



CONRAD® SPA

MALDIVES  
RANGALI ISLAND



SEDUCE YOUR SOUL



# CONRAD® SPA

## MALDIVES RANGALI ISLAND

The Auras rituals have been created as the ultimate in spa pampering journeys. Each ritual is unique and has been designed to correspond with the chakra systems of the body to bring about physical, emotional and spiritual enlightenment.

Each ritual commences with an initiation ceremony consisting of a refreshing foot bath with pure Himalayan salts, selected fruits or flowers and specially blended essential oils. To begin your treatment, your therapist will guide you through a series of calming breathing exercises to release stagnant energy, purify the body and allow you to let go and immerse yourself in your chosen colour ritual, a truly unforgettable spa journey.

## SIGNATURE TREATMENTS



## COUPLE'S TREATMENTS

### THE SEARCH FOR ENLIGHTENMENT AND ETERNAL LOVE.

Sharing and indulging the senses while reconnecting with each other in one of the most romantic settings in the world: the Maldives. Awaken and increase energy, extend it to all spheres of the body and wash away the negative energy bringing peace, harmony and sensuality into your relationship.

The signature couple's treatment rituals have been specifically designed for couples to unwind and come together in unity, finding their own personal path to eternal love . All rituals are performed in our private couple 's suites and focused on balance , wellness and transformative journeys to communicate of a spa experience that allows one to emerge brighter.

Our pampering couple's rituals create a very special memory of your time here in paradise...



## COUPLE'S TREATMENTS

### ART OF LOVE

Body exfoliation

Scalp massage

Nourishing bath

Body wrap

Body massage

180 mins

- Celebrate the art of love with this half day ceremony of luxury by relaxing the body, slowing the mind and indulge the spirit to bring about a deep sense of peace and quality time spent with the one you love. A truly exquisite

experience combining exotic aromas, soothing music and the art of touch to inspire a deep sense of serenity.

- Immerse yourself in your private jetted bath to experience a bathing ritual like no other, while sipping on fine champagne and enjoying the picturesque views of the Indian Ocean.
- You will emerge from this decadent ritual feeling renewed, relaxed and glowing with vitality.

### ALLURE

Body exfoliation

Body massage

Mini facial by Valmont

120 mins

- This treatment is designed to tantalise your senses and indulge the spirit.
- Melt away every day stress and evoke a deep sense of tranquility.

### MALDIVIAN INDIGENOUS

Body exfoliation

Body massage

90 mins

- This localized blend of treatments and products is designed to relieve muscle tension, smooth skin, improve sleep and nourish the hair and body.
- It consists of a coconut scrub, Indian inspired head massage and full body massage using heated coconut sticks..



## SIGNATURE TREATMENTS

### CHAKRA COLOUR RITUALS



#### ORANGE - ENERGIZING

This represents the sacral chakra and inspires creativity, self respect and vivacity. A perfect treatment for those wanting to instill a renewed zest for life, overcome jetlag and regain a sense of joy and happiness.



#### GREEN - HARMONIZING

This represents the heart chakra, balancing the body and evoking a deep sense of comfort, love and compassion. A wonderfully grounding treatment to relieve stress and anxiety, inspire unconditional love and nurture the soul.



#### BLUE - DEEP PURIFYING

This represents the throat chakra and with it self-expression and communication. A lovely treatment to calm the senses, clear the body on an emotional and physical level and pamper the skin.



