

T H E O V E R - W A T E R S P A

S E D U C E Y O U R S O U L

H O W T O S P A

Spa operating hours are 9.00 - 22.00 daily

MAKING RESERVATIONS

HOW DO I MAKE A SPA RESERVATION?

The Spa Retreat is immensely popular with guests and as such we strongly recommend that you book your Spa treatments well in advance. Reservations can be made in person or by dialing Conrad Service.

I AM NOT STAYING ON THE WATER VILLA ISLAND – AM I ALLOWED TO GO TO THE SPA?

Absolutely – all guests are welcome at both the Over-Water Spa and the Spa Retreat.

I AM PREGNANT – WHAT TREATMENTS DO YOU RECOMMEND?

As always, our number one priority is the safety and well-being of our guests. And as such, we do not recommend any Spa treatments for women in their first trimester and no full body treatments throughout the term of pregnancy. To assist with your choice of available treatments, please contact one of our Spa Consultants.

WHAT HAPPENS IF I NEED TO CANCEL MY TREATMENT?

If you would like to reschedule or cancel your booking, you can do so at any time subject to providing a minimum of 12 hours notice. If a cancellation is made less than 12 hours prior to your appointment time, a 50% charge will apply. If there is no notice provided, a full charge will be made for the services reserved.

CAN I HAVE A SPA TREATMENT IN MY VILLA?

Yes, most treatments are available for you to have in the privacy of your own villa. Please ask our Spa receptionists which treatments are available. A callout fee of \$ 100 will be added to the treatment charge.

THE TREATMENT ITSELF

HOW SHOULD I PREPARE FOR MY SPA TREATMENT?

Please shower off any oils and suntan creams prior to your treatment to allow better absorption of the products applied.

I AM MALE – SHOULD I SHAVE BEFORE MY SPA TREATMENT?

For men, we recommend shaving prior to having a facial for maximum comfort and benefit to the skin.

WHAT TO WEAR

There is no need to bring or wear any special clothing, as Spa wear is provided. Disposable underwear is provided for body treatments.

WHAT TIME SHOULD I ARRIVE FOR MY TREATMENT?

Please arrive at the Spa a minimum of 15 minutes before your scheduled appointment time – this allows you time to fill out your consultation form, enjoy the ambience and start the relaxation process before your treatment begins.

