURISHED.

For the ultimate in luxury spa rituals, this four-handed synchronised massage, complete with a welcoming foot ritual and deeply nourishing full body exfoliation, is designed to transport you to complete tranquillity.

## ONLY BODY

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*Elevate and optimise your body experience with wonderfully familiar techniques, completely connected with diverse and deep knowledge and wisdom from the highly trained therapists.*

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### **ONE&ONLY – ONLY MASSAGE (60/90 MINUTES)**

USES BLENDED AROMATHERAPY OILS – A COMBINATION OF TECHNIQUES TO ALLOW YOUR THERAPIST TO SOOTHE, RELAX AND EASE TENSION WHERE REQUIRED.

A treatment tailored to your specific needs on the day using a blend of individually chosen essential oils. Uses medium to firm pressure, combining long strokes with kneading and thumb movements.

### **AYURVEDIC ABHYANGA (90 MINUTES)**

PROMOTES HARMONY IN THE BODY – REBALANCES AND ADDRESSES KEY CONCERNS WITHIN THE BODY.

Utilising the ancient techniques from India and Ayurvedic herbal oils, this full body massage experience aims to rebalance and uplift. A step away from the traditional Western techniques, the therapist will work with your current state of mind to offer a sense of rejuvenation and clarity post-treatment.

### **HOT STONE MASSAGE (90 MINUTES)**

HEATED STONES ALLOW THE THERAPIST TO WORK DEEPER INTO THE MUSCLES – THE VOLCANIC STONES HEAT THE BODY’S TISSUE AND AID RELAXATION.

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension with a firm to deep pressure.

### **FITNESS MASSAGE (60/90 MINUTES)**

EASES DEEP MUSCLE TENSION – CYPRESS AND CLOVE ESSENTIAL OILS WARM THE MUSCLES AND PROVIDE A NATURAL PAIN-RELEASING EFFECT.

A powerful massage designed to alleviate deep-seated tension and muscular stress. Uses firm to deep pressure including acupressure and deep movements using the therapists’ forearms and elbow.

### **BALINESE MASSAGE (60/90 MINUTES)**

DEEPLY RELAXING – DESIGNED TO ENSURE THE MIND COMPLETELY SWITCHES OFF – SOOTHES TIRED MUSCLES.

This soothing and indulgent massage leaves your mind, body and spirit soothed and relaxed. Soft to medium pressure using long sweeping movements with warm oil.

## ONLY BODY

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*The power of pure massage. The experience delivered is a true reward and the well-known benefits are unsurpassed.*

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### **HOONA HERBAL MASSAGE (90 MINUTES)**

SOOTHING TO MUSCULAR ACHES AND PAINS – DEEP, WARM SMOOTH MOVEMENTS ALLOW INTENSIVE MANIPULATION OF MUSCLES – THE SOOTHING TOUCH OF THE POULTICES ALLOW FOR A DEEP SENSE OF SERENITY.

A therapeutic full-body massage using aromatherapy oils, enhanced by the restorative powers of warm herbal poultices. Relieves deep muscle tension and to be encompassed in true Maldivian herbs.

### **THAI MASSAGE (60/90 MINUTES)**

STRETCHES MUSCLES AND WORKS LIKE AN APPLIED YOGA SESSION – EASING MUSCLE PAIN AND PROVIDING A RENEWED SENSE OF VIGOUR.

This time-honoured massage uses traditional techniques to boost energy and vitality. Gentle and flowing, this massage includes stretching of the joints and muscles combining acupressure massage and synchronised breathing exercises.

### **WATSU (60 MINUTES)**

EXCELLENT FOR THOSE WITH CHRONIC PAIN – A NON-INVASIVE MANIPULATION OF THE MUSCLES ENSURING THE BODY IS PROTECTED AND SUPPORTED – WEIGHTLESS FEELING WHICH PROVIDES AN UPLIFTING EXPERIENCE.

Shiatsu in-water experience – a deeply restorative and calming treatment that is performed whilst you float in a warm, mineralised pool supported by your therapist. This treatment uses a combination of rhythmical and flowing movements with pressure points, joint mobilisations and muscle stretches.

### **REFLEX FOOT THERAPY (60 MINUTES)**

RELEASES TENSION IN THE FEET – ASSISTS WITH REDUCING WATER RETENTION.

An ancient and essential element of Chinese culture that grounds energy. It concentrates solely on the feet and lower legs on the reflex zones.

