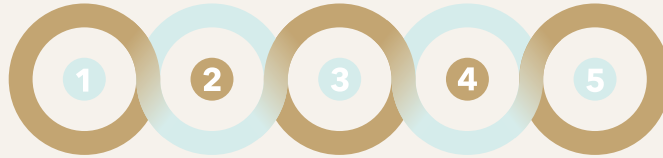




CONRAD SPA  
TREATMENT MENU

## 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 within our menu. A simple yet extremely effective opportunity to center and calm your system before relaxing into our exceptional spa experiences.

CONRAD® SPA

WELLBEING  
EDIT

BODY

FACE

MASSAGE

DESTINATION

## THE DESTINATION

Experience the true nature of Maldivian wellness with our destination unique treatments. These exquisite treatments have been designed to celebrate the beauty and tranquility of our island paradise.

### Essence of the Maldives

This regionally crafted fusion of therapies aims to alleviate muscle stress, enhance skin texture, promote restful sleep, and provide nourishment to both hair and body. The experience encompasses a locally sourced coconut exfoliation, a head massage influenced by ayurvedic traditions, and a tension releasing body massage utilizing heated coconut sticks to gently ease out muscular aches and pains.

Products are naturally sourced in the Maldives

90 mins

### Tranquil Retreat - For Couples

This exquisite half-day ceremony offers ultimate relaxation and tranquility. Experience serenity with your beloved through a skin-renewing scrub, hydrating body wrap, and a personal jetted bath with bubbly. Conclude with a soothing massage and deep scalp tension release, creating precious moments of shared joy and calm.

Products by: ISUN

180 mins



## Island Possibilities

Embrace the endless possibilities our island offers with this bespoke treatment, crafted to deliver the perfect combination for you. From crystal massages to detoxifying wraps, your therapist will guide you on a personalized island journey. Boundary-free and focused on your well-being, this experience promises ultimate relaxation tailored to your needs.

Products by: ISUN

120 mins

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## MASSAGE

A great massage makes everything better. Our selection of massages has been designed to offer a balance of physical and emotional benefits that only a great massage can absolutely deliver.

### 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 mins

### 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

### Balinese Massage

A medium to deep massage. This treatment focuses on tension relief using a combination of traditional Balinese massage techniques. Utilizing warm stones, warm oil and therapeutic head massage to provide deep relaxation.

Products by: ISUN

60 / 90 mins

### Traditional Thai Massage

Performed using deep stretching movements to relieve tension. This is a dry massage fully clothed in soft pajamas, using techniques practiced for 2,500 years. Often described as passive yoga, the therapist uses continuous choreographed movements to stretch and relieve tension from the body and mind.

60 / 90 mins



### Four Hands Massage

A therapeutic massage which is performed by two therapists perfectly synchronized. This synergy helps ensure total relaxation with a unique feel as the therapists melodically move in unison over the body.

Products by: ISUN

75 / 90 mins

### Ayurvedic Renewal

Traditional Ayurvedic massage delivers a deep sense of restfulness. Marma points are activated to reduce stress and gently ease muscle tension. Followed by Shirodhara, the practice of hot oil pouring over the third eye ultimately providing a nourishing hair treatment whilst nurturing the mind and body.

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.

## FACIAL COLLECTION BY MARGYS

### Illuminate & Glow

Bring back your natural glow as a concentrated blend of Swiss apple stem cells extract simulates the vitality of the skin for a powerful anti-aging effect. Reversing the hands of time, this results-driven treatment combines the use of natural stem cells ingredients and innovative scientific technology to optimize skin brightening and anti-aging effects.

