

Spa & Wellness



Discover inner joy
where you can truly
relax, unplug and
recharge... enter our spa
and immerse and spoil
your soul

One&Only

REETHI RAH

Maldives





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BESPOKE RITUALS BY ESPA

Nature's resonance and modern alchemy

Introducing a reinvigorating experience borne from sound, touch, and nature. Curated exclusively for One&Only resorts, Nature's Resonance by ESPA is designed to connect you with the harmonious surroundings and healing energy that lie within the natural sanctuary of our island.

SOUND, FACE AND BODY EXPERIENCE

90 minutes

Honouring the essence of our serene island setting and harnessing the power of sound wave therapy, Nature's Resonance transports you on a meditative journey that calms and restores the mind, body, and spirit.

Each restful treatment begins with a grounding ritual that first soaks your feet in the soothing ions of warm sea water and then balances your chakras by bathing you in the vibrational hum of Solfeggio tuning forks.

Now attuned to the soul of the island, you'll lie cocooned in a sonic composition that blends beneficial binaural beats with an indigenous soundscape echoing crystalline lagoons lapping the shore, hypnotic monsoon rains, and the sanctuary of the coral reefs.

Touch layers a further element, with movements sweep across the face and body, mirroring the peaceful rhythm of the music as you sink into a deep, relaxed state that ultimately leaves you feeling rejuvenated and more in tune with yourself and with nature.

Nature lies at the heart of life, vital for our physical and emotional wellbeing, and forever guiding us. From our orbit 'round the sun and the cycle of the seasons, to hearing our mother's heartbeat and drawing our first breath; everything in nature, in life, is vibrating.

These frequencies profoundly influence our being, how we think and feel, but, in the distraction of our daily lives, many of us forget to listen to the natural world and respond to the positive energy of the earth's vibrations.

Tapping into the power of beneficial binaural beats, the Solfeggio scale and the rhythms of nature at each iconic One&Only property, Nature's Resonance has been expertly created by ESPA to offer a series of unique holistic treatments which seek to restore a more harmonious balance by bathing you in the beauty of sound, vibration and nature.

GIVING BACK TO NATURE

With each Nature's Resonance treatment, trees will be planted in your honour by (more:trees) as part of a global project in Madagascar, Kenya, or Haiti.

This beautiful gesture marks the end of your treatment and re-enforces One&Only Spa's commitment to Sustainability.





Succumb to nature's embrace and feel its rhythms transport your mind, body, and soul to a serene state of calm. Let your senses flow. Release. Unwind.

RAPID RESET-JET LAG TREATMENT
90 minutes

Ease the weariness of long-haul travel with our post-jet lag treatment. Your journey starts with a personalised consultation to tailor the experience to your specific needs, followed by aromatic bliss as you select your preferred soothing essential oils.

Revive your skin with a rejuvenating facial, combating the dehydrating effects of air travel. Feel the benefits of Therabody RecoveryAir compression boots, aiding circulation and muscle recovery.

A soothing personalised massage follows, melting away tension. Finally, embrace your new time zone with electrolyte drinks, ensuring you're ready to make the most of your stay. Jet lag won't stand a chance against this revitalising experience.

THE HARMONISING RITUAL
90 minutes

Influenced by the power and symbolism of the full moon, this ritual is a deeply meditative journey defined by the fluid circularity of its massage movements. Using the Anointing Oil and curvature of the Kansa wand - a time-honoured Indian tool believed to calm the nervous system - cycles of infinity flow over the body creating a hypnotic rhythm that brings peace to your mind, leaving you feeling blissfully relaxed and liberated.





ONLY HERE

Restore, balance, and awaken your senses by experiencing one of ESPA's advanced treatments. These specialist treatments have been designed to take you on a journey of wellbeing to restore and realign.

ONE&ONLY IN HARMONY
120 minutes

For the ultimate in spa indulgence, this synchronised four-handed massage begins with a welcoming foot ritual, followed by a deeply nourishing full-body exfoliation, leaving you in a state of profound relaxation and tranquillity.

ONE&ONLY ISLAND REJUVENATION
120 minutes

A fusion of treatments combined for a truly purifying experience, which will ensure you are revitalised. Your skin is left nourished and soothed and the body is re-energised and cleansed. Using wooden massage tools, body brushing and exfoliating techniques to stimulate and remove toxins in the body, the treatment also includes a body wrap and massage with grapefruit and cypress to further detoxify a sluggish system.

ONE&ONLY MALDIVIAN JOURNEY
180 minutes

Our signature transformative spa experience. Begin your journey with immersion in the restorative waters of our ocean-side WatSu pool, followed by a body exfoliation utilising local coconut and completed by a deeply relaxing massage with Coconut Oil by Babu. The treatment is completed with a tension releasing scalp massage to ensure you are in a true state of serenity.

