

Reethi
Rah
X

One&Only

REETHI RAH

Maldives



IMMERSE

discover inner joy
where you can finally
unplug, recharge and
renew... enter our spa
and truly engage
your soul

One&Only Spa



TREATMENTS

Meander through lush tropical groves to the serene sanctuary of our spa. Feel your cares sail away on the sea breeze when you experience our immersive treatments at One&Only Spa. Designed by world-renowned spa expert ESPA, each unique treatment combines the wisdom from traditional holistic therapies with the scientific power of the purest natural ingredients.

Each results-focused experience is tailored to your specific needs, helping you to have naturally beautiful skin and a renewed sense of inner calm.

BESPOKE RITUALS BY ESPA

*Experience the beauty of sound,
vibration and nature*

ONLY HERE

*One&Only Reethi Rah signature
treatments*

ONLY FACE

*Facial treatments that deliver
visible results*

AYUNA

*Natural, rejuvenating skincare to
restore and revitalise your skin*

ONLY MIND

*Holistic healing promoting
harmony within*

ONLY BODY

*Massage treatments for total
body relaxation*

ONLY SECLUSION

*Intimate experiences for you
and your loved one*

ONLY NURTURE

For new and expectant mothers

ONLY FOR THE NEW GENERATION

*Something special for the next
generation (ages 6-14)*

HAIR AND GROOMING

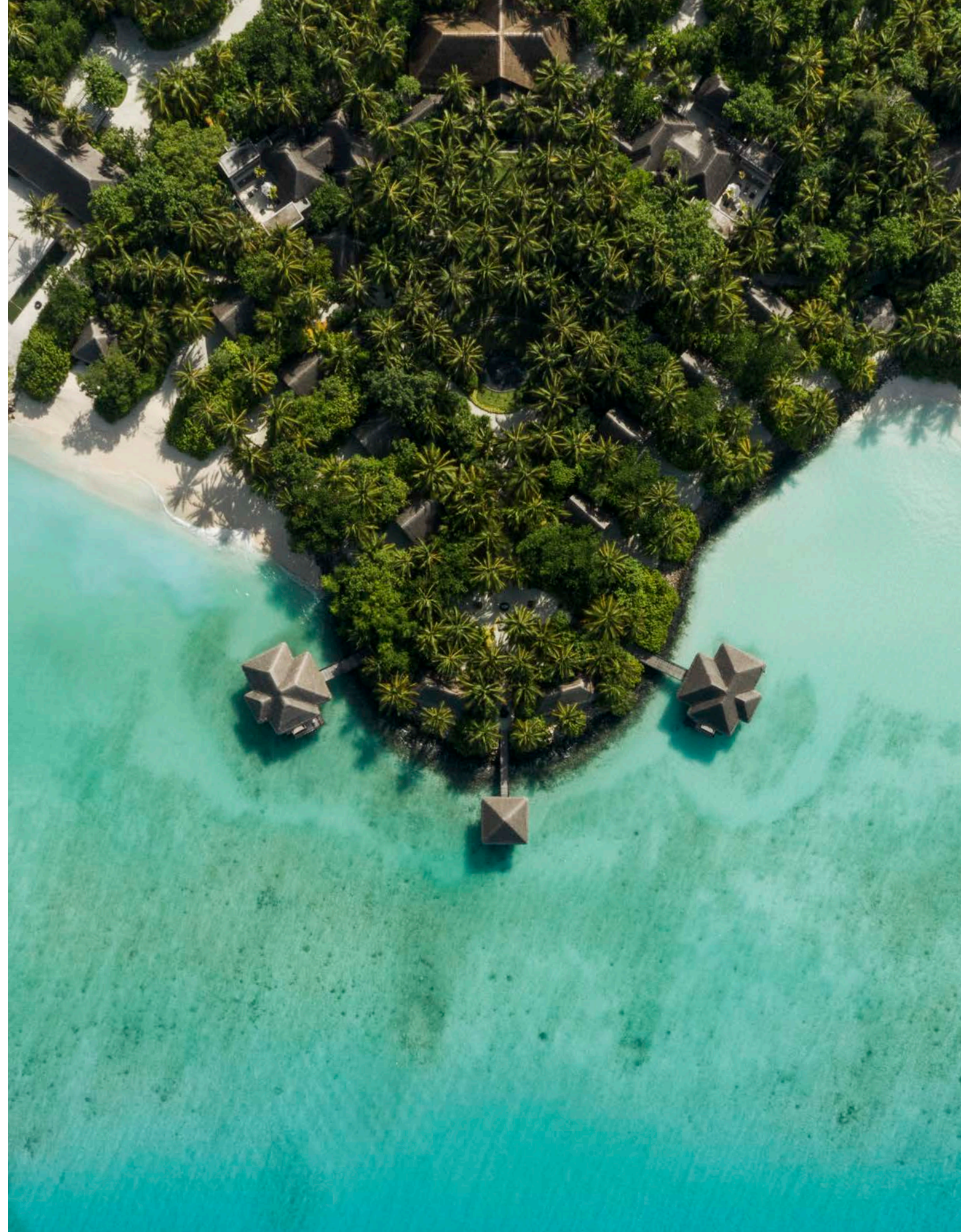
*Revitalising rituals for your hair,
and gentlemen's private grooming
at Barber & Blade*

PEDI-MANI-CURE

*Hand and foot treatments curated
by award-winning podiatrist,
Bastien Gonzalez*

HEALTH AND WELLNESS

Feel-good fitness for all levels





BESPOKE RITUALS BY ESPA

NATURE'S RESONANCE AND MODERN ALCHEMY

Introducing a reinvigorating experience borne from sounds, touch, and nature. Curated exclusively for One&Only resorts, Nature's Resonance by ESPA is designed to connect you with the harmonious surroundings and healing energy that lie within the natural sanctuary of our island.

SOUND, FACE AND BODY EXPERIENCE (90 MINUTES)



Honouring the essence of our serene island setting, these unique holistic treatments tap into the natural beauty and wellness **rhythms** of Reethi Rah. An immersive experience harnessing the power of sound wave therapy, Nature's Resonance transports you on a meditative journey that calms and restores the mind, body, and spirit.

Each restful treatment begins with a **grounding** ritual that first soaks your feet in the soothing ions of warm sea water and then balances your chakras by bathing you in the vibrational hum of Solfeggio tuning forks.

Now attuned to a strong sense of place, you'll lie in comfort, cocooned in a sonic composition that blends beneficial **binaural beats** with an indigenous soundscape echoing crystalline lagoons lapping the shore, hypnotic monsoon rains, and the sanctuary of the coral reefs.