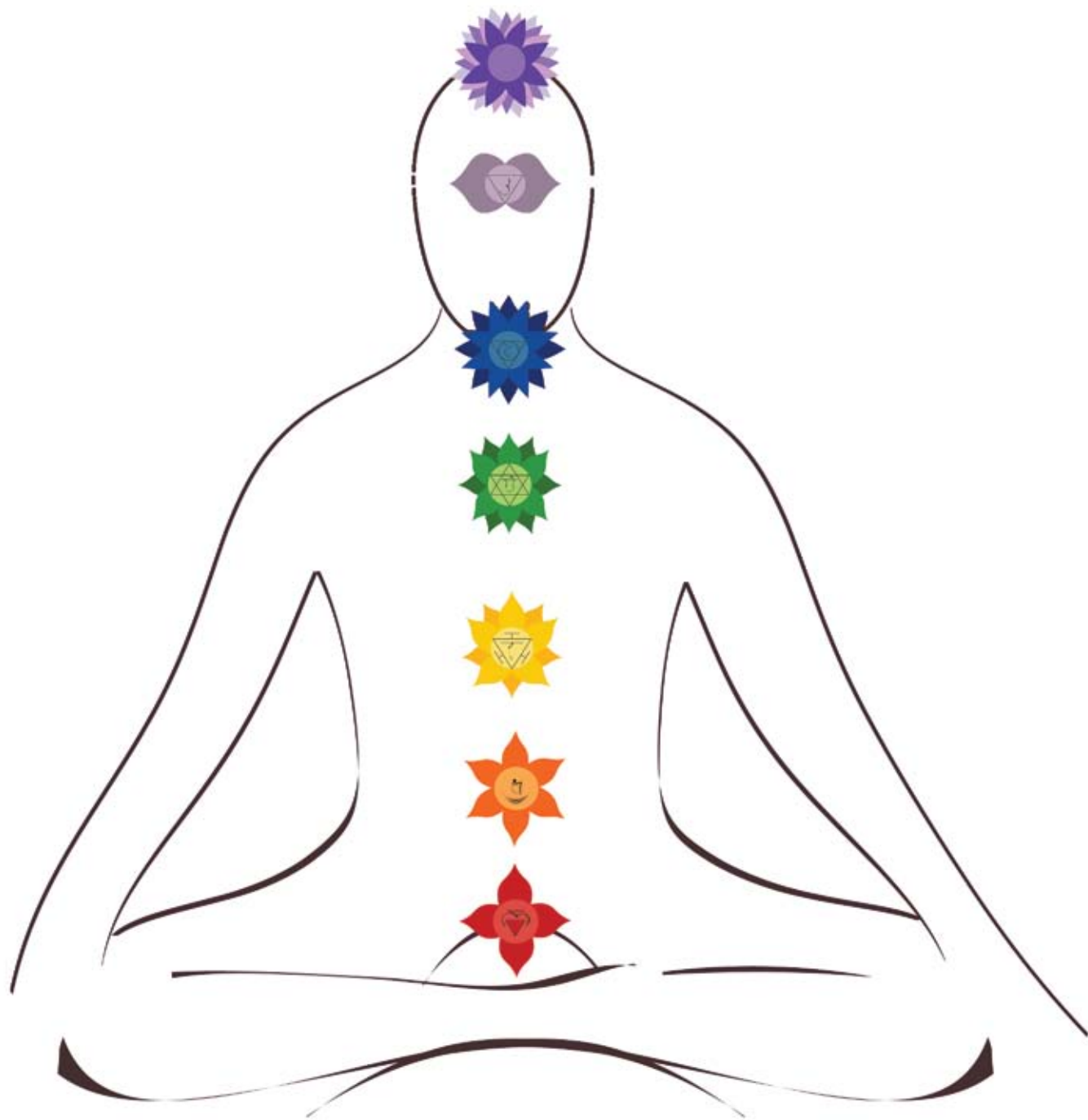
WHAT HAPPENS IF I AM LATE FOR MY APPOINTMENT?

As a courtesy to all our guests, a prompt appointment schedule is adhered to. Late appointments may not be honoured if there is a treatment booked immediately after and will be charged the cancellation fee.

WHAT MEDICAL OR PHYSICAL CONCERNS DO I NEED TO TELL THE THERAPIST?

All first-timers need to fill out a consultation form prior to their treatment – this is to provide you with the best possible experience and to assure your maximum safety and comfort.

All prices are in US dollars and subject to 10% service charge.



SIGNATURE TREATMENTS

COLOUR

RITUALS

The Dorissima colour rituals have been created as the ultimate in spa pampering journeys. Each ritual is unique and has been designed to correspond with the Chakra systems of the body, to bring about physical, emotional and spiritual enlightenment. Your treatment suite is bathed in gentle coloured light to stimulate the senses while the healing effect of music and aromatherapy combine to create your own personal sacred space for the ultimate in luxury spa journeys.

Each ritual commences with an initiation ceremony consisting of a refreshing foot bath combining pure Himalayan salts, selected fruits or flowers and specially blended essential oils. Enjoy your selected herbal tea to relax and prepare the body while taking a moment to focus on a positive affirmation to enrich and heighten your treatment experience.

To begin your treatment your therapist will guide you through a series of calming breathing exercises to release stagnant energy, purify the body and allow you to let go and immerse yourself in your chosen colour ritual, a truly unforgettable spa journey.



RED EMPOWERMENT

represents the base chakra, bringing about personal empowerment, vitality and personal assertiveness. This ritual is a great choice for those wanting to energize, purify and detoxify.



ORANGE ENLIVENMENT

represents the sacral chakra and inspires creativity, self respect and enlivenment. A perfect treatment for those wanting to instill a renewed zest for life, overcome jetlag and regain a sense of joy and happiness!



YELLOW CONFIDENCE

represents the solar plexus chakra, helping to inspire self-confidence, encourage concentration and relieve mental fatigue. A fantastic treatment ritual for those wanting to rejoice in life, refresh the mind and stimulate the senses.



