

One&Only

REETHI RAH

Maldives



One&Only Reethi Rah

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One&Only Spa

One&Only, together with ESPA, has created a luxurious Island Spa Retreat.

A tranquil place where tension dissolves with the gentle ebb and flow of the ocean as the cares of the world outside quietly drift away.

Here on idyllic sandy shores, succumb to the expert care of therapists trained in ancient healing philosophies and modern-day sciences. Luxurious treatment villas, nestled beneath thatched roofs each with spectacular ocean views, provide the perfect tranquil space for your individualized, holistic wellness journey.

One&Only Spa by ESPA is an all-encompassing experience with swirling vitality pools, crystal steam rooms, saunas and stimulating ice fountains.

Lifestyle showers offer a refreshing burst of tropical rain. Exotic well-being cuisine, a delightful juice bar and relaxation pavilions complete the journey.



One&Only Signature Experiences

Unwind. Restore. Elevate.

These are the cornerstones of the One&Only Spas, three distinct philosophies around which all spa therapies are crafted. Designed to nurture and rebalance the body in times of change, pressure and stress. Our collection of Signature Experiences combines ancient therapeutic rituals with modern-day research. Let our expert therapists guide you on a luxurious and rejuvenating journey of wellness.

Unwind Signature Experience - 2 hours

The perfect treatment to combat jetlag, dehydration and stress...

Benefits: Releases tension from tired, aching muscles and calms the mind

Sequence:

- Foot ritual and consultation
- Soothing body exfoliation
- Relaxing massage alternating warm volcanic stones through long strokes
- Scalp massage

Restore Signature Experience - 2 hours

Ideal to restore and detoxify the body as well as revitalise the mind...

Benefits: Warm, revitalising; improves blood circulation, relieves aches and pain

Sequence:

- Foot Ritual and consultation
- Full body salt and oil exfoliation
- Restorative body massage using warm herbal poultices
- Scalp massage

Elevate Signature Experience - 2 hours

Targeted to improve muscle flexibility, breathing and reduce anxiety...

Benefits: Promotes muscle relaxation, strengthens joints, raises energy, boosts blood circulation and improves body alignment

Sequence:

- Consultation
- Exfoliation to the hands & feet
- Free flowing full body massage combining rocking and stretching movements. Performed on floor mattress while dressed in comfortable Thai pajamas
- Scalp massage

One&Only Reethi Rah Signature Treatments

These Ethnic signature rituals are designed for total relaxation and were created to celebrate and embrace the Maldives and Asian influences. Using local natural ingredients the treatments deliver outstanding benefits to your wellbeing.

Ethnic Stress Release Journey - 2 hours

An Asian fusion treatment combining healing traditions from Bali, Thailand and the Philippines

Benefits: Warms the body and promotes the release of energy blockages and tension

Includes:

- A cleansing foot ritual using “tawas”, a purifying clay powder from the Philippines
- “Niluib ng dahon ng saging” – an ancient Filipino way of picking up imbalances and energy blocks
- Coconut warm poultice massage including traditional Thai stretching movements
- A relaxing massage applying firm pressure where required
- Lymphatic drainage and tension-releasing massage on the face combined with chilled crystals
- Deep scalp massage

Ancient Healing Journey - 2 hours

A combination of three ancient healing therapies; Shiatsu, Reflexology, Thai Massage

Benefits: Relieves stress, improves posture and reduces muscle stiffness

Includes:

- Exfoliation to the hands and feet followed by consultation
- Warm relaxing compress on the back
- Full body Thai massage incorporating a shiatsu face massage
- Reflexology on the feet

Maldivian Journey - 3 hours

An immersing full body journey in the restorative waters of our ocean-side Watsu pool

Benefits: Induces deep relaxation, increases depth of respiration and restores balance

Includes:

- Watsu therapy performed in a warm mineralised pool; you float whilst supported by your therapist
- Foot ritual and consultation
- Natural coconut body exfoliation
- Full body relaxing massage with natural warm coconut oil
- Nourishing scalp massage
- Tea ceremony

ESPA Body Rituals

ESPA Time*

With ESPA Time decisions are unnecessary... simply reserve ESPA Time and we will do the rest

Your therapist will guide you in your choice of treatments and rituals ensuring your therapeutic journey are best suited to your needs

Choose from:

- ESPA Time - 2 hours
- ESPA Time - 3 hours
- ESPA Time - 2 day programme

**ESPA Time 2 hours and 3 hours excludes: Purva Karma Four Hands and Thai Massage.*

One&Only Reethi Rah Sun Ritual - 2 hours

A total body treatment created to prepare your skin for a sun-kissed glow or nourish a sun-bronzed body

Benefits: Nourishing and revitalising; brightens and softens the skin

Includes:

- Foot ritual and consultation
- Sea salt body exfoliation
- Full body aromatherapy massage with a unique blend of aromatic oils and nourishing body cream infused with wild yam

One&Only Energy Equaliser with Volcanic Hot Stones 2 hours

An indulgent body treatment to melt away tension and harmonise the body

Benefits: Releases stress and restores energy by penetrating tired, aching muscles

Includes:

- Foot ritual
- Body brushing and gentle body exfoliation
- Full body massage using medium to firm pressure, nourishing essential oils and warmed volcanic stones
- Head, neck and shoulder massage
- Facial cleanse

Holistic Body Ritual - 2 hours

A fusion of treatments combined for a truly personalised experience

Benefits: Revitalises and nourishes the skin

Includes:

- Foot ritual and consultation
- Body brush followed by a gentle exfoliation
- Warming body wrap personalised to you and soothing scalp massage
- Full body aromatherapy massage with a unique blend of essential oils

Detox and Renew

Our advanced body treatments have been carefully designed to target the stresses and strains of modern life. Poor diet, lack of sleep and sedentary life can all have detrimental effects on the body resulting in tension and fatigue. These treatments help combat and minimise the effects of those daily life stresses, leaving your mind and body relaxed and rebalanced.

