

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.

ONLY SENSES

Rituals of Self-Care at One&Only Spa

ONLY FACE

Facial treatments that deliver visible results

ONLY BODY

Massage treatments for total-body relaxation

ONLY HIM

Treatments designed specifically for men

ONLY VITALITY

Treatments to boost your energy

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.

ONLY SENSES

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.

CONTOUR AND FIRM BODY TREATMENT (120 MINS)

Look as good as you feel with this toning, firming and invigorating treatment designed to reduce fluid retention and improve the skin's texture. This is a full-body experience that includes deep exfoliation, intensive lymphatic massage and a stimulating marine algae body wrap to remove toxins. Your skin will feel supple, smooth and look more radiant than ever.

REFLEXOLOGY FOOT THERAPY (60 MINS)

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.

ULTIMATE LIFTING, FIRMING AND TONING FACIAL FEATURING NUFAC (60 MINS)

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.

ESPA AWAKENING EXPERIENCE LIMITED EDITION (90 MINS)

Rediscover a sense of awakening with this comforting treatment to release emotional anxieties whilst relaxing the mind.

Nutrient-packed formulas combined with high performance facial massage to re-balance and hydrate skin. You'll emerge feeling restored and radiant.

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

ESPA MINDFUL MASSAGE (90 MINS)

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique in every way, guided breathing and visualization combined with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

Includes: Breathwork and visualization, massage to metamorphic zone of the feet, full body massage, scalp massage with warm Rose Quartz Crystals.

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 MINS)

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 MINS)

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, FIRMING AND TONING FACIAL FEATURING NUFACE (90 MINS)

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 YOU MASSAGE (60/90 MINS)

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.

HOT STONE MASSAGE (60/90 MINS)

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.

FITNESS MASSAGE (60/90 MINS)

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.

AYURVEDIC ABHYANGA (90 MINS)

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.

ELEVATE SIGNATURE MASSAGE (60/90 MINS)

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.

ONLY HIM

Feel reinvigorated and mentally recharged with our spa experiences tailored specifically for men. Massage the aches and pains from your body, or give your face the care it deserves. We'll cater to all of your individual needs and tastes.

MANKIND (60/90 MINS)

This massage is perfect if you suffer from tension, headaches or neck pain. We'll tailor this treatment to you, focusing on your specific problem areas. After your stress relieving back, face and scalp massage you'll be revived, reinvigorated and ready for anything.

MEN'S DEEP CLEANSING FACIAL (60 MINS)

Designed specifically to purify, hydrate and soothe male skin. This deeply cleansing facial buffs away dead skin. You'll feel like a new man.

DEEP MUSCLE MASSAGE (60/90 MINS)

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.

ONLY VITALITY

A visit to our spa isn't just about relaxation - you'll feel renewed physically and mentally, too. If you're feeling weary, anxious, stressed, or simply want to get your sparkle back, look no further than our vitality treatments.

DETOX MASSAGE (60/90 MINS)

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.

BODY TREATMENT (120 MINS)

Look as good as you feel with this toning, firming and invigorating treatment designed to reduce fluid retention and improve the skin's texture. This is a full-body experience that includes deep exfoliation, intensive lymphatic massage and a stimulating marine algae body wrap to remove toxins. Your skin will feel supple, smooth and look more radiant than ever.

REFLEXOLOGY FOOT THERAPY (60 MINS)

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 MINS)

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.

OUR ISLAND HIDEAWAY (120 MINS)

For the first part of your couples' experience, you'll come to a secluded patch of the beach near by 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 12-16-year-olds is specifically tailored for younger skin. A perfect introduction for up-and-coming spa-lovers.

BOUTIQUE FACIAL (45 MINS)

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.

ACTIVE FLOW MINI MASSAGE (30/45 MINS)

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.

GET MUDDY (20 MINS)

This mineral-rich mud treatment is a fun way to relax and re-charge. A nourishing scalp, neck and shoulder massage makes it perfect for little ones.

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 MINS)

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 MINS)

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 smoothing 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.

SUN TREATMENTS BY ESTHEDERM PARIS

Legendary French cosmeticians Esthederm Paris are the ultimate experts when it comes to skincare in the sun, so before - and after - you catch some rays, treat your skin to a little TLC.

BEFORE SUN – FACE AND BODY (60 MINS)

Prepare your skin for safe tanning with this pre-sun treatment. Your therapist will gently buff away any dead skin cells with an exfoliation designed for even tanning. Then follow that with a specialist moisturiser and cell energiser to protect your skin from photo-ageing and dehydration. You'll be ready for the beach in no time.

TANBOOSTER – FACE AND BODY (60 MINS)

Give your tan an instant boost. This intense booster treatment stimulates melanin production in the skin to help you quickly build an even tan. Skin is nourished and deeply moisturised, reducing the risk of flaking. Suitable for all skin types, especially dry skin, or olive-toned skin that tans easily.