GREEN BALANCING

represents the heart chakra, balancing the body and evoking a deep sense of comfort, love and compassion. A wonderfully grounding treatment to relieve stress and anxiety, inspire unconditional love and nurture the soul.



BLUE CALMING

represents the throat chakra and with it self expression and communication. A lovely treatment to calm the senses, clear the body on an emotional and physical level and pamper the skin.



INDIGO INTUITION

represents the brow chakra (third eye) to inspire feelings of self awareness and increased intuition. This treatment is perfect for those wishing to experience a deeper spiritual journey with this unique Ayurvedic inspired ritual to allow you 'go within' for a deep level of respite and healing.

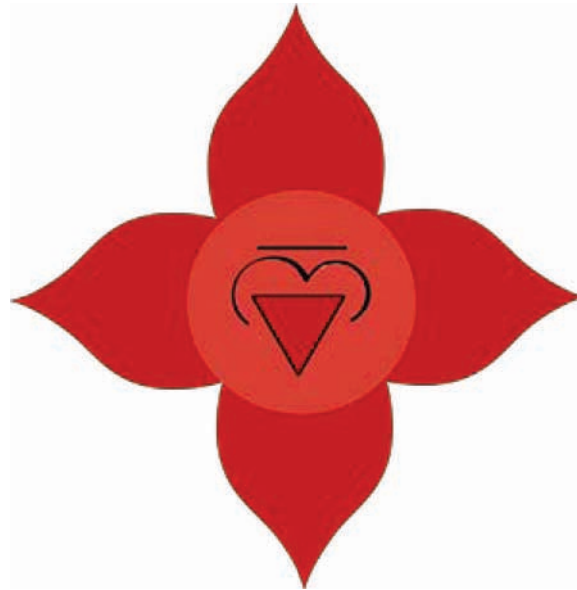


VIOLET SPIRIT

represents the connection with the higher self and the very essence of your being. Violet hues inspire a deep level of relaxation and surrender making it the ultimate treatment for those who are highly stressed and possibly experiencing sleeping difficulties.

R E D

base chakra



EMPOWERMENT RITUAL

AFFIRMATION

"I let go and relax. My goals: strength, vitality, staying-power and assertiveness".

P O W E R

S T A M I N A

A S S E R T I V E N E S S

APPLE, DANDELION & CHAMOMILE TEA CEREMONY

HOT STONE MASSAGE

BODY WRAP

FOOT MASSAGE

Allow yourself to be Empowered and Vitalized with this energy giving treatment ritual. Incorporating soft red light, the Red Empowering Ritual focuses on the base chakra which is associated with self-awareness, vitality and stamina. If you are feeling insecure and sluggish, you will emerge feeling completely rejuvenated and renewed, ready to face the world with increased energy and spirit.



2 HOURS

T R E A T M E N T

Your journey begins with a Dry Body Brush using our unique raw silk gloves to stimulate circulation and smooth your skin, following with a Hot Stone Massage. Red Jasper stones from Australia will melt your muscles to allow for deeper healing to take place. Your therapist's soothing strokes fused with the aromas of tangerine, rose and neroli from the d1 Body and Massage Oil will uplift, refresh and reduce muscular tension.

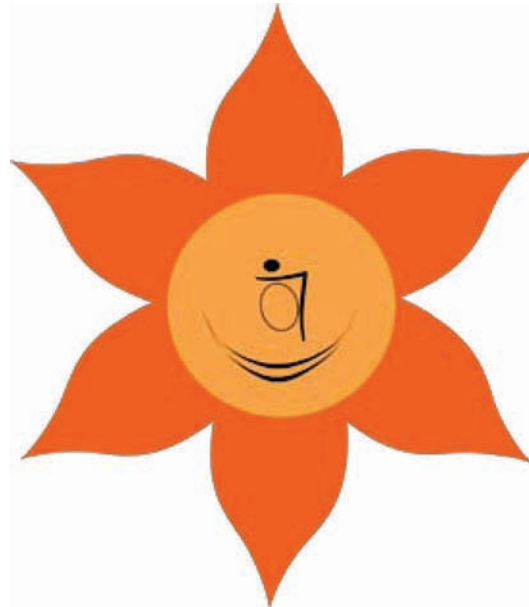
Your body will be nourished with the d1 Red Body Pack in which you are cocooned.

