## CONRAD®SPA

MALDIVES RANGALI ISLAND

# OVER WATER SPA

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<b>JOURNEY OF THE SUN RITUALS</b>			HEALTH RITUALS		
Sunrise	115 mins	\$300	Mindful Bliss	90 mins	\$250
High Noon	90 mins	\$300	Awaken Renewal	120 mins	\$350
Sunset Surrender	115 mins	\$300	Gem of Health	180 mins	\$450
Sun Soother	60 mins	\$210	RADIANCE RITUALS		
STRENGTH RITUALS			Radiance Age Revitalizing	90 mins	\$290
Longevity Space	90 mins	\$250	Celestial Light	90 mins	\$290
Crystal Energy Immersion	120 mins	\$300	Crystal Energy	90 mins	\$290
Celestial Light Experience	180 mins	\$450	Soothing Crystal	90 mins	\$290
				60 mins	\$210
CALM RITUALS			The Gentleman	90 mins	\$290
Ocean Embrace				60 mins	\$210
Lightness of Harmony	120 mins	\$300			
Bright & Celestial	180 mins	\$450			

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

CONRAD°SPA

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#### HOW TO SPA AT THE OVER WATER SPA

OPERATING HOURS ARE 10:00 - 19:00 DAILY

#### MAKING RESERVATIONS

#### HOW DO I MAKE SPA RESERVATIONS?

The Over Water Spa is very popular with guests and as such we strongly recommend that you book your Spa treatments well in advance. Reservations can be made in person or by dialling The Over Water Spa reception on extension 5365.

### I AM NOT STAYING ON RANGALI-FINOLHU ISLAND – CAN I USE THE OVER WATER SPA?

Absolutely – all guests are welcome at both the Over-Water Spa and the Spa Retreat.

#### I AM PREGNANT -WHAT TREATMENTS DO YOU RECOMMEND?

As always, our priority is the safety and well-being of our guests. As such, we do not recommend full body massage in the first trimester of pregnancy and also advise limited body treatments throughout the term of pregnancy. To assist with your choice of available treatments, please contact one of our spa consultants.

#### WHAT HAPPENS IF I NEED TO CANCEL MY TREATMENT?

If you would like to reschedule or cancel your booking, you can do so at any time subject to providing a minimum of 12 hours notice. If a cancellation is made less than 12 hours prior to your appointment time, a 50% charge will apply. If there is no notice provided, a full charge will be made for the services reserved.

#### CAN I HAVE A SPA TREATMENT IN MY VILLA?

Yes, most treatments are available for you to have in the privacy of your

own villa. Please ask our spa receptionists which treatments are available. A callout fee will be added to the treatment charge.

#### THE TREATMENT

#### HOW SHOULD I PREPARE FOR MY SPA TREATMENT?

Please shower off any oils and creams prior to your treatment to allow better absorption of the products applied.

#### I AM A MALE - SHOULD I SHAVE BEFORE MY SPA TREATMENT?

We recommend shaving prior to a facial for maximum comfort and benefit to the skin.

#### WHAT DO I NEED TO WEAR?

There is no need to bring or wear any special clothing, as spa wear is provided. Disposable underwear is provided for body treatments.

#### WHAT TIME SHOULD I ARRIVE FOR MY TREATMENT?

Please arrive at the spa a minimum of 15 minutes before your scheduled appointment time – this allows you time to fill out your consultation form, enjoy the ambience and start the relaxation process before your treatment begins.

#### WHAT HAPPENS IF I'M LATE FOR MY APPOINTMENT?

As a courtesy to all our guests, a prompt appointment schedule is adhered to. Late appointments may not be honored if there is a treatment booked immediately after and the cancellation fee will be charged.

#### WHAT MEDICAL CONCERNS SHOULD I SHARE WITH THE THERAPIST?

All first-timers need to fill out a consultation form prior to their treatment – this is to provide you with the best possible experience and to assure your utmost safety and comfort.