Holistic Health incorporates the principles of Naturopathy or Natural Healing and combines modern science with nature using a range of different healing modalities such as Nutritional Therapy, Herbal Medicine, Iridology, Acupuncture, Reiki, and Massage. Naturopathy focuses on prevention and education through holistic practices, allowing us to stimulate the vital healing force of nature which lies within each of us. Our resident Naturopath can work with you towards your desired goals, such as weight loss, a specific health concern, detoxification or de-stress.
Based on the philosophy that the body has the innate ability to heal itself, naturopathy uses a combination of therapies aimed at restoring and promoting health naturally. During this in-depth consultation, our naturopath will assess your health and provide recommendations that address current conditions and help prevent disease to maximise your energy and wellbeing. You will be empowered to make choices to improve your health and your life. This consultation includes written recommendations, an iridology assessment and recommendations for additional herbs or supplements as required.

Whether you have specific concerns or are just keen to learn about healthy eating, our Naturopath will look in detail at your daily food intake and provide an objective look at your dietary habits. Any health issues can also be addressed using the concept of ‘food as medicine’ and recommendations will be given for you to make the right food and supplement choices to support your lifestyle, prevent disease and achieve a healthy weight.

Iridology asserts that the fibre structures in the iris represent a map of your inherited resiliency, or how well your body can withstand or recover from negative influences. The pigmentation indicates how your body is most likely to react to stress and unhealthy influences. Variations in these structures and colours are believed to correlate with areas of weakness and strength within the body. Through an iridology session, our resident naturopath can reveal your physical constitution and uncover these strengths and weaknesses providing you with the knowledge to effectively approach health challenges or employ preventative practices to maintain general wellbeing.

For further information on bookings, please contact The Spa Retreat at extension 5360. Prices are in USD, subject to T-GST.
DE-STRESS AND DETOX
45 mins
$129

Our signature naturopathic treatment combines a two in one session of reiki and ear acupuncture designed to relax the nervous system and assist detoxification by strengthening the body’s major detox organs: liver, kidney and lungs. We can also stimulate points for weight loss or other areas of concern. Reiki healing amplifies the effects of acupuncture and enhances the stress busting effect. Clients often report an improved sense of well-being and feel “energised,” “lighter” and “more relaxed” after undergoing a session.

- Special package of three treatments
  $329* (save 15%)
- Special package of six treatments
  $619* (save 20%)

* All packages must be pre-paid and are non-refundable.

REIKI
60 mins
$149

A simple yet powerful technique, Reiki uses universal life energy to harmonise body, mind and spirit. The Reiki practitioner, through the laying on of hands, 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.

HOLISTIC MASSAGE
60 mins / 90 mins
$149 / $179

Holistic massage is a treatment with our Naturopath designed to benefit the “whole” in many positive ways, combining massage techniques such as Swedish and deep tissue, as appropriate for you. Emotional stress is relieved as the mind is encouraged to slow down and tight muscles are relaxed. Toxins are released, circulation is improved and there is a beneficial effect on sleep and mood.

For further information on bookings, please contact The Spa Retreat at extension 5360. Prices are in USD, subject to T-GST.
**EAR CANDLING**

60 mins  
$149

Hopi Ear Candling, 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. When lit, the candle creates a mild suction which gently massages the eardrum and auditory canal. Once the candle is placed in the ear it forms a seal which enables the warmth and suction to loosen ear wax and regulate and balance the pressure in the ear and the whole upper respiratory tract. This treatment includes a pressure point massage and lymphatic drainage to head and neck.

---

**BODY COMPOSITION ANALYSIS (BCA)**

30 mins / 60 mins  
$59 per person / $89 per couple

A non-physical and non-invasive test that establishes the body’s true body fat percentage, basal metabolic rate (BMR) and how much water is being retained. With this vital information our Naturopath can design an action plan for you based on your goals to fast track you to where you want to be.

---

**CUPPING MASSAGE**

60 mins  
$149

Cupping massage is a treatment based on traditional Chinese medicine. This is a deep, stimulating technique that uses suctioned warm glass cups to relieve tight muscles, clear stagnant energy or congestion, and reduce pain. Cupping promotes smooth flow of the body’s vital energy, qi. It can promote lymphatic drainage, circulation, visibly reduce cellulite and encourage the tissues to release harmful toxins. A key part of the therapeutic process is the stimulation of white blood cells in muscles and skin, which can leave the skin red or occasionally slightly bruised. This is a normal part of the therapeutic process and will fade.

For further information on bookings, please contact The Spa Retreat at extension 5360. Prices are in USD, subject to T-GST.
CHRISTELLE STOCKDALE

Christelle trained at the College of Naturopathic Medicine in London and is a Natural Healing Specialist qualified as a Naturopath, Medical Herbalist, Iridologist, Massage Therapist, Reiki Practitioner and Yoga Teacher. She is passionate about the ability of medicinal plants, nutrition, detoxification, touch, movement and energy exchange to enable healing. Christelle has a keen interest in treating stress and anxiety which she believes are a core factor in dis-ease of the mind-body-spirit. She has a holistic approach to health and wellbeing and offers lifestyle and dietary recommendations alongside her therapies, herbal and nutritional supplements, creating a personalised treatment plan for each client.
Conrad Maldives Rangali Island
For reservations contact MLEHI.spa@conradhotels.com or call +960.6680629 or visit ConradMaldives.com