A Jasper stone is placed to enhance the energy flow through your Base Chakra, while a stimulating Hot Stone Foot Massage will increase the energy flow up through the rest of your body to release any last traces of stress and tension.

T H I S I S Y O U R T I M E F O R E M P O W E R M E N T !

O R A N G E

sacral chakra



ENLIVENING

RITUAL

AFFIRMATION

"I let go and relax. My goals: body awareness, vitality, joy of living and enthusiasm".

C R E A T I V I T Y

J O Y

E N T H U S I A S M

BLACKBERRY, ORANGE PEEL & CORIANDER TEA CEREMONY

LYMPHATIC DRAINAGE MASSAGE

BODY WRAP

SCALP MASSAGE

Designed to increase your natural zest for life, the Enlivening Ritual focuses on the sacral chakra which is associated with creativity, self-respect and enlivenment. If you are feeling stale and the effects of jetlag have caught up with you, your therapist will take you into a child-like world of discovery, where soft orange light and a soft healing touch will uplift your spirits and instill in you a lasting feeling of elation, joy and happiness.



2 HOURS

T R E A T M E N T

The Enlivening Ritual begins with an invigorating dry body brush with our unique raw silk gloves to stimulate circulation and smooth your skin to prepare your body for a detoxifying Superficial Lymphatic Drainage Massage.

The aromas of ylang ylang, orange & lemongrass, colour and sound all unite with the power of touch, as soft fluid movements release tension and create a sensation of deep contentment.

Your skin is enriched with mango seed butter from the d2 Orange Body Pack, an Orange Calcite from Mexico is placed to open the Sacral Chakra and the meditative humming of a Tibetan singing bowl will draw you further into a state of bliss and serenity. An invigorating Scalp Massage, incorporating stimulating pressure points leaves you floating on cloud nine.

B A S K I N Y O U R I N C R E A S E D S E N S E O F E N L I V E N M E N T !

Y E L L O W

solar plexus chakra



CONFIDENCE

RITUAL

AFFIRMATION

"I let go and relax. My goals: increasing self-confidence and spontaneity".

SPONTANEITY SELF-CONFIDENCE ENCOURAGEMENT

GREEN ROOIBOS, LEMONGRASS & CORNFLOWER TEA CEREMONY

FULL BODY EXFOLIATION

BODY WRAP

BACK & HAND MASSAGE

The colour yellow corresponds with the solar plexus and is associated with increased confidence, assertiveness and golden sunshine.

By selecting the Confidence Ritual, you are choosing to embark on a journey where the pressures and gloom of the outside world fade away to reveal the innate brightness and lucidity of life.



2 HOURS

T R E A T M E N T

An all-over body exfoliation using a hydrating blend of Honey and Himalayan Salt exfoliates, removing dry skin and leaving it radiant and glowing. Warm oil, infused with the opulent aromas of frankincense, lemon and vanilla, is drizzled over your body, before a de-stressing back massage helps to release all muscular tension.

Alternating between light, medium and deep pressure, different strokes are used to stretch muscle fibres, increasing oxygen flow and eradicating tight knots. You are now fully enveloped with the nourishing d3 Yellow Body Pack before receiving a stimulating Hand Massage, resulting in decreased stress and tension.

Meanwhile a gentle yellow light will beam onto your solar plexus assisting the healing powers of Brazilian Citrine.

This concentrated colour therapy will relax you further and by the end you will feel completely free from worry and doubt, as though a little ray of sunshine has come into your world.

BE CONFIDENT AND OPEN UP TO NEW EXPERIENCES!

G R E E N

heart chakra



HARMONIZING RITUAL

AFFIRMATION

"I let go and relax. My goals: Love, warmth, creativity, self-confidence and spontaneity".

C O M P A S S I O N

A C C E P T A N C E

P E A C E

PEPPERMINT, GINGER & CACTUS FLOWER TEA CEREMONY

FULL BODY EXFOLIATION

SWEDISH MASSAGE

BODY WRAP & REIKI

Unconditional love, associated with the colour green, has been the quest of many and yet eludes all but the most valiant of seekers. If you have been hurt previously and find it difficult to accept new love in your life or you tend to judge unfairly, the Harmonizing Ritual will assist you in revealing an inner-world of compassion, acceptance and harmony.