## ONLY FACE

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*A true process of revitalisation, through holistic well-versed practices and modern innovative techniques, our facials will deliver results and we aim to have you look as good as you will feel.*

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### **REETHI RAH BESPOKE FACIAL (60 MINUTES)**

PERSONALISED RECOMMENDATIONS AND PROCESSES INCLUDED TO ENSURE AN EFFECTIVE TREATMENT – DEEPLY RELAXING WITH A TENSION-RELEASING SCALP MASSAGE.

Begins with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eyes. It is specifically tailored to include cleansing, exfoliation, steam and extraction where necessary, and a treatment-specific massage, mask and intensive serum. Finally, skincare products are chosen depending on individual needs to achieve the best possible results.

### **ADVANCED RADIANCE FACIAL (90 MINUTES)**

BOOSTS THE RADIANCE OF THE SKIN ACHIEVING AND HEALTHY AND GLOWING RESULT – REDUCES FINE LINES AND WRINKLES – NOURISHES AND REHYDRATES.

A highly effective facial that reveals a noticeably brighter complexion. It boosts cell regeneration, reduces fine lines and wrinkles, lifts, tones and brightens the skin. Utilising Clarisonic® cleansing brushes and a deeply lifting and smoothing facial mask, this ultimate facial culminates in a facial massage incorporating rose quartz crystals to soothe redness and truly offer a radiant and glowing skin.

### **ULTIMATE LIFTING, FIRING & TONING FACIAL FEATURING NUFACE® (90 MINUTES)**

LIFTS, TONES AND FIRMS THE SKIN – STIMULATES CELL REGENERATION AND PROVIDES AN OVERALL HEALTHIER AND MORE YOUTHFUL APPEARANCE.

Improves skin tonicity and firmness and to enhance cellular regeneration. This advanced facial uses Tri-Active® ingredients combined with specialised facial lifting massage techniques to stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately. Incorporates NuFACE® technology, providing micro-currents to lift and firm the skin, for the most intensive result.

### **CELLULAR HYDRATION FACIAL (90 MINUTES)**

INTENSIVELY HYDRATING AND DEEP CLEANSING – REDUCES PUFFINESS – REDUCES THE APPEARANCE OF FINE LINES.

Rehydrates and smoothens the skin leaving your complexion dewy, supple and beautifully radiant. Small herbal pouches, specifically designed to hydrate and nourish a tired skin are used within the facial massage to smooth out fine lines and provide the ultimate hydration to a dry, environmentally damaged skin.



## ONLY FOR HIM

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*Hand-picked to ensure our male guests enjoy the benefit of our expertise and can choose an experience that will offer the best physical and therapeutic results.*

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### **MANKIND (60/90 MINUTES)**

FOCUSES ON COMMON AREAS OF TENSION FOR OPTIMUM RESULTS – TAILORED TO MEET SPECIFIC NEEDS – EASES MUSCULAR TENSION WHILST PROVIDING CLARITY FOR THE MIND.

A massage designed for those who suffer with tension related to headaches and neck strain. This deeply soothing back, face and stress releasing scalp massage is an ideal way to melt away tension and relieve tight muscles. You will feel revived and invigorated for the day ahead or relaxed and calm for a peaceful night's sleep.

### **MEN'S DEEP CLEANSING FACIAL (60 MINUTES)**

DEEP CLEANSING – DESIGNED SPECIFICALLY TO PURIFY AND HYDRATE AND ADDRESS COMMON SKIN CONCERNS FOR MEN.

A purifying facial which eliminates dead skin. Ideal for deep cleansing, soothing and hydration, this facial is perfectly tailored to your skin type.

### **DEEP MUSCLE MASSAGE (60/90 MINUTES)**

WARMS MUSCLES AND EASES TENSION QUICKLY AND EFFECTIVELY – CAN BE TAILORED AND FOCUS ON LOCALISED AREAS TO APPEASE INDIVIDUAL CONCERNS.

Utilising the power of hot stones, this full body massage will be tailored to offer the perfect combination of techniques to alleviate muscle strain and offer optimum relaxation.

## ONLY VITALITY

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*Created to address key concerns which attribute to our overall well-being. The vitality treatments, delivered cohesively with our needs, alleviate, soothe, clear and re-energise tired systems. Offered in unison with traditional spa treatments, these innovative techniques will transform a simple experience in relaxation into one.*

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### **CONTOUR & FIRM BODY TREATMENT (120 MINUTES)**

IMPROVES THE NATURAL SILHOUETTE OF THE BODY – REDUCES WATER RETENTION – AIDS LYMPHATIC DRAINAGE.

