

Reethi
Rah
X

One&Only

REETHI RAH

Maldives



IMMERSE

discover inner joy
where you can truly
relax, unplug and
recharge... enter
our spa and truly
immerse and
spoil your soul

One&Only

REETHI RAH
Maldives



TREATMENTS

Feel your cares sail away on the sea breeze when you experience our exquisite immersive treatments at One&Only Spa. Designed by world-renowned spa expert ESPA, each unique treatment combines the wisdom from traditional holistic therapies with the scientific power of the purest natural ingredients. Each results-focused experience is tailored to your specific needs, helping you to have naturally beautiful skin and a renewed sense of inner calm.

NATURE'S RESONANCE BY ESPA

Experience the beauty of sound, vibration and nature

ONLY HERE

One&Only Reethi Rah signature treatments

ONLY FACE

Facial treatments that deliver visible results

ONLY BODY

Massage treatments for total-body relaxation

ONLY SECLUSION

Intimate experiences for you and your loved one

ONLY FOR THE NEW GENERATION

Something special for spa-savvy teens (ages 12-16)

ONLY NURTURE

For new and expectant mothers

OUR SPA

Just when you thought paradise couldn't get any more special. Meander through lush tropical groves to the serene sanctuary of our spa. You'll find everything you need in our blissful sanctuary. The toughest decision you'll have to make? Which to try first.





NATURE'S RESONANCE BY ESPA

Introducing a reinvigorating experience borne from sounds, touch, and nature. Curated exclusively for One&Only resorts, Nature's Resonance by ESPA is designed to connect you with the harmonious surroundings and healing energy that lie within the natural sanctuary of our island.

WELLNESS RHYTHMS DEFINED BY NATURE

Nature lies at the heart of life; it's vital for our physical and emotional wellbeing.

Its rhythms are our conductor, forever guiding us. From our orbit round the sun, the cycle of the seasons, and day giving way to night to hearing our mother's heartbeat and drawing our first breath... Everything in nature, in life, is vibrating.

These frequencies profoundly influence our being, how we think and feel, but, in the distraction of our daily lives, many of us forget to listen to the natural world and respond to the positive energy of the earth's vibrations.

Tapping into the power of beneficial binaural beats, the Solfeggio scale and the rhythms of nature at each iconic One&Only property, Nature's Resonance has been expertly created by ESPA to offer a series of unique holistic treatments which seek to restore a more harmonious balance by bathing you in the beauty of sound, vibration and nature.

NATURE'S RESONANCE

Succumb to nature's embrace and feel its rhythms transport your mind, body and soul to a serene state of calm. Let your senses flow. Release. Unwind.

Honouring the essence of our serene island setting, these unique holistic treatments tap into the natural beauty and wellness rhythms of Reethi Rah. An immersive experience harnessing the power of sound wave therapy, Nature's Resonance transports you on a meditative journey that calms and restores the mind, body and spirit.

Each restful treatment begins with a grounding ritual that first soaks your feet in the soothing ions of warm sea water and then balances your chakras by bathing you in the vibrational hum of Solfeggio tuning forks.

Now attuned to a strong sense of place, you'll lie in comfort, cocooned in a sonic composition that blends beneficial binaural beats with an indigenous soundscape echoing crystal line lagoons lapping the shore, hypnotic monsoon rains and the sanctuary of the coral reefs.

Touch layers a further element to your experience. Movements sweep across the face and body, mirroring the peaceful rhythm and flow of the music as you sink into a deep, relaxed state that ultimately leaves you feeling rejuvenated and more in tune with yourself and with nature.

SOUND EXPERIENCE (30 MINUTES)



SOUND & BODY EXPERIENCE (60 MINUTES)



SOUND, FACE & BODY EXPERIENCE (90 MINUTES)



GIVING BACK TO NATURE

With each Nature's Resonance treatment, trees will be planted in your honour by (more:trees) as part of a global project in Madagascar, Kenya or Haiti. This beautiful gesture marks the end of your treatment and re-enforces One&Only Spa's commitment to Sustainability.





ONLY HERE

Restore, balance and awaken your senses by experiencing one of ESPA's advanced treatments. These specialist treatments have been designed to take you on a journey of wellbeing and restore mind, body and soul.

ONE&ONLY – ESSENCE OF REETHI RAH (180 MINUTES)

Our signature transformative spa experience. Begin your journey with immersion in the restorative waters of our ocean-side WatSu pool, followed by a body exfoliation utilising local coconut and completed by a deeply relaxing massage with coconut oil. The treatment is completed with a tension releasing scalp massage to ensure you are in a true state of serenity.

