Welcome to Reethi Rah – a stunning place where joy comes alive. Whether you are returning to rediscover experiences or exploring the island for the first time, this is a place to capture magical moments and create happy memories.

I believe that the Festive season with family and friends is one of the most memorable journeys you will ever take, and with our incredibly private setting, there’s no better place to celebrate love and families coming together than at One&Only Reethi Rah. Something at the very heart of Reethi Rah is the captivating energy and boundless imagination from our passionate colleagues, working behind the scenes to inspire you throughout your stay.

This special edition of Life Magazine, and the last edition of 2018, celebrates the latest culinary innovations from our dedicated food and beverage team. Whether celebrating beneath a bright blue or a moonlit sky, One&Only Reethi Rah creates truly memorable cocktails and culinary experiences for couples, families or a group of friends. I hope you will be excited to experience our exceptional culinary journeys during your Maldives adventure.

At the Resort we celebrate healthy living and aim to motivate guests to prioritise their wellbeing during their vacation and beyond. The lush tropical environment of the island encourages you to relax and rejuvenate, as you disconnect to reconnect.

We look forward to seeing your stunning social media content that will also encourage others to travel and experience the beauty of this island. Tag @OOReethiRah or mention #OOMoments on your photos.

I hope you will find these pages full of inspiration for an unforgettable trip of a lifetime at One&Only Reethi Rah Maldives.

With my warmest regards,

Jan B. Tibaldi
General Manager
UNFORGETTABLE FESTIVE CELEBRATION

INSPIRED BY THE 70S!

Celebrate the Festive season with the greatest gift of all, unique and unforgettable experiences with your loved ones in one of the world’s most breathtaking destinations.

For this year’s Festive season One&Only Reethi Rah is going retro with a joyous 1970s-inspired celebration – and yes, there will be glitterballs, a Christmas Elf, Austin Powers and a New Year’s Eve that goes Saturday Night Fever-crazy. Expect live music, dancers, rollerskating and routines for kids – all complemented with masterly menus and set among the twinkling pathways of our island paradise.

Christmas Eve Dinner is a spectacular family affair – guests will be spoilt for choice at Reethi Restaurant with a vast selection of international cuisine. The Christmas Day Champagne Brunch has a range of Festive classics catering to those with discerning tastes. Find out how Santa will arrive on the island this year as he visits One&Only Reethi Rah with an overflowing bag of gifts. While the children line up to receive their gifts, the grown-ups will be treated by Santa’s little helpers, who will be floating around topping up your empty glasses with chilled Champagne and mulled wine.

Active sporting events during the Festive season are some of the most sought-after activities by our guests. Join in and partake with your family or friends to stay fit during your holidays. With plenty of organised tournaments and games, there is something to suit all ages and awaken your competitive spirit.

Celebrate the launch of 2019 under a sky full of fireworks over the breathtaking Indian Ocean. Ring in the New Year with a Champagne toast and enjoy a fun-filled evening of culinary delights and live entertainment by renowned artists and DJs. Whether you choose to dance the night away, or simply enjoy the music and views – experience the ultimate beachside New Year’s Eve party in the Maldives.

VISIT WWW.ONEANDONLYREETHIRAH.COM FOR MORE INFORMATION
INDULGE

Superb culinary adventures, purely simple and incredibly fresh
INDULGE BLISS BOWLS

FEEL MORE ENERGETIC
A healthy diet that properly nourishes your body helps you feel energetic and productive. Several nutrients, including the B-complex vitamins and iron, help your cells access fuel so that they can function properly.

IMPROVE CARDIOVASCULAR HEALTH
A clean diet rich in healthy fats, found in nuts and avocados, lowers harmful cholesterol levels, which also fight cardiovascular diseases.

PREVENT CANCER
A clean diet, rich in fruits and vegetables, boosts your intake of phytonutrients and antioxidants, which fight cancer growth.

SUPPORT MENTAL HEALTH
A healthy diet not only benefits your physical wellbeing, but it supports your mental health. Some of the nutrients such as vitamin B-6, help make Dopamine, a chemical known as the ‘happiness hormones’. Omega-3 fatty acids also support good mental health, while a deficiency can cause mood swings and depression.

