



CONRAD[®] SPA

MALDIVES
RANGALI ISLAND

THE SPA RETREAT

THE STORY OF AN ESCAPE TO A SECLUDED, PEACEFUL HAVEN



The Spa Retreat - 01

CONRAD® SPA

MALDIVES
RANGALI ISLAND

Set on stilts over the lagoon at the tip of the resort's main island, The Spa Retreat offers guests an extensive range of spa treatments coupled with wellness activities as acupuncture, nutrition and beauty treatments for a holistic approach.

The Spa Retreat comprises nine treatment rooms with five private pavilions which house both a sauna and steam room, and either a Jacuzzi, couples soaking tub or Vichy shower. Facilities also include a hair spa, nail spa, relaxation lounge, retail boutique and Naturopathy herbal dispensary.

Indulge with a divine natural mix of aromas and expert therapist using rhythmic movements designed to melt away your stress and relax you in to pure serenity.

Surrender in tropical paradise and sooth your sole.

The Spa Retreat - 02

FIVE ELEMENTS PHILOSOPHY



AIR

ENLIVENS & PROTECTS.

The element of air relates to thought, communication and the stirrings of the mind. Air is the dawning of consciousness through the mists of innocence and heralds the Intelligence of the spirit as it breathes upon the earth. Air treatments are energising and invigorating to both body and soul – they help increase energy levels and enliven the mind and senses. If you are feeling sluggish, lifeless or need a 'jump-start' then air treatments are perfect for you.



EARTH

GROUNDS & BALANCES.

Earth represents stability; it is all things that bring nourishment, fullness and fertility. Of all the elements earth is the most dependable, the feel of the earth beneath our feet is the most solid and reliable thing there is. Earth treatments ground and balance to bring about a deep sense of comfort and protection. If you need grounding then choose from the earth treatments – they will nurture and restore inner balance.



FIRE

DETOXIFIES & STIMULATES.

Fire treatments inspire new beginnings, stimulating and warming the body, encouraging strength and creativity. Fire removes stagnant energy, bringing with it's dynamic heat and decisiveness. Fire treatments are designed for those needing elimination of toxins and impurities from the body and clearing of the mind.



WATER

RELAX & HYDRATE.

Water represents our emotions, our dreams and feelings. Water is the gentleness of ripples on a crystal pool. It moves, it ebbs, it flows, it soothes. Water treatments focus on calming the emotions, hydrating the body and soothing the spirit. If you are feeling tense then a water treatment is a wonderful way to restore serenity.



PLANT

NOURISH & FORTIFY.

The element of plant is a powerful force; its essence is alive and pure. Plant is active - representing our nutrition and nourishment. Plant treatments are intensive and purifying, focusing on nourishment of the body. If you feel in need of a vitamin and antioxidant boost then plant treatments are for you.

SIGNATURE TOUCHES



SIGNATURE TOUCHES

Take a deep breath and relax.

From the beginning to the end of your spa experience, we endeavour to create a sanctuary so that you emerge feeling renewed and transformed.

RITUALS

Each element has its own signature blend of essential oils and this aromatic combination subtly greets you as you enter your private therapy suite. Soft music, specifically chosen for the treatment, plays in the background and, depending upon the time of day, the lighting may be gently subdued. You are invited to change and take a seat to enjoy our signature foot cleansing ceremony. Your therapist will then discuss your consultation form and how they can customise the treatment to best suit your personal needs. Please let your therapist know if there's anything they can do to make the treatment more comfortable – remember this is your time to relax, let go and just be.



ALIVE -
120 mins
Eminence

Dry body brush
Lime and bergamot massage
Bright skin lightening facial
Spa juice

- Increases surface circulation and removes cellular build-up
- Restores energy levels and clears the mind
- Hydrating, brightening and refreshing facial



NURTURE
120 mins
Eminence

Apricot sugar scrub
Apricot and jojoba massage
Calm skin facial
Spa juice

- Vit A, C and E boost with apricot and jojoba oils
- Healing and regenerative benefits
- Removes cellular build-up and restores surface moisture
- Smoothing and calming facial



DETOXIFY
135 mins
Eminence

Dry body brush
Sugar plum and spice wrap
Sugar plum and spice detox facial
Spa juice

- Increases surface circulation and removes cellular build-up
- Purifies and detoxifies from top to toe
- Stimulates and warms through oxygenated skin
- Shakes off fatigue and reveals a smoothed, firmer, cleansed skin