ONE&ONLY IN HARMONY (120 MINUTES)

For the ultimate in luxury spa rituals, this four-handed synchronised massage, complete with a welcoming foot ritual and deeply nourishing full body exfoliation, is designed to transport you to complete tranquillity.

Includes: Breathwork, cleansing and exfoliation, facial massage, mask, scalp massage, hand and arm treatment, awakening journey.

ONE&ONLY – TROPICAL DETOX (120 MINUTES)

A fusion of treatments combined for a truly purifying experience, which will ensure you are revitalised. Your skin is left nourished and soothed and the body is re-energised and cleansed. Using body brushing and exfoliating techniques to stimulate and remove toxins in the body, the treatment also includes a marine envelopment and massage with grapefruit and cypress to further detoxify a sluggish system.

WATSU (60 MINUTES)

Shiatsu in-water experience - a deeply restorative and calming treatment that is performed whilst you float in a warm, mineralised pool supported by your therapist. This treatment uses a combination of rhythmical and flowing movements with pressure points, joint mobilisations and muscle stretches.

ONLY FACE

Find radiance and revitalisation from deep within. Our experts combine traditional holistic techniques with the latest skincare innovations to create the perfect bespoke facial treatment for you.

ESPA FACIALS

Discover an instant glow – ESPA results-driven facials are world-renowned for providing instant results as well as improving the long-term health of the skin. Delivered by our meticulously trained experts, each ESPA facial is personalised with the latest innovative techniques and pure, natural TriActive™ products. Your ESPA facial will leave you feeling completely uplifted and glowing with natural radiance.

ONE&ONLY REETHI RAH BESPOKE FACIAL (60 MINUTES)

Your treatment begins with a detailed consultation and in-depth skin analysis. SkinVision™ technology identifies skin conditions invisible to the naked eye. Every product and technique will be specifically selected for your needs, including cleansing, exfoliation, steam, extractions (where necessary), massage, mask and intensive serum. To finish: a tension-relieving scalp massage and personalised recommendations for your skincare ritual.

ADVANCED RADIANCE FACIAL (90 MINUTES)

Nourish, brighten and hydrate your skin – and reveal your natural beauty. Your skin is deeply cleansed with Clarisonic brushes then lifted and smoothed with a facial mask. The ideal treatment to boost cellular regeneration, reduce fine lines and wrinkles, and invigorate your skin. What more could you need? We'll finish up with a facial massage with Rose Quartz crystals to soothe redness and give skin a beautiful dewy look.

ULTIMATE LIFTING, FIRING AND TONING FACIAL FEATURING NUFACE (90 MINUTES)

Enhance cellular regeneration, and improve skin tone and firmness with this advanced facial. Your therapist will use Tri-Active™ products and special lifting massage techniques to give your skin a healthier and more youthful appearance. NuFACE technology uses microcurrents to lift and firm the skin. The perfect non-invasive treatment for immediately visible results.



ONLY BODY

Wave goodbye to aches and pains and cast away your cares. Soothe body and soul with the therapeutic power of massage. Your bespoke relaxing total-body experience awaits. You need to feel it to believe it.

ONE&ONLY ONLY MASSAGE (60/90 MINUTES)

Discover complete serenity with this treatment designed to leave you feeling looser, lighter and carefree. Everything is tailored to your wants and needs to give you the most indulgent experience possible. Enjoy a personalised full-body aromatherapy massage and a warm Rose Quartz crystal scalp massage. Seeking total relaxation? This is the ideal treatment for you.

AYURVEDIC ABHYANGA (90 MINUTES)

Abhyanga (meaning towards movement) is a traditional Indian massage therapy using warm Ayurvedic herbal oils. With its healing properties and uplifting results, this full-body massage is ideal for those seeking greater harmony and equilibrium. Your therapist will use ancient techniques and naturally fragrant oils to create an experience bespoke to your needs. A balancing treatment for mind, body and soul.

DEEP MUSCLE MASSAGE (60/90 MINUTES)

Discover the de-stressing power of volcanic hot stones with this full-body massage tailored to your needs. When your muscles are warm, it's easier to work out knots and relieve tension. Take a load off with this profoundly relaxing massage.

HOT STONE MASSAGE (60/90 MINUTES)

Warm volcanic stones applied to the skin heat your muscles, allowing your therapist to work deeper to relieve tension. The warmth of the stones and the therapeutic scent of aromatherapy oils make for an intoxicating combination. You simply won't want to leave the One&Only Spa.

DETOX MASSAGE (60/90 MINUTES)

With all that life throws at us it's no wonder we sometimes yearn to cleanse and purify ourselves. This detoxifying massage does just that, by encouraging toxins and lymph fluid to leave the body. Invigorating and stimulating massage techniques work to activate blood circulation, and a soft lymphatic drainage massage leaves you feeling lighter. You'll practically feel the impurities escaping - along with all of your cares.