Toning, firming and invigorating – this treatment reduces fluid retention and improves skin texture. A full body treatment that includes exfoliation and intensive lymphatic massage, which will be boosted by a toxin-releasing body wrap with stimulating marine algae. Transforms the skin's condition and offers a refined and smoothed figure.

### **DETOX MASSAGE (60/90 MINUTES)**

ENCOURAGES REMOVAL OF LYMPH AND TOXINS – REFRESHES AND REVIVES THE BODIES SYSTEMS – CLEANSING AND PURIFYING.

Invigorating and stimulating massage techniques to activate the blood circulation followed by soft lymphatic drainage massage.

### **ACTIVE ABDOMINAL CLEANSE (60 MINUTES)**

AIDS DIGESTION – REDUCES BLOATEDNESS AROUND THE STOMACH – TONES AND FIRMS THE ABDOMEN AREA.

This purifying experience is ideal for reducing bloating; it also aids digestion and enhances stomach tonicity. Utilising an herb pack over the abdomen area to detox, tone and tighten – this treatment offers immediate and effective results that last.

### **ANTI-CELLULITE HIP & THIGH TREATMENT (60 MINUTES)**

FOCUSES ON SPECIFIC AREAS OF CONCERNS TO ACHIEVE THE BEST RESULTS – REDUCES THE APPEARANCE OF CELLULITE – INVIGORATING AND ENERGISING.

A stimulating massage treatment that targets cellulite, reduces fluid retention and improves skin texture. Focusing on common problem areas of the hips and thighs, the function of this treatment is to alleviate and release toxin build-up and improve the appearance of cellulite.

RECOMMENDED AS A COURSE OF 6 TREATMENTS FOR OPTIMUM RESULTS.

## ONLY FOR THE NEW GENERATION

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*Something special for teenagers. A true spa experience designed specifically for the young One&Only guests.*

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### **REETHIKAN FACIAL (50 MINUTES)**

FRESHENS THE SKIN – CLEANSSES AND HYDRATES A YOUTHFUL COMPLEXION.

A gentle cleansing facial incorporating a scalp massage and hydrating face mask with soothing and nourishing eye pads. This facial helps remove impurities from the skin, leaving the skin looking and feeling refreshed and rebalanced.

### **KUDA KUJA MASSAGE (50 MINUTES)**

REVIVING AND REFRESHING – SOOTHES TIRED MUSCLES AND REBALANCES THE BODY.

After hunting in the jungle of the island or running along the sandy shores of the beach, refresh your body with a wonderfully relaxing massage, including a nourishing scalp treatment with head, neck and shoulder massage. You will be ready for your next island adventure in no time!

## ONLY NURTURE

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*A perfect time to soothe, calm and nurture the body and mind. These mother-to-be and new mothers' treatments focus on the areas of tension commonly experienced and do it with the elegance and luxury that every new parent deserves. Treatments are to be taken between the 4<sup>th</sup> and 8<sup>th</sup> month of pregnancy.*

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### **MATERNITY MASSAGE (60/90 MINUTES)**

TOTAL COMFORT AND RELAXATION – FOCUSES ON MUSCULAR TENSION COMMONLY EXPERIENCED DURING PREGNANCY.

A relaxing full body massage targeting areas prone to tension during pregnancy. With therapists highly trained in ensuring complete comfort for the expectant mother, the experience will ensure each moment is complete relaxation.

### **MOTHER-TO-BE SPA RETREAT (90 MINUTES)**

THE TOTAL BODY TREATMENT FOR PRE AND POST-NATAL MOTHERS – SMOOTHENS, NOURISHES AND STRENGTHENS THE SKIN – OFFERS A DEEP SENSE OF RELAXATION.

A ritual to induce deep relaxation and nourish the skin for pregnant and nursing mothers during this special moment of your life. Includes natural coconut body exfoliation, full body relaxing massage with nourishing oil, a nurturing body mask and a soothing scalp massage.