Detoxifying Body Cleanse - 2 hours

Benefits: Promotes elimination of toxins, stimulates the blood and lymphatic system, reduces bloating and improves digestion

Includes:

- Detoxifying mustard foot soak
- Skin brush followed by full body soothing exfoliation
- Full body algae wrap
- Detoxifying herbal poultice compress on stomach
- Clearing abdominal massage followed by colon massage enhanced by the use of G5 machine
- Lymphatic massage
- Scalp massage

Contour and Firm Body Treatment - 2 hours

Benefits: Toning, firming and invigorating; reduces fluid retention and improves skin texture

Includes:

- Skin brush followed by iced mitts and sea salt exfoliation
- Full body detoxifying algae wrap
- Soothing scalp massage
- Deep stimulating massage
- Full body lymphatic drainage massage using soft pressure

Active Abdominal Detox - 1 hour

Benefits: Reduces bloating, aids digestion and enhances stomach tonicity

Includes:

- Sea salt exfoliation on specific zone
- Warm detoxifying herbal poultice on the target area
- Colon massage enhanced by the use of G5 machine
- Gentle abdominal massage
- Scalp massage

Anti-cellulite Hip & Thigh Treatment - 1 hour

Benefits: Stimulating, targets cellulite, reduces fluid retention and improves skin texture

Includes:

- Skin brushing followed by iced mitts and sea salt scrub
- Lymphatic drainage soft pressure massage on target areas
- Invigorating cleansing massage to abdomen
- Application of firming and toning body moisturizer

Detox Massage -1 hour /1 hour 30 min

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

Benefits: Boosts circulation and the lymphatic system to release toxins

Tip: To further enhance the effects of this group of treatments, take home ESPA's Detoxifying Salt Scrub, Detoxifying Body Oil and Detoxifying Seaweed Bath to maintain your results. These treatments are the perfect choice to kick-start a healthy eating and fitness programme.



ESPA Body Massage Treatments

At One&Only Spa, our therapists seek to create an experience that encapsulates your whole being evaluating your lifestyle and specific needs to achieve your mind and body objectives.

Fitness Massage - 1 hour / 1 hour 30 min

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

Benefits: Eases stiff and knotted muscles to promote relaxation and renew energy and vitality

Aromatherapy Massage - 1 hour / 1 hour 30 mins

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

Benefits: Relaxing and calming; boosts circulation and lifts the mood

Balinese Massage - 1 hour / 1 hour 30 mins

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

Benefits: Improves sleep patterns, promotes deep muscle relaxation and enhances lymphatic drainage

Swedish Massage - 1 hour / 1 hour 30 mins

A traditional full body massage that promotes relaxation and eases muscle tension. Uses firm pressure combining circular movements with the hands and palms, firm kneading, percussion-like frictions, tapping and vibrations

Benefits: Soothes tired muscles and increases circulation leaving you feeling relaxed and revived

Hot Stone Massage - 1 hour 30 min

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension with a firm to deep pressure. Heated stones allow the therapist to work deeper, combining long strokes and thumbs pressure

Benefits: Eases chronic muscle aches and balances energy flow

Watsu - 1 hour

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

Benefits: Induces deep relaxation, increases depth of respiration and restores balance. The gentle lapping of the water around you also has a lymphatic drainage effect

Asian-Influence Massage Treatments

This selection of authentic and healing ancient therapies promote wellbeing and restore balance.

Bamboo Joint Release Experience - 2 hours

Amazing for those who wish to try something different while releasing muscular stiffness

Benefits: Revitalising, loosens tight joints, releases seated muscular tension

Includes:

- Foot Ritual and consultation
- Soothing body exfoliation
- Facial Cleanse
- Full body joint release massage using warm bamboo sticks with rocking and stretching techniques.
- Scalp massage

Thai Massage - 1 hour/1 hour 30 mins

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

Benefits: Revitalising and calming to the mind; improves posture and increases flexibility

Reflex Zone Foot Massage - 1 hour

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

Benefits: Promotes relaxation, restores balance and is believed to encourage the body to heal itself

ZenNa Tai Massage - 1 hour

A deeply relaxing treatment that works through the abdominal area, chest and central areas of energy flow in the body

Benefits: Releases cranial tension, improves concentration and provides a deep state of relaxation

Shiatsu Massage - 1 hour/1 hour 30 mins

A traditional Japanese massage that focuses on releasing blocked energy. Specific movements and trigger points are applied on the body's tension areas.

