

WELLNESS AND RECOVERY INTEGRATIVE WITH JEELNA RUPARELIA

20 DECEMBER 2026 - 19 JANUARY 2027

Blending clinical expertise with a holistic philosophy, Jeelna offers an elevated approach to movement, recovery and wellbeing. Trained in musculoskeletal physiotherapy and certified in yoga in Rishikesh, India, she brings together clinical precision with mindful restoration.

Her practice integrates manual therapy, movement therapy, postural alignment and specialised recovery techniques to enhance mobility, ease tension and support long term physical wellbeing. With a calm, grounded presence and personalised approach, Jeelna guides her clients towards greater strength, resilience and balance, the foundations for lasting vitality and optimal wellbeing.

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



One&Only

REETHI RAH

Maldives

A FULL-BODY PHYSIOTHERAPY RELEASE

60 MINUTES | \$375 PER PERSON

90 MINUTES | \$425 PER PERSON

A full-body restorative experience designed to ease the physical effects of long-haul travel. This therapy targets specific deep-tissue trigger points built up during extended periods of limited movement, releasing localised tension and stiffness. By integrating advanced physiotherapy with precise muscle work, it supports a deeper release through the spine and helps reset the nervous system, leaving you feeling grounded and aligned. The extended 90-minute journey allows for a deeper focus on secondary areas of tension.

KINETIC RESTORATION

60 MINUTES | \$350 PER PERSON

A personalised rehabilitation experience designed to restore optimal muscle function, joint mobility and natural movement patterns. Each session begins with a comprehensive biomechanical assessment, followed by a considered combination of manual joint mobilisation and evidence-based corrective exercises. Tailored to alleviate chronic postural pain and address muscular imbalances, the therapy supports greater structural resilience and promotes confident, pain-free movement for an active lifestyle.

THE SOMATIC RELEASE

45 MINUTES | \$250 PER PERSON

Deep restorative stretching meets rhythmic, guided breathwork. Jeelna gently guides the body through specialised lines of elongation, helping to release deep-seated tension across key areas including the hips, shoulders and spine. This somatic approach brings together physical release and mental tranquillity, supporting the nervous system in finding a calmer state within the serene, open-air island setting.

NEUROMUSCULAR DRY NEEDLING

45 MINUTES | \$300 PER PERSON

Targeted dry needling works directly on persistent muscular knots and trigger points, using fine, precise techniques to stimulate local blood flow and release areas of tension. Enhanced with restorative manual techniques, the treatment supports tissue recovery, helps ease chronic tightness and restores greater fluidity of movement.

Customised packages are available upon request.

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

SIGNATURE RECOVERY PACKAGE

5 DAY RECOVERY & REHABILITATION PROGRAM | \$1,500 PER PERSON

A personalised five day programme created to support the body through recovery, restore freedom of movement, and build greater physical resilience. Combining expert physiotherapy with therapeutic bodywork and purposeful movement, each session is tailored to your individual needs and recovery goals.

Your programme includes:

- Advanced physiotherapy
- Therapeutic massage
- Assisted stretching
- Guided rehabilitation exercises
- Optional running assessment for performance refinement

Together, these treatments create a considered approach to recovery, helping to ease tension, improve mobility, strengthen movement patterns, and support the body as it returns to balance.

**Dry needling may be offered where clinically appropriate by a licensed physiotherapist, following individual assessment and consent.*

Customised packages are available upon request.

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