ONE&ONLY REETHI RAH BLISS BOWLS
A new wellness innovation, and hailed as a wholesome indulgence, is the Bliss Bowl, available at the island’s vibrant Hub, the Beach Club. In keeping with the tropical setting, Bliss Bowls are rich in fresh natural ingredients and antioxidants; with nourishing ingredients including pomegranate, coconut, pumpkin seeds, edamame and avocado to name a few. Acting as a delicious post-workout dish for the fitness enthusiasts or for guests soaking up the sunshine at the lively Beach Club, Bliss Bowls provide a tropical island dish.

TAG YOUR BLISS BOWL EXPERIENCE WITH #OOWELLNESS AND #OOREETHIRAH
‘Tropical Hours’ – an exclusive evening of tropical cocktails blended with the world’s finest liquors, from Monkey 47 to Rémy Martin and Crystal Head Vodka; exceptionally prepared with passion and flair by your personal Mixologist, to a backdrop of lush palms and turquoise lagoon waters at your private villa.

The ultimate island experience for guests who desire a private setting to indulge in supreme cocktails, while witnessing stunning views of the Maldivian sunset as it drops behind the ocean. Sit back and relax on richly patterned Arabian rugs with intricate lanterns decorating the opulent set up. Alternatively, guests can enjoy the sheer decadence of a floating bar within their private pool; serving a selection of fine cocktails while the sounds of the Indian Ocean add to the mesmerising experience.

FOR INFORMATION PLEASE CONTACT YOUR CONCIERGE
A classic twist...

One of the best ways to relax is to lounge by the beach with a tropical cocktail in hand. Having a drink to enjoy your afternoon shouldn’t wreck your diet and these healthy boozy beverages are here to make sure of that. Our cocktail recipes feature fresh ingredients and innovative flavour combinations to create impressive drinks.

The Super Beach Colada is a twist on the classic Piña Colada, avocado lends its pale shade and viscosity to the drink. “Guests look at the menu and say, ‘I don’t know about avocado in a cocktail,’ but then they try it and they are usually won over,” says Resort Mixologist, Ashley Micheal Fernandez, who developed the drink. Ashley says, it’s very important to use ripe avocados. Coconut milk makes it even thicker, then rum and pineapple thin it out.

**THE SUPER BEACH COLADA IS AVAILABLE AT THE BEACH CLUB**

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**SUPER BEACH COLADA**

Recipe for 1 serving

**INGREDIENTS**

- 40 ml Havana 3-year-old rum
- 20 ml Coconut milk
- 50 ml Fresh pineapple juice
- 1 tsp Spirulina powder
- 1/3 Ripe avocado
- 1 pc Jalapeno

**PREPARATION**

1. Add all ingredients in a blender to blend.
2. Pour in a glass jar over ice.
3. Garnish with dry pineapple and edible flower.
MUST-HAVE PIECES
EXCLUSIVE CURATED PIECES
FROM ANJARA FINE JEWELLERY
Evarae is a new luxury resortwear brand, the creation of Creative Director, Georgia Thompson. Evarae is inspired by Georgia’s childhood spent by the sea travelling with her parents to exotic places searching for inspiration for their yacht design business.

Evarae is the name of the boat she spent many summers on as a child falling in love with travel and being in the water. Georgia went on to study womenswear at Central Saint Martins perfecting design and cut before working for many brands. Evarae has a strong emphasis on day to evening resortwear, bikini tops can be worn with flowing palazzo pants straight off the beach into the evening.