Touch layers a further element to your experience. Movements sweep across the face and body, mirroring the peaceful rhythm and flow of the music as you sink

into a deep, relaxed state that ultimately leaves you feeling rejuvenated and more in tune with yourself and with nature.

Nature lies at the heart of life; it's vital for our physical and emotional wellbeing.

Its **rhythms** are our conductor, forever guiding us. From our orbit round the sun, the cycle of the seasons, and day giving way to night to hearing our mother's heartbeat and drawing our first breath... Everything in nature, in life, is vibrating.

These **frequencies** profoundly influence our being, how we think and feel, but, in the distraction of our daily lives, many of us forget to listen to the natural world and respond to the positive energy of the earth's vibrations.

Tapping into the power of beneficial **binaural beats**, the Solfeggio scale and the rhythms of nature at each iconic One&Only property, Nature's Resonance has been expertly created by ESPA to offer a series of unique holistic treatments which seek to restore a more harmonious balance by bathing you in the beauty of sound, **vibration** and nature.

GIVING BACK TO NATURE

With each Nature's Resonance treatment, trees will be planted in your honour by (more:trees) as part of a global project in Madagascar, Kenya, or Haiti.

This beautiful gesture marks the end of your treatment and re-enforces One&Only Spa's commitment to Sustainability.

Succumb to nature's embrace and feel its rhythms transport your mind, body, and soul to a serene state of calm. Let your senses flow. Release. Unwind.

RAPID RESET - JET LAG TREATMENT (90 MINUTES)

Ease the weariness of **long-haul travel** with our post-jet lag treatment. Your journey starts with a personalised consultation to tailor the experience to your specific needs. Indulge in aromatic bliss as you select soothing essential oils.

Revive your skin with a rejuvenating facial treatment, combating the **dehydrating** effects of air travel. Feel the benefits of **Therabody RecoveryAir** compression boots, promoting circulation and muscle recovery.

A soothing full-body massage follows, melting away tension. Finally, embrace your new time zone with electrolyte drinks, ensuring you're ready to make the most of your travels. Jet lag won't stand a chance against this revitalising experience.

THE HARMONISING RITUAL (90 MINUTES)

Influenced by the power and symbolism of the full moon, a **deeply meditative** journey defined by the fluid circularity of its massage movements. Using the Anointing Oil and curvature of the **Kansa wand** - a time-honoured Indian tool believed to calm the nervous system - cycles of infinity flow over the body creating a **hypnotic rhythm** that brings **peace** to your mind, leaving you feeling blissfully relaxed and liberated.





ONLY HERE

Restore, balance, and awaken your senses by experiencing one of ESPA's advanced treatments. These specialist treatments have been designed to take you on a journey of wellbeing on a journey of wellbeing to restore and realign.

ONE&ONLY IN HARMONY (120 MINUTES)

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.

ONE&ONLY ISLAND REJUVENATION (120 MINUTES)

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 and cleansed. Using wooden massage tools, body brushing and exfoliating techniques to stimulate and remove toxins in the body, the treatment also includes a **body wrap** and massage with grapefruit and cypress to further **detoxify** a sluggish system.

ONE&ONLY MALDIVIAN JOURNEY (180 MINUTES)

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 by Babu. The treatment is completed with a **tension releasing** scalp massage to ensure you are in a true state of serenity.

AQUATIC WATSU (60 MINUTES)

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 rhythmic and flowing movements with **pressure points**, joint mobilisations, and muscle stretches.

COUPLES AQUATIC WATSU (60 MINUTES)

Experience **deep relaxation** and enhanced **connection** with your partner in our warm, mineralised pool. Together, you'll float serenely as our skilled therapists blend **rhythmic movements**, pressure point techniques, joint mobilisations, and gentle muscle stretches for a **harmonious** and rejuvenating journey.

ONLY FACE

Find radiance and revitalisation from deep within. Our experts combine traditional holistic techniques with the latest skincare innovations to create the perfect bespoke facial treatment for you.

ESPA FACIALS

Discover an instant glow – ESPA results-driven facials are **world-renowned** for providing instant results as well as improving the long-term health of the skin. Delivered by our meticulously **trained experts**, each ESPA facial is personalised with the latest **innovative techniques** and pure, natural TriActive™ products. Your ESPA facial will leave you feeling completely **uplifted** and **glowing** with natural radiance.

ONE&ONLY REETHI RAH BESPOKE FACIAL (60 MINUTES)

Your treatment begins with a detailed consultation and in-depth skin analysis. **SkinVision™** technology identifies skin conditions invisible to the naked eye. Every product and technique will be specifically selected for your needs, including cleansing, exfoliation, steam, extractions (where necessary), massage, mask and **intensive serum**. To finish: a tension-relieving scalp massage and personalised recommendations for your **skincare ritual**.

ACTIVE NUTRIENTS 'GLOW FROM WITHIN' FACIAL (60 MINUTES)

Restore visible **radiance** with this nutrient-rich treatment which feeds your skin and mood, so your face glows with vitality. Using ESPA products bursting with restorative ingredients such as yuzu and ginger, this treatment concentrates on the scalp, face, neck, and décolleté. Dull and lethargic complexions appear **brightened** and refreshed with the power of a **sweeping Gua Sha** massage, steaming, exfoliation and multi-masking to maximise results for a lit-from-within luminosity.

ULTIMATE LIFTING, FIRMING AND TONING FACIAL FEATURING ADVANCED NUFACE DEVICE (90 MINUTES)

Enhance cellular regeneration, and improve skin tone and firmness with this advanced facial. Your therapist will use **Tri-Active™ products** and special lifting massage techniques to give your skin a healthier and more **youthful** appearance.

Use of NuFace technology microcurrents to lift and firm the skin. The perfect non-invasive treatment for immediately **visible** results.

NATURAL FACE-LIFT FACIAL (60 MINUTES)

Experience the rejuvenating touch of our Natural Face-Lift Massage, a holistic spa treatment designed to **enhance** your skin's vitality while inducing **deep relaxation**. Our skilled therapist initiates the session by gently **cleansing** your face, effectively removing makeup and impurities, priming your skin for the subsequent nourishing natural products. You'll then enjoy a series of specialised facial and neck massage techniques, expertly administered to boost circulation, relax facial muscles, and encourage lymphatic drainage. These gentle strokes aim to naturally enhance your skin's appearance. To further **revitalise your complexion**, a soothing mask is applied, leaving you with a refreshed, **youthful glow**. Rediscover your skin's **natural radiance** with this transformative spa experience.