Benefits: Reduces muscle stiffness, improves sleep patterns and releases physical and emotional tension by balancing the flow of Chi energy

ESPA Ancient Indian Treatments

Centuries-old Ayurvedic wisdoms are infused with contemporary western practices to create harmonious therapies designed to restore body and mind to their natural state. Each treatment is a truly personal experience.

AMA Releasing Abhyanga - 2 hours

Ideal for those experiencing high levels of stress to provide a renewed sense of wellbeing and calm

Benefits: Improves sleep patterns and mental alertness

Includes:

- Foot ritual and consultation
- Gentle body exfoliation
- Soothing facial cleanse
- Full body Ayurvedic marma point massage using a soft to medium pressure with warm Ayurvedic oils and a scalp massage

Ayurvedic Abhyanga - 1 hour 30 mins

A sophisticated and bespoke massage tailored using Ayurvedic herbal oils

Benefits: Promotes harmony in the body and tailored to suit your specific Dosha type – Vata, Pitta or Kapha

Includes:

- Foot ritual and consultation
- Full body massage using elongated sweeping movements with warmed oils and a scalp massage

Purva Karma Four Hand Massage - 2 hours

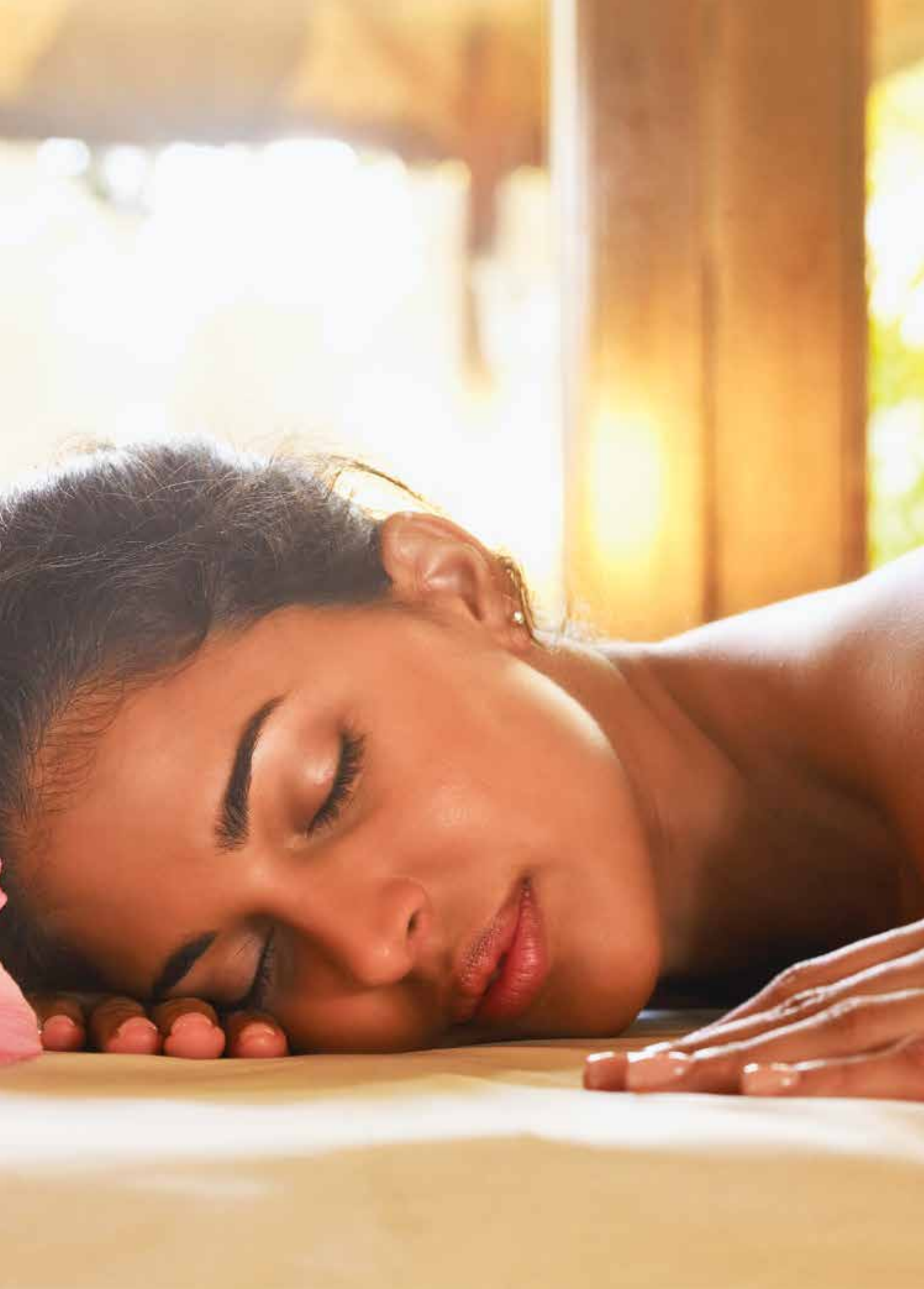
The ultimate experience for those who find it difficult to unwind

Benefits: Induces deep relaxation and clears the mind releases tension and eases muscle pain

Includes:

- Foot ritual and consultation
- Gentle body exfoliation
- Soothing facial cleanse
- Two therapists join to perform a synchronised body massage using long sweeping movements incorporating warm oil and hot volcanic stones

Note: Shirodhara warm oil application on the forehead may be included in our Ayurvedic treatments depending on Dosha type



ESPA Intensive Facials

Our facials begin with an in-depth skin analysis using technology to identify skin conditions not visible to the naked eye.