AQUATIC WATSU
60 minutes

Shiatsu in-water experience – a deeply restorative and calming treatment performed while you float in a warm, mineralised pool supported by your therapist. This treatment uses a combination of rhythmic and flowing movements with pressure points, joint mobilisations, and muscle stretches.

COUPLES AQUATIC WATSU
60 minutes

Experience deep relaxation and enhanced connection with your partner in our warm, mineralised pool. Together, you'll float serenely as our skilled therapists blend rhythmic movements, pressure point techniques, joint mobilisations, and gentle muscle stretches for a harmonious and rejuvenating journey.

ONLY FACE

Find radiance from deep within and discover an instant, revitalising glow. ESPA's world-renowned, results-driven facials deliver instant results, improve long-term skin health, combining traditional techniques with the latest skincare innovations.

Delivered by our meticulously trained experts, each ESPA facial is personalised to your needs and uses pure, natural TriActive™ products, leaving you feeling completely uplifted and glowing with natural radiance.

ONE&ONLY REETHI RAH BESPOKE FACIAL
60 minutes

Your treatment begins with a detailed consultation and in-depth skin analysis. SkinVision™ technology identifies skin conditions invisible to the naked eye. Every product and technique will be specifically selected for your needs, including cleansing, exfoliation, steam, extractions (where necessary), massage, mask, and intensive serum. To finish: a tension-relieving scalp massage and personalised recommendations for your skincare ritual.

ACTIVE NUTRIENTS 'GLOW FROM WITHIN' FACIAL
60 minutes

Restore visible radiance with this nutrient-rich treatment which feeds your skin and mood, so your face glows with vitality.

Using ESPA products bursting with restorative ingredients such as yuzu and ginger, this treatment concentrates on the scalp, face, neck, and décolleté. Dull and lethargic complexions appear brightened and refreshed with the power of a sweeping Gua Sha massage, steaming, exfoliation, and multi-masking to maximise results for a lit-from-within luminosity.

ULTIMATE LIFTING, FIRMING AND TONING FACIAL FEATURING ADVANCED NUFACE DEVICE
90 minutes

Enhance cellular regeneration, and improve skin tone and firmness with this advanced facial. Your therapist will use Tri-Active™ products and special lifting massage techniques to give your skin a healthier and more youthful appearance. NuFACE microcurrent technology helps lift and firm the skin, making this the perfect non-invasive treatment for immediately visible results.

NATURAL FACE-LIFT FACIAL
60 minutes

Experience the rejuvenating touch of our Natural Face-Lift Massage, a holistic spa treatment designed to enhance your skin's vitality while inducing deep relaxation.

Our skilled therapist initiates the session by gently cleansing your face, effectively removing makeup and impurities, priming your skin for the subsequent nourishing natural products. You'll then enjoy a series of specialised facial and neck massage techniques, expertly administered to boost circulation, relax facial muscles, and encourage lymphatic drainage.

These gentle strokes aim to enhance your skin's appearance. To further revitalise your complexion, a soothing mask is applied, leaving you with a refreshed, youthful glow. Rediscover your skin's natural radiance with this transformative spa experience.




AB
Augustinus Bader
THE RICH CREAM
WITH TFC8®
LA CRÈME
HYDRATANTE RICHE
AVEC TFC8®
AB
Augustinus Bader
THE CREAM
CLEANSING GEL
WITH TFC8®
LE GEL
NETTOYANT CRÈME
AVEC TFC8®
AB
Augustinus Bader
THE ESSENCE
WITH TFC8®
L'ESSENCE
CLARIFIANTE
AVEC TFC8®
30 ml e 1 fl. oz.

THE METHOD AUGUSTINUS BADER

A bespoke and sophisticated facial treatment uniquely designed to amplify the power of TFC8® technology, for immediately visible results and even more benefits.

BESPOKE FACIAL
60 minutes

Designed to introduce guests to the transformative power of the brand's innovative skincare, this facial begins with a thorough cleansing, followed by gentle exfoliation to reveal a brighter, smoother complexion.

Utilising Augustinus Bader's proprietary TFC8® technology, the treatment includes a customised mask that hydrates and nourishes the skin to encourage a healthy glow. Then, a relaxing facial massage enhances circulation, helping to relieve tension and allowing for optimal absorption of the active ingredients.

This facial concludes with the application of a lightweight moisturiser to lock in hydration. Suitable for all skin types, this treatment delivers immediate results, leaving the skin refreshed, balanced and radiant.

ADVANCED FACIAL
75 minutes

A luxurious skincare treatment designed to rejuvenate and revitalise the skin. Beginning with a skin analysis, this facial includes a deep cleanse and gentle exfoliation to reveal a brighter complexion.

