

One & Only

REETHI RAH

Maldives

SPA AND FITNESS

A tropical resort scene featuring a large building with a thatched roof, surrounded by numerous tall palm trees. In the foreground, there is a swimming pool with several decorative fountains. The overall atmosphere is serene and luxurious.

Time for 'you'

A WELLNESS JOURNEY REIMAGINED

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 set amongst the stunningly beautiful backdrop of the Indian Ocean. An inspiring combination of well-being and leisure, the Resort is perfect for wellness holidays alike with restorative spa treatments, fitness classes and two exclusive thermal facilities for men and women.

ONE&ONLY SPA

In the extraordinary tranquil setting of One&Only Spa, we invite you to indulge in a wellness journey tailored to your specific needs and desires, choose 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 encourages you to immerse yourself in the One&Only experience and understand and embrace this exotic environment. Be enlightened by our restorative offerings created to soothe, calm and nurture your body and mind.

FITNESS CENTRE

Staying fit is essential to a balanced life, along with the feeling of serenity and wellbeing that goes with it. The Fitness Centre at One&Only Reethi Rah is dedicated to your health and wellbeing, offering an experience that is second to none. It is fully equipped with Technogym® ARTIS and Personal Selection ranges (including Kinesis™, Flexability™ and indoor group cycle classes), a unique and versatile outdoor Queenax Super functional 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, with them also offering advice for maintaining fitness in the longer term.



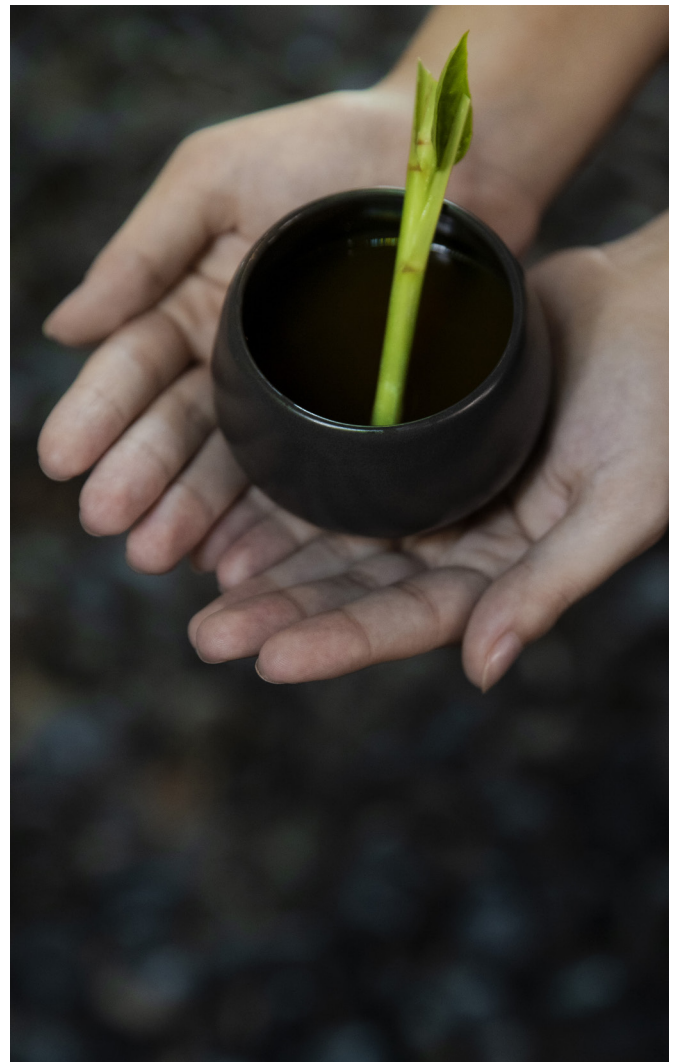
UNIQUE FACILITIES

Our exceptional spa facilities, located within one of the most tranquil environments in the Maldives, are purposely designed to create a unique, holistic and healthy experience. The unique facilities at One&Only Spa include the Spa Garden and Outdoor Spa Courtyards. The Spa Garden is home to an impressive relaxation area with hammocks, cabanas and private bungalows. This serene botanical relaxation area is ideal for lingering a little longer after the treatment. The outdoor spa courtyards feature an 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 atmosphere.



VISITING PRACTITIONERS

Our empowering visiting practitioners are dedicated to guiding each guest into a state of greater wellbeing. One&Only Spa introduced the Wellness Visiting Practitioner programme to provide guests with an opportunity to experience various specialised wellness activities. These practitioners are industry leaders from all around the world, specialising in acupuncture, pilates, traditional herbal medicine and personal healing. Our visiting practitioner programme has become very popular amongst our guests, with many returning to the resort for certain practitioners' therapeutic experiences.



BEAUTY & GROOMING

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. One&Only Spa's beauty and grooming services include pedicure/manicure facilities, a hair salon and a barber studio. The treatments offered at the award-winning Pedi:Mani:Cure Studio by Bastien Gonzalez are found in the most luxurious spas and hotels in the world. The ultimate luxury is the Bastien's Duo; a synchronised four-hand treatment focusing on feet, legs, hands and arms. Alternatively, if you are looking for hair care after a day in the sun or styling for a sunset cocktail party, the resident stylist from Hair by One&Only does it all. Barber&Blade provides a specially curated menu of treatments for discerning gentlemen, including shaving and barbering alongside facial treatments.



YOGA & MEDITATION

Bring your body and mind together with our non-aerobic methods of exercise. We offer a variety of group and individual classes to support and encourage fitness and wellbeing. The Resort's over-water Chi Pavilion is a soothing location to elevate mind and body with yoga, meditation, Tai Chi and Pilates classes set against the backdrop of the ocean breeze and rolling waves. For a blissful yoga experience unlike any other, One&Only Reethi Rah guests can set sail for sunrise yoga on a private sandbank surrounded by crystal blue waters.