Your facial is tailored to your individual needs and preferences.

Skin Purifying Facial -1 hour

Benefits: Ideal for congested and problematic skin to deep cleanse, decongest oily skin, regulate oil secretions and refine open pores

Includes:

- Skin analysis and triple deep cleanse
- Facial exfoliation
- Advanced facial massage techniques
- Purifying mask
- Serum and skin moisturiser application

ESPA products with Tea Tree and White Thyme oils naturally decongest the skin In this facial

Desensitiser Facial -1 hour

Benefits: Calms, nourishes and hydrates fragile skin helping to reduce sensitivity

Includes:

- Skin analysis and gentle triple cleanse
- Facial exfoliation
- Soothing advanced facial massage
- Calming and desensitising mask
- Serum and skin moisturiser application

ESPA products rich in Chamomile and Benzoin form the calming basis of this treatment

If your skin is prone to redness and heat flushing, please ask our reception team about a technically advanced facial treatment that we can offer

Regenerating & Firming Eye Treatment - 30 min

Benefits: Firms and hydrates to reduce fine lines around the eyes and protect against the impact of environment

Includes:

- Face cleanse and exfoliation
- Lifting and firming eye massage
- Eye mask
- Application of Lift and Firm Eye Serum and Moisturiser

*Products rich in seaweed extract, green tea and vitamin C are the base of this treatment
Tip: Perfect to enhance a one hour facial*

ESPA Advanced Facials

The ESPA Advanced Facials are a rich fusion that bring together science, nature, luxury and efficacy through the most up-to-date scientific research. ESPA's Super Active™ products include powerful ingredients that have been proven to effectively treat skin conditions. Outstanding results are achieved through their advanced formulations, designed to be an instant boost to provide the maximum benefits to the skin.

Repair & Restore Facial -1 hour 30 mins

Developed for sensitised skin that requires restoring and rebalancing

Benefits: Repair and protects the skin against environment and harsh products; restructures, enhances cell renewal and strengthens the skin

Includes:

- Soothing facial lymphatic drainage
- Skin analysis and gentle triple cleanse
- Facial exfoliation
- Chilled rose crystal face massage
- Nourishing chilled mask
- Application of advance Super Active™ formulations and moisturisers

Lift & Firm Facial -1 hour 30 mins

A powerful facial that boosts cellular regeneration and elasticity

Benefits: Improves tonicity, firmness and stimulates collagen production

Includes:

- Deep neck stretching
- Skin analysis and triple skin cleanse
- Facial exfoliation
- Facial lymphatic drainage and vital energy massage to eyes
- Lifting and firming face massage
- Lift & Firm mask and forehead and eye massage with chilled stones
- Advance Lift & Firm Super Active™ formulations and moisturisers are used to complete this treatment

ESPA Age - Defying Facials

The need for flawless, ageless and smooth skin has led ESPA to unveil new facials which can deliver instant and long term skin radiance; stimulate cell renewal, regenerate and refresh dull and tired skin helping it to fight against the effects of ageing. These natural yet equally powerful facials feature ingredients which are harvested in a sustainable manner without degradation to the environment and approved by Ecocert for their sustainable sourcing and organic development. All ESPA products are also free from synthetic colours, fragrances and pure petrochemicals as well as PEG's and parabens.

ESPA Age-Defying Radiance Facial – 1 hour 30 minutes

A powerful and highly effective facial that reveals a noticeably brighter complexion and provides instant skin radiance

Benefits: Boosts cell regeneration, reduces fine lines and wrinkles nourishing, lifts, tones and brightens the skin

Includes:

- Skin analysis and deep cleanse with the Clarisonic brush
- Steam and skin exfoliation to boost cell regeneration
- Skin Radiance Mask with natural AHAs
- Deep age defying facial massage followed by chilled rose crystals and lymphatic drainage massage
- Lifting and Smoothing cooling mask to give the skin a more plump, firm and luminous appearance
- Advance serums and regenerating moisturisers

Natural exfoliators and masks that are packed with ingredients derived from enzymes, alpha hydroxyl acids (AHAs) and marine extracts give quick and long lasting results to this facial

Cellular Hydration Facial - 1 hour 30 minutes

Rehydrates and smoothes the skin leaving your complexion dewy, supple and beautifully radiant

Benefits: Concentrated and deeply nourishing, promotes cell renewal and hydrates

Includes:

- Skin analysis and triple skin cleanse
- Steam with face exfoliation combined with Clarisonic brush
- Warm herbal poultice massage
- Facial lymphatic drainage massage
- Hydrating mask
- Advance Super Active™ formulations and moisturiser to complete

Natural exfoliators and masks that are packed with ingredients derived from enzymes, alphahydroxyacids (AHA's) and marine extracts give a quick and long lasting results to these facials.



