

One&Only

REETHI RAH

Maldives

SPA & FITNESS





AN INSPIRING COMBINATION OF WELL-BEING AND LEISURE,
ONE&ONLY REETHI RAH IS PERFECT FOR WELLNESS HOLIDAYS
ALIKE WITH RESTORATIVE SPA TREATMENT, FITNESS CLASSES AND
TWO EXCLUSIVE THERMAL FACILITIES FOR MEN AND WOMEN.

In the pursuit of well-being and awareness, One&Only Reethi Rah's wellness experiences are designed to create a unique, holistic and healthy experience amongst the stunningly beautiful backdrop of the Indian Ocean.

ONE&ONLY SPA
AWARDS AND ACCOLADES



Voted 'Best Overseas Hotel Spa'

Condé Nast Traveller UK Annual Readers' Travel Awards 2016

Ranked #2 under the 'Best Overseas Hotel Spa' category

Condé Nast Traveller UK Annual Readers' Travel Awards 2015

Named 'Luxury Wellness Resort of the Year'

Luxury Travel Guide (UK) 2015

Runner-Up under the 'Favourite Overseas Hotel Spa' category

Condé Nast Traveller Readers' Travel Awards (India) 2014

Won Best Overseas Hotel Spa with a score of 91.97

Condé Nast Traveller UK Annual Readers' Travel Awards 2014

Won Best Overseas Hotel Spa with a score of 91.97

Condé Nast Traveller UK Annual Readers' Travel Awards 2014

ONE&ONLY SPA

A spa experience tailored to specific needs and desires, choosing from an à la carte menu of specialised therapies, or one of our unique personalised spa journeys.



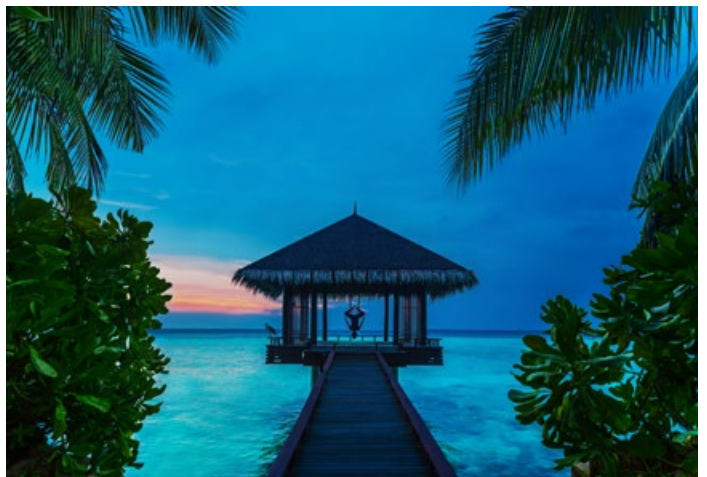
In this extraordinary tranquil setting, we invite you to indulge in a spa journey tailored to specific needs and desires, choosing from an à la carte menu of specialised therapies, or one of our unique personalised spa packages. Utilising indigenous and authentic techniques, the array of treatments encourage you to immerse yourself in the One&Only experience to truly understand and embrace the exotic environment. Be enlightened by our wellness offerings created to soothe, calm and nurture your body and mind.

OPEN DAILY FROM 9AM TO 9PM

**All of One&Only Spa's treatments can be offered in the privacy and comfort of your villa. Surcharges apply.*

YOGA & MEDITATION

Bring your body and mind together with our non-aerobic methods of exercising that focuses on strength, flexibility and breathing to boost physical and mental well-being.



Bring your body and mind together with our non-aerobic methods of exercising that focuses on strength, flexibility and breathing to boost physical and mental well-being. Increase your flexibility, strength and blood circulation through deep breathing. Enhance your mental well-being and increase a peaceful mind and relax through different techniques of meditation.

AVAILABLE AT ONE&ONLY SPA AND FITNESS CENTRE

SPA IS OPEN FROM 9AM TO 9PM

FITNESS CENTRE IS OPEN FROM 7AM TO 9PM

UNIQUE FACILITIES

A totally unique spa setting within one of the most tranquil environments in the Maldives, purposely designed to create a unique, holistic and healthy experiences.



