

RESTORING YOUR BODY'S BALANCE AN OSTEOPATHIC APPROACH TO WELLBEING WITH GYDE VON WLIASSACK

20 DECEMBER 2026 - 12 JANUARY 2027

With more than 25 years of clinical experience, Gyde von Wlassack brings together her expertise as an Osteopath, Physiotherapist and practitioner of clinical Psychoneuroimmunology. Drawing from her work with professional athletes internationally, she has developed her own integrative treatment method, InnerCurrent®, designed to enhance body awareness, support self regulation, optimise recovery, and promote sustainable performance.

Her approach brings together osteopathy, physiotherapy and a deeper understanding of the connection between the body and nervous system. Through personalised treatments, Gyde invites you to reconnect with your body, restore balance and cultivate a greater sense of ease, resilience and wellbeing throughout your stay.

For reservations, please contact your Host or One&Only Spa.



One&Only

REETHI RAH
Maldives

INNERCURRENT®

60 MINUTES | \$375 PER PERSON

90 MINUTES | \$440 PER PERSON

Cultivate a deeper awareness of the body through this signature treatment, designed to support nervous system regulation and restore the body's natural capacity for recovery. Through considered therapeutic touch, the experience encourages a greater sense of connection, balance and ease.

MYOREFLEXOLOGY

60 MINUTES | \$375 PER PERSON

Release patterns of tension shaped by posture, movement, and everyday stress. This specialised treatment works with the body's habitual patterns to encourage greater balance, enhance interoception and support natural self regulation, leaving you feeling more at ease in your movement.

INTEGRATIVE OSTEOPATHY

60 MINUTES | \$375 PER PERSON

Restore greater freedom and ease through an integrative osteopathic approach that works with areas of restriction and the body's natural movement patterns. The treatment is designed to improve movement quality and support a greater sense of comfort and wellbeing.

Customised packages are available upon request.

All prices are in US Dollars and subject to 10% service charge and applicable GST.