2 HOURS

T R E A T M E N T

The treatment therapy commences with a skin smoothing body polish using the deliciously uplifting scent of peppermint mixed with Dead Sea salt. This gentle all-over body polish softly removes dry skin and will leave your body feeling silky-soft and smooth.

A Swedish massage (perhaps the best known massage style), using warm oil with the refreshing aromas of lavender, ginger and mint follows, to relieve stress and tension. While you are wrapped in a soothing Green Body Pack, you will experience the healing effects of Reiki and jade, focusing on the heart and lungs to balance these organs and energy.

Feel the love!

T H I S I S Y O U R T I M E T O F E E L T H E L O V E !

B L U E

throat chakra



CLEARING

RITUAL

AFFIRMATION

"I let go and relax. My goals: Communicative powers, concentration and rational thinking".

CARROT, ANISE & FENNEL TEA CEREMONY

HERBAL POULTICE MASSAGE

BODY WRAP

HERBAL POUCH FACIAL MASSAGE

Represented by the colour blue, the Blue Clearing Ritual focuses on personal expression and communication. If you are feeling congested and are finding it difficult to speak your thoughts, you will be taken on a journey to greater clarity of mind, improved creative expression and enhanced personal interaction.



2 HOURS

T R E A T M E N T

We begin by exfoliating the entire body with raw silk gloves. A clearing blend of carrot, orange, anise and fennel is applied prior to the use of the Herbal Poultice which are filled with 10 healing herbs.

The heat and herbs combine to increase circulation and soothe aching muscles, the heat penetrates deep within the muscles releasing all tension.

The uplifting aroma relieves sinus congestion and opens the throat and chest. Blue Lace Agate is placed to increase communication while you are cocooned in the d5 Blue Body Pack. A purifying and softening facial is now performed and small herbal-pouches, filled with a variety of therapeutic herbs, are warmed and rolled gently over the face.

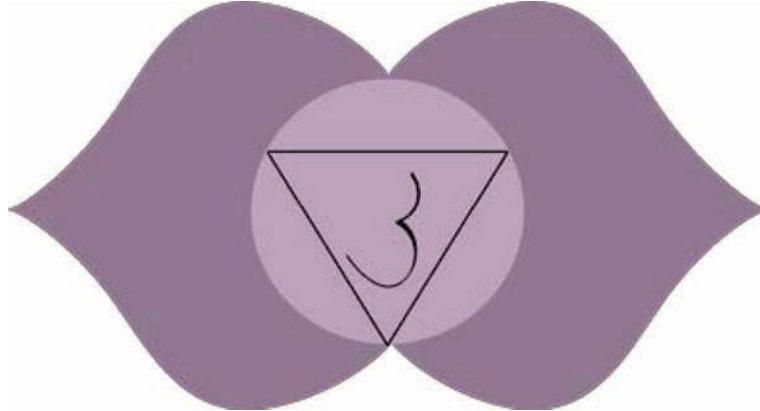
The warmth and herbs work together to draw out toxins and impurities while renewing the skin. This is a very gentle way to increase cell-turnover and will leave you feeling entirely relaxed.

A decadent facial massage, using a herbal cream, continues the feeling of utter bliss.

T H I S I S Y O U R T I M E T O S P E A K U P A N D B E H E A R D !

I N D I G O

brow chakra



INSPIRING

RITUAL

AFFIRMATION

"I let go and relax. My goals: Intuition, creative power, spiritual awareness and imaginative power".

GINGER, CINNAMON & RED ROSEBUD TEA CEREMONY

AYURVEDIC INSPIRED MASSAGE

BODY MASK

SHIRODHARA

Lie back, breathe deep and relax as you are taken on a journey to the far recesses of your mind. Focusing on the healing powers of the colour indigo, the Inspiring ritual is based on Ayurvedic tradition, an ancient wisdom to promote balance between the physical, emotional, spiritual and mental levels. If you are constantly going through the motions of everyday life, you will find the power of your authentic self, heightening intuition and self awareness.



2 HOURS

T R E A T M E N T

This ritual commences with an invigorating dry body scrub based on the Ayurvedic philosophy. Hand-made raw silk gloves remove dry flaky skin and stimulate the circulation. Warmed massage oil infused with lavender, chamomile and rose will saturate your skin with a combination of energizing and calming movements to bring your body into balance.

