



CONRAD SPA  
TREATMENT MENU

## AND BREATHE...

Take five deep breaths



Take a moment to inhale and exhale, mindfully,  
five times to encourage a gentle reset.

Welcome to the moment.

Focusing on our breathing instantly regulates our parasympathetic nervous system, known to improve digestion and help us rest. This encourages calm and clarity and allows us to find our way back to a comfortable equilibrium. Associated with freedom and curiosity, the number five has a special place in many cultures, also representing the five fingers on each hand, the five toes on each foot, and the five senses.

The Conrad Spa 5 Breaths is a grounding and calming process enveloping each treatment delivered within our menu. A simple yet extremely effective opportunity to center and calm your system before relaxing into our exceptional spa experiences.

CONRAD® SPA

## RITUALS

Poised over the crystal-clear water of the Indian Ocean, the Over Water Spa at Rangali Island embodies our barefoot luxury ethos. As guests traverse the bridge to one of four private suites, they transition from the mundane to the sublime, experiencing a sense of relaxation and detachment. Our spa menu, synchronized with the sun's movements, ensures each day brings memorable joy and pleasure.

### First Light

At First Light gently guides your awakening through five holistic phases, infusing you with wellness, equilibrium, and momentum.

Begin by swimming in the Indian Ocean, reconnecting with the present moment amid breathtaking surroundings. Next, center yourself with yoga and breathwork, releasing inner stagnation and fostering purification.

Unwind from your active adventures with a restorative treatment that includes an anti-inflammatory herb and essential oil body wrap and a muscle-melting massage and conclude with a graceful hand treatment leaving you glowing and revitalized.

Products by ISUN

180 mins

### Noontide

As the sun reaches its zenith, the four stages of Noontide create a sacred space for cleansing and balancing, guiding you to reconnect with mind, body and spirit.

Begin with a cleansing treatment infused with detoxifying herbs and oils to stimulate circulation, leaving your skin toned and revitalized. An energizing body massage follows, leaving you refreshed and invigorated.

Next, a serene, energy-balancing treatment hydrates and nourishes your skin, promoting a radiant complexion. Herb-infused gemstone oils and corresponding crystals realign energy imbalances, inducing a profound sense of relaxation and harmony.

A refreshment of herbal tea, completes this rejuvenating journey.

Products by ISUN

180 mins



### Sundown

As the sun sets, immerse yourself in a cocooning, soulful ritual.

Indulge in a decadent moisturizing scrub, blending fine mineral salt and organic shea butter to renew your sun-kissed skin. A cocooning body mask and massage leave your skin radiant and deeply moisturized.

Relax further with a calming foot treatment, including a soothing crystal massage for nourishment and deep relaxation.

As the ocean's gentle rhythm lulls you into sleep, our carefully curated sound bath washes away the day, preparing you for a restful slumber.

Products by ISUN

180 mins

## MASSAGE

Every day, our needs change and evolve. Experience a transformative massage customized to address your specific needs, guided by our exclusive gemstone journey.

### Conrad Custom Massage

Relax with our fully bespoke signature massage experience, crafted individually by our spa team. Inspired by the Conrad philosophy of freedom and tailored to your preferences, this treatment combines highly specific techniques with our gemstone concept, ensuring a truly unique and personalized experience just for you.

Products by: ISUN Gemstone Selection

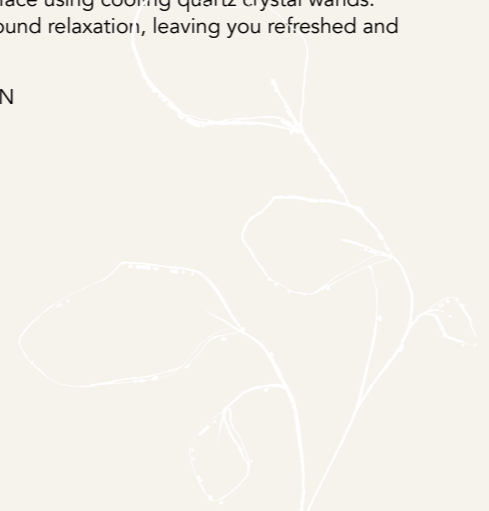
60 / 90 / 120 minutes

### Transcend Massage

Indulge in this luxurious treatment, with calming and uplifting herb-infused massage oils drizzled along the spine with intentional sequence before the entire body succumbs to a soothing massage with energy balancing gemstones. Follow with a rejuvenating 12-point marma massage on the face using cooling quartz crystal wands. Experience profound relaxation, leaving you refreshed and revitalized.

Products by: ISUN

90 mins



## FACE

At this spa, we believe in skin health. We focus on techniques that deliver more than surface improvements and a glow that is more than skin deep.

### Radiance

Our high-performance, revitalizing and soothing signature facial supports repair and regeneration of tissues as it restores and transforms the skin to youthful vitality and rejuvenating radiance. Included in the facial is our signature, double-exfoliation treatment and 12-point marma massage that immediately changes the appearance of your skin to a vibrant, smooth texture that plumps facial lines with dewy moisture and gives skin a healthy glow. A variation of the same treatment is applied to the hands and forearms for skin renewal. The feet are also pampered with a rich moisturizing herbal shea butter treatment that incorporates massage with a quartz crystal palm stone. A memorable journey to well-being and rejuvenation!