Products by: Margys

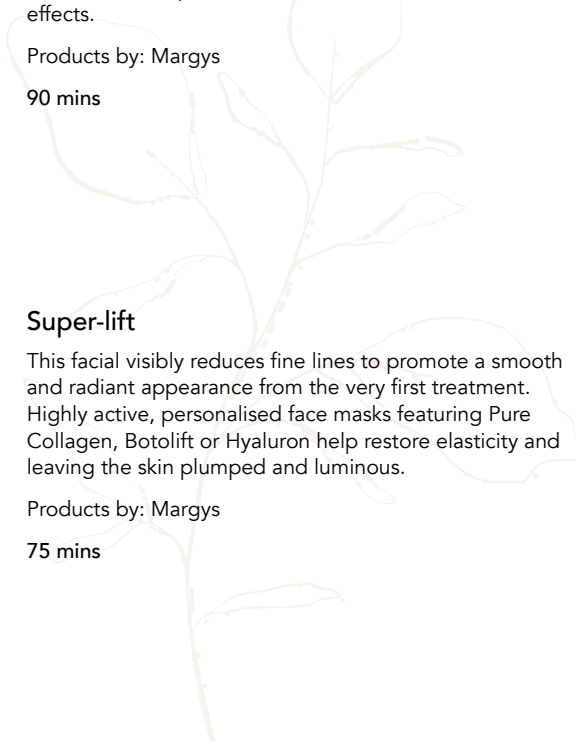
90 mins

### Super-lift

This facial visibly reduces fine lines to promote a smooth and radiant appearance from the very first treatment. Highly active, personalised face masks featuring Pure Collagen, Botolift or Hyaluron help restore elasticity and leaving the skin plumped and luminous.

Products by: Margys

75 mins





## FACIAL COLLECTION BY MARGYS

### Bespoke Hydrator

Dramatically transform the appearance of your skin with this treatment that utilizes exceptionally pure and active ingredients. As well as being intensively hydrating, this facial will smooth fine lines and slow the appearance of aging. Combined with Margy's cult-favourite collagen mask, your skin will feel firm, supple and bright.

Products by: Margys

60 mins

### Blissful Restorer

Indulge and relax with this exclusively tailored skincare treatment designed to balance and boost your complexion. Deeply cleansing using highly concentrated active ingredients to hydrate and repair your skin from sun effects, leaving it soothed and revitalized. Suitable for all skin types

Products by: Margys

60 mins



WELLBEING  
EDIT

BODY

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DESTINATION

## BODY

Well-being is the focus, feeling better with treatments that enhance and revitalize from tip to toe.

### After Sun Soother

This treatment provides a calming effect after intense sun exposure. Designed to hydrate and moisturize sunburned skin – each element of the treatment is healing, soothing and cooling.

Product are naturally sourced in the Maldives

75 mins

### Mother to Be

Specifically designed for pre and post-natal guests, this soothing therapy helps relieve back tension and swollen hands and feet. A gentle massage which eases the mind and lifts the spirits.

Products by: ISUN

75 mins



## Relaxed Feet

Restore the body's balance and release aches and pressure in the feet with this signature treatment. Including massage techniques on the meridian lines of the legs and zones of the feet.

Products by: ISUN

60 mins

WELLBEING  
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## THE WELLNESS EDIT

A curated selection of essential enhancements for your treatment experience. Please note these cannot be booked independently and are recommended as additions to your chosen treatment only.

### Nourish

Revitalize your skin with our nourishing body scrub. This indulgent formula gently exfoliates with fine mineral salt and nourishes with organic shea butter, restoring dry skin.

Products by: ISUN

30 mins

### Glow

Rosemary and sage essential oils impart their therapeutic properties as they blend with fine ocean-floor silica crystals and an aloe vera gel base to gently buff the skin, leaving a radiant glow.

Products by: ISUN

30 mins

### Honey Avocado Wrap

This moisturizing body mask hydrates and nourishes, providing long-lasting moisture and deep nourishment for dry skin.

Products by: ISUN

30 mins

### Grace

A therapeutic hand treatment with healing Rose Quartz Crystal, promotes skin renewal leaving your skin glowing and revitalized.

Products by: ISUN

30 mins



## Soul

Indulge in our luxurious foot treatment, starting with a refreshing Rosemary Sage Scrub for soft, smooth skin. A nourishing foot mask followed by our signature crystal massage, brings deep relaxation.

Products by: ISUN

30 mins

## Eshin

Our conditioning scalp and hair treatment is based on Ayurvedic herbs. These herbs are skilfully blended with essential oils to stimulate the scalp, enhance oxygenation, and promote a soothing effect on the mind.

Products by: ISUN

30 mins

## Shirodhara

This stress-releasing treatment has a focus of pouring a stream of warm oil over the third eye to soothe and calm the nervous system. It is helpful for treating skin conditions and insomnia, while also enhancing emotional balance.

30 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. Please inquire with your spa therapists.