Unique facilities at One&Only Spa include the Spa Garden, Outdoor Spa Courtyard and a Watsu (WATER SHIATSU) pool. The Spa Garden is home to impressive relaxation area with hammocks, cabanas and private bungalows. This serene botanical relaxation area is ideal for lingering a little longer after the treatment. Outdoor Spa Courtyard features outdoor vitality pool with jet showers and hydrotherapy beds, outdoor steam and sauna rooms. Inspired by the unique garden environment, the outdoor steam and sauna use aesthetic light and music elements together with a feeling of natural warmth to create a relaxing environment. Watsu is a form of aquatic therapy, which silences the mind, relaxes the body and opens the heart. It is a uniquely nurturing combination of massage, yoga-like stretches and point work carried out in 36°C water.

AVAILABLE AT ONE&ONLY SPA

VISITING PRACTITIONERS

Our empowering visiting practitioners are dedicated to guiding each guest into a state of greater well-being. Relish every opportunity towards more complete wellness.



One&Only Spa introduced the Wellness Visiting Practitioner programme to provide our guests with an opportunity to be acquainted and treated to specialised fields of the industry. These practitioners are industry leaders coming from all over the world, specialising in acupuncture, pilates, traditional herbal medicine and personal healing. Our visiting practitioner programme has become in demand amongst our guests and in fact, many of them are returning to the resort for certain practitioners' therapeutic experiences.

AVAILABLE AT ONE&ONLY SPA AND FITNESS CENTRE
PLEASE CONTACT ONE&ONLY SPA, GUEST INFORMATION OR YOUR CONCIERGE FOR THE CURRENT PROGRAMME

BEAUTY & GROOMING

PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ
ONE&ONLY HAIR SALON | BARBER&BLADE

Bringing the best experts and brands from around the world, we offer a full array of specialist grooming services to ensure that you will always look and feel your best.



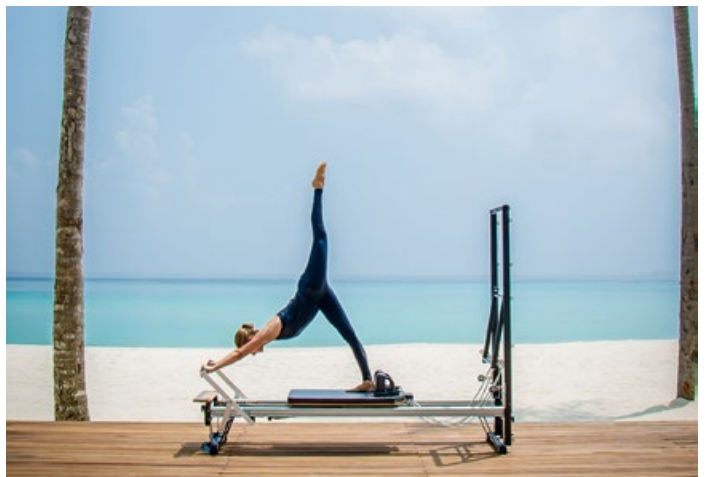
Attending to perfection and genuine flair, One&Only Spa's beauty and grooming services include pedicure/manicure, hair salon and barber studio. The treatments offered at the award-winning Pedi:Mani:Cure Studio by Bastien Gonzalez are available in the most luxurious spas and hotels in the world. The ultimate luxury is the Bastien's Duo, a synchronised four hands treatment focused on feet, legs, hands and arms which has been several times awarded.

Alternatively if you are looking for hair care after a day in the sun, or styling for the sunset cocktail party, the resident stylist from London does it all. For the discerning gentlemen, Barber&Blade provides a specially curated menu of treatments including shaving and barbering alongside facial treatments.

AVAILABLE AT ONE&ONLY SPA
PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ / ONE&ONLY HAIR SALON / BARBER&BLADE
ALL ARE OPEN FROM 11AM TO 8PM

FITNESS CENTRE

Staying fit is essential to a balanced life and the feeling of serenity and wellbeing that go with it.



The Fitness Centre at One&Only Reethi Rah is dedicated to your health and wellbeing and offers an experience that is second to none. The fitness environment is fully equipped with Technogym® ARTIS and Personal Selection ranges (including Kinesis™, Flexability™ and indoor group cycle classes), a unique and versatile outdoor Queenax Superfunctional training zone for boxing and body-weight exercises, and a Recharge Bar for a post-workout energy boost. Our personal trainers provide tailored training programmes for all abilities and fitness levels and give advice for maintaining fitness in the longer term.

OPEN DAILY FROM 7AM TO 9PM

**All of the Fitness Centre's sessions can be offered in the privacy and comfort of your villa. Surcharges apply.*