

CONRAD® SPA

MALDIVES
RANGALI ISLAND

THE SPA RETREAT

CONRAD SPA

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RANGALI ISLAND

EMINENCE RITUALS

| | | |
|---------------|------------|-------|
| Alive..... | 120 mins.. | \$299 |
| Nurture..... | 120 mins.. | \$299 |
| Detoxify..... | 135 mins.. | \$299 |
| Peace..... | 120 mins.. | \$299 |
| Pure..... | 120 mins.. | \$299 |
| Release..... | 120 mins.. | \$299 |

TERRAKE RITUALS

| | | |
|------------------------------|------------|-------|
| Detoxifying snow breeze..... | 120 mins.. | \$299 |
| Firming mineral sculpt..... | 120 mins.. | \$299 |
| Relaxing waters..... | 120 mins.. | \$299 |
| Slimming liana contour..... | 120 mins.. | \$299 |

HOLISTIC

| | | |
|-----------------------|-------------|-------|
| Reiki..... | 60 mins.... | \$149 |
| Ear candling..... | 60 mins.... | \$149 |
| Foot reflexology..... | 60 mins.... | \$149 |

EMINENCE FACIALS

| | | |
|---------------------------------|-------------|-------|
| Sugar plum and spice detox..... | 75 mins.... | \$169 |
| Botanical age correction..... | 75 mins.... | \$169 |
| Bright skin lightening..... | 60 mins.... | \$149 |
| Calm skin..... | 60 mins.... | \$149 |

TERRAKE FACIALS

| | | |
|-------------------------|-------------|-------|
| Precious earth..... | 75 mins.... | \$169 |
| Breath of pure air..... | 75 mins.... | \$169 |
| Origins of the sea..... | 75 mins.... | \$169 |

EMINENCE BODY WRAPS

| | | |
|------------------------|-------------|-------|
| Blueberry bliss..... | 90 mins.... | \$199 |
| Sugar plum spice..... | 90 mins.... | \$199 |
| Pear-liscious..... | 90 mins.... | \$199 |
| Mango enzyme..... | 90 mins.... | \$199 |
| After sun soother..... | 75 mins.... | \$199 |

ENHANCEMENTS FOR ANY TREATMENT

| | | |
|--------------------------------------|-------------|------|
| Vichy shower..... | 30 mins.... | \$59 |
| Flavour of the day scrub..... | 30 mins.... | \$59 |
| Back, neck and shoulder massage..... | 30 mins.... | \$59 |
| Bright eye and lip treatment.. | 15 mins.... | \$39 |
| Foot massage..... | 15 mins.... | \$39 |
| Hand massage..... | 15 mins.... | \$39 |
| Scalp massage..... | 15 mins.... | \$39 |
| Mini facial..... | 15 mins.... | \$39 |

MASSAGES

| | | |
|-------------------|-------------|-------|
| Muscle ease..... | 90 mins.... | \$179 |
| Shiatsu..... | 90 mins.... | \$179 |
| Hot stone..... | 90 mins.... | \$179 |
| Ayurvedic..... | 60 mins.... | \$149 |
| | 90 mins.... | \$179 |
| Swedish..... | 60 mins.... | \$149 |
| | 90 mins.... | \$179 |
| Thai..... | 60 mins.... | \$149 |
| | 90 mins.... | \$179 |
| Aromatherapy..... | 60 mins.... | \$129 |
| | 90 mins.... | \$159 |

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HYDROTHERAPY PRIVATE HEAT SUITE

| | | |
|---------------|-------------|------------------|
| Deluxe..... | 45 mins.... | \$85 per person |
| | | \$100 per couple |
| Standard..... | 45 mins.... | \$65 per person |
| | | \$80 per couple |

BEAUTY RITUALS

| | | |
|---|-------------|------|
| <i>Nails</i> | | |
| Custom made spa manicure or pedicure..... | 75 mins.... | \$99 |
| Express manicure or pedicure..... | 45 mins.... | \$69 |

Add-on hands or feet

| | |
|----------------------------------|------|
| Long lasting polish..... | \$59 |
| Nail art..... | \$49 |
| Long lasting polish removal..... | \$39 |
| Shape and polish..... | \$39 |
| Long lasting french..... | \$29 |
| French polish..... | \$19 |

Waxing

| | |
|----------------|------|
| Brazilian..... | \$99 |
| Bikini..... | \$49 |
| Full leg..... | \$89 |
| Half leg..... | \$59 |
| Facial..... | \$49 |

Hair

| | | |
|---------------------------------------|-------------|-------|
| Hair rituals with style..... | 90 mins.... | \$149 |
| Hair rituals without style..... | 60 mins.... | \$89 |
| Up-style..... | from | \$119 |
| Ladies shampoo, cut and blow dry..... | | \$99 |
| Shampoo and blow dry..... | | \$89 |
| Ladies shampoo and cut..... | | \$79 |
| Men's shampoo and cut..... | | \$59 |
| <i>Make up</i> | | |
| Make up application..... | 60 mins.... | \$95 |

HOW TO SPA AT THE SPA RETREAT

THE SPA RETREAT OPERATING HOURS ARE 9.00 - 21.00 DAILY

MAKING RESERVATIONS

HOW DO I MAKE SPA RESERVATIONS?

The Spa Retreat 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 Spa Retreat reception on extension 5360.

I AM NOT STAYING ON THE WATER VILLA ISLAND – CAN I USE THE SPA RETREAT?

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 ITSELF

HOW SHOULD I PREPARE FOR MY SPA TREATMENT?

Please shower off any oils and suntan 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 having 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 honoured if there is a treatment booked immediately after and will be charged the cancellation fee.

WHAT MEDICAL OR PHYSICAL CONCERNS DO I NEED TO TELL 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 maximum safety and comfort.