## ONLY SECLUSION

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*Take your exotic getaway to an even more exclusive and private place. Experience a moment of complete seclusion and tranquillity with your loved one or alone. Complete serenity is provided with our specially chosen private escapes. Your dream of being secluded from the busy world is exquisitely realised.*

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### **TIME: A TAILORED FIT (165 MINUTES)**

Our private spa suites offer the ultimate spa escape – a perfect choice for those seeking complete privacy. Each of our two private spa suites are suspended over water, linked to the island via a secluded walkway. Your choice of a fusion of treatments tailored on your personal needs. The experience includes personal heat experiences, including an ocean-side bath and steam room for two. Please allow our spa team to guide you on the additional experiences within our beautiful spaces.

### **ONLY COUPLES COLLECTION (225 MINUTES)**

Just for two, this treatment offers two hours of body treatments, one hour of private couple's yoga session and forty-five minutes of relaxation time to be enjoyed with a refreshing glass of champagne and with a plate of exotic fruits. Complete the experience by enjoying full use of your very own private spa facilities.

### **OUR ISLAND HIDEAWAY (120 MINUTES)**

Your experience will start at the spa where you will be guided to the romantic, private and secluded treatment area specially set up on our beach. Accompanied by the gentle sounds of the ocean, each of you will complete a hand ritual with sea salt and rose petals on the other to begin the treatment and reconnect you to the memories of your union. Side by side, a ninety-minute aromatherapy body massage will be performed and followed by a tea ceremony. The experience is completed in the privacy of your villa where you will enjoy a signature bath, a glass of champagne and a plate of exotic fruits for your special occasion.

**WE RECOMMEND YOU TO BOOK ALL 'ONLY SECLUSION' SPA EXPERIENCES AT LEAST 24 HOURS IN ADVANCE DUE TO LIMITED AVAILABILITY. THE TREATMENTS VENUES ARE SUBJECT TO CHANGE DEPENDING ON THE WEATHER CONDITIONS.**

## RESET IN RESIDENCE

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*We believe in providing our One&Only guests the best and most transformative experiences possible. All you need to do is arrive at One&Only Spa and our knowledgeable and expertly trained team will guide you through our bespoke retreats, ensuring that your stay on the island uplifts, revives and restores you.*

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### **ONLY AWAKEN (3, 5, 7 DAYS)**

A REVITALISING EXPERIENCE FOR THOSE WISHING TO FEEL ENERGISED.

A deeply restorative and invigorating experience. Choosing 'Only Awaken' will ensure our spa experts aim to re-energise and revitalise tired souls.

Perfect for those:

- Feeling lethargic and lacking in get up and go.
- Struggling to find the physical and mental energy to make the most of life.
- Ready to take on the world.

### **ONLY REJUVENATION (3, 5, 7 DAYS)**

A REVITALISING EXPERIENCE FOR THOSE WISHING TO FEEL ENERGISED.

A therapeutic journey for the physically tired. Stresses and strains of daily life and the toll taken on the physical self will be addressed by the spa experts, to ensure aches and pains dissipate and leave a lighter and more comfortable body.

Perfect for those:

- Who enjoy a spa experience to unblock tensions on the back, spine, head and feet.
- Who have specific areas of tension.
- Who have a highly physical job or partake in a high level of sport.

### **ONLY PURIFY (3, 5, 7 DAYS)**

DETOXIFY, CLEANSE AND FEEL GREAT IN YOUR OWN SKIN ONCE MORE.

The process of purification is most successful when guided by expertise, care and attention. Our spa experts will ensure a detoxification process that does not mean you will have to forgo luxurious indulgences.

Perfect for those:

- Who suffer from a sluggish system.
- Looking for a specialised detox process.

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*The part can never be well  
unless the whole is well*

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PLATO





# SUN TREATMENTS BY ESTHEDERM PARIS

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*Before sun treatments*

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## **BEFORE THE SUN – FACE/BODY (60 MINUTES)**

DESIGNED TO PREPARE YOUR SKIN FOR A SAFE SUN EXPOSURE.

A gentle exfoliation will promote healthy skin generation and an even skin colour by removing dead skin cells (recommended once weekly when the skin is exposed to the sun), while the moisturiser and cells energiser will nurture your skin by protecting it from photo-ageing and dehydration.

## **BEFORE THE SUN BRONZANT – FACE/BODY (60 MINUTES)**

FOR A FULLY PROTECTED SKIN AND A QUICKER LONG-LASTING TAN.

The treatment ensures removal of dead skin cells without aggressing the skin, helps the skin regain water balance, diminishes risks of reactions and prevents photo-ageing and cell damage. Your skin is smoothed, hydrated, better protected and will tan quicker.