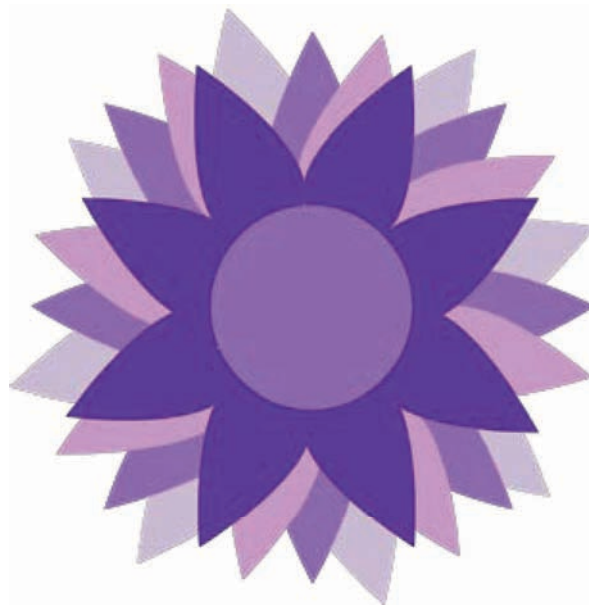
While wrapped in shades of Indigo softening body pack, Lapis Lazuli from Afghanistan will be placed onto your third eye.

Heated herbal-infused sesame oil is poured in a continuous stream onto the third eye. Known as Shirodhara, this ritual has been used for over 2,000 years bringing peace and clarity to the mind. Physically nurturing and mentally soothing, this ritual will leave you serene and at one with the world.

You may wish to have a 4-hand massage – the synergy of two therapists working in unison allows a deeper level of surrender. Seamlessly blended movements create waves of peace and relaxation that leave you in a trance-like state.

V I O L E T

crown chakra



S P I R I T

R I T U A L

AFFIRMATION

"I let go and relax. My goals: Understanding of myself and forward thinking".

WHITE TEA CEREMONY

SOOTHING MASSAGE

BODY MASK

SCALP MASSAGE

Let the outside world fade into oblivion as you enter a timeless realm and re-unite with the true essence of your being – your higher self. If you find it hard to switch off and meditate, the Violet Spirit Ritual will help you to connect with your innate spirituality and higher consciousness, resulting in increased self knowledge and awareness.



2 HOURS

T R E A T M E N T

This ritual begins with a full-body dry exfoliation to prepare you for a true holistic experience. This rhythmic full-body massage has a profound affect on the physical, emotional and spiritual states.

A variety of gentle yet deep-acting integrated movements allow you to let go not just of tension, but also of limiting beliefs and behaviors that can block energy. Fluid, rhythmic and wave-like movements will have you thinking you're floating in the beautiful ocean and gentle stretches enable you to slip away to another realm.

Amethyst Crystal from Uruguay is placed above your crown whilst you are nurtured in the warm Violet body cocoon. The feeling of transcendence is enhanced with a divine scalp massage incorporating the piquant aromas of frankincense, myrtle and patchouli essential oil.

You may wish to have a 4-hand soothing massage – the synergy of two therapists working in unison allows a deeper level of surrender. Seamlessly blended movements create waves of peace and relaxation.

COLOUR

THERAPY

MASSAGE

R E D
O R A N G E
Y E L L O W
G R E E N
B L U E
I N D I G O
V I O L E T

COLOUR

THERAPY

MASSAGE

COLOUR THERAPY MASSAGE

1 HOUR OR 1 1/2 HOUR

SENSORY JOURNEY FOOT RITUAL CUSTOMIZED MASSAGE

See the colour, smell the aromas and feel the touch of this personalized massage.

To begin, your therapist will offer seven coloured oils for you to choose from in order to customize your treatment for a complete physical, mind and spirit balancing experience.

The sequence and pressure is then varied to suit your individual needs. Feel the tension drift from your body.

Your therapist will draw upon the following massage styles to create a customized massage. Should you wish to have a particular massage style, please let our receptionist know.