SELF-TANNING TREATMENT – FACE (90 MINS)

Get a natural-looking sun-kissed glow in no time – without exposing your skin to the sun. This treatment creates an even and long-lasting tan. What's more, it leaves skin feeling soft, supple and rejuvenated. Your tan will begin to show after two hours, with final results clear after 24 hours. Suitable for all skin types, and can be repeated up to three times a week to build a deeper shade.

INTENSE AFTER SUN CARE – FACE AND BODY (60 MINS)

SOS therapy for sunburnt skin. Your therapist will use sensitivity-safe products, specially formulated to repair inflamed skin while relieving pain and redness. This ultra-calming treatment immediately soothes overheated skin and reinforces the skin's tolerance to sun exposure.

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 multi-award-winning hand and foot treatments have been described by Vogue as the Rolls-Royce of manicures and pedicures.

BASTIEN PEDICURE (60 MINS)

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 MINS)

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.

NAIL BRIGHTNESS (60 MINS)

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, naturally beautiful nails.

COLOUR TOUCH (20 MINS)

Choose your perfect shade from our range of Révérence de Bastien nail lacquers. We use only formaldehyde-, toluene-, DBP- and camphor-free products to prevent any damage to your nails. Includes nail reshaping.

FOOT RE-FOUNDATION (35 MINS)

Are your legs feeling heavy, tired or swollen, perhaps after a long flight? If so, this treatment focused on your feet and legs is just what you need. We'll start 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. Just what you need after a long flight.

SCRUB TOUCH (15 MINS)

To get the most out of your pedicure or manicure, opt for a Black Diamond Scrub Touch first. Formulated with black diamond, mother of pearl and black volcanic sand granules, this luxurious scrub works to cleanse and clear away dead skin cells for silky smooth skin, prepped to soak up the benefits of the moisturising creams.

PARAFFIN TOUCH (20 MINS)

Add a little extra indulgence to your manicure or pedicure with a warm and nourishing paraffin wax soak. Hands and feet will feel silky smooth.

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 MINS)

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.

POWER PLATE® (30 MINS)

The Power Plate® moves 25 to 50 times per second to stimulate the body's natural response to vibration. This whole-body vibration technique speeds up your health and fitness development. So whether you want to get fitter, improve flexibility, build muscle or simply improve your general health, the Power Plate® will help you become who you want to be.

TRX® SUSPENSION TRAINING (30/60 MINS)

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 MINS)

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.

INDOOR CYCLING (60 MINS)

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® PROGRAMME (30/60/90 MINS)

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

BOOT CAMP (60/90 MINS)

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.

KICKBOXING (30/60 MINS)

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

YOGA (60/90 MINS)

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

ISLAND RUN (30/60 MINS)

Get double the rewards with this island run that takes in breathtaking views of the turquoise Indian Ocean. Totalling 6.4 kilometres, this flat off-road circuit follows a sandy path around the whole island, so you can soak up the scenery while you get fit.

ASSISTED STRETCHING (30/60 MINS)

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 MINS)

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 MINS)

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 MINS)

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 (60 MINS)

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 MINS)

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

BEACH BOOT CAMP (60/90 MINS)

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 center, 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. To allow guests to more easily practice social distancing and to ensure we are able to maintain the highest levels of sanitation throughout our facility, wet areas are temporarily closed to guests.

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 | | USD |
|--|------------|---------|
| ONLY SENSES | | |
| Awakening Experience - Limited Edition | 90 mins | 285 |
| Contour & Firm Body Treatment | 120 mins | 320 |
| Ultimate Lifting, Firming & Toning Facial featuring NuFace® | 90 mins | 275 |
| ESPA Mindful Massage | 90 mins | 270 |
| Reflexology Foot Therapy | 60 mins | 225 |
| ONLY FACE | | |
| Reethi Rah Bespoke Facial | 60 mins | 200 |
| Advanced Radiance Facial | 90 mins | 270 |
| Ultimate Lifting, Firming & Toning Facial featuring NuFace® | 90 mins | 275 |
| ONLY BODY | | |
| One&Only - Only Massage | 60/90 mins | 225/260 |
| Ayurvedic Abhyanga | 90 mins | 260 |
| Hot Stone Massage | 90 mins | 260 |
| Fitness Massage | 60/90 mins | 225/260 |
| Elevate Signature Massage | 60/90 mins | 225/260 |
| ONLY FOR HIM | | |
| Mankind | 60/90 mins | 225/260 |
| Deep Muscle Massage | 60/90 mins | 225/260 |
| Men's Deep Cleansing Facial | 60 mins | 200 |
| ONLY VITALITY | | |
| Contour & Firm Body Treatment | 120 mins | 320 |
| Detox Massage | 60/90mins | 225/270 |
| Mindful Massage | 90 mins | 270 |
| Reflexology Foot Therapy | 60 mins | 225 |
| ONLY SECLUSION | | |
| Only Couples Collection | 225 mins | 1005 |
| Our Island Hideaway | 120 mins | 830 |
| All our 'ONLY SECLUSION' treatment prices are for two persons. | | |
| ONLY FOR THE NEW GENERATION | | |
| Active Flow Mini Massage | 30/45 mins | 100/150 |
| Boutique Facial | 45 mins | 150 |
| Get Muddy | 20 mins | 80 |
| ONLY NURTURE | | |
| Maternity Massage | 60/90mins | 225/260 |
| Time out for mother-to-be | 120 mins | 280 |