Then, a specialised mask infused with potent ingredients targets hydration, firmness, or brightening, nourishing the skin for a healthy, inner glow.

Advanced massage techniques stimulate circulation and enhance relaxation, aiding in the absorption of active ingredients. A high-performance serum is then applied to boost hydration and improve skin texture, concluding with a nourishing moisturiser.

This treatment combines science and luxury, offering immediate improvements in texture, tone, and radiance, with cumulative benefits for long-term skin health, leaving the skin refreshed, rejuvenated, and glowing.

AYUNA

A deeply sensorial collection of restorative rituals help realign the delicate balance between soul, body, and mind.

WELL-AGING REJUVENATION FACIAL
90 minutes

This exclusive facial treatment embraces the beauty of aging gracefully. Crafted with pure, organic ingredients, it's suitable for all skin types, even the most sensitive.

Your journey begins with a mindfulness meditation, opening the door to presence. Stimulating the limbic system through aroma, sound, and touch, the treatment utilises botanical cell factors and phyto-peptides to maintain your skin's regenerative abilities. Synchronised to the Well-Aging Geometric Steps Massage, this experience calms the mind and leaves your skin brighter, firmer, and visibly rejuvenated.

LESS IS BEAUTY FACIAL (BREATHE)
30 minutes

For quick skin revitalisation, our express treatment delivers smooth, silky skin in three phases. A grain-free gommage exfoliates, awakening dull skin. A gentle polish rejuvenates, and a vitamin D-infused serum, Nectar, leaves your skin remarkably soft. The result is visibly brighter, refined skin with an even complexion, perfect for those seeking a quick refresh.

VOLCANO LIFT FACE TREATMENT
60 minutes

Experience a powerful detox with our Volcano Lift treatment. Utilising volcanic glass and activated carbon, it reduces skin sensitivity and eliminates impurities while nourishing and soothing your skin.

This treatment includes a gentle hand and foot massage and a facial lymphatic drainage massage, leaving you with re-contoured, illuminated skin.

VOLCANIC SLEEP MASK EYE CONTOUR
30 minutes

Reveal your natural beauty with rested eyes. After cleansing and exfoliation, a three-step massage targets relaxation, under-eye bags, and wrinkles. A volcanic glass 'sleep mask' is applied over the eye contour, providing a firming effect for a rejuvenated appearance.

BEAUTIFULNESS - FACE AND BODY TREATMENT
120 minutes

Immerse yourself in a soothing body cleanse, followed by a foot massage using 100% organic, nourishing cream. This unique experience targets areas of flaccidity, stimulating the collagen matrix for improved body tone.

Incorporating Táctil-C manoeuvres, it connects with the peripheral nervous system, releasing anxiety and distractions to fully relax the mind. A global rejuvenating experience for a more relaxed mind and a revitalised appearance.





ONLY MIND

Ayurveda is a holistic system of healing which evolved in ancient India over 5,000 years ago. At One&Only Spa, our therapists help determine your body type or 'dosha' and recommend the curated therapy and oils.

AYURVEDIC ABHYANGA
90 minutes

Abhyanga (meaning *towards movement*) is a traditional Indian massage therapy using warm Ayurvedic herbal oils. With its healing properties and uplifting results, this full-body massage is ideal for those seeking greater harmony and equilibrium.

Your therapist will use ancient techniques and naturally fragrant oils to create an experience bespoke to your needs. A balancing treatment for mind, body, and soul.

HOONA HERBAL MASSAGE
90 minutes

A therapeutic full-body massage using aromatherapy oils, enhanced by the restorative powers of warm herbal poultices. Relieves deep muscle tension while enveloped in the soothing properties of natural herbs.

SHIRODHARA
60 minutes | 90 minutes

Indulge in the ancient art of Shirodhara, a profoundly therapeutic head oil treatment that extends over 60 or 90 blissful minutes. This time-honoured practice targets the hypothalamus, gently regulating the activity of the pituitary gland to restore equilibrium within your body and mind. The soothing cascade of warm oil instils a deep sense of tranquillity, making it an effective remedy for alleviating insomnia, reducing anxiety, and mitigating headaches.

As you embark on this journey of relaxation, allow the rhythmic flow of oil to wash away tension and stress, leaving you refreshed, rejuvenated, and harmoniously balanced.

SHIROABHYANGA
60 minutes | 90 minutes

Using Ayurvedic oils, the vital points of the shoulders, neck, and head are massaged to relax tight muscles and improve blood circulation. With a special focus on 'Marma' points (vital energy points) around the head, you will feel an immense calming and balancing effect on the nervous system and throughout the body.