## **TAN BOOSTER – FACE/BODY (60 MINUTES)**

FOR A GLOWING AND BEAUTIFUL SUN-KISSED SKIN IN JUST A FEW MINUTES.

An intense tan booster treatment that stimulates the natural production of melanin and moisturise the skin. Offers minimal protection for short exposure time in intense sun. Nourishes, beautifies the skin and reduces the risk of flaking. For all skin types, especially dry skin or olive-toned skin that develops a sallow tan.

## **SELF TANNING – FACE (90 MINUTES)**

DESIGNED TO CREATE A GLOWING AND NATURAL SHADE WITHOUT SUN EXPOSURE.

The treatment will not only tan your skin homogeneously onto several layers of the skin, but will also leave your skin soft, supple, energised and comfortable. Results start showing 2 hours after the treatment and final skin colour after 24 hours.

THIS TREATMENT CAN BE TAKEN UP TO 3 TIMES A WEEK AND IS SUITABLE FOR ALL SKIN TYPES.

# SUN TREATMENTS BY ESTHEDERM PARIS

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*After sun treatments*

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## **AFTER SUN – FACE/BODY (60 MINUTES)**

DESIGNED TO MOISTURISE AND PROTECT SUN-EXPOSED SKINS OF THOSE WHO DO NOT WISH OR CANNOT DEVELOP A TAN.

A deeply hydrating therapy that includes acupressure point techniques to help to detoxify and tone the skin. The treatment boosts the skin's natural defences, provides biological cell protection against UV rays and also protects it from environmental aggressions. Your skin will be soothed, revitalised and better protected for subsequent sun exposure.

## **INTENSE AFTER SUN CARE – FACE/BODY (60 MINUTES)**

SOS THERAPY FOR SUNBURNT SKIN.

This ultra-calming treatment immediately soothes and intensely repairs overheated skin after excessive sun exposure. The special formula acts on the inflammatory phenomena triggered by sunburn to relieve pain and redness. It will also reinforce the skin's tolerance to the sun.

## **AFTER SUN BRONZANT – FACE /BODY (60 MINUTES)**

FOR A LUMINOUS LONG-LASTING SUN TAN.

The two comfortable after sun formulas applied regenerate and calm the skin instantly to compensate for sun exposure and re-establish the skin's water balance. The result: a soothed, repaired skin that remains younger looking for longer.

## **AFTER SUN BRONZANT WITH GENTLE EXFOLIATION – FACE /BODY (60 MINUTES)**

TO ENHANCE THE COLOUR AND CONDITION OF SUN-EXPOSED SKIN.

The treatment gently removes the dead skin cells that make the tan tone dull. It is highly recommended for skins that have already been exposed to the sun and/or will continue to be exposed, as well as for before the end of the holiday to prolong the tan.

# PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

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*Bastien Gonzalez is internationally renowned for his unique approach to foot treatments along with his sensual Révérence de Bastien range of products for feet, hands and nails. Experience the Pedi:Mani:Cure Studio by Bastien Gonzalez – the Winner of World's Best Nail Studio Brand 2015 at the 1<sup>st</sup> Annual World Spa Awards 2015.*

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## **BASTIEN'S DUO (75 MINUTES)**

A treatment that has been several times awarded. This synchronised four-hands treatment focuses on your feet, legs, hands and arms. The ultimate in manicure and pedicure luxury with total relaxation.

## **BASTIEN'S PEDICURE (60 MINUTES)**

An overall pedicure including a nail treatment followed with a skin treatment to eliminate hard skin and dryness; completed with a genuine massage from the toes up to the knees relieving any muscle tension and heaviness.

## **BASTIEN'S MANICURE (45 MINUTES)**

An exceptional manicure in 3 steps: A cuticle and nail treatment, including a natural beauty finish to the nail and a thorough massage of the forearms, wrists, hands and fingers.

## **FOOT RE-FOUNDATION (35 MINUTES)**

A treatment designed for the total well-being of the feet and legs. Ideal for legs, heavy and tired after long flights, this truly relaxing massage is from the toes up to the knee, focusing on muscle tension, joint mobility, blood circulation, skin elasticity and the swollen soles of your feet. The preliminary exfoliation performed with the Black Diamond Scrub will ease the penetration of the cream used during the massage, the effects of its active ingredients thereby being optimised.