Choose from: Swedish, Lomi-Lomi inspired, Ayurvedic inspired, Lymphatic drainage, Thai and 4-hand.

COLOUR THERAPY MASSAGE

SIGNATURE COUPLE'S TREATMENTS

S I D D H A R T H A



THE SEARCH FOR SPIRITUAL ENLIGHTENMENT AND ETERNAL LOVE

SIGNATURE COUPLE'S TREATMENTS

Prince Siddhartha left his kingdom and material possessions to search for spiritual enlightenment. Years of learning, sacrifice and realization led to the night Siddhartha sat under the Bodhi tree and meditated until dawn. He purified his mind and attained enlightenment, thus earning the title Buddha, or "Enlightened One".

Siddhartha's love for humanity and his desire to see a world where we are all spiritual equals, led him to the belief that enlightenment cannot exist without love, and Siddhartha realized that he must accept love in order to achieve Nirvana.

Our signature Siddhartha treatment rituals have been specially designed for couples to unwind and come together in unity, finding their own personal Nirvana and path to eternal love. All rituals are performed in our private couple's suites and use the gorgeous Dorissima Siddhartha line of aphrodisiac spa products. Sensual aromas of Vanilla, Tonka and Grapefruit fill the air as you celebrate the art of love.

All treatments commence with a decadent foot cleansing ritual with warm aromatic waters to cleanse and Himalayan salts to smooth and purify. The divine Siddhartha tea, an exotic blend of Vanilla, Grapefruit, Orange and Green tea is served before each treatment ritual to prepare you for the ultimate in romantic spa journeys. Upon completion enjoy a glass of champagne together in our delightful spa garden while warm tropical breezes and the azure Maldivian waters lull you into a sense of bliss.

Our pampering couple's rituals create a very special memory from your time in paradise. Spoil yourself and your loved one!

THE SEARCH FOR SPIRITUAL ENLIGHTENMENT AND ETERNAL LOVE

SIDDHARTHA

TREATMENTS

ART OF LOVE



THE SEARCH FOR SPIRITUAL ENLIGHTENMENT AND ETERNAL LOVE

SIGNATURE COUPLE'S TREATMENTS

BODY EXFOLIATION

SCALP MASSAGE

NOURISHING BATH

BODY WRAP

BODY MASSAGE

Celebrate the art of love with someone special while you indulge in this treatment ritual for two. This half day ceremony of luxury will relax the body, slow the mind and indulge the spirit to bring about a deep sense of peace and quality time spent with the one you love. A truly exquisite experience combining exotic aromas, soothing music and the art of touch to inspire a deep sense of serenity.



3 HOURS

T R E A T M E N T

Your journey begins with a skin smoothing body exfoliation using a combination of hand-made raw silk gloves and precious extracts of Mother of Pearl in a ceremonial body cleansing experience to awaken the senses and leave skin silky smooth before you immerse yourself in our beautiful Asiatic vat to experience a bathing ritual like no other, while sipping on fine champagne and enjoying the picturesque views of the Indian Ocean.

A warmed body mask is now applied to nourish the skin and soothe the soul while the blissful scalp massage continues the dream. The divine Siddhartha body massage with aphrodisiac oils of Vanilla, Tonka and Grapefruit relieves the body of physical tension and allows you to drift away into a trance-like existence. Fresh fruits and herbal tea served on our serenity spa deck will allow you to bask in the memory of this very special indulgence. You will emerge from this decadent ritual feeling renewed, relaxed and glowing with vitality.

THE SEARCH FOR SPIRITUAL ENLIGHTENMENT AND ETERNAL LOVE

S I D D H A R T H A

T R E A T M E N T S

A L L U R E



THE SEARCH FOR SPIRITUAL ENLIGHTENMENT AND ETERNAL LOVE

SIGNATURE COUPLE'S TREATMENTS

BODY EXFOLIATION

BODY MASSAGE

Relax, breathe and unwind as you are taken on this relaxing spa journey. Allow the combination of relaxing body massage and luscious body exfoliation to transport you into a world of romantic bliss.



1 1/2 HOURS

T R E A T M E N T

This treatment is designed to tantalize your senses and indulge the spirit.

To begin relax side-by-side while enjoying stimulating body exfoliation using precious extracts of Mother of Pearl to awaken the senses and leave skin silky smooth.