AYUNA

A deeply sensorial collection of restorative rituals help realign the delicate balance between soul, body, and mind.

WELL-AGING REJUVENATION FACIAL (90 MINUTES)

This exclusive facial treatment embraces the beauty of aging gracefully. Crafted with pure, organic ingredients, it's suitable for **all skin types**, even the most sensitive. Your journey begins with a mindfulness meditation, opening the door to presence. Stimulating the **limbic system** through **aroma, sound, and touch**, the treatment utilises botanical cell factors and phyto-peptides to maintain your skin's regenerative abilities. Synchronised to the **Well-Aging Geometric Steps Massage**, this experience **calms the mind** and leaves your skin brighter, firmer, and visibly rejuvenated.

LESS IS BEAUTY FACIAL (BREATHE) (30 MINUTES)

For quick skin revitalisation, our express treatment delivers **smooth, silky skin** in three phases. A grain-free gommage exfoliates, **awakening dull skin**. A gentle polish rejuvenates, and an Oleo-Essence serum leaves your skin remarkably **soft**. The result is visibly **brighter**, refined skin with an **even complexion**, perfect for those seeking a quick refresh.

VOLCANO LIFT FACE TREATMENT (60 MINUTES)

Experience a **powerful detox** with our Volcano Lift treatment. Utilising Volcanic Glass and **Activated Carbon**, it reduces skin sensitivity and eliminates impurities while nourishing and soothing your skin. This treatment includes **hand and foot reflexology** and a **facial lymphatic drainage massage**, leaving you with re-contoured, illuminated skin.

VOLCANIC SLEEP MASK EYE CONTOUR (30 MINUTES)

Reveal your natural beauty with rested eyes. After cleansing and **exfoliation**, a three-step massage targets relaxation, **under-eye bags**, and wrinkles. A **Volcanic Glass 'sleep mask'** is applied over the eye contour, providing a **soothing and firming** effect for a rejuvenated appearance.

BEAUTIFULNESS - FACE AND BODY TREATMENT (120 MINUTES)

Immerse yourself in a rejuvenating body massage using **100% organic oils**. This unique experience targets areas of flaccidity, stimulating the collagen matrix for improved body tone. Incorporating Táctil-C maneuvers, it connects with the peripheral nervous system, **releasing anxiety** and distractions to fully relax the mind. A global rejuvenating experience for a more **relaxed mind** and a rejuvenated appearance.

ONLY MIND

Ayurveda is a holistic system of healing which evolved among the ages of ancient India over 5,000 years ago. At One&Only Spa, our therapists help determine your body type or 'dosha' and recommend the curated therapy and oils.

AYURVEDIC ABHYANGA (90 MINUTES)

Abhyanga (meaning *towards movement*) is a traditional Indian massage therapy using warm Ayurvedic **herbal oils**. With its healing properties and uplifting results, this full-body massage is ideal for those seeking **greater harmony** and equilibrium. Your therapist will use ancient techniques and naturally fragrant oils to create an experience **bespoke** to your needs. A balancing treatment for mind, body and soul.

HOONA HERBAL MASSAGE (90 MINUTES)

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

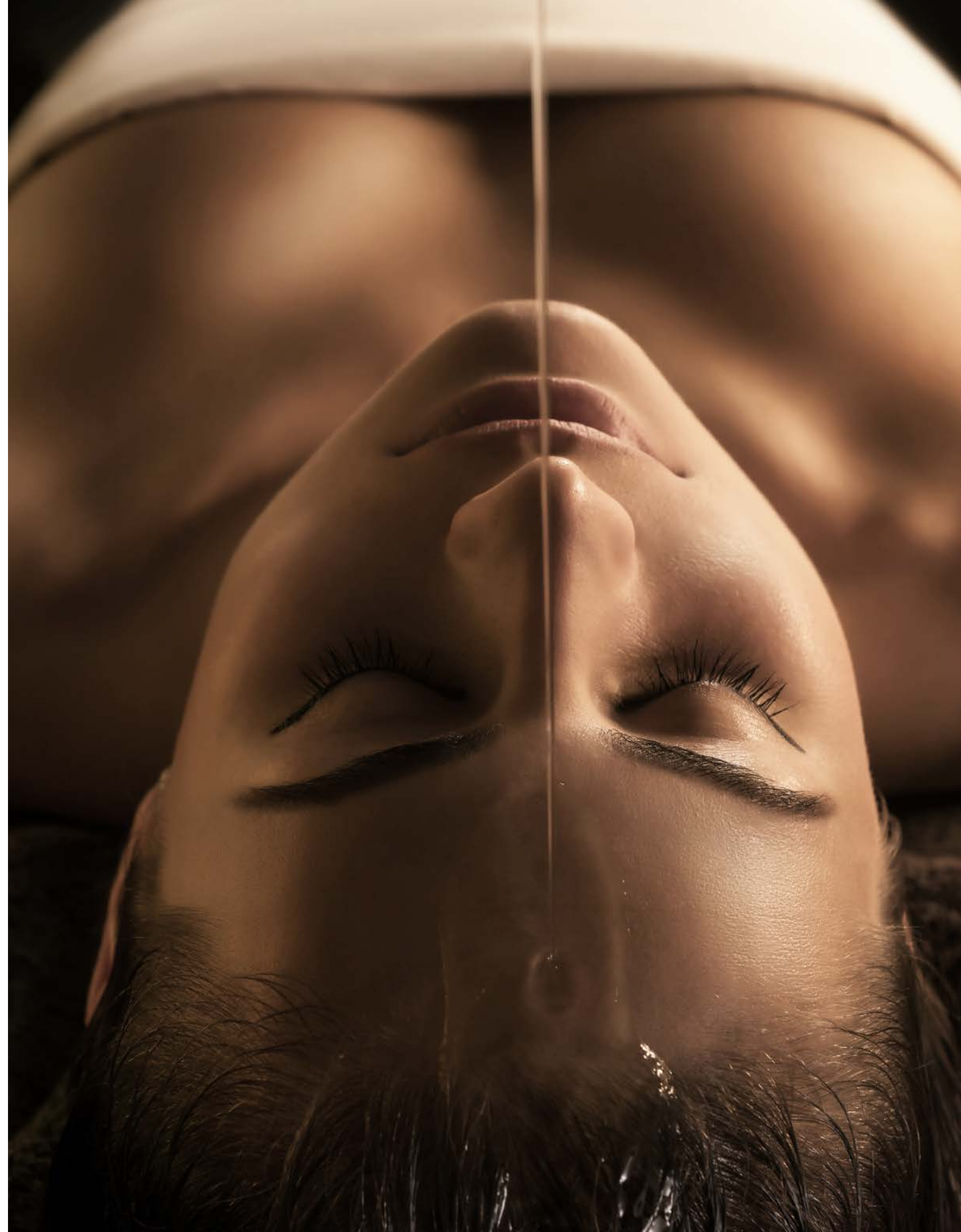
SHIRODHARA (60/90 MINUTES)