## **GLOBAL MESSAGE REFOUNDATION (35 MINUTES)**

A completely soothing and calming massage, from the toes up to the knee, from the fingers up to the elbow, this four-hands synchronised massage creates a light sensation to the whole body, relieves legs and arms from any muscle tension and heaviness. The well-being lies in two points: skin elasticity and optimum mobility.

# PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

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*The uniqueness of his concept lies in the fusion of well-being and beauty. Bastien's treatment protocols are focused on the nails.*

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## **RÉVÉRENCE SPA RITUAL (45 MINUTES)**

An express treatment focused on nails and cuticles, followed by a vigorous scrub enhancing the natural beauty of your nails through a nail buffing or application of Révérence de Bastien nail lacquer.

RÉVÉRENCE SPA RITUAL IS AVAILABLE FOR HANDS AND FEET.

## **PARAFFIN TOUCH (20 MINUTES)**

Intensify your Bastien's manicure and/or pedicure with this silky supplement. The warmth of this mixture aids the penetration of applied moisturisers for deep hydration.

## **COLOUR TOUCH (20 MINUTES)**

Select your preferred colour from our range of Révérence de Bastien nail lacquers, which are formaldehyde, toluene, DBP and camphor free to prevent any aggression to the nail once removed. Includes nail reshaping.

## **FRENCH COLOUR TOUCH (30 MINUTES)**

A white line is applied on the nail tips, followed by a natural soft pink lacquer to the whole nail, resulting in the perfect French paint. Includes nail reshaping.

# ONE&ONLY HAIR SALON BY TAYLOR TAYLOR LONDON

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*Taylor Taylor London is recognised for its unique blend of both edge and elegance. With their modern and relaxed style, it has developed a global reputation in the hairdressing industry from East London to the Indian Ocean.*

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## **CUTTING & STYLING: LADIES, GENTLEMEN AND CHILDREN**

Our talented and creative professional hairstylists offer the opportunity for you to not only receive an incredible look, but to make a connection with someone who really “gets” you and your desires. Please allow a full hour of all our cut and blowdry/finish appointments so we have sufficient time to understand your needs.

## **CONDITIONING HAIR TREATMENTS & RITUALS**

When your hair needs a little extra attention, we have an extensive range of in-salon prescription treatments that can be added to any appointment. Treatments range from a quick fix moisture boost to our reparative split-end treatment.

## **COLOURING**

From ombre hair colour, to dip-dye hair colour, or hair bleaching, the creation of perfect colour is paramount to our hair specialists. Using innovative techniques and natural products where possible, our team will work closely with you to achieve a look that is individual to you.

## **COLOUR CHANGES & CORRECTIONS**

Major colour changes and colour corrections may require multiple applications and your colour technician will advise you of the detailed costs during your complimentary consultation. Please remember that you do need to come in at least 48 hours before your colour appointment for us to check any allergic reactions from your patch testing.

# ONE&ONLY HAIR SALON BY TAYLOR TAYLOR LONDON

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*Let us create your perfect hairstyle, in one of the most beautiful settings in the world.*

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## **BRIDAL / RED CARPET SERVICES**

We have a small team of professionals who can be booked by the hour or by the day to deliver our famous hair services wherever you may be on the resort. From a wedding party to a red carpet event, they specialise in making you look fantastic whatever your occasion. Alternatively we can arrange a fully private service in our salon or in your villa.

## **BRAZILIAN BLOWOUT® SMOOTHING TREATMENT**

The Brazilian Blowout® is the most innovative and effective professional smoothing treatment in the world. Voted “Professional Choice Winner” for the last three years, this amazing treatment will improve the condition of your hair by creating a protective protein layer around the hair shaft to eliminate frizz and smooth the cuticle. With no down time, the Brazilian Blowout® will give you the ability to have ‘wash and wear’ hair for up to three months. The final effect produces shiny, glossy hair whilst still maintaining body and wave. We call it the ‘permanent blow-dry.’

DUE TO THE TECHNICAL NATURE OF BOTH OUR STRAIGHTENING AND SMOOTHING TREATMENTS, WE RECOMMEND AN INITIAL COMPLIMENTARY CONSULTATION, WHERE OUR SPECIALIST WILL ASSESS THE LENGTH AND THICKNESS OF YOUR HAIR, PRESCRIBE YOUR INDIVIDUAL TREATMENT AND CALCULATE THE FINAL PRICING.