PEACE
120 mins
Eminence

Pear and green apple sugar scrub
Pear-luscious body wrap
Vichy shower
Rosewood and ylang ylang massage
Spa juice

- Reveals a deeply exfoliated and nourished skin
- Skin is hydrated, firmed and toned with crisp apple and pear
- Soothing Vichy hydrotherapy experience
- Relax with a customised massage



PURE
120 mins
Eminence

Coconut oil sugar scrub
Mango enzyme body wrap
Hot stone massage
Spa juice

- Refines and smoothes skin with raw sugar cane granules
- Nourishes and hydrates skin with coconut oil
- Elasticity and youthfulness is restored with mango enzymes
- Melt under the warmth of hot stone massage



DETOXIFYING SNOW BREEZE
120 mins Terraké

Cotton seed scrub
White tea detoxifying wrap
Energising massage

- Deep body detoxification
- Featuring a cotton seed scrub, hot-cold detoxifying wrap and energizing massage
- Unique feather-light brush technique



FIRMING MINERAL SCULPT
120 mins Terraké

Smoothing sand scrub
Desert mud firming wrap
Sculpting massage

- Divine firmness for the body
- Deep redefining percussion massage
- Desert mud along with gentle clays supply the skin with essential firming and toning earth minerals
- The body is perfectly firmed and toned



RELAXING WATERS
120 mins Terraké

Mother of pearl scrub
Vichy shower
Aquatic mint de-stressing gel wrap
Water massage

- Ultimate body hydration and relaxation
- Flowing massage movements under the sweet relaxing rain of the Vichy shower
- The body is relaxed, the skin regains softness and radiance



SLIMMING LIANA CONTOUR
120 mins Terraké

Smoothing sugar scrub
Liana contour wrap
Detoxifying massage

- A spicy plant wrap with red liana purée to promote metabolism of fats and restore a balanced figure
- Green coffee, berries from the Amazon and liana from Peru are the secret to the powerful slimming actions of this ritual
- Stimulating detox massage

HOLISTIC



HOLISTIC

At The Spa Retreat we offer a selection of holistic therapies that work to bring about inner calm, balancing mind, body and spirit to achieve a state of health and well-being.

REIKI 60 mins

A simple yet powerful technique, reiki uses universal life energy to harmonise body, mind and spirit. Through the laying on of hands, the reiki practitioner channels energy to the client, activating the body's innate healing ability. This therapy is excellent for stress reduction and relaxation, and a session leaves you with feelings of profound peace and well-being.

EAR CANDLING 60 mins

Also known as thermo auricular therapy, can be beneficial for many conditions of the ear, nose and throat area including tinnitus, compacted ear wax and glue ear, headache, migraine, sinusitis, rhinitis, catarrh, sore throats, hay fever, asthma, vertigo and neuralgia. This treatment includes a pressure point massage and lymphatic drainage to head and neck.

FOOT REFLEXOLOGY 60 mins

This ancient practice is the art of applying pressure to the feet using specific thumb, finger and hand techniques. This treatment is based on a system of zones and reflex areas that reflect an image of the body onto the feet. Reflexology has been shown to reduce stress, improve blood circulation, relieve pain anywhere in the body, and improve health and recovery from illness.

FACIALS



FACIALS BY EMINENCE



**BRIGHT SKIN
LIGHTENING**
60 mins Eminence

- Pigmentation and age spots are lightened
- Complexion becomes bright and even
- Signs of redness and irritation are reduced
- Skin is left smooth, luminous and glowing



**CALM
SKIN**
60 mins Eminence

- Sensitive skin
- Anti-aging treatment leaving the complexion toned and enriched
- Signs of redness are reduced
- Irritation and inflammation are calmed



**SUGAR PLUM &
SPICE DETOX**
75 mins Eminence

- Improves circulation and oxygen flow through the skin
- Improves oily, acne skin conditions
- Complexion is healthier and smoother



**BOTANICAL AGE
CORRECTION**
75 mins Eminence

- Reduces the visible signs of aging
- Dramatic improvement in skin tone and firmness
- Skin is smoother and toned
- Reveals a softer yet strengthened skin



FACIALS BY TERRAKÉ



BREATH OF PURE AIR 75 mins Terraké

- Ideal facial for sluggish, polluted stressed or tired skin
- Features a relaxing facial massage and a unique double mask of warming flakes combined with an iced masque
- Buddleia from the French Alps & white tea from Fujian drain away all the harmful effects caused by pollution
- Perfectly moisturised and free of toxins, your skin is left fresh and luminous