TREATMENTS**USD****PEDI: MANI: CURE STUDIO BY BASTIEN GONZALEZ**

| | | |
|---------------------------|---------|-----|
| Bastien's Pedicure | 60 mins | 180 |
| Bastien's Manicure | 45 mins | 105 |
| Nail Brightness | 60 mins | 95 |
| Foot Refoundation | 35 mins | 100 |
| Paraffin Touch | 20 mins | 30 |
| Black Diamond Scrub Touch | 15 mins | 30 |
| Colour Touch | 20 mins | 30 |

ONE&ONLY HAIR SALON**USD****CUTTING & STYLING FOR LADIES, GENTLEMEN AND CHILDREN**

| | | |
|--|--|-----------|
| Ladies Wash, Cut & Blow Dry | | 130 |
| Ladies Wash & Blow Dry - Short/Medium/Long | | 80/95/120 |
| Gents Cut & Style | | 95 |
| Gents Clipper Cut | | 50 |
| Cut for the Little Ones | | 40 |

CONDITIONING HAIR TREATMENTS & RITUALS

| | | |
|-------------------------------------|--|-----|
| Kérastase Caviar Deluxe Hair Ritual | | 180 |
| OLAPLEX In-Salon Treatment | | 120 |
| OLAPLEX Add-on to Colour Service | | 90 |
| Kérastase Nourishing Hair Ritual | | 120 |

COLOUR SERVICES

Colours and Toners (Prices start from)

| | | |
|---------------------|--|-----|
| Semi-Permanet Gloss | | 130 |
| Permanent Tint | | 150 |
| Tint Regrowth | | 95 |

HIGHLIGHTS

| | | |
|--------------------------------------|--|-----|
| T-Section | | 165 |
| Half Head | | 205 |
| Full Head | | 245 |
| Additional Colour between Highlights | | 75 |

CREATIVE COLOUR WORKS (OMRE', BALAYAGE, ECAILLE)

| | | |
|-----------------------------|--|-----|
| Keeping Your Natural Roots | | 190 |
| With Additional Root Colour | | 275 |

BLEACH

| | | |
|-------------------|--|--------------------------|
| Full Head & Toner | | *Price upon consultation |
| Roots & Toner | | 275 |

ONE-TO-ONE SESSIONS**USD**

| | | |
|---------------------------------------|------------|--------|
| Fitness Assessment | 30 mins | 85 |
| Power Plate® | 30 mins | 85 |
| TRX® Suspension Training | 30/60 mins | 85/145 |
| Queenax Superfunctional Training | 30/60 mins | 85/145 |
| Indoor Cycling | 60 mins | 145 |
| Aqua Training & Swimming Conditioning | 30/60 mins | 85/145 |
| Kinesis Programme | 30 mins | 85 |
| | 60 mins | 145 |
| | 90 mins | 185 |
| Boot Camp | 30/60 mins | 85/145 |
| Kickboxing | 30/60 mins | 85/145 |
| Island Run | 30/60 mins | 85/145 |
| Assisted Stretching | 30/60 mins | 85/145 |

Rate for additional person 30/60/90 minutes - \$30/60/90

YOGA & PILATES**USD**

| | | |
|------------------|------------|---------|
| Yoga | 60/90 mins | 160/200 |
| Aerial Yoga | 60/90 mins | 175/205 |
| Meditation | 60/90 mins | 160/200 |
| Mat Pilates | 60/90 mins | 160/200 |
| Pilates Reformer | 60/90 mins | 175/205 |

Rate for additional person 30/60/90 minutes - \$30/60/90

YOUTH FITNESS**USD**

| | | |
|---------------------------|---------|-----|
| Swimming Lessons (+3 yrs) | 60 mins | 145 |
| Boxing Session | 30 mins | 85 |
| | 60 mins | 145 |
| Beach Bootcamp | 60 mins | 145 |
| | 90 mins | 185 |

Minimum age for gym use is 16 years.

Gym attire and proper footwear are required.

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