ESPA for Men

Our men's body massages and facials are specifically tailored to your skin type and individual needs to achieve the best possible results and relieve stress related to business pressure, travel or intense exercise regimens.

Gentlemen's Personalised Facial Treatment - 1 hour

Ideal to deep cleanse, soothe and hydrate

Benefits: Purifying, eliminates dead skin, and tailored to your skin type

Includes:

- Skin analysis and facial cleanse
- Face exfoliation
- Advanced facial massage techniques
- Purifying mask
- Serum and skin moisturiser

Essential Tea Tree and White Thyme oils, are the base to naturally decongest the skin in this facial.

Advanced Back, Face & Scalp Treatment with Hot Stones - 2 hours

Designed specifically to release accumulated tension in your back, neck and shoulders

Benefits: Calming and relaxing; releases back tension and refreshes tired skin

Includes:

- Back exfoliation
- Hot stone massage focused on the back
- Men's facial treatment
- Scalp massage

Bamboo Joint Release Massage - 1 hour 30 mins

A warm and stimulating massage that is ideal for anyone in need of deep tension release and ideally suited to those who exercise regularly

The technique alternates deep and firm pressure using warm bamboos with rocking and stretching techniques

Benefits: Increases blood circulation, relieves muscle tightness and deep seated tension.

Deep Muscle Massage - 1 hour 30 minutes

A powerful massage designed to alleviate deep-seated tension and muscular stress

This massage uses firm to deep pressure massage with specialised techniques including acupressure and deep movements using the therapists' forearms and elbow.

Benefits: Improves blood circulation, reduces chronic pain relax muscles, improves flexibility and range of motion.

Celebration of Romance

Carefully crafted couples experiences await at the Spa at One&Only Reethi Rah. Drift away with one of our unforgettable experiences; rejuvenate together; rediscover connections and steal away some treasured One&Only moments.



Private Spa Experience

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.

Private Spa Escape for two - 2 hours 45 minutes*

- 2 hours of ESPA treatments*
- 45 minutes relaxation time with full use of your Private Spa facilities
- A refreshing glass of champagne served with canapés

Private Spa Retreat for two - 3 hours 45 minutes**

- 2 hours of ESPA Time treatments
- 1 hour ESPA facial of your choice / private yoga session
- 45 minutes relaxation time with full use of your Private Spa facilities
- A glass of champagne is served with a plate of exotic fruits

***Each Private Spa Suite Experience is scheduled as ESPA Time (a fusion of treatments tailored on your personal needs) and includes full use of the personal heat experiences including an ocean-side bath and steam room for two. Your therapist will assist you in your selection of ESPA body, face or Ayurvedic treatments in advance of your session. Prior reservation is required due to limited availability.*

Once in a Blue Moon - 2 hours

Write your stories under the stars and unwind with your partner in this romantic experience

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 90 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.

Please book 24hours in advance due to limited availability. Subject to weather conditions.

Destination Spa Retreats

Healthy pleasures await at One&Only Reethi Rah. Our Destination Spa Retreats offer solutions to your unique wellness needs. Select from our comprehensive programmes and leave yourself in the expert hands of our therapists.

Unwind Journey – 3 day programme

This programme of treatments has been carefully designed to target the effects of modern life stresses and strains. The soothing treatments calm the mind and nervous system and are ideal following times of pressure or stress

- Soothing Pranayama yoga - 1 hour
- Unwind Signature Experience - 2 hours
- Ayurvedic Abhyanga - 1 hour 30 minutes
- Choice of Watsu or ESPA Intensive Facial - 1 hour

Programme designed for one individual.

Restore Journey – 5 day programme

A programme to combat the build-up of toxins in the body that lead to tiredness, poor sleep patterns and fatigue. These treatments help minimise the effects of those daily life stresses, leaving your mind and body relaxed and rebalanced

All the elements of this programme focus on assisting the body to release toxins and promote healing:

- Three private Personal Training sessions - 1 hour
- Detoxifying Body Cleanse - 2 hours
- Detox Massage - 1 hour 30 minutes
- Detox Massage and Algae Body Wrap - 1 hour 30 minutes
- Active Abdominal Cleanse – 1 hour
- ESPA Super Active Facial - 1 hour 30 minutes

Programme designed for one individual.

Elevate Journey – 2 day programme

This programme is designed to improve muscle flexibility through treatment combinations that focus on stretching, unblocking energy and increasing suppleness

This therapeutic programme promotes complete wellbeing and revitalisation:

- Revitalising Yoga or Personal Training - 1 hour
- Elevate Signature Experience - 2 hours
- Choice from Shiatsu or Thai massage - 1 hour and 30 minutes
- ESPA Super Active Facial - 1 hour 30 minutes

Programme designed for one individual.

Wellness Journey – 4 day programme For Two

This restorative programme allows you to continue your healthy lifestyle while on holiday or use it as an opportunity to set and achieve new personal wellness goals during your stay. Let us help you rediscover balance and restore vitality to your mind and body. Re-discover how to invigorate your daily lifestyle with new and unique approaches to health, wellness and fitness:

- Private couples Yoga sessions - 1 hour
- A healthy protein shake to enjoy after your two fitness sessions
- Choice of one of our One&Only Signature treatments - 2 hours
- Watsu Therapy - 1 hour
- Choice of a Facial - 1 hour 30 minutes
- A well-being cuisine lunch in the spa for two during your stay

ESPA Time*

With ESPA Time decisions are unnecessary...