Indulge in the ancient art of Shirodhara, a profoundly therapeutic head oil treatment that extends over 60 or 90 blissful minutes. This time-honoured practice targets the **hypothalamus**, gently regulating the activity of the pituitary gland to **restore equilibrium** within your body and mind. The soothing cascade of **warm oil** instills a deep sense of tranquility, making it an effective remedy for **alleviating insomnia, reducing anxiety,** and **mitigating headaches**.

As you embark on this journey of relaxation, allow the **rhythmic flow** of oil to wash away tension and stress, leaving you **refreshed, rejuvenated,** and harmoniously **balanced**.

SHIROABHYANGA (60/90 MINUTES)

Using **Ayurvedic oils**, the vital points of the **shoulder, neck, head**, massaged to relax tight muscles and improve blood circulation. With a special focus on 'Marma' points (vital energy points) around the head, you will feel an immense **calming** and **balancing** effect on the nervous system and throughout the body.





PADA ABHYANGA (60/90 MINUTES)

Experience the ancient healing wisdom of Pada Abhyanga, a highly specialised Ayurvedic therapy that harmonises your body and mind. Through the skilled use of **medicated oils** and precise attention to nerve points across the entire foot, this holistic treatment delivers a multitude of benefits. Pada Abhyanga not only induces **deep relaxation** but also **enhances blood circulation**, leading to improved sleep quality, **reduced anxiety**, and a more **radiant skin** complexion. Rooted in Ayurveda, this age-old massage targets the **marma points of the feet** and lower legs, promoting sound sleep, **revitalised energy flow**, and strengthened immunity.

The therapy further incorporates the use of a **warm Kasa bowl**, which, when combined with oil, amplifies its therapeutic effects by interacting with the body's energy forces. Immerse yourself in the transformative power of Pada Abhyanga and experience a profound sense of rejuvenation throughout your entire being.

UDVARTANA (60 MINUTES)

Udvardana is an **invigorating** full body massage done in a rhythmic motion using herbal powder or paste. This therapy is largely recommended for diabetic neuropathy, obesity, paralysis, skin care, sciatica, and indigestion, among others. This massage also improves **muscle tone** and circulation apart from cleansing and nourishing the skin. Udvardana is highly recommended for **dissolving excessive fat** from the body.

PODIKIZHI (60/90 MINUTES)

An Ayurvedic procedure where **heated herbs, oils, powders**, and other prescribed materials are tied into **muslin bags** to form boluses. These bags are then gently massaged with varying degrees of **pressure** on the body and to relieve the body pain. This is followed by specific massages done using the fingers, heel of the hand or palm.

ONLY BODY

Wave goodbye to aches and pains and cast away your cares. Soothe body and soul with the therapeutic power of massage. Your bespoke relaxing total body experience awaits.

ONE&ONLY MASSAGE (60/90 MINUTES)

Discover **complete serenity** with this treatment designed to leave you feeling looser, lighter, and carefree. Everything is tailored to your wants and needs to give you the most **indulgent** experience possible. Enjoy a personalised full-body aromatherapy massage and a warm **Rose Quartz crystal** scalp massage. Seeking total relaxation? This is the ideal treatment for you.

DEEP MUSCLE MASSAGE (60/90 MINUTES)

Discover the de-stressing power of **volcanic hot stones** with this back and forearm massage tailored to your needs. When your muscles are **warm**, it's easier to work out knots and **relieve tension**. Take a load off with this profoundly relaxing massage.

HOT STONE MASSAGE (90 MINUTES)

Warm volcanic stones applied to the skin heat your muscles, allowing your therapist to work deeper to **relieve tension**. The warmth of the stones and the **therapeutic** scent of **aromatherapy oils** make for an intoxicating combination. You simply won't want to leave the One&Only Spa.

DETOX MASSAGE (60/90 MINUTES)

With all that life throws at us it's no wonder we sometimes yearn to cleanse and purify ourselves. This **detoxifying** massage does just that, by encouraging toxins and **lymph fluid** to leave the body. Invigorating and stimulating massage techniques work to **activate blood circulation**, and a soft lymphatic drainage using silicone cupping or wooden tools leaving you feeling lighter. You'll practically feel the impurities escaping.





THAI MASSAGE (60/90 MINUTES)

Designed to relax and reopen the body's natural **energy flow**. Gentle stretching, **acupressure** massage techniques, and **synchronised** breathing exercises will invigorate your mind and body. You'll feel supple, full of energy, and shining with vitality.

THERAPEUTIC SPORTS MASSAGE (60/90 MINUTES)

Sometimes it takes a firmer touch to work out the deep knots caused by our busy lives. This **powerful massage** treatment is designed to alleviate deep-seated tension and muscular stress. Your therapist will warm your skin with **soothing** cypress and clove essential oils. Then, they'll target problem areas with acupressure and deep movements using their forearms and elbows. An **intense deep muscle stress-reliever**.

BALINESE MASSAGE (60/90 MINUTES)

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.

FUSION BAMBOO MASSAGE (90 MINUTES)

Bamboo massage, an uncommon yet highly effective **holistic** treatment, is renowned for its remarkable healing properties. This therapy is tailored to **alleviate muscle tension, pain and discomfort, enhance joint function, and boost circulation**, all while promoting **improved sleep** quality. The unique bamboo massage technique induces a sense of relaxation and revitalisation simultaneously. It works by stimulating **circulation**, enhancing sensory nerve perception, facilitating lymphatic drainage, and ultimately instilling a profound sense of relaxation and wellbeing.

REFLEXOLOGY FOOT THERAPY (60 MINUTES)

Reflexology, also known as **zone therapy**, is an alternative medical practice that involves applying precise pressure to specific points on the feet, utilising the thumb, fingers, and hand massage techniques without the use of oil or lotion. This ancient practice is revered for its remarkable ability to **bring balance** and **grounding energy** to the body. By releasing tension and reducing water retention, reflexology offers a **restorative treatment** that's especially soothing for tired toes, making it an ideal choice after a long journey.