Products by: ISUN

90 mins

### Balance

A balancing treatment for beauty and spirit combines a series of 3 balancing facial masks that serve to purify, calm, exfoliate and nourish your skin, bringing deep relaxation as it concludes with a subtle crystal acupressure massage using crystal wands.

Products by: ISUN

90 mins

### Celestial

A glowing complexion awaits as we brighten and replenish your skin. The powerful benefits of antioxidants, Pearl powder and vitamin C help repair and even your skin tone. To uplift your senses and impart a feeling of inner peace, an aromatic celestial blend is infused throughout your facial.

Products by: ISUN

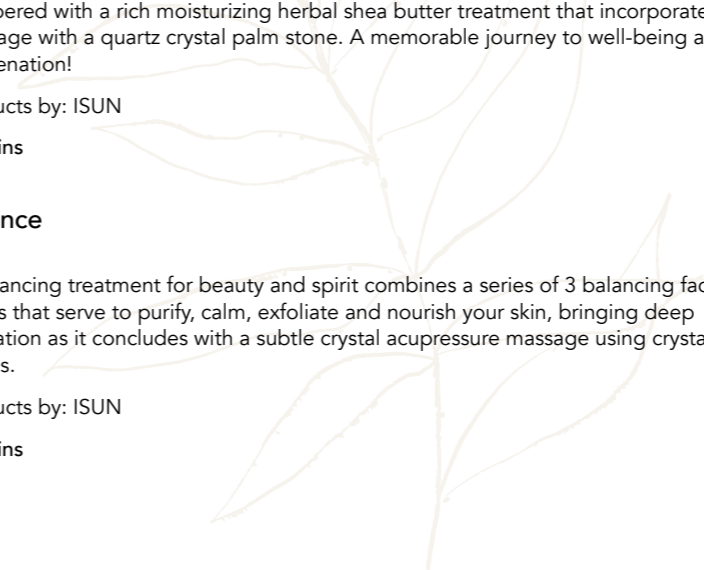
60 / 90 mins

### Elevate

A therapeutic and deeply relaxing facial that targets devitalized skin. Ancient gua sha techniques stimulate energy flow and circulation, contouring your facial angles and removing toxins. With an elevated facial massage, your facial muscles will tone, resulting in firmer, smoother and calmer skin.

Products by: ISUN

90 mins



## MIND & BODY WELLNESS

With well-being as our focus, these treatment combinations are perfectly curated for you to achieve equilibrium.

### Recover

Ease into relaxation after your active adventures with our restorative treatment, featuring an anti-inflammatory herb and essential oil body wrap followed by a muscle-melting massage. Indulge in a scalp and hair treatment for further relaxation and conclude with a deep tissue massage using lapis lazuli stones to release tension, leaving you renewed and rejuvenated.

Products by: ISUN

120 min

### Quench

Revive dry, dehydrated skin with a nourishing treatment crafted to replenish, soothe and restore. Begin with a decadent moisturizing scrub that combines fine mineral salt with unrefined organic shea butter for moisturizing skin softness, followed by a nourishing honey-avocado mask that envelops your body for deep hydration. A relaxing massage using nutrient-rich shea butter completes the experience, leaving your skin radiant.

Products by: ISUN

120 mins

### Cleanse

A rejuvenating treatment that promotes circulation, detoxifies tissues, and tones your skin. Your spa journey begins with our detox treatment wrap with an application of a stimulating citrus and spice aromatic herbal oil and sprinkling of a detoxifying powdered herb and Moroccan rhassoul clay blend. Continue with a relaxing scalp massage with a nourishing ayurvedic herbal oil followed by an energizing body massage to conclude the experience, leaving you feeling refreshed and invigorated.

Products by: ISUN

120 mins



## SPA TERMS AND CONDITIONS

### SPA OPENING HOURS

Daily 10:00AM to 8:00PM

### SPA RESERVATIONS

For spa inquiries or reservations, please press the 'spa' button on the phone in your villa or contact your Island Host. Advance bookings are recommended to secure your preferred treatment time.

### PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your villa before coming to the spa.

Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved. We recommend using the sauna and steam prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

### ARRIVAL

Please arrive 15 minutes prior to your treatment to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment.

### CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

### LATE ARRIVAL

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

### CANCELLATIONS

Please allow four hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50% of the treatment price will be charged. Failure to keep your appointment will result in a 100% treatment charge.

### AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage or body treatment for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Over Water Spa.

### IN VILLA TREATMENT

In villa massages are available for you to have in the privacy of your own villa. A 30% callout fee will be added to the treatment charge. Please contact our spa receptionist, guest service agents or Island Host.

### CHILDREN

We love children; however, the Over the Water Spa is an adult only space. Young guests are welcome to enjoy a selection of treatments at our Spa Retreat under the supervision of a guardian.

### PAYMENT

For resort guests, all treatments will be charged to your guest room folio and will appear on your account at the time of departure from the resort.



CONRAD® SPA

Conrad Maldives Rangali Island  
The Over Water Spa  
Rangali Island  
+960 668 0629