## HEALTH & FITNESS

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*Our personal trainers at One&Only Reethi Rah provide tailored training programmes for all abilities and fitness levels, to help you reach your goals and enhance your health and fitness development.*

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### **FITNESS ASSESSMENT (60 MINUTES)**

Your personal trainer will guide you through a personalised health and fitness questionnaire followed by tests to assess your body composition, muscular endurance, stamina and flexibility. Based on the results, your personal trainer will plan a training programme for your stay at the resort and even beyond, to ensure a continued fitness routine once you are back home.

### **POWER PLATE® (30 MINUTES)**

The Power Plate® uses the principles of Acceleration Training™ to stimulate the body's natural response to vibration. Whether you want to improve your fitness and flexibility, build up your muscles or simply improve your general health – the Power Plate® will help you reach your goals.

### **TRX® SUSPENSION TRAINING (30/60 MINUTES)**

The TRX® Suspension Training is a bodyweight exercise that develops strength, balance, flexibility and core stability simultaneously.

### **QUEENAX SUPERFUNCTIONAL TRAINING (30/60 MINUTES)**

Queenax is designed to meet the solutions and needs of space inside the clubs. It is conceived further more to accommodate the new trends of training, such as the suspension training and the functional training. With Queenax, the space around you becomes a tool: ceiling, floor and walls become new partners for your training.

### **INDOOR CYCLING (60 MINUTES)**

An efficient non-impact workout that helps to build cardiovascular endurance, improves metabolism and works out your muscles.

### **AQUA TRAINING AND SWIMMING CONDITIONING (30/60 MINUTES)**

Water resistance and body buoyancy make aqua training an ideal cross-training technique, regardless of your age or fitness level. This is an opportunity to enjoy individual attention and improve your swimming style in the ultimate low impact workout in our lap pool.

## HEALTH & FITNESS

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*Our philosophy seeks to inspire you in your journey to fitness and well-being. We will guide you to achieve your goals and support you in maintaining an active lifestyle.*

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### **KINESIS® PROGRAMME (30/60/90 MINUTES)**

Kinesis® improves balance through dynamic tridimensional movements that activates the kinetic chain by working on different groups of muscles. A useful tool for athletes, rehabilitation or anyone looking to increase resistance.

### **BOOT CAMP (60/90 MINUTES)**

Supervised “army commando style” group training programme designed to promote an active lifestyle while instilling the idea that exercise is fun.

### **KICKBOXING (30/60 MINUTES)**

From the background of martial arts, this is a power cardio routine which will boost your energy levels, strengthens your bones and muscles improves coordination, body reflex combining knee, punch and kicks motions.

### **BOXING (30/60 MINUTES)**

A training that develops self defence skills, builds a stronger heart and core muscles while improving cardio resistance, coordination, body reflex speed and agility. Exercises are mainly focused on the upper body.

### **ISLAND RUN (30/60 MINUTES)**

An island run that undergoes a total of 6.4 kilometres. It's a flat off-road sandy path which will allow you to experience every corner of the island – through the run you will enjoy a breathtaking view of the turquoise ocean.

### **ASSISTED STRETCHING (30/60 MINUTES)**

This one-to-one session is devoted to assisted stretching and relaxation. It helps eliminate any tightness in the body and improves your overall flexibility.

## YOUTH FITNESS

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*Our programmes aim to inspire and help our young guests to improve overall health and well-being in a fun and safe way.*

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### **SWIMMING (60 MINUTES)**

Our swimming coach will guide your child through a curriculum of techniques that aim to enhance and improve his/her water skills and swimming ability. Three swimming levels are available:

#### LEVEL ONE: STARFISH (3 TO 5 YEARS)

A mixture of basic movements and activities targeted to improve water safety and confidence in the water.

#### LEVEL TWO: OCTOPUS (6 TO 8 YEARS)

Encourage development of swimming strokes and other water lifesaving skills.

#### LEVEL THREE: DOLPHIN (9+ YEARS)

Mastering all strokes including freestyle, backstroke, breaststroke and butterfly.

### **BOXING (30/60 MINUTES)**

A training that develops self-defence skills, builds a stronger heart and core muscles while improving cardio resistance, coordination, body reflex speed and agility. Exercises are mainly focused on the upper body.