PRECIOUS EARTH 75 mins Terraké

- Precious anti-ageing facial to plump, smooth and tone the skin
- Features a contour sculpting facial massage using precious stones and crystals
- Pure red earth clays and minerals nourish and heal to restructure the skin
- Enjoy a blissful scalp massage to ease the mind



ORIGINS OF THE SEA 75 mins Terraké

- Ultimate hydration for dehydrated skin
- Features a relaxing facial massage followed by an ultra hydrating double-mask.
- Quenching volcanic Polynesian lagoon water and pure red algae from the Pacific Ocean assure maximal hydration for the skin
- The skin is "quenched", regains softness, suppleness and radiance through the replenishing origins of the sea

BODY



BODY



**BLUEBERRY
BLISS WRAP**
90 mins Eminence

- Tones and tightens
- Skin-firming ingredients
- Stimulates circulation.



**PEAR-LISCIOUS
WRAP**
90 mins Eminence

- Rebalances, smoothes and renews the skin
- Increases hydration
- Deep lasting softness



**SUGAR PLUM
SPICE WRAP**
90 mins Eminence

- World famous Hungarian thermal mud and spicy cinnamon
- Detoxifies and eliminates toxins and increases circulation



**AFTER SUN
SOOTHER**
75 mins Eminence

- Cucumber and stone crop cactus wrap
- Aloe vera gel
- Hydrates and moisturizes sunburned skin
- Healing, soothing, cooling



**MANGO
ENZYME WRAP**
90 mins Eminence

- Rejuvenates dryness and uneven skin tone
- Returns firmness and deep moisture to your skin

TREATMENTS

ENHANCEMENTS FOR ANY TREATMENT

- Vichy shower / Flavour of the day scrub / Back, neck and shoulder massage - 30 mins each
- Bright eye and lip treatment / Foot massage / Hand massage / Scalp massage / Mini facial - 15 mins each



BODY

Be taken on an aroma journey and choose one of the following blends. The synergy of aromas and touch will customize your experience.

MASSAGES



AIR - 'energise and enliven' with coriander, bergamot and lime.



EARTH - 'nurture and heal' with vanilla, sandalwood, patchouli and vetiver.



FIRE - 'detoxify and stimulate' with eucalyptus, grapefruit and juniper.



WATER - 'relax and calm' with rosewood, ylang ylang and roman chamomile.



PLANT - 'nourish and fortify' with cedarwood, rosemary and lavender.

AROMATHERAPY

60 mins / 90 mins
(light to medium pressure)

- Gentle and soothing massage style
- Pressure point facial massage and slow flowing movements

AYURVEDIC

60 mins / 90 mins
(light to medium pressure)

- Long fluid movements to bring the body into balance
- Warmed traditional Ayurvedic herbal oils for therapeutic effect

SWEDISH

60 mins / 90 mins
(medium to deep pressure)

- Variety of techniques to promote a deep sense of well-being
- Stimulates circulation, increases lymphatic drainage and eases muscle pain

THAI

60 mins / 90 mins
(medium to deep pressure)

- Dry massage fully clothed with soft pajamas
- Movements to stretch and relieve tension from body and mind

MUSCLE EASE

90 mins
(medium to deep pressure)

- Use of Thai herbal poultices with heat combined with organic herbs absorbed by the body
- Relieves aches and pains, stimulates circulation, increases lymphatic drainage and detoxifies

SHIATSU

90 mins
(medium to deep pressure)

- Japanese translation is 'finger pressure'
- Pressure points massage to clear blockages in the body's energy channels
- Release tension, pain and increase circulation and blood flow
- Dry massage fully clothed with soft pajamas

HOT STONE

90 mins
(medium to deep pressure)

- Release muscular tension
- Therapeutic heat radiates from our basalt stones
- Achieving a deeper level of relaxation





BODY

The synergy of aromas and water will customize your experience in your choice of a deluxe or standard private heat therapy suite.

HYDROTHERAPY



AIR BATHING BLEND

Feel your senses awaken and energy soar with this uplifting blend of lime, coriander and bergamot combined with pure sea salts to cleanse and refresh.



EARTH BATHING BLEND

Immerse yourself in this luxurious bath delight of pink clay blended with exquisite oils of vanilla, patchouli and vetiver to induce a deep sense of contentment and peace.



FIRE BATHING BLEND

Slip into this detoxifying blend of spirulina and juniper to aid the elimination of impurities and tone the skin.



WATER BATHING BLEND

Soak away stress and tension with this velvety smooth milk bath combining milk proteins with the aromas of ylang ylang, chamomile and rosewood. Drift away...