ONLY SECLUSION

Enjoy the natural splendour of our spa exclusively with your loved ones when you indulge in a private escape. A bespoke private pampering experience is the ultimate way to refresh and unwind on this majestic tropical island. Complete tranquillity guaranteed.

OVER OCEAN COUPLES CONNECTION (225 MINUTES)

Take your one and only's hand and follow the secluded walkway to your private spa suite, suspended on stilts over crystal-clear waters. Here, you'll be spoiled with a choice of **personalised treatments**, including a heat experience in the oceanside bath and steam room. The **Over Ocean Couples Connection** is totally customisable, so we encourage you to speak to our spa team to create your **perfect escape**. Guests can choose between Yoga or Meditation to complement their intimate journey, ensuring an even **deeper connection** during this blissful experience.

TAILORED TIME - CREATE YOUR OWN EXPERIENCE (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. Indulge in your choice of a **fusion** of treatments tailored to 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.

ISLAND DEVOTION (120 MINUTES)

For the first part of your couples' experience, you'll come to a secluded beach nearby the spa. Side by side, listening to the sound of the waves, you'll each enjoy a **luxurious** hand ritual with sea salt and flower petals, followed by a 90-minute **aromatherapy** body massage. Then, you'll have a traditional tea ceremony, right on the beach. The final part of the experience takes place in your own villa, where we'll arrange your signature bath, a glass of **Champagne** each, and a plate of **exotic fruit**.

FAMILY BONDING (120 MINUTES)

Requires minimum 3 people and maximum 4 people and takes place at a **secluded beach** nearby the spa.

A session of deep connection and family bonding awaits, complete with a luxurious **hand ritual**, 90-minute **aromatherapy** body massage, and **traditional tea ceremony** experience on the sand.

Afterwards, the experience continues in the form of a **private picnic** for the ultimate relaxing family time.





ONLY NURTURE

Safe, restorative, nurturing therapies for new mums and mums-to-be. You need a little extra care when you're expecting. Where better to indulge than in a picturesque island paradise?

MATERNITY MASSAGE (60/90 MINUTES)

Put your feet up and sink into total **relaxation mode** with this full-body massage specifically designed with **expectant mothers** in mind. Your therapist will pay **careful attention** to the areas particularly prone to tension during pregnancy.

TIME OUT FOR MOTHERS-TO-BE (120 MINUTES)

A full relaxation package for new mums and mums-to-be in need of some quality me time. We've selected the most suitable and **nurturing** treatments to help you feel your best. Get comfortable and enjoy a soothing back exfoliation and tension-**relieving massage** followed by a wrap and massage to alleviate tired, heavy feet and legs. A facial cleanse and massage will restore your **natural radiance**. Just what the doctor ordered.

Our Only Nurture treatments are perfect for women in their second trimester of pregnancy, or nursing mothers. For your safety, we recommend avoiding treatment 24 hours before or after travelling. We're unable to offer treatments to expectant mothers in their first trimester.

ONLY FOR THE NEW GENERATION

Each of our exclusive treatments for 6-to-14-year olds is specifically tailored for the younger generation. A perfect introduction for up-and coming spa-lovers.

ACTIVE FLOW MINI MASSAGE (45 MINUTES)

After a long day exploring the tropical jungle or swimming in the turquoise ocean, your body will thank you for treating it to a relaxing **head, neck** and **shoulder** massage, including a **nourishing scalp treatment**. You'll be ready for your next island **adventure** in no time.

YOUTH AS WE KNOW IT FACIAL (45 MINUTES)

Enjoy a gentle cleansing **facial**, hydrating face mask, **soothing** eye pads, and a relaxing scalp massage. This facial is specially designed to target **impurities** and leave your skin looking and feeling refreshed and rebalanced.

NEW GENERATION WELLNESS

Listen up younger guests, it's time to get active! These super fun activities are kid-friendly and completely safe and supervised, so parents can have total peace of mind.

SWIMMING (30/45 MINUTES)

Our ocean-wrapped atoll is the perfect place for junior splash-splashers, available for children aged 3 to 14 years old, to **build confidence** in the water. KidsOnly swimming coaches teach techniques to improve **water skills** and **swimming ability** in a fun and laid-back way.

'THROW A PUNCH' BOXING (30/60 MINUTES)

Designed especially for younger guests, our boxing training helps develop self-defence skills, strengthens **core muscles** and improves **coordination**, body reflexes, speed and agility. Exercises are mainly **focused** on the upper body.

BEACH BOOT CAMP (30/60 MINUTES)

The fun way to get fit: army commando-style **boot camp** for the whole family. Join our group training programme where kids, teenagers, and grown-ups play games like soldier crawling, tug-of-war, and obstacle races. Each session is filled with activities that improve **coordination, flexibility, endurance** and **strength** – and all the laughing you'll be doing is great for the core, too.





ONE&ONLY HAIR SALON

REVITALISING RITUALS FOR YOUR HAIR

Sun, sea, and sand can be tough on your hair. So relax and let the experts take care of your locks in our state-of-the-art hair salon. Your hair ritual begins with a consultation to determine which products are best suited to your hair type. Then, we'll help you choose the perfect treatment for you. Your hair's vitality, health, and shine will be restored in no time.

CUTTING AND STYLING: LADIES, GENTLEMEN AND CHILDREN

Just like everything else at One&Only Reethi Rah, at our salon we're devoted to **personal service**. Using only the very best products, our **Hair Artists** work their magic to style your hair exactly how you'd like. Please allow an hour for your appointment, so we can create your **perfect look**.

CONDITIONING HAIR TREATMENTS AND RITUALS

Your hair works hard, even when you're relaxing. A little extra attention is always a good idea, especially in our tropical climate. We have an extensive range of **restoring** and **protecting** treatments that you can add to your appointment. Treatments range from a quick-fix moisture boost to a reparative split-end ritual.

COLOURING

From root touch-ups to dip dyes and everything in between, our hair colour experts will create a look that's true to you. Using the **latest colouring techniques** and **natural products** where possible, we'll make your **dream hair** colour a reality. Please come in at least 48 hours before your appointment so we can patch test for any allergic reactions.

HAIR BOTOX

Immediately **repair** damaged hair and **restore** your locks to its original state of **youth and beauty** with Hair Botox.