HOONA HERBAL MASSAGE (90 MINUTES)

A therapeutic full-body massage using aromatherapy oils, enhanced by the restorative powers of warm herbal poultices. Relieves deep muscle tension while encompassed in true Maldivian herbs.

ELEVATE SIGNATURE MASSAGE (60 MINUTES)

Enjoy a Thai-inspired massage, designed to relax and reopen the body's natural energy flow. Gentle stretching, acupressure massage techniques and synchronised breathing exercises will invigorate your mind and body. You'll feel supple, full of energy and shining with vitality.

FITNESS MASSAGE (60/90 MINUTES)

Sometimes it takes a firmer touch to work out the deep knots caused by our busy lives. This powerful massage treatment is designed to alleviate deep-seated tension and muscular stress. Your therapist will warm your skin with soothing cypress and clove essential oils. Then, they'll target problem areas with acupressure and deep movements using their forearms and elbows. An intense stress-reliever.

BALINESE MASSAGE (60/90 MINUTES)

This soothing and indulgent massage leaves your mind, body and spirit soothed and relaxed. Soft to medium pressure using long sweeping movements with warm oil.

MINDFUL MASSAGE (90 MINUTES)

The pace of everyday life can leave you feeling drained. Slow it down and refocus with this mindful treatment. Your therapist will guide you through breathing and visualisation techniques to help relax the mind and release any physical or emotional anxiety. Then, you'll be treated to a full-body massage. We'll work out any tension in the feet with an acupressure-point massage, helping bring balance to the whole body. A re-energising scalp massage with warm Rose Quartz crystals will gently ease you back to reality. Afterwards you'll feel like you're walking on air.

REFLEXOLOGY FOOT THERAPY (60 MINUTES)

Reflexology is an ancient Chinese alternative medicine known for its power to bring balance and grounding energy to the body. Focused on the reflex zones of your feet and lower legs, this restorative treatment releases tension and helps to reduce water retention. The ideal treat to relieve tired toes after a long journey.



ONLY SECLUSION

Enjoy the natural splendour of our spa exclusively with your loved one when you indulge in a private escape. A bespoke private pampering experience is the ultimate way to refresh and unwind on this majestic tropical island. Complete tranquillity guaranteed.

ONLY COUPLES COLLECTION (225 MINUTES)

Take your one and only's hand and follow the secluded walkway to your private spa suite, suspended on stilts over crystal-clear waters. Here, you'll be spoiled with a choice of personalised treatments, including a heat experience in the oceanside bath and steam room. The Only Couples Collection is totally customisable, so speak to our spa team to create your perfect escape.

TIME: A TAILORED FIT (165 MINUTES)

Our private spa suites offer the ultimate spa escape – a perfect choice for those seeking complete privacy. Each of our two private spa suites are suspended over water, linked to the island via a secluded walkway. Your choice of a fusion of treatments tailored to your personal needs. The experience includes personal heat experiences, including an oceanside bath and steam room for two. Please allow our spa team to guide you on the additional experiences within our beautiful spaces.

OUR ISLAND HIDEAWAY (120 MINUTES)

For the first part of your couples' experience, you'll come to a secluded patch of the beach nearby the spa. Side by side, listening to the sound of the waves, you'll each enjoy a luxurious hand ritual with sea salt and flower petals, followed by a 90-minute aromatherapy body massage. Then, you'll have a traditional tea ceremony, right on the beach. The final part of the experience takes place in your own villa, where we'll arrange your signature bath, a glass of Champagne each and a plate of exotic fruit.

ONLY FOR THE NEW GENERATION

Each of our exclusive treatments for 12-to-16-year olds is specifically tailored for younger skin. A perfect introduction for up-and coming spa-lovers.

ACTIVE FLOW MINI MASSAGE (30/45 MINUTES)

After a long day exploring the tropical jungle or swimming in the turquoise ocean, your body will thank you for treating it to a relaxing head, neck and shoulder massage, including a nourishing scalp treatment. You'll be ready for your next island adventure in no time.

BOUTIQUE FACIAL (45 MINUTES)

Enjoy a gentle cleansing facial, hydrating face mask, soothing eye pads and a relaxing scalp massage. This facial is specially designed to target impurities and leave your skin looking and feeling refreshed and rebalanced.





ONLY NURTURE

Safe, restorative, nurturing therapies for new mums and mums-to-be. You need a little extra care when you're expecting. Where better to indulge than in a picturesque island paradise?

MATERNITY MASSAGE (60 MINUTES)

Put your feet up and sink into total relaxation mode with this full-body massage specifically designed with expectant mothers in mind. Your therapist will pay careful attention to the areas particularly prone to tension during pregnancy.