Simply reserve ESPA Time and we will do the rest. Your therapist will guide you in your choice of treatments and rituals ensuring your therapeutic journey are best suited to your needs.

Choose from:

- ESPA Time - 2 hours
- ESPA Time - 3 hours
- ESPA Time - 2 days programme

** ESPA Time excludes: Purva Karma Four Hands and Thai Massage*

Programme designed for one individual.



Ocean-side Cabana Relaxation

Our outdoor ocean-side cabana designed at the side of our tranquil and turquoise sea will allow you to enjoy selected body treatments and mind and body programmes. Whether it is in the company of a friend or loved one, we invite you to unwind in the natural elements of our Maldivian paradise.

Post-Sun Body Envelopment – 1 hour

A gentle post sun moisturising treatment

Benefits: Calming, hydrating and nourishing for sun-exposed skin

Includes:

- A cooling body envelopment using chilled ESPA moisturising balm and oils
- Gentle and refreshing facial cleanse
- Soothing scalp massage using Pink Hair and Scalp Mud
- Application of soothing balm rich in lavender and rose geranium will soothe the heat of the skin

Young Spa, Junior Spa and Family Spa

Our selection of treatments for children under 16 years old are available in the Ocean-side cabana. We kindly ask you to consult these sections or allow our Spa therapists and Receptionists to guide you in the most suitable choice for you and your children

Cooling Stone Massage – 1 hour 30 minutes

An invigorating treatment to help draw heat away from the body. Cold stones are used to allow the therapist to work on deeper muscle layers with long strokes and kneading movements

Benefits: Reduces puffiness and bloating and stimulates circulation to reduce congestion

Thai Massage – 1 hour/1 hour 30 mins

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

Benefits: Revitalising and calming to the mind; improves posture and increases flexibility

Treatments in our Sea Side Cabana are subject to weather conditions and availability

Family Spa Journeys at One&Only

Design the perfect relaxation journey with your children by choosing any of the treatments in this section of our menu and one or more treatments of the “Junior or Young Spa Treatment Collection”

Unwind together in a perfect harmony surrounded by the natural elements of Reethi Rah’s decadent paradise.

Moments with Mommy – 2 hours

Pause and relax together with a private yoga session surrounded by the turquoise sea while the fishes dance around you. Complete the journey with a perfect Spa moment

Spa moment:

- 1 hour Yoga session for Mom and daughter
- 1 hour aromatherapy massage for Mommy.
- Sparrow massage followed by a mini facial for your little one

*Mocktails for two are included in this experience
For children aged between 6-12*

Super Hero & Warrior – 1 hour 30 minutes

Dad and son will definitely enjoy this experience...

Get fit and have fun with fitness training fit for warriors and heroes; choose from a:

- Boxing class or Clean & Lean Warrior session - 30-minutes

Complete the experience with:

- Fitness Massage of 1 hour for Super Hero Dad
- Jack Sparrow massage and T-Rex foot massage for the little warrior

*Protein shake is included for dad and a delicious mocktail is included for your little one
For children aged between 6-12*

Daddy’s Princess – 1 hour 30 minutes

Share a Spa time together and restore your energy

Dad will enjoy:

- Hot Stones Massage of 90-min for Dad

For Daddy’s princess:

- Jack SPArrow Massage
- Mini Facial
- Mini Pedicure

*For children aged between 6-12
Mocktail for Dad and princess is included.*

*The use of our lockers and wet facilities are excluded for young guests under 16 years old.
Your journey will begin escorting you and your child to our Ocean-side Relaxation Cabana or Couple’s Treatment room.*

Nature to Nurture – Mothers to Be

Pre & Post Natal Treatment - 1 hour 30 minutes

A full body nurturing treatment for pregnant and nursing mothers

Benefits: Deeply nourishing, prevents stretch marks and targets areas prone to stress and tension

Includes:

- Gentle body exfoliation
- Nourishing massage
- Moisture rich body mask
- Soothing scalp massage

Reethi Rah Spa Journey - 1 hour 30 minutes

A ritual to induce deep relaxation and nourish the skin

Benefits: Improves skin elasticity and protects the skin against free radicals

Includes:

- Foot ritual and consultation for body treatment follows
- Natural coconut body exfoliation
- Full body relaxing massage with natural warm coconut oil
- Nourishing scalp massage
- Tea ceremony

Watsu - 1 hour

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

Benefits: Induces deep relaxation, increases depth of respiration and restores balance. The gentle lapping of the water around you also has a lymphatic drainage effect

Cellular Hydration Facial - 1 hour 30 minutes

Rehydrates and smoothes the skin leaving your complexion dewy supple and beautifully radiant

Benefits: Concentrated and deeply nourishing, promotes cell renewal and deeply hydrates

Includes:

- Skin analysis and triple skin cleanse
- Steam with face exfoliation combined with Clarisonic brush
- Warm herbal poultice massage and facial lymphatic drainage
- Hydrating mask
- Advance Super Active™ formulations and moisturiser to complete

Maternity Massage – 1 hour

A relaxing full body massage targeting areas prone to tension during pregnancy

Benefits: Improves skin elasticity and reduces fatigue

Includes: Full body massage and scalp massage

Treatments to be taken between the 4th and 8th month of pregnancy.