MICRO MIST HAIR TREATMENT

Indulge in the luxurious Micro Mist Hair Treatment, a cutting-edge hair therapy that elevates your hair care routine to new heights. This revitalising treatment is designed to infuse your locks with **deep hydration**, restoring their natural shine and vibrancy. Our skilled professionals employ state-of-the-art micro-mist technology to envelop your hair in a cloud of nourishing **moisture**, promoting strength, manageability, and overall hair health. Say goodbye to dry, lacklustre strands and say hello to the radiant, **lustrous hair** you've always desired.

Experience the pinnacle of hair rejuvenation with our Micro Mist Hair Treatment.

BARBER&BLADE BY ONE&ONLY

Barber&Blade by One&Only offers an array of treatments, products, and experiences designed for discerning gentlemen seeking the pinnacle of luxurious grooming. Our commitment to excellence is reflected in our exclusive use of premium Gentlemen's Tonic products, setting the stage for a grooming journey that commences with a glass of fine whisky and the soundtrack of your choice.

THE REETHI RAH LUXURY WET SHAVE

An Indian Ocean Facial helps to **cleanse, tone, soothe** and **hydrate** the skin using only the very best ingredients and once the face is sufficiently prepared, it's followed by a Traditional Wet Shave. Perfect to get you recharged and ready for a day by the water.

THE ULTIMATE ONE&ONLY WET SHAVE

For those who want to experience the ultimate in wet shaves! You first start with an Express Facial that helps to cleanse, tone, soothe, and hydrate the skin. Once the face is sufficiently prepped, it's followed by a Traditional Wet Shave. The last step is a Gentlemen's Tonic Revitalise Eye Treatment using the most **advanced** active anti-aging ingredients such as a specialised **bio peptide** complex and an intensive **enzyme lifting** mask. Your eyes will be lifted, toned, and fully revitalised.

HAIR CUT AND FINISH WITH TRADITIONAL WET SHAVE

Elevate your grooming experience with our Haircut and Finish paired with a Traditional Wet Shave. Begin with a personalised **styling consultation**, ensuring your haircut aligns perfectly with your preferences. Your journey unfolds as your hair receives cleansing, conditioning, and a soothing **scalp massage**. Our expert barber then crafts a bespoke haircut to suit your style. The pinnacle of this experience is the Traditional Wet Shave, a **timeless ritual** enhanced by the use of premium products. Revel in the relaxation as your face is enveloped in steaming hot towels, leaving you not only **impeccably groomed** but also luxuriously pampered.

INDIAN HEAD MASSAGE

A treatment based on **old Indian techniques**, involving work on the upper back, shoulders, neck, scalp and face with oil or dry. This treatment can help to **reduce stress**, fatigue, and eyestrain, and increase **mental clarity**.

GENTLEMAN'S TONIC REVITALISING FACIAL

Experience the ultimate self-care routine with our Gentleman's Tonic Revitalising Facial, a curated treatment meticulously designed to **invigorate** your skin. Tailored exclusively for the **modern** gentleman, this facial transcends conventional grooming, providing a holistic approach to skincare. Our expert practitioners employ a multi-step process, encompassing deep cleansing, exfoliation, and rejuvenating **hydration**. The result is a refreshed and **youthful complexion** that not only combats the effects of daily stress but also boosts your overall confidence. Elevate your grooming regimen and bask in the radiance of revitalised skin.





PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

Entrust your hands and feet to the care of the world's most revered podiatrists. Bastien Gonzalez's multi-award-winning hand and foot treatments have been described by Vogue as the Rolls-Royce of manicures and pedicures.

BASTIEN'S PEDICURE (60 MINUTES)

A **full foot overhaul** to eliminate hard skin and dryness. You'll love this bliss-inducing treatment. A massage from your toes up to your knees will relieve any muscle tension and heaviness, and **stimulate circulation**. All topped off with a gentle buffing nail treatment which restores the **natural beauty** of the nail, leaving it looking healthy and shiny.

BASTIEN'S MANICURE (45 MINUTES)

An **exceptional manicure** in three simple steps: a cuticle and nail treatment, natural filing and buffing, and a **gentle massage** of the forearms, wrists, hands, and fingers. Your nails will be **restored** to their natural elegance.

FOOT RE-FOUNDATION (35 MINUTES)

For heavy and **tired legs**, this treatment is just what you need. Starting with a **Black Diamond Scrub exfoliation**, so you'll get more benefit from the creams used during your massage treatment. Then, your feet and legs up to the knees will be massaged, **relieving muscle tension**, aiding joint mobility and boosting blood circulation.

BASTIEN'S COUPLE EXPERIENCE (60 MINUTES)

Self-care is so much better when you share them with someone you love. Indulge in Bastien's Pedicure, Manicure, and Foot Refoundation treatments with a partner and experience a moment of mindfulness while treating your hands, feet, and nails.

GLOBAL REFOUNDATION (35 MINUTES)

A **soothing** and calming massage, from the toes up to the knees and from the fingers up to the elbows. As our adept therapists massage your hands and feet at the same time, you'll feel your body become lighter, your skin become more **supple**, and your **joints relax**.

BASTIEN'S DUO (75 MINUTES)

This **multi-award-winning** treatment takes care of your feet, legs, hands, and arms. Manicures and pedicures don't get any better than this. The **results** will shine in your strong, **healthy** and beautiful nails.

PODIATRIST ASSESSMENT (45 MINUTES)

An individualised evaluation of the structure, **alignment**, and function of the lower limbs. Using a baropodometric platform, our **podiatrist** will perform a biomechanical assessment, gait analysis, and postural assessment to recommend the most effective and relieving treatment for your **specific conditions**.

BGA INSOLES[®]

Following your podiatrist assessment, experience the cutting-edge technology of **podiatric cures** through personalised thermoformed BGA Insoles, made to order by our resident podiatrist and suitable for various activities and needs. Enhance your **wellbeing** or fitness by providing balance, support, and **exceptional relief** to your feet.

HEALTH AND WELLNESS

There's no time like the present to kick-start your training regime. Whether you're a gym lover or a total newbie, our personal trainers will create a programme tailored to your abilities and goals. Arrive home feeling fitter and healthier than ever.

INBODY ANALYSIS (30 MINUTES)

First, you'll complete a health and fitness questionnaire and a **series of tests** designed to assess your **body's composition**, muscular endurance, stamina and flexibility. Then, your personal trainer will map out a **fitness regime** based on your results. Your programme will be suitable for your stay at the resort and beyond, so you can keep up momentum when you return home.