TIME OUT FOR MOTHERS-TO-BE (120 MINUTES)

A full relaxation package for new mums and mums-to-be in need of some quality me time. We've selected the most suitable and nurturing treatments to help you feel your best. Get comfortable and enjoy a soothing back exfoliation and tension-relieving massage followed by a wrap and massage to alleviate tired, heavy feet and legs. A facial cleanse and massage will restore your natural radiance. Just what the doctor ordered.



REVITALISING RITUALS FOR YOUR HAIR

Sun, sea and sand can be tough on your hair. So relax and let the experts take care of your locks in our state-of-the-art hair salon. Your Kérastase ritual begins with a consultation to determine which products are best suited to your hair type. Then, we'll help you choose the perfect treatment for you. Your hair's vitality, health and shine will be restored in no time.

CUTTING AND STYLING: LADIES, GENTLEMEN AND CHILDREN

Just like everything else at One&Only Reethi Rah, at our salon we're devoted to personal service. Using only the very best products, our Hair Artists work their magic to style your hair exactly how you'd like. Please allow an hour for your appointment, so we can create your perfect look.

CONDITIONING HAIR TREATMENTS & RITUALS

Your hair works hard, even when you're relaxing. A little extra attention is always a good idea, especially in our tropical climate. We have an extensive range of restoring and protecting treatments that you can add to your appointment. Treatments range from a quick-fix moisture boost to a reparative split-end ritual.

COLOURING

From root touch-ups to dip dyes and everything in between, our hair colour experts will create a look that's true to you. Using the latest colouring techniques and natural products where possible, we'll make your dream hair colour a reality. Please come in at least 48 hours before your appointment so we can patch test for any allergic reactions.

COLOUR CHANGES AND CORRECTIONS

Looking for a dramatic change of hair colour? Our technicians are expertly trained in colour corrections, so they can advise you on the best way forward. Major colour changes and corrections can take multiple appointments - your colour technician will let you know costs and timings during your complimentary consultation. Please come in at least 48 hours before your appointment so we can patch test for any allergic reactions.

PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

Entrust your hands and feet to the care of the world's most revered podiatrists. Bastien Gonzalez's multi-award-winning hand and foot treatments have been described by Vogue as the Rolls-Royce of manicures and pedicures.

BASTIEN PEDICURE (60 MINUTES)

A full foot overhaul to eliminate hard skin and dryness. You'll love this bliss-inducing treatment. A massage from your toes up to your knees will relieve any muscle tension and heaviness, and stimulate circulation. All topped off with a gentle buffing nail treatment which restores the natural beauty of the nail, leaving it looking healthy and shiny.

BASTIEN MANICURE (45 MINUTES)

An exceptional manicure in three simple steps: a cuticle and nail treatment, natural filing and buffing and a gentle massage of the forearms, wrists, hands and fingers. Your nails will be restored to their natural elegance.

BASTIEN DUO (75 MINUTES)

This multi-award-winning treatment takes care of your feet, legs, hands and arms. Manicures and pedicures don't get any better than this. The results will shine in your strong, healthy and beautiful nails.

NAIL BRIGHTNESS (45 MINUTES)

A real treat for the feet focused on refreshing your nails. Our expert therapists will tidy your cuticles and lightly smooth away any dry skin. Nails are reshaped and buffed with Chamois leather and a pearly buffing cream. Your treatment ends with a relaxing foot massage. The result? Healthy, shiny and naturally beautiful nails.

FOOT RE-FOUNDATION (35 MINUTES)

For heavy and tired legs, this treatment is just what you need. Starting with a Black Diamond Scrub exfoliation, so you'll get more benefit from the creams used during your massage treatment. Then, your feet and legs up to the knees will be massaged, relieving muscle tension, aiding joint mobility and boosting blood circulation.

GLOBAL REFOUNDATION (35 MINUTES)