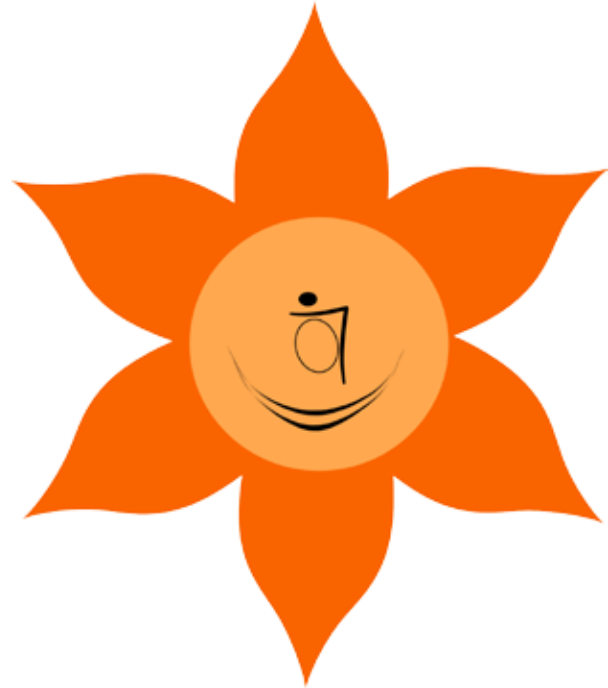
#### INDIGO - ORIENTAL DETOX

This represents the brow chakra (third eye) to inspire feelings of self awareness and increased intuition. This treatment is perfect for those wishing to experience a spiritual journey with this unique Ayurvedic inspired ritual to allow you to 'go within' for a deep level of respite and healing.



#### VIOLET - REGENERATING

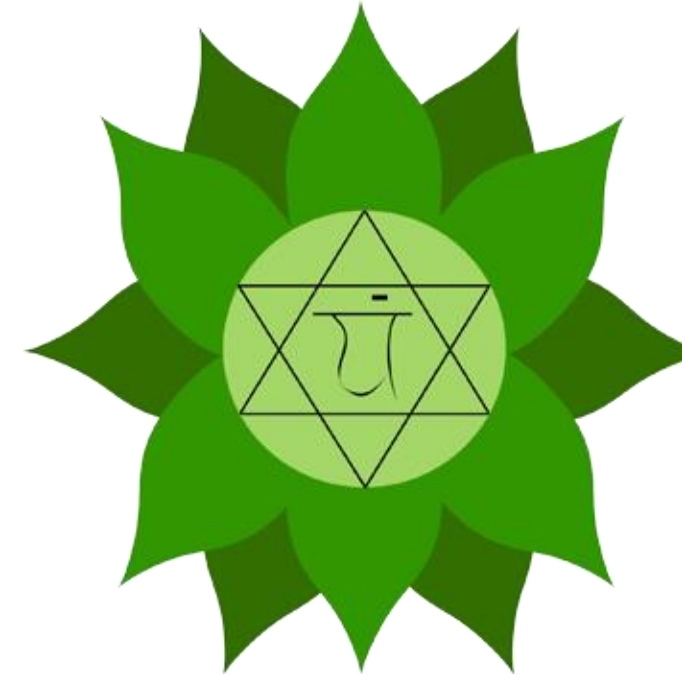
This represents the connection with the higher self and the very essence of being. Violet hues inspire a deep level of relaxation and surrender, making it the ultimate treatment for those who are highly stressed and possibly experiencing sleeping difficulties.



**ORANGE**  
**ENERGIZING**  
**Sacral chakra**  
**Creativity**  
**Joy**  
**Enthusiasm**

**Body exfoliation**  
**Body wrap**  
**Scalp massage**  
**Swedish massage**  
**120 mins**

- Designed to increase your natural zest for life.
  - Orange calcite from Mexico is placed to open the sacralchakra which is associated with creativity, self-respect and vivacity.
  - Good if you are feeling stale and the effects of jetlag have caught up with you.
  - Emerge feeling uplifted in your spirits and instill in you a lasting feeling of elation, joy and happiness.
- This is associated with self-awareness, vitality and stamina.
  - Emerge feeling completely rejuvenated and renewed, ready to face the world with increased energy and spirit.



**GREEN**  
**HARMONISING**  
**Heart chakra**  
**Compassion**  
**Acceptance**  
**Peace**

**Body exfoliation**  
**Body wrap**  
**Scalp massage**  
**Aromatherapy massage**  
**120 mins**

- If you have been hurt previously and find it difficult to accept new love in your life or you tend to judge unfairly, this ritual will assist you in revealing an inner-world of compassion, acceptance and harmony.
- The jade crystal focuses on the heart and lungs to balance these organs and energy.
- Feel the love!

