



CONRAD SPA
TREATMENT MENU

AND BREATHE...

Take five deep breaths



Take a moment to inhale and exhale, mindfully,
five times to encourage a gentle reset.

Welcome to the moment.

Focusing on our breathing instantly regulates our parasympathetic nervous system, known to improve digestion and help us rest. This encourages calm and clarity and allows us to find our way back to a comfortable equilibrium. Associated with freedom and curiosity, the number five has a special place in many cultures, also representing the five fingers on each hand, the five toes on each foot, and the five senses.

The Conrad Spa 5 Breaths is a grounding and calming process enveloping each treatment within our menu. A simple yet extremely effective opportunity to center and calm your system before relaxing into our exceptional spa experiences.

CONRAD® SPA

WELLBEING
EDIT

BODY

FACE

MASSAGE

DESTINATION

THE DESTINATION

Experience the true nature of Maldivian wellness with our destination unique treatments. These exquisite treatments have been designed to celebrate the beauty and tranquility of our island paradise.

Essence of the Maldives

This regionally crafted fusion of therapies aims to alleviate muscle stress, enhance skin texture, promote restful sleep, and provide nourishment to both hair and body. The experience encompasses a locally sourced coconut exfoliation, a head massage influenced by ayurvedic traditions, and a tension releasing body massage utilizing heated coconut sticks to gently ease out muscular aches and pains.

Products are naturally sourced in the Maldives

90 mins

Tranquil Retreat - For Couples

This exquisite half-day ceremony offers ultimate relaxation and tranquility. Experience serenity with your beloved through a skin-renewing scrub, hydrating body wrap, and a personal jetted bath with champagne. Conclude with a soothing massage and deep scalp tension release, creating precious moments of shared joy and calm.

Products by: ISUN

180 mins



Island Possibilities

Embrace the endless possibilities our island offers with this bespoke treatment, crafted to deliver the perfect combination for you. From crystal massages to detoxifying wraps, your therapist will guide you on a personalized island journey. Boundary-free and focused on your well-being, this experience promises ultimate relaxation tailored to your needs.

Products by: ISUN, Valmont

120 mins

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A great massage makes everything better. Our selection of massages has been designed to offer a balance of physical and emotional benefits that only a great massage can absolutely deliver.

Conrad Custom Massage

Relax with our fully bespoke signature massage experience, crafted individually by our spa team. Inspired by the Conrad philosophy of freedom and tailored to your preferences, this treatment combines highly specific techniques with our gemstone concept, ensuring a truly unique and personalized experience just for you.

Products by: ISUN Gemstone Selection

60 / 90 / 120 mins

Transcend Massage

Indulge in this luxurious treatment, with calming and uplifting herb-infused massage oils drizzled along the spine with intentional sequence before the entire body succumbs to a soothing massage with energy balancing gemstones. Follow with a rejuvenating 12-point marma massage on the face using cooling quartz crystal wands. Experience profound relaxation, leaving you refreshed and revitalized.

Products by: ISUN

60 / 90 mins

Balinese Massage

A medium to deep massage. This treatment focuses on tension relief using a combination of traditional Balinese massage techniques. Utilizing warm stones, warm oil and therapeutic head massage to provide deep relaxation.

Products by: ISUN

60 / 90 mins

Traditional Thai Massage

Performed using deep stretching movements to relieve tension. This is a dry massage fully clothed in soft pajamas, using techniques practiced for 2,500 years. Often described as passive yoga, the therapist uses continuous choreographed movements to stretch and relieve tension from the body and mind.

60 / 90 mins



Four Hands Massage

A therapeutic massage which is performed by two therapists perfectly synchronized. This synergy helps ensure total relaxation with a unique feel as the therapists melodically move in unison over the body.

Products by: ISUN

75 / 90 mins

Ayurvedic Renewal

Traditional Ayurvedic massage delivers a deep sense of restfulness. Marma points are activated to reduce stress and gently ease muscle tension. Followed by Shirodhara, the practice of hot oil pouring over the third eye ultimately providing a nourishing hair treatment whilst nurturing the mind and body.

90 mins

FACE

At this spa, we believe in skin health. We focus on techniques that deliver more than surface improvements and a glow that is more than skin deep.

Island Radiance

This majestic facial beautifully delivers nourished sculpted skin on the face and chest. The result is blooming, radiant skin with a healthy glow and the face feeling lifted and chiseled.

Products by: Elixir Des Glaciers

90 mins

Vibrant Hydration

Designed to deliver optimum hydration, this treatment smooths out facial features and erases signs of fatigue. It leaves the skin feeling refreshed, imparting a youthful, fresh-faced glow.

Products by: Valmont

60 / 75 mins



Elemental Glow

This energy giving facial regenerates tired skin and delivers a final radiant glow. The skin is firmer and enlivened post treatment, a vital result for overstrained, tired skin.