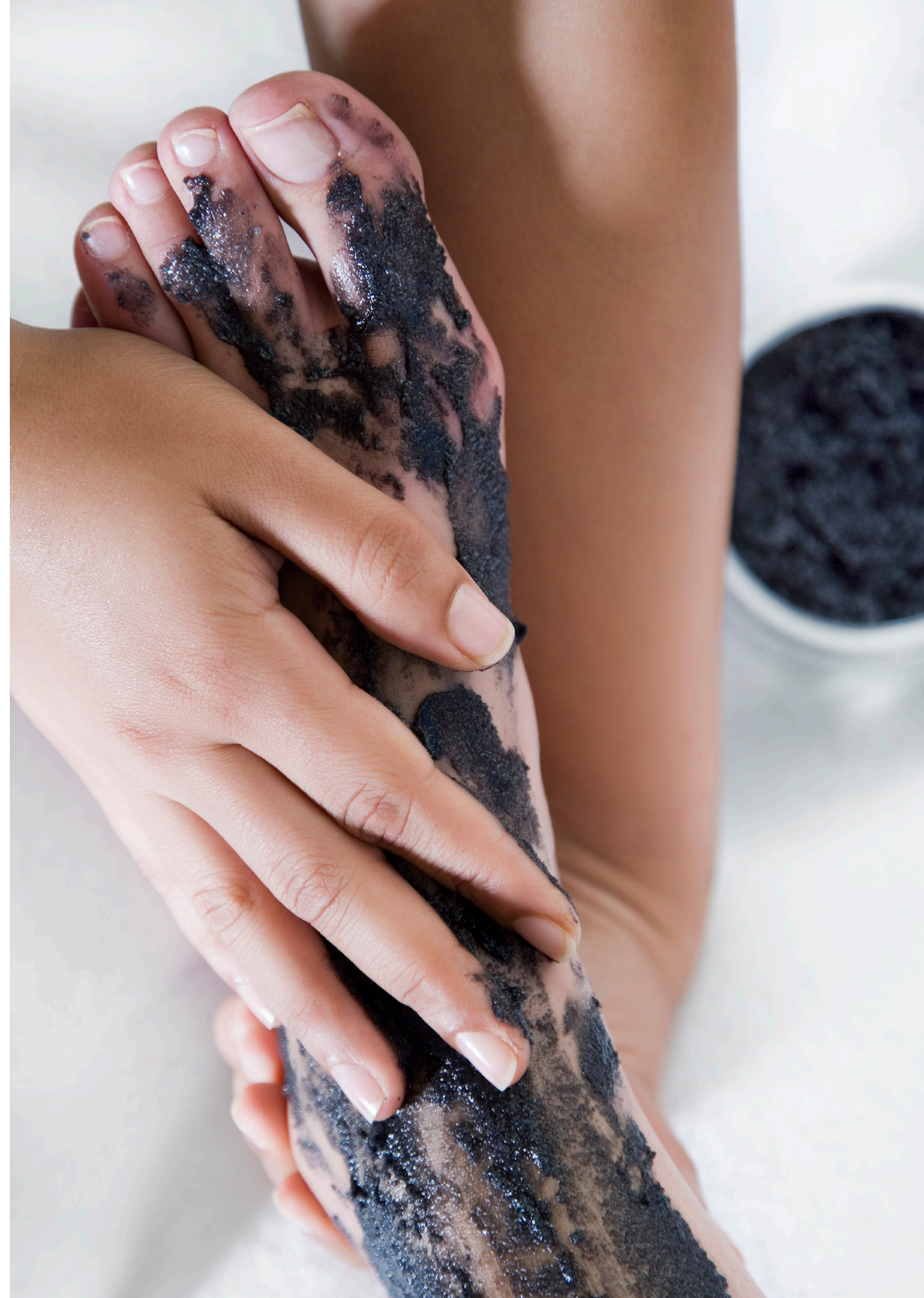
A soothing and calming massage, from the toes up to the knees and from the fingers up to the elbows. As our adept therapists massage your hands and feet at the same time, you'll feel your body become lighter, your skin become more supple and your joints relax.

PODIATRIST ASSESSMENT (45 MINUTES)

An individualised evaluation of the structure, alignment, and function of the lower limbs. Using a baropodometric platform, our podiatrist will perform a biomechanical assessment, gait analysis, and postural assessment to recommend the most effective and relieving treatment for your specific conditions.

BGA INSOLES[®]

Following your podiatrist assessment, experience the cutting-edge technology of podiatric cures through personalised thermoformed BGA Insoles, made to order by our resident podiatrist and suitable for various activities and needs. Enhance your wellbeing or fitness by providing balance, support, and exceptional relief to your feet.





HEALTH & WELLNESS

There's no time like the present to kick-start your training regime. Whether you're a gym lover or a total newbie, our personal trainers will create a programme tailored to your abilities and goals. Arrive home feeling fitter and healthier than ever.

FITNESS ASSESSMENT (30 MINUTES)

First, you'll complete a health and fitness questionnaire and a series of tests designed to assess your body's composition, muscular endurance, stamina and flexibility. Then, your personal trainer will map out a fitness regime based on your results. Your programme will be suitable for your stay at the resort and beyond, so you can keep up momentum when you return home.

TRX® SUSPENSION TRAINING (30/60 MINUTES)

Looking for a fast and effective total-body workout? TRX® Suspension Training uses your own bodyweight to develop strength, balance, flexibility and core stability simultaneously. Suitable for all abilities and levels of fitness.