PADA ABHYANGA
60 minutes | 90 minutes

The ancient healing wisdom of Pada Abhyanga is a highly specialised Ayurvedic therapy that harmonises body and mind. Through the skilled use of medicated oils and precise attention to nerve points across the entire foot, this holistic treatment delivers a multitude of benefits. Pada Abhyanga not only induces deep relaxation but also enhances blood circulation, leading to improved sleep quality, reduced anxiety, and a more radiant complexion.

Rooted in Ayurveda, this age-old massage targets the marma points of the feet and lower legs, promoting sound sleep, revitalised energy flow, and strengthened immunity. The therapy further incorporates the use of a warm Kasa bowl, which, when combined with oil, amplifies its therapeutic effects by interacting with the body's energy forces.

Immerse yourself in the transformative power of Pada Abhyanga and experience profound rejuvenation throughout your entire being.

UDVARTANA
60 minutes

Udvartana is an invigorating full-body massage performed in a rhythmic motion using herbal powder. This therapy is largely recommended for diabetic neuropathy, obesity, paralysis, skincare, sciatica, and indigestion, among others. This massage also improves muscle tone and circulation, while cleansing and nourishing the skin. Udvartana is highly recommended for helping to dissolve excess fat from the body.

PODIKIZHI
60 minutes | 90 minutes

An Ayurvedic therapy using heated herbs, oils, powders, and other prescribed ingredients, bundled into muslin pouches to form warm boluses. These are gently massaged over the body with varying pressure to ease tension and discomfort, followed by specialised massage techniques using the fingers, palms, and heel of the hand.





ONLY BODY

Wave goodbye to aches and pains and cast away your cares. Soothe body and soul with the therapeutic power of massage. Your relaxing total body experience awaits.

ONE&ONLY MASSAGE
60 minutes | 90 minutes

Discover complete serenity with this treatment designed to leave you feeling looser, lighter, and carefree. Everything is tailored to your individual needs to create a deeply restorative experience.

Enjoy a personalised full-body aromatherapy massage and a warm Rose Quartz crystal scalp massage. Seeking total relaxation? This is the ideal treatment for you.

DEEP MUSCLE MASSAGE
60 minutes | 90 minutes

Discover the de-stressing power of volcanic hot stones used on the back. This massage combines warm stones with forearm massage techniques tailored to your needs. As your muscles warm, it becomes easier to release knots and relieve tension. Take a load off with this deeply relaxing massage.

HOT STONE MASSAGE
90 minutes

Warm volcanic stones applied to the skin heat your muscles, allowing your therapist to work deeper to relieve tension. The warmth of the stones and the therapeutic scent of aromatherapy oils create an intoxicating combination. You simply won't want to leave the One&Only Spa.

DETOX MASSAGE
60 minutes | 90 minutes

With all that life throws at us, it's no wonder we sometimes yearn to cleanse and purify ourselves. This detoxifying massage does just that by encouraging toxins and lymph fluid to leave the body.

Invigorating and stimulating massage techniques work to activate blood circulation, while gentle lymphatic drainage using silicone cupping or wooden tools leaves you feeling lighter. You'll practically feel the impurities escaping.

THAI MASSAGE
60 minutes | 90 minutes

Designed to relax and reopen the body's natural energy flow. Gentle stretching, acupressure massage techniques, and synchronised breathing exercises will invigorate your mind and body. You'll feel supple, full of energy, and shining with vitality.

THERAPEUTIC SPORTS MASSAGE
60 minutes | 90 minutes

Sometimes it takes a firmer touch to work out the deep knots caused by our busy lives. This powerful massage treatment is designed to alleviate deep-seated tension and muscular stress. Your therapist will warm your skin with fitness body oil and clove essential oils. Then, they'll target problem areas with acupressure and deep movements using their forearms and elbows. An intense deep muscle stress reliever.

BALINESE MASSAGE
60 minutes | 90 minutes

This indulgent massage leaves your mind, body, and spirit feeling relaxed and restored. Soft to medium pressure is applied using long, sweeping movements with warm oil.

FUSION BAMBOO MASSAGE
90 minutes

Bamboo massage, an uncommon yet highly effective holistic treatment, is renowned for its remarkable healing properties. This therapy is tailored to alleviate muscle tension, pain, and discomfort, enhance joint function, and boost circulation, all while promoting improved sleep quality. The unique bamboo massage technique induces a sense of relaxation and revitalisation simultaneously. It works by stimulating circulation, enhancing sensory nerve perception, and ultimately instilling a profound sense of relaxation and wellbeing.

REFLEXOLOGY FOOT THERAPY
60 minutes

Reflexology, also known as zone therapy, is an alternative medical practice that involves applying precise pressure to specific points on the feet, utilising the thumb, fingers, and hand massage techniques, with the use of oil or lotion. This ancient practice is revered for its remarkable ability to bring balance and grounding energy to the body. By releasing tension and reducing water retention, reflexology offers a restorative treatment that's especially soothing for tired toes, making it an ideal choice after a long journey.