Junior Spa

A selection of boutique treatments have been created for our Younger guests aged 6-12 to provide a perfect escape in a relaxing environment after an exhausting day playing.

The use of spa facilities and hydrotherapy areas are excluded and a parent or guardian is required to be present for the duration of the treatment.

Jack SPArrow Massage – 40 minute

Calm your pirate energy through this wonderfully relaxing treatment which includes a nourishing scalp treatment with head, neck and shoulder massage

T-Rex foot Massage – 20 minutes

After hunting in the jungle of the island refresh your feet with a cooling exfoliation and a massage on your head, shoulders and feet and get ready for the next adventure

Mini Facial – 30 minutes

A soft and gentle facial which includes gentle cleansing with a nourishing face mask and mini face massage. The scalp treatment is left on the hair at the end of the treatment for continued benefits

Fairy Hair – 30 minutes

Look enchanting and nourish your hair. Get your hair washed; enjoy a head massage and a conditioning treatment followed by a fairy hair put-up

Over the Rainbow Manicure – 20 minutes

A file and polish to the hands which includes a mini hand and arm massage and choice of tropical rainbow colours

Dancing Toes Pedicure – 20 minutes

Get ready to discover your dancing feet with this foot and ankle massage followed by an application of polish to the toes

This collection of services is only available at the Ocean-side Relaxation Cabana or Couple's Suite. Treatments are subject to weather conditions and Availability.

The use of our lockers and wet facilities are excluded for young guests under 16 years old.

Young Spa Collection

Created for young adults between the ages of 12 -16.

These treatments have been specifically designed to target the needs of our younger spa guests. The use of spa facilities and hydrotherapy areas are excluded and a parent or guardian approval and supervision is required.

Relaxing Massage and Scalp Treatment – 1 hour

A wonderfully relaxing massage including a nourishing scalp treatment with head neck and shoulder massage. The scalp treatment is left on the hair at the end of the treatment

Hand to Hand – Friend to Friend Mini Manicure – 30 minutes

Come with a friend and enjoy chit chat side by side with warm tea and cookies while enjoying a mini manicure that will leave your hands soft and beautiful

Jet Setters Mini Manicure and Pedicure – 50 minutes

A chic hand and foot exfoliation with a black diamond scrub is followed by the care of your nails and finalised with the application of a silk balm to your hands and feet and colour decoration for your nails

With French polish add 15 minutes

Skin Drenching Hydrator Facial – 50 minutes

A gentle cleansing facial incorporating a scalp massage and hydrating face mask with soothing and nourishing eye pads

Cleanse and Refresh Facial – 50 minutes

Including gentle cleansing and exfoliation techniques this facial helps remove impurities from the skin leaving the skin looking and feeling refreshed and rebalanced

Sunshine Shimmer - 30 minutes

Perfect for beach fans who have spent the day in the sun. This treatment is performed in our salon and includes a hair wash, richly nourishing hair treatment and a fabulous scalp massage



Hair & Beauty

One&Only Hair Salon

Founded on the strong pillars of glamour, fashion, styling and beauty, expert stylists have been individually handpicked to bring the latest trends of Styling to the tranquil paradise of the Maldives.

Whether your look is conservative or innovative, our international stylists are creative, passionate and will deliver superior results on your hair care and style.

Gents are not forgotten. If you are a traditional or modern man, our experts will provide the best approach to perfect grooming.

Services available goes from:

- Cutting & Styling
- Gents
- Children's
- Conditioning Hair Treatments & Rituals
- Colour Services

Pedi:Mani:Cure by Bastien Gonzalez

Bastien Gonzalez is internationally famous for his unique approach to foot treatments. Due to his professional expertise and experience as a French Podiatrist, he designed and developed exclusive and multi award-winning treatments for the feet, hands and nails, which combines a uniqueness found in the true fusion of well-being and beauty. Bastien selects and trains every member of his team to his treatment protocols and standards, ensuring the excellence of his know-how all over the world.

Bastien's Duo - 1 hour 15 minutes

The ultimate in luxury and total relaxation. This synchronized four hands treatment focuses on your nails, hands, feet, legs and arms.

A treatment that has been several times awarded!

Bastien's Pedicure - 1 hour

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

A cuticle and nail treatment, including a natural beauty Finish to the nail and a thorough massage of the forearms wrists, hands and fingers.

An unforgettable experience!

Foot Refoundation - 35 minutes

Truly relaxing massage from the toes up to the knees, with a preliminary exfoliation performed with the Black Diamond Scrub to ease the penetration of the cream used during the massage. The effects of its active ingredients thereby being optimized.

Global Massage Refoundation - 35 minutes

A totally relaxing leg and hand massage – toes to knee and fingers to elbow – This synchronized four hands massage brings a new lightness to the whole body.

Reverence 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.

Reverence Spa Ritual is available for hands and feet.