PERSONAL TRAINING (30/60 MINUTES)

Whether you're looking to lose weight, build strength and endurance, recover from injury or train for an upcoming event, our certified personal trainers can design an individualised program to help you **meet your goals**. Your personal training journey begins with a fitness questionnaire to assess your daily fitness and lifestyle routine which will help to design a **tailor-made program** meeting your needs and goals. Our trainers will provide instruction, encouragement, and **motivation**.

TRX® SUSPENSION TRAINING (30/60 MINUTES)

Looking for a fast and effective total-body workout? **TRX® Suspension** Training uses your own **bodyweight** to develop strength, balance, flexibility and **core stability** simultaneously. Suitable for all abilities and levels of fitness.

QUEENAX SUPERFUNCTIONAL TRAINING (30/60 MINUTES)

You're in paradise, so why not move your workout **outdoors**? Here, you'll find the Queenax Superfunctional training frame. Let us adjust its bars and beams to design your **perfect workout**: we can attach boxing bags, ropes, TRX® Suspension Trainers, aerial yoga hammocks - the options are endless. Our personal trainers will be happy to create an **outdoor challenge** on the Queenax especially for you.

SWIMMING AND WATER CONDITIONING (30/60 MINUTES)

Using the benefits of water by **increasing the heart rate** and the body's intake of oxygen long enough to benefit the condition of the human body. Learning how to swim, treating an injured knee, lower back, this training is designed to **improve flexibility**, range of motion, strength and **muscle tone**. Water makes wonders for anyone, from pregnant women to anyone with physical limitations.

RAW BEACH BOOT CAMP (60/90 MINUTES)

Shake things up with our army **commando-style** outdoor boot camp. This intense but fun workout **burns fat**, maximises weight-loss and increases your **fitness level**.

BOXING (30/60 MINUTES)

Set your **pulse racing** with this martial arts-inspired **power cardio** workout. Perfect if you need a stress-relieving **energy boost**. Boxing burns calories, builds muscle and improves posture and coordination.





YOGA (60/90 MINUTES)

An **ancient practice** that focuses on strength, flexibility and synchronised breathing for a healthier mind and body. Regular yoga practice improves energy levels, **blood circulation**, and sculpts strong, toned muscles. Yoga's mindful movement also helps us concentrate, deal with stress and **calm our minds**.

Whether you're a seasoned yogi or a complete beginner, we have a yoga class to suit you.

Yoga styles at One&Only

- Pranayama
- Hatha
- Aerial
- Meditation

SINGING BOWLS (30/60 MINUTES)

Immerse yourself in the therapeutic sounds of singing bowls, a deeply calming and harmonising, experience for your mind, body, and spirit. Let the resonant tones guide you into a state of profound relaxation and inner balance, relieving stress and promoting overall wellbeing.

ASSISTED STRETCHING (30/60 MINUTES)

A one-to-one session to help you stretch and **relax**. Your dedicated trainer will focus on any areas of tension. Rids your body of tightness, **improves** your overall flexibility, and leaves you feeling **totally Zen**.

MAT PILATES (30/60 MINUTES)

Mat pilates combines **physical** challenges with mindful breathing. You'll strengthen your **core muscles** with a series of subtle but effective exercises that test concentration, **balance**, and breath control. This workout is ideal for beginners.

PILATES REFORMER (30/60/90 MINUTES)

Our Pilates Reformer class is perfect for those seeking a more **advanced practice**. You'll use a range of equipment including cables, bars, straps, pulleys and adjustable springs to regulate tension and **build up resistance** throughout the exercises.

SPA ETIQUETTE

APPOINTMENTS

We always recommend booking ahead. To make a reservation, simply call our spa reception at ext. 7765/7766 or visit us in person. We're happy to talk through the options and find the best treatments for you.

CANCELLATIONS AND RESCHEDULING

If you need to cancel, reschedule or shorten your appointment, please give us at least 24 hours' notice. Otherwise, the following charges apply:

- 100% of the treatment fee for cancellations made within 24 hours.

ARRIVING AT ONE&ONLY SPA

We recommend arriving 15 to 30 minutes ahead of your appointment. When you arrive at the spa or fitness centre, please follow our colleagues as they facilitate our new arrival and check-in process. Arriving early also means you'll have time to relax and explore all the spa has to offer.

HEALTH CONDITIONS

Please let our team know about any existing health conditions when booking your appointment, including high blood pressure, heart conditions, allergies, any recent surgeries or pregnancy.

WHAT TO EXPECT

When you arrive, you'll be provided with a robe, towels, slippers and disposable undergarments. We provide lockers where you can stow your belongings. During your treatment, privacy is assured with discreet draping.

MEN'S FACIALS

For the very best results, we recommend you shave a few hours before your treatment.

VALUABLES

As we cannot guarantee the safety of your valuables, we recommend you leave these in your room.

AGE REQUIREMENTS

Young guests aged 6 and above may choose from the range of treatments curated just for them in the Only for the New Generation section. For safety, we welcome guests aged 10 and above to use our spa's shared facilities.

GIFT VOUCHERS

Our reception team will be happy to help you gift your loved ones their dream treatment.

BOUTIQUE

Our therapists are highly trained and knowledgeable and will advise you in selecting the appropriate prescription.

LOST PROPERTY

Ask our spa reception if you've lost or misplaced something. We keep all found items on hand for four months, donating them to local charities thereafter.

PREGNANCY

Our Only Nurture treatments are perfect for women in their second trimester of pregnancy, or nursing mothers. For your safety, we recommend avoiding treatment 24 hours before or after travelling. We're unable to offer treatments to expectant mothers in their first trimester.