### **BEACH BOOT CAMP (60/90 MINUTES)**

Supervised “army commando style” group training programme designed to help children become fitter, promote an active lifestyle while instilling the idea that exercise is fun. Each session engages the child in physical activity that promotes hand/eye coordination, stretching, cardiovascular endurance light strength training, group games such as soldier crawling, tug-of-war, challenging obstacle races. A great activity to be enjoyed with other family members including the parents.

## MIND & BODY

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*Bring your body and mind together with our non-aerobic methods of exercising that focuses on strength, flexibility and breathing to boost physical and mental well-being.*

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### **YOGA (60/90 MINUTES)**

Increase your flexibility, strength and blood circulation through deep breathing. Improve your energy levels, muscle and core strength, concentration, muscle rehabilitation and tonicity. Learn how to cope with stress, increase inner peace and the capacity to calm the mind.

#### AVAILABLE YOGA STYLES

Pranayama, Hatha, Vinyasa, Ashtanga, Aerial, Power, Partner, Prenatal, Kids/Teens, Face, Abdominal Cleansing

### **MEDITATION (60/90 MINUTES)**

A powerful healing force utilising specific yogic breathing and mantras to promote pranic “vital” energy, mental clarity and concentration. Enhance your mental well-being and increase a peaceful mind and relax through different techniques of meditation.

### **TAI CHI (60 MINUTES)**

A gentle way to fight stress combining “breath work with energy work” through low impact movements and minimising stress on the muscles and joints.

### **MAT PILATES (60/90 MINUTES)**

The best for beginners. Focuses on controlling your core muscles during the exercises while adhering to the principles of concentration, fluidity, balance, centering, breath and control.

### **PILATES REFORMER (60/90 MINUTES)**

Cables, bars, straps and pulleys and adjustable springs allow you to regulate tension and resistance of the exercises.

# SPA ETIQUETTE

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*At One&Only Spa, every moment of your visit is carefully choreographed to ensure that with each step, stress and tension melts away. Prior to your appointments, you are invited to enjoy the spa's unique amenities including vitality pools, crystal steam rooms, lifestyle showers, saunas and stimulating ice fountain.*

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## **SPA APPOINTMENTS**

Please consult our One&Only Spa reception for assistance in selecting treatments to fulfil your personal requirements. To ensure availability, advance reservations are highly recommended. To make your appointment, guests in-house can either call One&Only Spa at ext. 7765/7766 or visit us. Alternatively, contact your Concierge to assist you with the reservation.

## **CANCELLATION POLICY**

If you must reschedule or cancel your spa appointment, please notify us at least 24 hours in advance to avoid cancellation charges. A 50% charge of the service reserved will be levied for any treatments cancelled less than 24 hours prior to the appointment. A full charge will incur for all no-show appointments and those cancelled within 12 hours.

## **WHAT TO WEAR**

We provide a robe and a pair of slippers at One&Only Spa. For your comfort, disposable undergarments are provided before the start of your treatment. Our therapists are highly trained in proper draping procedures for your complete privacy.

## **ARRIVAL**

We suggest you arrive 30 to 45 minutes prior to your scheduled appointment time to enjoy the full use of our exclusive spa facilities. Please be advised that a late arrival will result in a reduction of your treatment time.

## **HEALTH MATTERS**

Please inform us of any health conditions when booking your appointment. These include high blood pressure, heart conditions, allergies, recent surgeries or pregnancy.

## **AGE REQUIREMENTS**

For guests under the age of 16, access cannot be given for use in the changing room and heat facilities. For treatments, please consult our family spa menu.

## **PREGNANCY**

Our 'Only Nurture' treatments are designed for expectant or nursing mothers. Please allow our spa team to guide you in selecting suitable treatments. For your safety, 'Only Nurture' treatments are not allowed before the first trimester and after the third trimester and not recommended 24 hours before or after travelling.

## **SHAVING AND MEN'S FACIALS**

For best results, we recommend that men shave a few hours prior to their facial treatments.

## **VALUABLES**

Please leave your jewellery and valuables in the safe in the villa. While we endeavour to look after your belongings, we do not assume liability for any valuables.

## **SPA ETIQUETTE**

To preserve One&Only Spa's tranquil environment and protect your privacy, cell phones and any other electronic devices are not permitted in the treatment villas. If you wish to receive messages during your time at One&Only Spa, please advise one of our team members and we will be happy to assist you. One&Only Spa is a smoke-free environment and alcohol consumption is not allowed.



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