ONLY SECLUSION

Enjoy the natural splendour of our spa exclusively with your loved ones when you indulge in a private escape. A bespoke pampering experience is the ultimate way to refresh and unwind on this tropical island. Complete tranquillity guaranteed.

OVER OCEAN COUPLES CONNECTION
225 minutes

Take your one and only's hand and follow the secluded walkway to your private spa suite, suspended on stilts over crystal-clear waters. Here, you'll be spoiled with a choice of personalised treatments, including a heat experience in the oceanside bath and steam room. The Over Ocean Couples Connection is totally customisable, so we encourage you to speak to our spa team to create your perfect escape. Guests can choose between yoga or meditation to complement their intimate journey, ensuring an even deeper connection during this blissful experience.

TAILORED TIME - CREATE YOUR OWN EXPERIENCE
165 minutes

Our private spa suites offer the ultimate spa escape – a perfect choice for those seeking privacy. Each of our two private spa suites is suspended over water, linked to the island via a secluded walkway. Indulge in a fusion of treatments tailored to your personal needs. The experience includes personal heat experiences, including an oceanside bath and steam room for two. Allow our team to guide you on the additional experiences within our beautiful spaces.

ISLAND DEVOTION
120 minutes

For the first part of your couples' experience, you'll come to a secluded beach nearby the spa. Side by side, listening to the sound of the waves, you'll each enjoy a luxurious hand ritual with sea salt and flower petals, followed by a 90-minute aromatherapy body massage. Then, you'll have a traditional tea ceremony, right on the beach. The final part of the experience takes place in your own villa, where we'll arrange your signature bath, a glass of Champagne each, and a plate of exotic fruit.

FAMILY BONDING
120 minutes

This experience requires a minimum of 3 guests and a maximum of 4, and takes place on a secluded beach near the spa.

A session of deep connection and family bonding awaits, complete with a luxurious hand ritual, a 90-minute aromatherapy body massage, and a traditional tea ceremony on the sand.

Afterwards, the experience continues with a refreshment, creating the perfect setting for relaxing family time.

ONLY NURTURE

Safe, restorative, nurturing therapies for new mums and mums-to-be. You need a little extra care when you're expecting. Where better to indulge than in a picturesque island paradise?

MATERNITY MASSAGE
60 minutes | 90 minutes

Put your feet up and sink into total relaxation mode with this full-body massage, specifically designed with expectant mothers in mind. Your therapist will pay careful attention to the areas particularly prone to tension during pregnancy.

TIME OUT FOR MOTHERS-TO-BE
120 minutes

A full relaxation package for new mums and mums-to-be in need of some quality me time. We've selected the most suitable and nurturing treatments to help you feel your best. Get comfortable and enjoy a soothing back exfoliation and tension-relieving massage, followed by a massage to alleviate tired, heavy feet and legs. Then, a facial cleanse will restore your natural radiance. Just what the doctor ordered.

Our Only Nurture treatments are perfect for women in their second trimester of pregnancy or nursing mothers. For your safety, we recommend avoiding treatment 24 hours before or after travelling. We're unable to offer treatments to expectant mothers in their first trimester.





ONLY FOR THE NEW GENERATION

Each of our exclusive treatments for 6-to-14-year olds is specifically tailored for the younger generation. A perfect introduction for up-and coming spa-lovers.

ACTIVE FLOW MINI MASSAGE
45 minutes

After a long day exploring the tropical jungle or swimming in the turquoise ocean, your body will thank you for treating it to a relaxing bespoke massage, including a nourishing scalp treatment. You'll be ready for your next island adventure in no time.

YOUTH AS WE KNOW IT FACIAL
45 minutes

Enjoy a gentle cleansing facial, hydrating face mask, soothing eye pads, and a relaxing scalp massage. This facial is specially designed to target impurities and leave your skin looking and feeling refreshed and rebalanced.

NEW GENERATION WELLNESS

For younger guests who want to stay active, these fun activities are kid-friendly and completely safe and supervised, so parents can have total peace of mind.

SWIMMING
30 minutes | 45 minutes

Our ocean-wrapped island and stunning pools are the perfect place for junior splish-splashers, available for children aged 3 to 14, to build confidence in the water. KidsOnly swimming coaches teach techniques to improve water skills and swimming ability in a fun and laid-back way.

BOXING
30 minutes | 60 minutes

Designed especially for younger guests, our boxing training helps develop self-defence skills, strengthens core muscles, and improves coordination, body reflexes, speed, and agility. Exercises focus mainly on the upper body.

BEACH BOOT CAMP
30 minutes | 60 minutes

The fun way to get fit: army commando-style boot camp for the whole family.

