BODY THERAPIES & REHABILITATION WITH JULIAN MARTIN

1–30 November 2026

With over 20 years of experience in bodywork, Julian Martin specialises in sports injury rehabilitation, remedial massage, and therapeutic techniques. His career began in Australia, working alongside chiropractors and physiotherapists, and treating elite athletes before establishing his own practice.

Since moving to France in 2010, Julian has worked across leading spas and resorts throughout Europe, including Switzerland, England, and Paris, bringing a considered approach to movement, rehabilitation, and wellbeing.

Meet Julian and discover a more considered approach to bodywork, tailored to your needs.

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



One&Only
REETHI RAH
Maldives

MANUAL TRIGGER POINT THERAPY

60 MINUTES | $360 PER PERSON

90 MINUTES | $480 PER PERSON

A focused treatment using precise pressure to release areas of muscular tension, helping restore comfort, and ease of movement.

CHI NEI TSANG

60 MINUTES | $360 PER PERSON

Rooted in ancient Taoist healing traditions, this abdominal massage uses gentle, purposeful techniques to encourage release, relaxation, and a greater sense of balance.

DEEP TISSUE REHABILITATION MASSAGE

60 MINUTES | $360 PER PERSON

90 MINUTES | $480 PER PERSON

Firm, targeted techniques work into deeper layers of muscle to ease tension, support circulation, and restore a greater sense of physical balance.

SIGNATURE BESPOKE MASSAGE

60 MINUTES | $360 PER PERSON

90 MINUTES | $480 PER PERSON

Drawing on more than 15 years of experience, Julian combines Thai massage, deep tissue techniques, joint mobilisation, myofascial release, and trigger point therapy to create a treatment tailored to your body and needs.

DYNAMIC HIP RESET

45 MINUTES | $300 PER PERSON

A targeted sequence of passive stretches, active release techniques, and mobilisation to support greater freedom of movement through the hips.

ANTI-AGEING FACIAL MASSAGE

60 MINUTES | $360 PER PERSON

90 MINUTES | $480 PER PERSON

A specialised facial massage using focused techniques to stimulate circulation, ease facial tension, and reduce the appearance of puffiness, leaving the complexion looking refreshed, lifted, and radiant.

Customised packages are available upon request.

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