QUEENAX SUPERFUNCTIONAL TRAINING (30/60 MINUTES)

You're in paradise, so why not move your workout outdoors? Here, you'll find the Queenax Superfunctional training frame. Let us adjust its bars and beams to design your perfect workout: we can attach boxing bags, ropes, TRX® Suspension Trainers, aerial yoga hammocks - the options are endless. Our personal trainers will be happy to create an outdoor challenge on the Queenax especially for you.

SPINNING (60 MINUTES)

An efficient non-impact workout that builds cardiovascular endurance, improves metabolism and sculpts lean and toned muscles. The perfect counterbalance to any holiday indulgences.

KINESIS® TRAINING (30/60/90 MINUTES)

If you're looking to improve your balance or build up your resistance training, try your hand at Kinesis® Training. This state-of-the-art equipment works various different muscles to activate your kinetic chain. Our instructors will help you get to grips with how it works.

RAW BEACH BOOT CAMP (60/90 MINUTES)

Shake things up with our army commando-style outdoor boot camp. This intense but fun workout burns fat, maximises weight-loss and increases your fitness level.

BOXING (30/60 MINUTES)

Set your pulse racing with this martial arts-inspired power cardio workout. Perfect if you need a stress-relieving energy boost. Boxing burns calories, builds muscle and improves posture and coordination.

YOGA (60/90 MINUTES)

An ancient practice that focuses on strength, flexibility and synchronised breathing for a healthier mind and body. Regular yoga practice improves energy levels, blood circulation and sculpts strong, toned muscles. Yoga's mindful movement also helps us concentrate, deal with stress and calm our minds.

Whether you're a seasoned yogi or a complete beginner, we have a yoga class to suit you.

Yoga styles at One&Only
- Pranayama
- Hatha
- Aerial
- Meditation

ASSISTED STRETCHING (30/60 MINUTES)

A one-to-one session to help you stretch and relax. Your dedicated trainer will focus on any areas of tension. Rids your body of tightness, improves your overall flexibility and leaves you feeling totally Zen.

MEDITATION (60/90 MINUTES)

There's nowhere better to practise meditation than here, on one of the world's most beautiful tropical islands. We use a variety of meditation techniques to help you empty your mind and arrive at a place of peace and serenity. Experience the power of yogic breathing and pranic healing to bring balance to your body and mind. Perfect if you want to clear your head, improve concentration or simply let go of your cares.

MAT PILATES (60/90 MINUTES)

Mat pilates combines physical challenge with mindful breathing. You'll strengthen your core muscles with a series of subtle but effective exercises that test concentration, balance and breath control. This workout is ideal for beginners.

PILATES REFORMER (60/90 MINUTES)

Our Pilates Reformer class is perfect for those seeking a more advanced practice. You'll use a range of equipment including cables, bars, straps, pulleys and adjustable springs to regulate tension and build up resistance throughout the exercises.





YOUTH WELLNESS

Listen up younger guests, it's time to get active! These super fun activities are kid-friendly and completely safe and supervised, so parents can have total peace of mind.

SWIMMING (30 MINUTES)

Our ocean-wrapped atoll is the perfect place for junior splash-splashers to build confidence in the water. KidsOnly swimming coaches teach techniques to improve water skills and swimming ability in a fun and laid-back way.

Choose from three swimming levels:

LEVEL ONE: STARFISH (3-5 YEARS)

A mix of basic movements and activities designed to promote water safety and boost confidence in the water.

LEVEL TWO: OCTOPUS (6-8 YEARS)

Instruction on different swimming strokes, and an introduction to life-saving skills in the water.

LEVEL THREE: DOLPHIN (9+ YEARS)

Get to grips with swimming strokes, including freestyle, backstroke, breaststroke and butterfly.

BOXING (30/60 MINUTES)

Designed especially for younger guests, our boxing training helps develop self-defence skills, strengthens core muscles and improves coordination, body reflexes, speed and agility. Exercises are mainly focused on the upper body.

BEACH BOOT CAMP (60/90 MINUTES)

The fun way to get fit: army commando-style boot camp for all the family. Join our group training programme where kids, teenagers and grown-ups play games like soldier crawling, tug-of-war and obstacle races. Each session is filled with activities that improve coordination, flexibility, endurance and strength – and all the laughing you'll be doing is great for the core, too.

SPA ETIQUETTE

COVID-19

We would like you to relax during your visit and immerse yourself into the Spa Experience. For this reason, we have taken extra measures to safeguard our guests prior to arrival. We kindly ask the following:

For the safety of our guests and employees, if you or a member of your household has developed any of the following symptoms; cough, fever, breathlessness, sore throat, headaches within the last 7 days please contact the Spa prior to arrival of your appointment or facility use, so we can obtain further information.