Join our group training programme where kids, teenagers, and grown-ups play games like soldier crawling, tug-of-war, and obstacle races. Each session is filled with activities that improve coordination, flexibility, endurance, and strength – and all the laughing you'll be doing is great for the core, too.





ONE&ONLY HAIR SALON
Revitalising rituals for your hair

Sun, sea, and sand can be tough on your hair. So, relax and let the experts take care of your locks in our state-of-the-art hair salon. Your hair ritual begins with a consultation to determine which products are best suited to your hair type. Then, we'll help you choose the perfect treatment for you. Your hair's vitality, health, and shine will be restored in no time.

CUTTING AND STYLING: LADIES, GENTLEMEN AND CHILDREN

Just like everything else at One&Only Reethi Rah, at our salon, we're devoted to personal service. Using only the very best products, our Hair Artists work their magic to style your hair exactly how you'd like. Please allow an hour for your appointment, so we can create your perfect look.

CONDITIONING HAIR TREATMENTS AND RITUALS

Your hair works hard, even when you're relaxing. A little extra attention is always a good idea, especially in our tropical climate. We have an extensive range of restoring and protecting treatments that you can add to your appointment. Treatments range from a quick-fix moisture boost to a reparative split-end ritual.

COLOURING

From root touch-ups to dip dyes and everything in between, our hair colour experts will create a look that's true to you. Using the latest colouring techniques and natural products where possible, we'll make your dream hair colour a reality. Please come in at least 48 hours before your appointment so we can carry out a patch test to check for allergic reactions.

HAIR BOTOX

Immediately repair damaged hair and restore your locks to their original state of youth and beauty with Hair Botox.

MICRO MIST HAIR TREATMENT

Indulge in the luxurious Micro Mist Hair Treatment, a cutting-edge hair therapy that elevates your hair care routine to new heights. This revitalising treatment is designed to infuse your locks with deep hydration, restoring their natural shine and vibrancy.

Our skilled professionals employ state-of-the-art micro-mist technology to envelop your hair in a cloud of nourishing moisture, promoting strength, manageability, and overall hair health. Say goodbye to dry, lacklustre strands and say hello to the radiant, lustrous hair you've always desired.





BARBER&BLADE BY ONE&ONLY

Barber&Blade by One&Only offers an array of treatments, products, and experiences designed for discerning gentlemen seeking the pinnacle of luxurious grooming. Our commitment to excellence is reflected in our exclusive use of premium Gentlemen's Tonic products, setting the stage for a grooming journey that commences with a glass of fine whisky and the soundtrack of your choice.

THE REETHI RAH LUXURY WET SHAVE

Our signature Barber&Blade facial, which helps to cleanse, tone, soothe, and hydrate the skin using only the very best ingredients. After the face is sufficiently prepared, enjoy a Traditional Wet Shave. Perfect to get you recharged and ready for a day by the water.

THE ULTIMATE ONE&ONLY WET SHAVE

For those who want to experience the ultimate in wet shaves. You'll start with an Express Facial that helps to cleanse, tone, soothe, and hydrate the skin. First the face is prepped, followed by a Traditional Wet Shave. The last step is a Gentlemen's Tonic Revitalise Eye Treatment using the most advanced active anti-ageing ingredients, such as a specialised bio-peptide complex and an intensive enzyme lifting mask. Your eyes will be lifted, toned, and fully revitalised.

HAIR CUT AND FINISH WITH TRADITIONAL WET SHAVE

Elevate your grooming experience with our Haircut and Finish paired with a Traditional Wet Shave. Begin with a personalised styling consultation, ensuring your haircut aligns perfectly with your preferences. Your journey unfolds as your hair receives cleansing, conditioning, and a soothing scalp massage. Our expert barber then crafts a bespoke haircut to suit your style. The pinnacle of this experience is the Traditional Wet Shave, a timeless ritual enhanced by the use of premium products. Revel in the relaxation as your face is enveloped in steaming hot towels, leaving you not only impeccably groomed but also luxuriously pampered.

INDIAN HEAD MASSAGE

A treatment based on acient Indian techniques, involving work on the upper back, shoulders, neck, scalp, and face, using oil or performed dry. This treatment can help to reduce stress, fatigue, and eyestrain, and increase mental clarity.

GENTLEMAN'S TONIC REVITALISING FACIAL

Experience the ultimate self-care routine with our Gentleman's Tonic Revitalising Facial, a curated treatment meticulously designed to invigorate your skin. Tailored exclusively for the modern gentleman, this facial transcends conventional grooming, providing a holistic approach to skincare. Our expert practitioners employ a multi-step process, encompassing deep cleansing, exfoliation, and rejuvenating hydration. The result is a refreshed and youthful complexion that not only combats the effects of daily stress but also boosts your overall confidence.

PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

Entrust your hands and feet to the care of the world's most revered podiatrists. Bastien Gonzalez's multi-award-winning hand and foot treatments have been described by Vogue as the Rolls-Royce of manicures and pedicures.

BASTIEN'S PEDICURE
60 minutes

A full foot overhaul to eliminate hard skin and dryness. You'll love this bliss-inducing treatment. A massage from your toes up to your knees will relieve any muscle tension and heaviness, and stimulate circulation. All topped off with a gentle nail-buffing treatment that restores the nail's natural beauty, leaving them healthier and shinier.

BASTIEN'S MANICURE
45 minutes

An exceptional manicure in three simple steps: a cuticle and nail treatment, natural filing and buffing, and a gentle massage of the forearms, wrists, hands, and fingers.

FOOT RE-FOUNDATION
35 minutes

For heavy and tired legs, this treatment is just what you need. A Black Diamond Scrub exfoliation allows you to get more benefit from the creams used during your massage treatment. Then, your feet and legs up to the knees will be massaged, relieving muscle tension, aiding joint mobility, and boosting blood circulation.

BASTIEN'S COUPLE EXPERIENCE
60 minutes

Self-care is so much better when you share it with someone you love. Indulge in Bastien's Pedicure, Manicure, and Foot Refoundation treatments with a partner, and experience shared mindfulness while treating your hands, feet, and nails.

GLOBAL REFOUNDATION
35 minutes

Enjoy a soothing and calming massage, from the toes up to the knees and from the fingers up to the elbows. As our adept therapists massage your hands and feet at the same time, you'll feel your body become lighter, your skin become more supple, and your joints relax.

BASTIEN'S DUO
75 minutes

This multi-award-winning treatment takes care of your feet, legs, hands, and arms. Manicures and pedicures don't get any better than this. The results will shine through in your strong, healthy, and beautiful nails.

PODIATRIST ASSESSMENT
45 minutes

This treatment begins with an individualised evaluation of the structure, alignment, and function of the lower limbs. Using a baropodometric platform, our podiatrist will perform a biomechanical assessment, gait analysis, and postural assessment to recommend the most effective treatment to relieve your specific concerns.

BGA INSOLES *

Following your podiatrist's assessment, experience the cutting-edge technology of podiatric care through personalised thermoformed BGA Insoles, made to order by our resident podiatrist and suitable for various activities and needs. Enhance your wellbeing and fitness with improved balance, support, and exceptional relief for your feet.


BGA
CORP



HEALTH AND WELLNESS

There's no time like the present to kick-start your training regime. Whether you're a gym lover or a total newbie, our personal trainers will create a programme tailored to your abilities and goals. Arrive home feeling fitter and healthier than ever.

INBODY ANALYSIS
30 minutes

First, you'll complete a health and fitness questionnaire and a series of tests designed to assess your body's composition, muscular endurance, stamina, and flexibility. Then, your personal trainer will map out a fitness regime based on your results. Your programme will be suitable for your stay at the resort and beyond, so you can keep up momentum when you return home.

PERSONAL TRAINING
30 minutes | 60 minutes

Whether you're looking to lose weight, build strength and endurance, recover from injury, or train for an upcoming event, our certified personal trainers can design an individualised programme to help you meet your goals. Your personal training journey begins with a fitness questionnaire to assess your daily fitness and lifestyle routine, which will help to design a tailor-made programme meeting your needs and goals. Our trainers will provide instruction, encouragement, and motivation.

TRX® SUSPENSION TRAINING
30 minutes | 60 minutes

Suitable for all abilities and fitness levels, TRX® Suspension Training uses your own bodyweight to develop strength, balance, flexibility, and core stability simultaneously.

SWIMMING AND WATER CONDITIONING
30 minutes | 60 minutes

Using the benefits of water, this training increases the heart rate and the body's intake of oxygen for long enough to improve overall physical condition. Whether learning to swim or recovering from an injury to the knee or lower back, this training is designed to improve flexibility, range of motion, strength, and muscle tone. Water-based exercise can benefit everyone, from pregnant women to those with physical limitations.

RAW BEACH BOOT CAMP
60 minutes | 90 minutes

Shake things up with our outdoor boot camp, inspired by army commando training. This intense but fun workout burns fat, maximises weight loss and improves your overall fitness.

BOXING
30 minutes | 60 minutes

Set your pulse racing with this martial arts-inspired power cardio workout. Perfect if you need a stress-relieving energy boost. Boxing burns calories, builds muscle, and improves posture and coordination.

YOGA

60 minutes | 90 minutes

An ancient practice that focuses on strength, flexibility, and synchronised breathing for a healthier mind and body. Regular yoga practice improves energy levels and blood circulation, and sculpts strong, toned muscles. Yoga's mindful movement also helps us concentrate, deal with stress, and calm our minds.