Serene Swedish body massage using the decadent Siddhartha body oil, a combination of Grapefruit, Tonka Bean and Vanilla will melt away everyday stress and evoke a deep sense of tranquility.

THE SEARCH FOR SPIRITUAL ENLIGHTENMENT AND ETERNAL LOVE

VALMONT FACIALS

In addition to our innovative and tempting couples' rituals, the Over-Water Spa menu features a lavish range of Spa facials using luscious skin care from Valmont. Valmont harnesses the pure power of glacial spring water from the Swiss Alps and refreshes, revitalizes and revives with infinite gentleness.

THE LUXURY OF PAMPERED SKIN

ULTRA-DECADENCE WITH BACK MASSAGE

This decadent treat for all skin types begins with a warm coconut and vanilla back massage to soothe the senses, relieve muscular tension and improve circulation - the perfect way to prepare the body and mind for the pampering facial treat that lies ahead. This advanced facial treatment uses the powerful combination of DNA and Glacial Spring Water to rejuvenate and hydrate the skin. Skin cleansing and exfoliation leaves skin fresh and clear before the application of a specialised Collagen Mask deeply nourishes, smoothes and renews, leaving skin glowing with vitality.

Specialised massage techniques for the face, neck and shoulders and a mind melting scalp massage ensures that every ounce of tension is removed from the body leaving you feeling rejuvenated from head to toe!

Choose from: Moisturising, Soothing or Firming

2 hours

DECADENCE FACIAL

As above with the exclusion of the warm oil back massage.

Choose from: Moisturising, Soothing or Firming

1 ½ hours

DETOXIFYING FACIAL

Stress, pollution and poor diet can leave skin looking sluggish and tired: this facial uses skin exfoliation and an oxygenating mask to detoxify and stimulate leaving skin bright and fresh.

Pure plant and glacial water extracts hydrate and repair whilst cleansing masks relieve congestion, balance the oil production and purify the skin.

Luxury facial and scalp massage melts away any stress and tension while hand and arm massage ensures deep relaxation.

1 ¼ hours

MEN'S CLEANSING & PURIFYING FACIAL

Specifically designed for men, this treatment focuses on deep cleansing, purifying and firming the skin. If you have congestion, blocked pores, or just feel as though your skin could use a boost this facial is the one for you. Extracts from pure Swiss Alps glacial water rejuvenate and hydrate leaving skin soft and supple while nourishing plant extracts repair and renew. Incorporating a relaxing blend of facial, shoulder, scalp, hand and arm massage this facial treat is sure to leave you blissfully relaxed.

1 ¼ hours

T R E A T M E N T

P R I C E S

SIGNATURE COLOUR RITUALS

RED EMPOWERING RITUAL	2 hours	\$ 500 per couple
ORANGE ENLIVENING RITUAL	2 hours	\$ 500 per couple
YELLOW CONFIDENCE RITUAL	2 hours	\$ 500 per couple
GREEN HARMONIZING RITUAL	2 hours	\$ 500 per couple
BLUE CLEARING RITUAL	2 hours	\$ 500 per couple
INDIGO INSPIRING RITUAL	2 hours	\$ 500 per couple
INDIGO INSPIRING RITUAL (4 hand massage)	2 hours	\$ 680 per couple
VIOLET SPIRIT RITUAL	2 hours	\$ 500 per couple
VIOLET SPIRIT RITUAL (4 hand massage)	2 hours	\$ 680 per couple

SIDDHARTHA RITUALS

ART OF LOVE RITUAL	3 hours	\$ 620 per couple
ALLURE	1 1/2 hours	\$ 400 per couple

COLOUR THERAPY

4 HAND MASSAGE	1 hour	\$ 450 per couple
MASSAGE	1 hour	\$ 250 per couple
MASSAGE	1 1/2 hours	\$ 350 per couple

VALMONT FACIALS

ULTRA-DECADENCE	2 hours	\$ 230 per person
DECADENCE	1 1/2 hours	\$ 190 per person
DETOXIFYING	1 1/2 hours	\$ 150 per person
MEN'S CLEANSING & PURIFYING	1 1/2 hours	\$ 150 per person

All prices are in US \$ and subject to 10% service charge.