Products by: Valmont

60 / 75 mins

Clarify and Energize

Designed for skin types which are prone to oiliness, this facial refines skin's texture and provides unified complexion. The skin is softer, smoother, and overall radiant with a clear healthy glow.

Products by: Valmont

60 / 75 mins

Firm and Rejuvenate

This results focused treatment provides an intense smoothing effect while alleviating stressed areas of the skin and smoothing texture.

The face appears sculpted and plumped with a youthful radiance.

Products by: Valmont

60 / 75 mins

Pure Skin Awakening

This facial results in skin which is clean, purified, and balanced. The treatment cleanses without removing essential nutrients in the skin, and leaves the face hydrated and incredibly soft.

Products by: Valmont

45 mins

BODY

Well-being is the focus, feeling better with treatments that enhance and revitalize from tip to toe.

After Sun Soother

This treatment provides a calming effect after intense sun exposure. Designed to hydrate and moisturize sunburned skin – each element of the treatment is healing, soothing and cooling.

Product are naturally sourced in the Maldives

75 mins

Enhanced Silhouette

A high-performance treatment enhancing curves and targeting cellulite. The result-skin is firmer and more toned, the contours of the figure are redrawn, and the body feels fresh and light.

This treatment includes a unique technique to define the silhouette through massage and offers continued results through ongoing treatment.

Products by: Valmont

60 mins

Mother to Be

Specifically designed for pre and post-natal guests, this soothing therapy helps relieve back tension and swollen hands and feet. A gentle massage which eases the mind and lifts the spirits.

Products by: ISUN

75 mins

Revitalize The Body

A highly energizing and anti-aging treatment including a specific massage technique that retains a feeling of relaxation whilst the skin and muscles are energized. The result - soft skin and an overall sense of renewal.

Products by: Valmont

60 mins



Relaxed Feet

Restore the body's balance and release aches and pressure in the feet with this signature treatment. Including massage techniques on the meridian lines of the legs and zones of the feet.

Products by: ISUN

60 mins

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THE WELLNESS EDIT

A curated selection of essential enhancements for your treatment experience. Please note these cannot be booked independently and are recommended as additions to your chosen treatment only.

Nourish

Revitalize your skin with our nourishing body scrub. This indulgent formula gently exfoliates with fine mineral salt and nourishes with organic shea butter, restoring dry skin.

Products by: ISUN

30 mins

Glow

Rosemary and sage essential oils impart their therapeutic properties as they blend with fine ocean-floor silica crystals and an aloe vera gel base to gently buff the skin, leaving a radiant glow.

Products by: ISUN

30 mins

Honey Avocado Wrap

This moisturizing body mask hydrates and nourishes, providing long-lasting moisture and deep nourishment for dry skin.

Products by: ISUN

30 mins

Grace

A therapeutic hand treatment with healing Rose Quartz Crystal, promotes skin renewal leaving your skin glowing and revitalized.

Products by: ISUN

30 mins



Soul

Indulge in our luxurious foot treatment, starting with a refreshing Rosemary Sage Scrub for soft, smooth skin. A nourishing foot mask followed by our signature crystal massage, brings deep relaxation.

Products by: ISUN

30 mins

Eshin

Our conditioning scalp and hair treatment is based on Ayurvedic herbs. These herbs are skilfully blended with essential oils to stimulate the scalp, enhance oxygenation, and promote a soothing effect on the mind.

Products by: ISUN

30 mins

Shirodhara

This stress-releasing treatment has a focus of pouring a stream of warm oil over the third eye to soothe and calm the nervous system. It is helpful for treating skin conditions and insomnia, while also enhancing emotional balance.

30 mins

SPA TERMS AND CONDITIONS

SPA OPENING HOURS

Daily 10:00AM to 7:00PM

SPA RESERVATIONS

For spa inquiries or reservations, please press the 'spa' button on the phone in your villa or contact your Island Host. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your villa before coming to the spa.

Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved. We recommend using the sauna and steam prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

ARRIVAL

Please arrive 15 minutes prior to your treatment to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment.

CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVAL

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATIONS

Please allow four hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50% of the treatment price will be charged. Failure to keep your appointment will result in a 100% treatment charge.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage or body treatment for at least six hours. To extend your spa experience at home, a variety of spa products are available. Please inquire with your spa therapists.

IN VILLA TREATMENT

In villa massages are available for you to have in the privacy of your own villa. A 30% callout fee will be added to the treatment charge. Please contact our spa receptionist, guest service agents or Island Host.

PAYMENT

For resort guests, all treatments will be charged to your guest room folio and will appear on your account at the time of departure from the resort.



CONRAD® SPA

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