Whether you're a seasoned yogi or a complete beginner, we have a yoga class to suit you.

Yoga styles available at One&Only:

Pranayama
Hatha
Aerial
Meditation

SINGING BOWLS

30 minutes | 60 minutes

Immerse yourself in the therapeutic sounds of singing bowls, a deeply calming and harmonising experience for your mind, body, and spirit. Let the resonant tones guide you into a state of profound relaxation and inner balance, relieving stress and promoting overall wellbeing.

ASSISTED STRETCHING

30 minutes | 60 minutes

A one-to-one session to help you stretch and relax. Your dedicated trainer will focus on any areas of tension, helping to release tightness, improve your overall flexibility, and leave you feeling totally Zen.

MAT PILATES

30 minutes | 60 minutes

Mat Pilates combines physical challenges with mindful breathing. You'll strengthen your core muscles with a series of subtle but effective exercises that test concentration, balance, and breath control. This workout is ideal for beginners.

PILATES REFORMER

30 minutes | 60 minutes | 90 minutes

Our Pilates Reformer class is perfect for those seeking a more advanced practice. You'll use a range of equipment including cables, bars, straps, pulleys, and adjustable springs to regulate tension and build up resistance throughout the exercises.





SPA ETIQUETTE

APPOINTMENTS

We recommend booking in advance. To make a reservation, please call our Spa Reception on ext. 7765/7766 or visit us in person. Our team will be delighted to guide you towards the treatment best suited to your needs.

CANCELLATIONS | RESCHEDULING

Should you need to cancel, reschedule or shorten your appointment, we kindly ask for at least 24 hours' notice. Changes made within 24 hours of your appointment will incur a charge of 100% of the treatment fee.

WHEN YOU ARRIVE

We recommend that you arrive at least 45 minutes prior to your appointment. Upon arrival, your spa professional will review the spa consultation form with you to understand your needs and customise your treatment.

You can also enjoy our indulgent facilities, including the restorative benefits of hot and cold therapies. Should you wish to proceed straight to your treatment, please arrive at One&Only Spa 15 minutes prior to your appointment.

All spa appointments have been designed to allow for full enjoyment of each service. Late arrivals will be finished within the scheduled treatment time and the treatment fee will remain the same. Unless a gender preference is stated at time of booking, treatments are booked with our first available Spa Therapist.

AMENITIES

When you arrive, you'll be provided with a robe and sandals and welcomed to male and female changing rooms where you can stow your belongings in lockers. Towels are available throughout the spa and vanities are stocked with a variety of toiletries. We provide disposable undergarments upon request and during your treatment, privacy is assured with discreet draping.

The spa includes a steam room, sauna, cold plunge pools and relaxation lounges.

IN-VILLA TREATMENTS

In-Villa treatments are offered upon request. Availability and prices vary from the One&Only Spa menu and surcharges apply. Please inquire at the spa reception for more information.

AMBIENCE

Our spa is a tranquil space. To help you sink fully into relaxation, we ask that you speak in a lowered voice and leave your phone or camera in the lockers provided. The spa is completely non-smoking.

PREGNANCY

Our prenatal treatments are perfect for women in their second trimester of pregnancy, or nursing mothers. For your safety, we recommend avoiding treatment 24 hours before or after travelling. We're unable to offer treatments to expectant mothers in their first or third trimester.

MEN'S FACIALS

For the very best results, we recommend you shave a few hours before your treatment.

HEALTH CONDITIONS

Please let our team know about any existing health conditions when booking your appointment, including high blood pressure, heart conditions, allergies, recent surgeries, or pregnancy.

FITNESS AND WELLNESS PROGRAMS

Our private fitness and wellness sessions are available by appointment. Please contact our spa reception for additional information.

AGE REQUIREMENTS

Young guests aged 6 and above may choose from the treatments curated especially for them in the Only for the New Generation section. For safety reasons, guests must be aged 10 or above to use our spa's shared facilities.

GIFT VOUCHERS

Our reception team will be happy to help you gift your loved ones their dream treatment.

BOUTIQUE

Bring your One&Only Spa experience home with our exclusive range of bath, body, and home products. Our spa reception team will be happy to guide your choices.

LOSS OR DAMAGE

As we cannot guarantee the safety of your valuables, we recommend you leave these in your villa.

Ask our spa reception if you've lost or misplaced something. We keep all found items on hand for four months, donating them to local charities thereafter.







One&Only Reethi Rah
Maldives

Telephone +960 664 8800
Reservations ext. 7765 or contact your Host
spareception@oneandonlyreethirah.com

oneandonlyreethirah.com | @OOReethirah