PLANT BATHING BLEND

The opulent aromas of cedarwood, lavender and rosemary create a sanctuary for the senses. Breathe deep, let go and enjoy.

PRIVATE HEAT THERAPY SUITES

- Deluxe - 45 mins
- Standard - 45 mins

BEAUTY



BEAUTY

Our range of beauty treats will ensure you leave looking as fabulous as you feel.

CUSTOM MADE SPA MANICURE OR PEDICURE

75 mins

Choose from our delicious selection of scrubs, wraps and lotions to complete your experience

EXPRESS MANICURE OR PEDICURE

45 mins

FRENCH POLISH

LONG LASTING POLISH

HAIR CUTS & STYLING

Up-style
Ladies shampoo, cut and blow dry
Shampoo and blow dry
Ladies shampoo and cut
Men's shampoo and cut

HAIR RITUALS

90 mins with style
60 mins without style

WAXING

Brazilian
Bikini
Full leg
Half leg
Facial

MAKE UP

Make up application

PRODUCT PARTNERS



PRODUCT PARTNERS

TERRAKÉ

The Spa Retreat has chosen to work with two unique and innovative spa care ranges to deliver outstanding personalised spa journeys for the most discerning spa guests. From luxurious spa rituals for pure pampering and honouring of the body, to organic facials catering for every skin's desire, The Spa Retreat has your spa needs covered from head-to-toe.

TERRAKÉ: OF EARTH AND WATER

Led by their ongoing search for beauty using active molecules, the House of Thalgo, recognised experts in skincare since 1964, created its Luxury Spa Division and developed the TERRAKÉ line, a cosmetic brand reserved exclusively for the luxury sector with a strong and original concept.

TERRAKÉ is the perfect blend of professional excellence and unmatched spa expertise. Seeking the perfect alchemy between well-being, authenticity and refinement, TERRAKÉ brings you on an initiatory voyage to our origins through the recreation four worlds inspired by the birth of the earth: Terra Magica, Primordial Waters, Of Air and Light, Luxuriant Plant Life.

Subtle beauty rituals were born from these four worlds, revealing perfect harmony of sensual pleasures and total letting-go of your mind and spirit. TERRAKÉ is the beauty partner of the finest spas in the world. The French-style luxury it represents is acclaimed in more than 160 spas in 26 different countries.

TERRAKÉ has genuine and exclusive advantages: a unique treatment prescription (Sensorial Profile by TERRAKÉ), an exclusive relaxation technique (Welcome cocoon by TERRAKÉ), a flexible and complete treatment menu (four face rituals, four body rituals), expert treatments performed by refined and skilled therapists that take the customer on a journey with a multi-sensorial experience to stimulate the five senses as well as an elegant and high performance boutique offer.



PRODUCT PARTNERS

EMINENCE

EMINENCE: ORGANIC SKIN CARE

Indulge your craving for naturally flawless skin. We are proud to offer you our complete line of European beauty essentials, handmade in Budapest, Hungary. Éminence Organic Skin Care is the most unique and effective range of natural skin care products on the market today.

The serums, moisturisers and body lotions intoxicate the senses with organic ingredients such as apricot, coconut, rich berries and spices. Éminence is truly a treat—not only for the skin—but for all the senses. The products are not mass-produced and do not contain artificial colours or fragrances. Just open a jar to experience a product that is brimming with fresh herbs, luscious fruits and vibrant vegetables. All the ingredients, whole fruit pulp, seeds and herbs, are hand harvested to ensure premium quality. Each product is mixed in small batches and combined with mineral rich thermal spring water to create products with potent beautifying properties. Every ounce of an Éminence product requires personal care and attention to produce and package. It's the unique blend of the deep knowledge of nature's plants enhanced with today's skin care innovations that produces natural skin care that is both true to organic enthusiasts and results-driven clients.

The product collection offers specialised treatments suitable for all skin types including oily, normal, sensitive and dry. Ingredients are specially selected to target skin conditions such as sun damage, breakouts, premature aging, redness and sensitivity. Immediately see and feel the difference resulting from the extremely high fruit content and therefore, high level of active ingredients, offering dramatic results as seeds, pulps and peels begin the regenerative process that only nature can produce.

Éminence natural skin care products embody half a century of traditional herbal craftsmanship and skin rejuvenation techniques unique to Hungary. Indulge your skin and your senses in a comprehensive array of face, body, hand and foot treatments. These treatments are custom designed to suit your skin concerns or just your desire to relax and rejuvenate.