

RESTORING THE BODY'S NATURAL BALANCE WITH NIKLAS ALBERS

20 NOVEMBER - 20 DECEMBER 2026

Bring your body back into balance with Niklas Albers, whose specialised approach to physical wellbeing and performance draws on his experience supporting professional athletes and national team players. Combining targeted manual therapy, myoreflextherapy, mobilisation, and craniosacral techniques, Niklas focuses on movement, recovery, and long term physical wellbeing.

Each session is thoughtfully adapted to your individual needs, helping to ease tension, support mobility, and restore a greater sense of balance and ease. Take time to reconnect with your body and wellbeing, and experience a more restorative approach to movement and recovery during your stay on the island.

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



One&Only

REETHI RAH

Maldives

MYOREFLEX THERAPY

60 MINUTES | \$360 PER PERSON

Myoreflextherapy works with excessive muscle tension at its source, helping to release pain, stress, sleep related discomfort, and restricted mobility. This neurophysiological approach is designed to support deeper, longer lasting physical balance.

ATHLETIC REGENERATION

60 MINUTES | \$360 PER PERSON

Drawing on techniques used with professional athletes and national teams, this session combines manual therapy, targeted muscle activation, and individual mobilisation techniques to support recovery and restore physical performance.

CRANIOSACRAL STILLNESS

30 MINUTES | \$190 PER PERSON

60 MINUTES | \$360 PER PERSON

Gentle craniosacral therapy works with the nervous system to ease tension and encourage a deeper state of calm. Particularly suited to those seeking profound restoration, the treatment offers a gentle approach to relaxation and recovery.

Customised packages are available upon request.

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

THE REETHI RAH LONGEVITY WEEK

5 DAY BESPOKE & PERFORMANCE RENEWAL JOURNEY

\$1,500PER PERSON

Begin with a thorough one to one assessment, where Niklas considers your body, history, and personal goals before creating a fully personalised five day programme. Each session builds towards lasting vitality, greater freedom of movement, and long term physical performance.

DAY 1 | 75 MINUTES

ASSESSMENT & PERSONALISATION

Body analysis, movement screening, and a review of your longevity goals. Niklas creates your personalised five day programme and begins with the first targeted therapy based on your assessment.

DAY 2 | 60 MINUTES

FOUNDATION RESET

Myoreflextherapy, manual therapy, or deep tissue work is selected according to your body's current needs, establishing the foundation for the programme.

DAY 3 | 60 MINUTES

DEEPENING

Building on the previous sessions, treatment focuses on deeper layers of tension, restriction, or performance. Your progress is reviewed, with the programme adapted accordingly.

DAY 4 | 60 MINUTES

PEAK & INTEGRATION

The most intensive session of the week brings together selected techniques at greater depth. Personalised self care protocols support recovery and integration between sessions.

DAY 5 | 60 MINUTES

LONGEVITY

The final session focuses on lasting results, followed by a personalised take home programme with exercises, routines, and long term recommendations to support your wellbeing beyond your stay.

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