As a gentle reminder, if you or any member of your household has recovered from any of these symptoms within the last 14 days, we recommend you call the spa prior to arrival.

APPOINTMENTS

We always recommend booking ahead. To make a reservation, simply call our spa reception at ext. 7765/7766 or visit us in person. We're happy to talk through the options and find the best treatments for you.

CANCELLATIONS AND RESCHEDULING

If you need to cancel or reschedule your appointment, please give us at least 24 hours' notice. Otherwise, the following charges apply:

- 50% of the treatment fee for cancellations made between 12-24 hours beforehand.
- 100% of the treatment fee for any no-shows, or cancellations made within 12 hours.

ARRIVING AT ONE&ONLY SPA

Out of respect for the health concerns of our staff and other guests and in alignment with the recommendations of our local government, we ask that you wear a face covering or similar during your visit.

We recommend arriving 15 to 30 minutes ahead of your appointment. When you arrive at the spa or fitness centre, please follow our staff as they facilitate our new arrival and check-in process. Arriving early also means you'll have time to relax and explore all the spa has to offer.

HEIGHTENED HYGIENE AND SANITATION

One&Only Spa has heightened our already rigorous hygiene and sanitation practices in all our spa and fitness areas.

HEALTH CONDITIONS

Please let our team know about any existing health conditions when booking your appointment, including high blood pressure, heart conditions, allergies, any recent surgeries or pregnancy.

WHAT TO EXPECT

When you arrive, you'll be provided with a robe, towels, slippers and disposable undergarments. We provide lockers where you can stow your belongings. During your treatment, privacy is assured with discreet draping.

AMBIENCE

Our spa is a tranquil space. To help you sink fully into relaxation, we'll ask you to speak in a lowered voice, and to leave your phone or camera in the lockers provided. The spa is completely non-smoking.

PREGNANCY

Our Only Nurture treatments are perfect for women in their second trimester of pregnancy, or nursing mothers. For your safety, we recommend avoiding treatment 24 hours before or after travelling. We're unable to offer treatments to expectant mothers in their first or third trimester.

MEN'S FACIALS

For the very best results, we recommend you shave a few hours before your treatment.

VALUABLES

As we cannot guarantee the safety of your valuables, we recommend you leave these in your room.

AGE REQUIREMENTS

We welcome guests aged 16 and over to the spa and its shared facilities. For younger guests, we've created the Only for the New Generation menu, offering a range of treatments just for them.

GIFT VOUCHERS

Our reception team will be happy to help you gift your loved ones their dream treatment.

BOUTIQUE

Bring your One&Only spa experience home, with our exclusive range of bath, body and home products. Our spa reception team will be happy to guide your choices.

LOST PROPERTY

Ask our spa reception if you've lost or misplaced something. We keep all found items on hand for four months, donating them to local charities thereafter.

SPA & FITNESS

tariff

TREATMENTS	DURATION	USD
NATURE'S RESONANCE		
Sound Treatment	30 mins	160
Sound & Body Treatment	60 mins	270
Sound, Face & Body Treatment	90 mins	320

ONLY HERE		
One&Only In Harmony	120 mins	470
One&Only Tropical Detox	120 mins	390
One&Only Essence of Reethi Rah	180 mins	470
WatSu	60 mins	250

ONLY FACE		
Reethi Rah Bespoke Facial	60 mins	230
Advanced Radiance Facial	90 mins	300
Ultimate Lifting, Firming & Toning Facial featuring NuFace®	90 mins	320

ONLY BODY		
One&Only - Only Massage	60/90 mins	230/280
Ayurvedic Abhyanga	90 mins	300
Deep Muscle Massage	60/90 mins	250/300
Hot Stone Massage	60/90 mins	240/290
Detox Massage	60/90 mins	250/300
Hoona Herbal Massage	90 mins	300
Elevate Signature Massage	60/90 mins	250/300
Fitness Massage	60/90 mins	250/300
Balinese Massage	60/90 mins	240/290
Mindful Massage	90 mins	290
Reflexology Foot Therapy	60 mins	250

ONLY SECLUSION		
Only Couples Collection	225 mins	930
Time: A Tailored Fit	165 mins	830
Our Island Hideaway	120 mins	770

All our 'ONLY SECLUSION' treatment prices are for two persons.