The label responds to a need for modern and beautifully constructed swimwear with a functional core. Great emphasis has been given on how each piece fits the body. At the same time design detail has not been lost, the label has an ultra-luxe feel, pushing boundaries by quilting on top of swimwear, using metal work to create interesting lines on the body, using 100% silk mixed with traditional hand embroideries or delicate cut work on top of digital prints.

www.evarae.com
Beach fashion

Based in London, Orlebar Brown launched in March 2007 as a more tailored approach to men’s beach and swim shorts. Not so much a swim short but a ‘short you can swim in’, offering something you can wear on the beach, by the pool and then smart enough to go and have a drink or lunch. Having initially focused on tailored shorts, the range evolved into a full resort collection influenced by 1960’s poolside utopia. The OB world draws inspiration from Slim Aarons’ iconic pictures of Riviera and Palm Beach life during the decade. Not just a smarter look but a reminder of the sophistication that once went with travel and holidays.

www.orlebarbrown.com
RELAX

One&Only Spa, a sanctuary of restorative calm
SPA AND FITNESS VISITING PRACTITIONERS

MEET THE INDUSTRY LEADERS COMING FROM ALL OVER THE WORLD – AN OPPORTUNITY FOR YOU TO BE INTRODUCED TO A SPECIALISED FIELD OF SPA AND FITNESS

SPA VISITING PRACTITIONERS

DR. BUATHON THIENARROM
16 – 31 October 2018
Returning to One&Only Reethi Rah, Holistic Practitioner Dr. Buathon Thienarrom from Thailand specialises in alternative medicine with an extensive knowledge in Chinese Traditional Healing, Taoist practice and Tibetan medicine. Creator of ZenNaTai, a unique approach to holistic healing that allows the body to release the tension, generate chi flow and encourage a peaceful mind, Dr. Thienarrom will offer both private and group classes including mind transformation to encourage emotional wellness, Tibetan sound healing to promote positive energy, as well as a sleep retreat.

DR. IGOR ROGANIN
2 – 17 November 2018
With more than 20 years of practical experience in China and Russia in the field of acupuncture, Dr. Igor Roganin, founder and chief physician of DAO clinic in Moscow, takes residence in November to assist guests in the prevention of stress, correction of pain syndromes and chronic fatigue, insomnia, detoxification, as well as in health and beauty – improving skin tone and texture, increasing ‘pleasure and youth hormones’ of the face and the body. As the official representative in Russia of the Beijing Centre of Acupuncture and Moxibustion at the World Federation of Acupuncture-Moxibustion Society (WFAS), Dr. Roganin practices the latest in modern medicine as well as ancient traditional Chinese methods. Guests will be offered a range of treatments including his well-known and exclusive Punctual Face Rejuvenation, which helps to reduce wrinkles, eliminate fine lines, lift sagging skin and strengthen skin regeneration through the activation of collagen, elastin and hyaluronic acid synthesis.

TORU OGASAWARA
18 November – 10 January 2019
Toru Ogasawara, celebrated water therapist and Founder and President of Okinawa Watsu Centre in Japan, returns to the Resort in November to offer guests the ultimate Watsu experience at One&Only Spa – the only specialist Watsu pool in the Maldives. Focusing on aquatic bodywork, breathing exercises and meditation, Toru has described Watsu as a “moving, flowing meditation in water”, ideal for facilitating integration of the mind, body and spirit. Watsu Therapy is performed in 36°C water addressing the whole body, energy system and emotional balance, using pressure, positional alignment and stretching to facilitate integration of the mind, body and spirit.

FRANCESC MIRALLES
20 November – 10 December 2018
Specialist and experienced practitioner in Traditional Chinese Medicine, Francesc Miralles will be conducting his highly-acclaimed bespoke programme “Harmonia”, which combines Eastern and Western philosophies into personalised detox, harmonisation and balance sessions. The Harmonia programme comprises of components not only designed as a weight-control and healthy lifestyle coaching programme, but also as a comprehensive spiritual journey – one of relaxation, beauty, energy cleansing and attunement.
RENEE WATSON  
20 October – 10 November 2018
The cutting-edge Fitness Centre, adjacent to One&Only Spa, welcomes Pilates expert Renee Watson for a three-week residency. Guests looking to activate muscles effectively, strengthen their core and bring awareness to the mind and body connection can join Renee, Director of Conscious Movement Education and Co-Founder of ‘The Source Cape Town,’ a Pilates, Hot Yoga Education Institute, for indoor or outdoor Pilates sessions overlooking the aquamarine ocean. Renee’s Pilates Fusion sessions include the added benefits of yoga flow, Gyrokinesis and conscious breath, in order to create a body that moves with ease and a quiet mind. Guests can expect each balanced body workout to focus on core connection and deep muscle control – an excellent exercise for lower back rehabilitation, as well as athletes wanting a challenge.