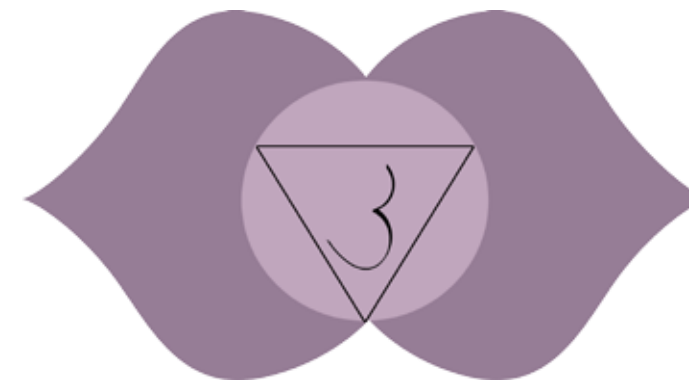




**BLUE**  
**DEEP PURIFYING**  
**Throat chakra**  
**Communication**  
**Interaction**  
**Expression**

**Body exfoliation**  
**Body wrap**  
**Scalp massage**  
**Deep Tissue massage**  
**120 mins**

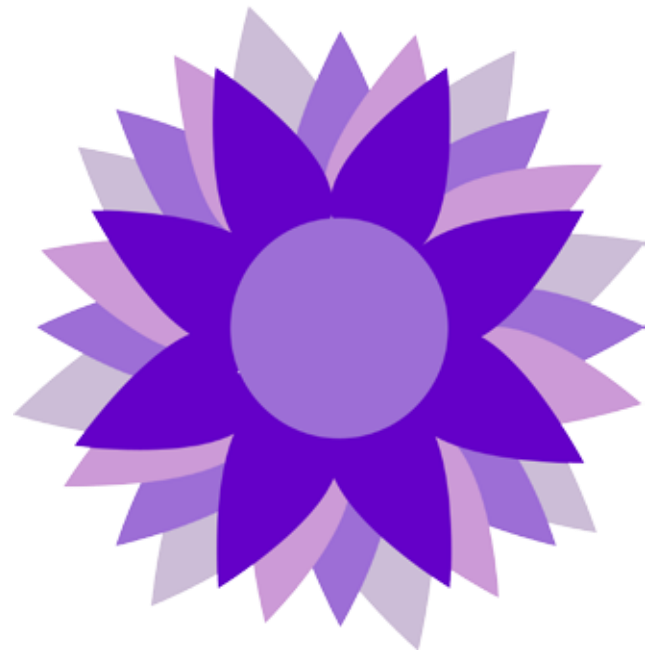
- If you are feeling congested and are finding it difficult to speak your thoughts, you will be taken on a journey to greater clarity of mind, improved creative expression and enhanced personal interaction.
- The blue quartz is used in this clearing ritual and focuses on personal expression and communication.
- The uplifting aroma relieves sinus congestion and opens the throat and chest.



**INDIGO**  
**ORIENTAL DETOX**  
**Brow chakra**  
**Intuition**  
**Imagination**  
**Perception**

**Body exfoliation**  
**Body wrap**  
**Scalp Massage**  
**Oriental Detox massage**  
**120 mins**

- Focusing on the healing powers of the colour indigo and the amethyst crystal, this inspiring ritual is therapeutic, and erotic in nature and gives full-body satisfaction.
- To promote balance between the physical, emotional, spiritual and mental levels, if you find yourself constantly only going through the motions of everyday life, you will find the power of your self, heightening intuition and self awareness.
- Combination of energizing and calming movements to bring your body into balance. This ritual bringing peace and clarity to the mind.
- Physically nurturing and mentally soothing, this ritual will leave you serene and at one with the world.



**VIOLET**  
**REGENERATING**  
**Crown chakra**  
**Insight**  
**Forward thinking.**

**Body exfoliation**  
**Body wrap**  
**Scalp massage**  
**Lomi lomi massage**  
**120 mins**

- If you find it hard to switch off and meditate, the power of the rose quartz will help you to connect with your innate spirituality and higher consciousness, resulting in increased self knowledge and awareness.
- This rhythmic full-body massage has a profound effect on the physical, emotional and spiritual states. A variety of gentle yet deep-acting integrated movements allow you to let go not just of tension, but also of limiting beliefs and behaviors that can block energy.
- Fluid, rhythmic and wave-like movements will have you thinking you're floating in the beautiful ocean and gentle stretches enable you to slip away to another realm.