### 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.

### 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

PRICE LIST

## THE DESTINATION

### Essence of the Maldives

90 mins \$295

### Tranquil Retreat

180 mins per couple \$775

### Island Possibilities

120 mins \$325

## MASSAGE

### Conrad Custom Massage

60 mins \$215  
90 mins \$295  
120 mins \$335

### Transcend Massage

90 mins \$295

### Balinese Massage

60 mins \$190  
90 mins \$270

### Traditional Thai Massage

60 mins \$190  
90 mins \$270

### Four Hands Massage

75 mins \$450  
90 mins \$500

### Ayurvedic Renewal

90 mins \$295

## FACIAL COLLECTION BY MARGYS

### Illuminate Glow

90 mins \$400

### Super-lift

75 mins \$310

### Blissful Restorer

60 mins \$270

### Bespoke Hydrator

60 mins \$290



## BODY

### After Sun Soother

75 mins

\$205

### Mother to Be

75 mins

\$225

### Relaxed Feet

60 mins

\$185

## THE WELLNESS EDIT

### Nourish

30 mins

\$105

### Glow

30 mins

\$105

### Grace

30 mins

\$105

### Honey Avocado Wrap

30 mins

\$105

### Soul

30 mins

\$105

### Eshin

30 mins

\$115

### Shirodhara

30 mins

\$115



Treatments are priced per person excluding the "Tranquil Retreat" treatment. Prices are in US\$, subject to 10% service charge and 16% T-GST.

## FAMILY SPA

Where young souls can discover the ultimate relaxation and rejuvenation in the heart of our luxurious island paradise.

### Ancestral Moment

60 mins \$320\*

Enjoy a moment of togetherness with your child in the luxury of the spa. As a parent or carer, choose from one of our luxurious 60-minute massages. For the child, a choice of any treatment from the "Alpha menu".

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## ALPHA MENU

All guests under the age of 12 must be accompanied by an adult.

### Indulge in Color

60 mins \$50

A relaxing and restful foot massage with a gentle pedicure completed with a choice of rainbow colors.

### Chill Out

45 mins \$70

A gentle and restful body massage delivered using nourishing shea butter.

### Refresh Scrub

30 mins \$40

A mild cleansing exfoliant softly polishes skin whilst deeply conditioning to leave a lustrous glow.

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## TEEN MENU

All guests under the age of 16 can be accompanied by an adult.

### Manicure or Pedicure

60 mins \$70

Choose from a manicure or pedicure including a gentle massage and add a splash of color to nails.

### Youth Facial

45 mins \$150

This facial delivers refreshed skin, which is clean, purified, and balanced. The treatment gently cleanses without removing essential nutrients in the skin, and leaves the face hydrated and incredibly soft.

Products by: Valmont

### Relaxation Massage

60 mins \$130

A full body massage with gentle shea butter to relax and moisturize the skin.

Products by: ISUN

### Well-being Body Scrub

30 mins \$60

This creamy cleansing exfoliant softly buffs away dead skin cells whilst deeply conditioning to leave a radiant glow to the skin.

Products are naturally sourced in the Maldives

Prices are in US\$, subject to 10% service charge and 16% T-GST.

Treatments are priced per person with the exception of the "Ancestral Moment" treatment, inclusive of one adult and one child below the age of 12.

## HAIR

### Hair Care

The hair regains its shine, density and strength.  
Wash, Scalp Massage, Hair Mask, Blow Dry

Without Styling	60 mins	\$85
With Styling	90 mins	\$125

### Wash and Dry

Without Styling	45 mins	\$35
With Styling	60 mins	\$45

### Hair Cut

Men's Hair Cut + Shampoo	45 mins	\$45
Ladies Hair Cut + Shampoo + Styling	75 mins	\$65

## ENHANCEMENTS

<b>Eshin Glow</b>	45 mins	\$105
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Experience a seamless fusion of scalp therapy and facial care that offers a blissful retreat, not just for your hair and skin, but also for your spirit, leaving you feeling revitalized and refreshed.

## NAIL

<b>Express Manicure</b>	45 mins	\$70
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Essential maintenance for hands

<b>Express Pedicure</b>	45 mins	\$70
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Essential maintenance for feet

<b>Complete Hands or Feet</b>	75 mins	\$110
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Total nail maintenance with the inclusion of a revitalizing hands or feet scrub and application of polish.

<b>Intensive Hands or Feet</b>	90 mins	\$150
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The complete hands or feet maintenance with the inclusion of a long-lasting nail polish.

## WAXING

### Face Wax

Full Face	30 mins	\$100
Selection of: Lip, Eyebrow or Chin	15 mins	\$30

### Arm

Half Arm	30 mins	\$40
Full Arm	45 mins	\$60
Underarm	15 mins	\$25

### Leg

Half Leg	30 mins	\$60
Full Leg	60 mins	\$100

<b>Bikini</b>	15 mins	\$60
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<b>Brazilian</b>	30 mins	\$100
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CONRAD® SPA

CONRAD MALDIVES RANGALI ISLAND

The Spa Retreat  
Rangali-Finolhu Island  
+960 668 0629