MUNRO MONTANUS  
22 December – 21 January 2019
Guests looking to optimize their general health, fitness and athletic potential into the New Year will gain valuable advice and tailored treatments from Munro Montanus at the Fitness Centre. Registered physiotherapist and a member of the South African Society of physiotherapy, Munro is an expert in exercise and rehabilitation programmes. Treatments range from Physiotherapy, Full Body Deep Tissue Sports Massage and Functional Core and Balance Treatment. In addition, Munro has successfully completed several therapy courses in dry needling, taping and strapping therapies, mobilisation with movement and manipulative course therapy.

JULIAN EYMANN  
20 December – 10 January 2019
Specialising in sport massage, deep tissue, myofascial release and trigger point release, former surfer turned certified massage therapist, Julian Eymann has 20 years’ experience within the industry which he will be sharing with Resort guests over the Festive period. Combining his signature treatments with Asian techniques including Thai yoga massage, abdominal massage and acupuncture, Julian imparts a wealth of experience influenced by his time living in Asia. His trigger point sessions are the fastest and most direct way of identifying and working with very specific points on the body, while guests wanting to feel younger and lighter can join Julian for Structural Realignment, a multi-dimensional energy moving treatment using Rolfing techniques to address every major joint in the body, loosen and help realign vertebrae.
 Holidays are a time for relaxation and restoration but that doesn’t mean compromising your fitness goals. In fact, time away at One&Only Reethi Rah is ideal for developing existing sporting skills and discovering new passions, surrounded by the sights and sounds of island life.

New to the fitness journey this year is our amazing Reethi Raw Workout. A beach-based workout using more functional exercises to train the whole body.

Reethi Raw is a blend of exercise techniques and challenges that rely on primal movement to either push the weight, pull the weight or drag yourself over sand and other areas of the beach. With equipment ranging from tyres, clubs, sledgehammers, parachutes and power sleds this workout will offer muscle zapping difficulty and a workout you will remember.

The classes will be structured to push you over 45–60 minutes as a small group or you can book one of our instructors to lay out a circuit and push you through it one to one. The equipment will also be available to you throughout your stay if you wanted to practice without the pressure of a trainer or other people watching you.

Everyone is a beginner at some point so come and join us for the Reethi Raw Workout and develop your primal moves on our beach.

There’s something to keep everyone energised and inspired, so visit One&Only Fitness Centre to find out more.

ONE&ONLY REETHI RAH RAW WORKOUT IS OPEN TO ALL GUESTS. FOR RESERVATIONS, PLEASE CONTACT YOUR CONCIERGE

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“Live life a little bit more RAW...”

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“It doesn’t matter how slow you go as long as you don’t stop.”

CONFUCIUS
How to fix a patchy beard...

A thick, full, luscious beard is something that is desired by many men. However, facial hair does not always play the game. A patchy beard is nothing to be ashamed of and should not cause any stress. If you find that your hair does grow unevenly, there are a few ways that can improve this, or even hide it completely. From styling tips and tricks, products and ways to promote hair growth we have you covered with your ultimate guide to fixing a patchy beard at One&Only Reethi Rah.

GROW IT LONG
Letting your beard grow freely for a month can be a great way to identify which way the hair grows and where the patches are forming. In turn, fuller more grown facial hair will help to cover any patches.

KEEP IT TRIMMED
The appearance of a patchy beard can also be minimised by trimming your facial hair. Take your time to ensure that you give yourself a neat and even trim, and check as you go. Otherwise, you may end up with a more patchy beard than before.

CLEAN UP THE LINES
Keep your sideburns neat and trimmed back so that they blend smoothly into your facial hair. This should create a sharp border around the rest of your face. Maintain clean lines by regularly trimming your beard and styling it daily with beard oil and a comb.

CONDITION YOUR BEARD
A good beard oil or beard balm will keep your mane healthy and clean all the way down to the follicles. Use an exfoliant to remove dead skin cells and prevent dry skin.