Paraffin Touch - 20 minutes

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

Colour/French Touch - 20/30 minutes

Select your preferred colour from our range of Révérence de Bastien nail lacquers, free of camphor, formaldehyde toluene and DBP. Includes nail reshaping.

Health & Fitness

The Fitness Centre at O&O Reethi Rah is dedicated to your health and wellbeing and offers an experience that is second to none. The fitness environment includes a Fitness Centre fully equipped with Technogym® Visioweb and Personal Selection ranges (including Kinesis™, Flexability™ and indoor group cycles), a Chi pavilion over the ocean, outdoor training set-up for boxing and body-weight exercises, and a Recharge bar for a post-workout energy boost.

Our personal trainers provide tailored training programmes for all abilities and fitness levels and give advice for maintaining fitness in the longer term.

“Our philosophy seeks to inspire you in your journey to fitness and wellbeing; guide you on how to achieve your goals and support you in maintaining an active lifestyle.”



Mind & Body

Bring your body and mind together with our non-aerobic methods of exercising and its benefits

Yoga - 60/90 minutes

Increase: Flexibility, strength and blood circulation improvement through deep breathing.

Improve: Energy levels, muscle & core strength, concentration, muscle rehabilitation and tonicity.

Learn how to: Cope with stress, increase inner peace and the capacity to quiet the mind.

Yoga Styles:

- Hatha
- Asthanga
- Vinyasa
- Kundalini
- Prenatal

Meditation- 60/90 minutes

A powerful healing force utilizing specific yogic breathing and mantras to promote Pranic “vital” energy, mental clarity and concentration.

Enhance mental wellbeing and increase a peaceful mind and relaxation through the different techniques of meditation available.

Tai Chi - 60 minutes

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

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

Pilates - 60/90 minutes

Mat: 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.

Reformer: Cables, bars, straps and pulleys and adjustable springs allows to regulate tension and resistance of the exercises

Personal Training

Boost your metabolism, gain body strength, reduce body fat, increase your cardiovascular fitness and improve your mobility and flexibility. Our personal trainers will provide you with endless individualized training options to help you reach your goals and enhance your health and fitness development.

Clean & Lean Personal Training by James Duigan – 60 minutes

Designed to optimize your health in the fastest possible way stripping away body fat, monitors your progress and provides nutritional support through supplements addressing any potential imbalance in your posture and movement patterns.

Packages of two or more sessions include a post workout shake

- Two sessions
- Four sessions including exercise band
- Six sessions including exercise band and C&L manual book

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.

In the Rhythm of the Drums - 60 /90 minutes

A dancing class that fuses drum rhythms and easy to follow dance moves to create a dynamic workout for better Stamina, fun and coordination!

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, no matter 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.

Kinesis Programmes - 30/60/90 minutes

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.

 Follow C&L logo in our F&B menus for a balance and healthy choice.

Youth Fitness

Our programs aim to inspire and help our young guests to improve overall health and wellbeing in a fun and safe way while enjoying the feeling of being fit and healthy.

Swimming - 30/60 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.

Kick Boxing – 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.

Beach Boot Camp – 60/90 minutes

Supervised “army commando style” group training program 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 parents!

Spa Etiquette

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, vitality pools, crystal steam rooms, lifestyle showers, saunas and stimulating ice fountain.

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RESERVATIONS: We recommend to reserve your treatments well in advance in order to guarantee your preferred timings and treatments as reservations are based on availability. Please contact your villa concierge or press the spa button of your telephone to make a reservation.

SPA & FITNESS OPENING HOURS:

Spa: 9:00 am -9:00 pm **Fitness Center:** 7:00 am to 9:00 pm.

SPA ETIQUETTE: Spa environment is one of relaxation and tranquillity. We appreciate you turning off your mobile phone or electronic devices. In order to respect the relaxation and privacy of our guests we kindly request you to refrain yourself from speaking with a loud voice. Smoking is not permitted in the Spa and Fitness facilities.

HOW TO SPA: We encourage you to arrive 45 minutes prior to your treatment time to enable you to enjoy the full use of the exclusive Spa facilities. Please be advised that a late arrival will result in a reduction of your treatment time.

AGE REQUIREMENT: The minimum age requirement for access to the spa and to experience treatments is 16 years. For younger guests please consult our Parents and Kids section.

CANCELLATION POLICY: A 50% cancellation charge will be incurred for any treatment not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.

HEALTH CONDITIONS: Kindly advise us of any health conditions, special preferences, allergies, or injuries which could affect your treatment when making reservation.

GUESTS: All our guests are welcome to enjoy our steam room, sauna and relaxation area.

For the well-being of our guests, the consumption of alcohol is restricted to specific Spa packages. For your own safety, we reserve the right to refuse any guests that are under the influence of alcohol.

PREGNANCY: Our pregnancy treatments were designed for expectant or nursing mothers. Please allow our Spa team to guide you in selecting suitable treatments.

For your safety Pregnancy body treatments and massages are not allowed after the third trimester and not recommended 24hrs before or after flying.

PRICING: All prices are quoted in USD and subject to government sales tax and service charge. Prices are subject to change without prior notice.

ADDED GRATUITY: All treatments are automatically subject to a service charge. Gratuity for exemplary service is discretionary.