SPA & FITNESS

tariff

TREATMENTS	DURATION	USD
BESPOKE RITUALS		
Nature's Resonance: Sound, Face and Body Experience	90 mins	390
Rapid Reset - Jet Lag Treatment	90 mins	350
Harmonising Ritual	90 mins	360
ONLY HERE		
One&Only In Harmony	120 mins	530
One&Only Island Rejuvenation	120 mins	460
One&Only Maldivian Journey	180 mins	670
Aquatic WatSu	60 mins	300
Couples Aquatic WatSu	60 mins	580
ONLY FACE		
One&Only Reethi Rah Bespoke Facial	60 mins	260
Active Nutrients 'Glow From Within' Facial	60 mins	270
Ultimate Lifting, Firming and Toning Facial featuring NuFace'	90 mins	340
Natural Face-Lift Facial	60 mins	280
AYUNA		
Well-Aging Rejuvenation Facial	90 mins	360
Less is Beauty Facial (Breathe)	30 mins	180
Volcano Lift Face Treatment	60 mins	280
Volcanic Sleep Mask Eye Contour	30 mins	120
Beautifulness - Face and Body Treatment	120 mins	480
ONLY MIND		
Ayurvedic Abhyanga	90 mins	340
Hoona Herbal Massage	90 mins	340
Shirodhara	60/90 mins	280/340
Shiroabhyanga	60/90 mins	270/330
Pada Abhyanga	60/90 mins	270/330
Udvaartana	60 mins	270
Podikizhi	60/90 mins	280/340
ONLY BODY		
One&Only Massage	60/90 mins	260/320
Deep Muscle Massage	60/90 mins	280/340
Hot Stone Massage	90 mins	330
Detox Massage	60/90 mins	270/330
Thai Massage	60/90 mins	280/340
Therapeutic Sports Massage	60/90 mins	280/340
Balinese Massage	60/90 mins	270/330
Fusion Bamboo Massage	90 mins	340
Reflexology Foot Therapy	60 mins	260
ONLY SECLUSION		
Over Ocean Couples Connection	225 mins	1,020
Tailored Time - Create your Own Experience	165 mins	860
Island Devotion	120 mins	830
<i>Above 'ONLY SECLUSION' treatment prices are for two people.</i>		
Family Bonding	120 mins	for 3 people 1,090 for 4 people 1,410
<i>Requires minimum 3 people, and maximum 4 people.</i>		
ONLY NURTURE		
Maternity Massage	60 mins	280
Time Out for Mothers-To-Be	120 mins	390
ONLY FOR THE NEW GENERATION		
Active Flow Mini Massage	45 mins	160
Youth As We Know It Facial	45 mins	160
NEW GENERATION WELLNESS		
Swimming Lessons (+3 yrs)	30/45 mins	100/130
Throw a Punch Boxing	30/60 mins	130/190
Youth Beach Boot Camp	30/60 mins	110/170

ONE&ONLY HAIR SALON	DURATION	USD
CUTTING & STYLING FOR LADIES, GENTLEMEN AND CHILDREN		
Ladies' Style Cut	60 mins	160
Ladies' Blow-Dry - Short/Long	60 mins	80/120
Cut for the Little Ones	45 mins	60
CONDITIONING HAIR TREATMENTS & RITUALS		
Kérastase Caviar Deluxe Hair Ritual	60 mins	180
OLAPLEX In-Salon Treatment	60 mins	120
OLAPLEX Add-On to Colour Service	60 mins	90
Oribe Renewal Remedies Treatment Experience with Micro Mist	30 mins	90
Kérastase Fusio-Dose Treatment	5 mins	80
<i>*All conditioning treatments exclude blow dry.</i>		
Hair Botox	90 mins	320
Hair Botox with Hair Cut	120 mins	360
COLOUR SERVICES		
Semi-Permanet Gloss	120 mins	140
Permanent Tint	120 mins	160
Tint Regrowth	120 mins	120
HIGHLIGHTS		
T-Section	120 mins	180
Half Head	120 mins	220
Full Head	120 mins	290
BARBER AND BLADE		
SIGNATURE GROOMING EXPERIENCES		
The Reethi Rah Luxury Wet Shave	60 mins	130
The Ultimate One&Only Wet Shave	70 mins	150
Haircut and Finish With Traditional Wet Shave	60 mins	150
Indian Head Massage	30 mins	140
Gentleman's Tonic Revitalising Facial	45 mins	190
THE BASICS		
Gents' Cut and Style	60 mins	100
Traditional Clipper Cut	30 mins	50
Razor Head Shave	45 mins	90
Traditional Wet Shave	45 mins	80
Beard Design	30 mins	80
Beard Trim	30 mins	70
Eyebrow Threading	20 mins	40
PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ		
Bastien's Pedicure / Bastien's Couple Experience	60 mins	180/500
Bastien's Manicure / Bastien's Couple Experience	45 mins	110/360
Foot Refoundation / Bastien's Couple Experience	35 mins	130/400
Four-Hands Global Hand and Foot Refoundation	35 mins	160
Bastien's Duo	75 mins	250
Podiatrist Assessment	45 mins	80
BGA Insoles *		320
French Touch	30 mins	40
Paraffin Touch	20 mins	40
Scrub Touch	15 mins	30
Colour Touch	20 mins	30
Shellac Touch	30 mins	80

HEALTH AND WELLNESS	DURATION	USD
Inbody Analysis	30 mins	95
Personal Training	30/60 mins	110/170
TRX® Suspension Training	30/60 mins	110/170
Queenax Superfunctional Training	30/60 mins	110/170
Swimming & Water Conditioning	30/45/60 mins	100/130/170
Raw Beach Boot Camp	30/60 mins	110/170
Boxing Session	30/60 mins	130/190
Couples Personal Trainings	30/60 mins	170/230
Couples In-Villa Personal Trainings	30/60 mins	250/340
Couples Boxing Session	30/60 mins	190/250
Power Plate	30 mins	110
Kinesis Training	30/60 mins	110/170
Swimming Lesson	30/45/60 mins	100/130/170
In-Villa Swimming Lesson	30/45/60 mins	150/190/250
In-Villa Personal Training	30/60 mins	160/250

YOGA & PILATES	DURATION	USD
Yoga	60/90 mins	190/230
Singing Bowls	60 mins	200
Assisted Stretching	30/60 mins	110/170
Mat Pilates	30/60 mins	110/190
Pilates Reformer	30/60/90 mins	130/200/260
Meditation	60/90 mins	190/230
Aerial Yoga	60/90 mins	210/240
H2O Yoga	60 mins	210
Couples Yoga	60/90 mins	250/270
Couples Meditation	60/90 mins	250/270
Couples Aerial Yoga	60/90 mins	270/300
Couples H2O Yoga	60 mins	270
Couples Mat Pilates	30/60 mins	170/230
Couples In-Villa Mat Pilates	60 mins	340
Couples In-Villa Yoga	90 mins	340
In-Villa Yoga	60 mins	280
In-Villa Mat Pilates	60 mins	250

Minimum age for gym use is 16 years.

Gym attire and proper footwear are required.

All prices are subject to change.

All prices are subject to 10% service charge and applicable GST.

If you need to cancel, reschedule or shorten your appointment, please give us at least 24 hours' notice.

Otherwise, the following charges apply:

- 100% of the treatment fee for cancellations made within 24 hours.

For bookings and more information, please contact One&Only Spa at ext. 7765 or contact your Host.