## PERSONALIZED MESSAGES



## PERSONALIZED MESSAGES

Your therapist will draw upon the following massage styles to create a customised massage. Should you wish to have a particular massage style, please let our receptionist know.

Choose from:

FOUR-HAND, AROMATHERAPY, DEEP TISSUE, HOT STONE, SHIATSU, SWEDISH, THAI, THAI HERBAL COMPRESS, VITALITY OF THE BODY BY VALMONT

## ENHANCEMENTS

### ENHANCEMENTS FOR ANY TREATMENT

#### **EYE TREATMENT 'REFLECTION ON A FROZEN LAKE' 45 mins**

Highly delicate skin area requires extra care and attention. Products applied following exceptionally lifting and draining gestures stimulate the synthesis of new collagen fibers; the skin regains its density and vitality.

#### **BACK RELIEF 30 mins**

A deeply relaxing treatment to relieve all feelings of tension.

#### **LIGHTER LEGS 30 mins**

A refreshing treatment that relaxes and relieves tired, heavy-feeling legs.

#### **Mini Facial 30 mins**

Create a synergy effect for a glowing complexion with a 30-minute facial treatment.

## FACIALS



## EXCLUSIVE FACIALS

In addition to our innovative and tempting couple's rituals, the Over-Water Spa menu features a range of lavish spa facials using luscious skin care from Valmont. Valmont harnesses the pure power of glacial spring water from the Swiss Alps and refreshes, revitalises and revives with infinite gentleness.

## BY VALMONT

### ULTIMATE FACIAL

#### L'Elixir des Glaciers Majestic Treatment

90 mins

A professional exploit by Valmont for l'Elixir des Glaciers, this 90-minute face and neck treatment features a massage technique passed down from the Japanese tradition (kobido), together with the iconic Butterfly Motion; l'Elixir des Glaciers' cutting-edge formulas wield their full effectiveness to nourish, sculpt and remodel the contours of the face... the ultimate refinement of a revolutionary youth treatment that is a legend in its own time.

### ANTI-WRINKLE AND FIRMNESS FACIAL

#### Summit of the Cervin

90 mins

With this undeniable lifting and firming expert treatment, Valmont showcases its technical expertise in five steps, as a tribute to the fifth highest peak in the Swiss Alps, the Summit of Cervin. The skin is lifted and smoothed and face volume appears sculpted and plumped.

#### HYDRATION RITUAL

Source of Bisses

90 mins

Deeply hydrates dry skin to restore suppleness, while re-plumping and smoothing fine lines.

#### ENERGY RITUAL

Vitality of the Glaciers

90 mins

Restores the vitality of dull complexions by stimulating cell renewal and leaving the skin more firm and radiant.

#### RADIANCE RITUAL

Brightness of Ice

90 mins

A deeply nourishing treatment for radiant glowing skin. Infused with essential vitamin C and white lupine seed extract to help fade age spots and refine skin texture.

#### PURIFICATION RITUAL

Purity of the Alps

75 mins

For those in search of clean skin gently and comfortably freed of impurities, this expert treatment is incorporating a relaxing blend of facial, shoulder, scalp, hand and foot massage, this facial treat is sure to leave you blissfully relaxed.

### SIGNATURE FACIALS

BY VALMONT





## FACIALS

BY ELEMIS

### WHITE BRIGHTENING PIGMENT PERFECTOR

60 mins

- Illuminates and brightens for a naturally more even complexion
- Precision, feather-light movements delicately layer proven brightening actives onto the skin to encourage the breakdown and washing-out of melanin, whilst reducing the visible dullness that develops over time. This targeted treatment responds to individual skin needs, helping to reduce age spots, discolouration and dull skin tone and texture on the face, décolleté, arms and hands. Leaves the complexion illuminated, more even and beautifully white bright.