ONLY FOR THE NEW GENERATION		
Active Flow Mini Massage	30/45 mins	100/140
Boutique Facial	45 mins	140

ONLY NURTURE		
Maternity Massage	60 mins	250
Time Out for Mothers-To-Be	120 mins	320

PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ	DURATION	USD
Bastien's Duo	75 mins	230
Bastien's Pedicure	60 mins	160
Bastien's Manicure	45 mins	90
Nail Brightness	60 mins	90
Global Hand & Foot Refoundation	35 mins	140
Foot Refoundation	35 mins	110
French Touch	30 mins	40
Paraffin Touch	20 mins	30
Scrub Touch	15 mins	30
Colour Touch	20 mins	30
Podiatrist Assessment	45 mins	80
BGA Insoles *		320
Shellac Removal	20 mins	30
Shellac Touch	30 mins	70
Shellac Touch Add-On	30 mins	40

ONE&ONLY HAIR SALON	DURATION	USD
CUTTING & STYLING FOR LADIES, GENTLEMEN AND CHILDREN		
Ladies' Stylist Cut	60 mins	160
Ladies' Wash & Blow Dry - Short/Long	60 mins	80/120
Gents' Cut & Style	60 mins	100
Gents' Clipper Cut	60 mins	50
Cut for the Little Ones	45 mins	60

CONDITIONING HAIR TREATMENTS & RITUALS		
Kérastase Caviar Deluxe Hair Ritual	60 mins	180
OLAPLEX In-Salon Treatment	60 mins	120
OLAPLEX Add-on to Colour Service	60 mins	90
Kérastase Fusio-Dose Treatment	15 mins	80
<i>*All conditioning treatments exclude blow dry.</i>		

COLOUR SERVICES		
Colours and Toners		
Semi-Permanet Gloss	120 mins	140
Permanent Tint	120 mins	160
Tint Regrowth	120 mins	120

HIGHLIGHTS		
T-Section	120 mins	180
Half Head	120 mins	220
Full Head	120 mins	290
Additional Colour	120 mins	80

BLEACH		
Full Head & Toner		*Price upon consultation
Roots & Toner	120 mins	290

BARBER AND BLADE	DURATION	USD
SIGNATURE GROOMING EXPERIENCES		
The Reethi Rah Luxury Wet Shave	60 mins	130
The Ultimate One&Only Wet Shave	70 mins	150
Haircut & Finish With Traditional Wet Shave	60 mins	150
Indian Head Massage	60 mins	140

THE BASICS		
Gents' Cut & Style	60 mins	100
Traditional Clipper Cut	30 mins	50
Razor Head Shave	45 mins	90
Traditional Wet Shave	45 mins	80
Beard Design	30 mins	80
Beard Trim	30 mins	70
Eyebrow Threading	20 mins	40
Cut for the Little Ones	45 mins	60

ONE-TO-ONE SESSIONS	DURATION	USD
Fitness Assessment	30 mins	85
Personal Trainings	30/60 mins	85/145
Couples Personal Trainings	30/60 mins	145/210
Power Plate	30 mins	85
TRX® Suspension Training	30/60 mins	85/145
Queenax Superfunctional Training	30/60 mins	85/145
Spinning	60 mins	145
Aqua Training & Water Conditioning	30/60 mins	90/160
Kinesis Training	30 mins	85
	60 mins	145
	90 mins	185
Raw Beach Boot Camp	30/60 mins	85/145
Boxing	30/60 mins	90/160
Assisted Stretching	30/60 mins	85/145
Football	30/60 mins	85/125
Individual Session	60 mins	105
Individual Package of 3 Sessions	60 mins	285
Individual Package of 5 Sessions	60 mins	445
Group (2 to 4 pax) per person	60 mins	75
Group of 5 pax	60 mins	375
Group (6 to 9 pax) per person	60 mins	65
Group of 10 pax	60 mins	650

YOGA & PILATES	DURATION	USD
Yoga	60/90 mins	180/220
Couples Yoga	30 mins	220
Aerial Yoga	60/90 mins	190/230
Meditation	60/90 mins	180/220
Mat Pilates	60/90 mins	180/220
Couples Mat Pilates	60 mins	220
Pilates Reformer	60/90 mins	190/230

YOUTH FITNESS	DURATION	USD
Swimming Lessons (+3 yrs)	30/60 mins	85/160
Boxing Session	30 mins	85
	60 mins	145
Beach Bootcamp	60 mins	160
	90 mins	200

Minimum age for gym use is 16 years.
 Gym attire and proper footwear are required.
 All prices are subject to change.
 All prices are subject to 10% service charge and applicable GST.

If you need to cancel or reschedule your appointment, please give us at least 24 hours' notice.
 Otherwise, the following charges apply:

- 50% of the treatment fee for cancellations made between 12 to 24 hours beforehand.
- 100% of the treatment fee for any no-shows, or cancellations made within 12 hours.