### HERBAL LAVENDER REPAIR

60 mins

Deeply cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

### EXOTIC MOISTURE DEW

60 mins

Following a specialised facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

### FRUIT ACTIVE GLOW

60 mins

Skin is deeply cleansed and stimulated by specialised Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.



## BODY TREATMENTS



## BODY TREATMENTS

BY VALMONT

### **FIT AND TONE Peaks of Slimness 60 mins**

A full-body remodeling. Kneading and decongesting movements, friction and smoothing pressures techniques are performed to tone the body.

### **FIT AND TONE Marine Detox and Slimming 90 mins**

- Combines a unique motion with an original technique working in the direction of the muscular fibres to render the body toned and slender.
- Includes a 30-minute scrub and 60-minutes of kneading, friction and smoothing pressures provide deep action on each area.
- Proposed as a 7-session treatment, this treatment will charm with its innovative approach and immediate effects.
- Recommended as an attack phase for slimming down, for maintaining one's figure, as a firming program after pregnancy or a diet, in addition to exercise but also – and above all – for any woman who wants to control the effects of time on her body!

## BODY TREATMENTS

### AFTER SUN SOOTHER

75 mins

- Calming effect after intense sun exposure.
- Hydrates and moisturizes sunburned skin - healing, soothing and cooling. We wrap you with fresh Cucumber and Aloe Vera gel. Helps to relieve irritated skin and restores hydration.

### COCONUT REVITALIZING POLISH

30 mins

- Nourishing exfoliation.
- Thoroughly exfoliate the whole body with localized blend of coconut scrub to slough away dead skin cells. Skin is left smooth, healthy and the coconut oil seals in moisture and gives the skin a beautiful sheen.



## FAMILY OFFERINGS



**FAMILY OFFERINGS**

Spend some quality time together with these unique family offerings, combining relaxation with bonding rituals that you'll remember for years to come.

**FATHER AND SON**

**FATHER:**  
Deep Tissue Massage  
60 mins

**SON:**  
Mini-massage with  
temporary tattoo application  
60 mins

**MOTHER AND DAUGHTER**

**MOTHER:**  
Vitality of the body  
60 mins

**DAUGHTER:**  
Mini-massage with nail  
painting or hair braiding  
60 mins

## PRODUCT PARTNERS

## PRODUCT PARTNERS



### VALMONT

#### VALMONT STORY

To offer astonishingly effective high-performance anti-aging treatments: this has been the vocation of Valmont cosmetics since 1985.

A true anti-aging expert, for more than 30 years Valmont has been perpetuating the unique expertise of Swiss cellular cosmetics, legacy of the famous Valmont Clinic, with treatments that offer instant and lasting results of unparalleled quality.

True to the concept of cellulotherapy, Valmont delved into the very nucleus of the skin's cells to find molecules with peerless anti-aging properties: DNA and RNA.

Thanks to a unique and exclusive extraction process, Valmont harvests macro-molecules intact, thus preserving their incomparable regenerative power. Featured in Valmont's beauty treatments, this dynamic duo strengthens and stimulates cells suffering from the effects of time or outside aggressions, revealing sublime and youthfully radiant skin.

Conrad Maldives Rangali Island Spa is one of the luxury resort spas in Maldives to exclusively carry Valmont skincare lines, offering guests therapies and treatments that set new standards of excellence while delivering the utmost in relaxation, revitalization and rejuvenation. Featuring five private treatment cabins sumptuously designed to reflect the comfort and splendor of Valmont's luxury.

## PRODUCT PARTNERS



### ELEMIS

#### **ELEMIS IS...**

The #1 Luxury British Skincare Brand.

our skin, your body and your wellness lie at the heart of ELEMIS.

Leading the way in innovative, professional therapies and superior formulations for over 25 years, ELEMIS is the only professional British brand to clinically trial the efficacy of its advanced facials, proven to be effective after just one treatment.

Expert body therapies and unique massage techniques are combined with potent natural active formulations for maximum results. Our team of highly experienced therapists are trained to intuitively nurture your wellbeing, treat your skin and achieve results specific to you.



THE JOURNEY NEVER ENDS