EAT WELL
A healthy lifestyle and diet is the most useful thing you can do when it comes to improving, well just about anything. Drink plenty of water as well as upping your vitamin B and C intake. Zinc, iron, and omega 3 also all help to nourish hair and promote growth.

CHOOSE A BEARD STYLE
Selecting the right beard for your hair type is paramount. If you’re not sure what type of beard is best for you, visit our resident barber at One&Only Spa for the perfect beard style that will suit your face shape.

Barber&Blade by One&Only provides a range of treatments, products and experiences for discerning gentlemen to enjoy a grooming experience in discreet and luxurious surroundings. Appointments take place within the private room that allows guests to feel comfortable and relaxed while experts are on hand to advise on the guests’ grooming routine – ensuring that all gentlemen look and feel their best on a daily basis. A specially curated menu of treatments dedicated to the modern man has been compiled to include shaving and barbering alongside treatments for the face.

The grooming journey at Barber&Blade by One&Only begins with a glass of whisky and where the gentlemen can select their own music. The music menu consists of four selections: relaxing instrumental music; a playlist with classics from Elvis to The Beach Boys and the Beatles; old classics of Sinatra, Ray Charles and a collection of various modern-day artist hits.

FOR MORE INFORMATION, VISIT ONE&ONLY SPA OR CONTACT YOUR CONCIERGE
EXPLORE

A vibrant island playground in a faraway sea
PIRATE AHOY!
The little pirates are happy, they are just as eager as to enjoy this great holiday as their elders. Every Monday at KidsOnly of One&Only Reethi Rah is a fun-packed day of activities and food. Little ones get to meet Captain Hook look-alike and crew for a full day filled with activities – ranging from pirate t-shirts and hat making, to hopping on a traditional Maldivian dhoni for a cruise and an island treasure hunt.

The day begins at 10am where the children will meet at KidsOnly, where they will design their outfit for the day – painting their own pirate t-shirts, making the pirate hats and face paintings to ensure their looks are perfect. Following a lunch altogether, the children will hop onto a traditional Maldivian dhoni for a cruise around the island, where they will also walk the plank and jump into the sea for a swim.

TURTLE ADVENTURE
The Maldives is one of the richest places on Earth to discover colourful marine life. The turquoise waters surrounding One&Only Reethi Rah are home to a diverse range of thriving marine life, in particular turtles. For many guests, this becomes the highlight of their visit and often encourages their return back to our beautiful island.

Children can join our Marine Biologist and guide for the Ultimate Turtle Adventure excursion. A snorkelling trip with one main focus, sighting Green Sea Turtles in their natural habitat in a unique reef appropriately named Turtle Reef. Located just 10 minutes away from Reethi Rah by speedboat and renowned for its high population of resident green sea turtles, children will be filled with excitement as they are bound to see at least 10 turtles during the trip.

YOUNG CHEFS
Do your kids aspire to be the next great chef? Those who can’t get enough of stirring, whisking and decorating – not to mention getting ingredients all over your walls – will love putting on a mini chef’s hat and trying a hand at one of the KidsOnly’s cooking classes.

The chefs of One&Only Reethi Rah presents a unique culinary experience offering cooking classes to children and teens. Classes offered include chocolate making, pizza baking, sushi making and pastry decoration.

Getting them along to a cooking class is a great way to making friends, developing skills and getting out of making them lunch. Who knows… they could end up writing one of our favourite new recipes for kids!
DIVE INTO LIFE
PLUNGE INTO SPELLBINDING REEFS AND ENCOUNTER SHARKS, RAYS AND TURTLES

Whether you would like to explore the island with your snorkelling equipment or take off for a private day trip, our Dive Centre team members are on site to assist.

SHARK DIVE
Voshimas, a small thila (reef) located in Madiveru Kandu (channel) south of One&Only Reethi Rah, is one of our two best shark points. The thila has some coral rocks on top with a stunning fish life and the sharks are always on the thila’s current side. Alternatively, Kuda Faru, located north of Only&Only Reethi Rah, offers one of the highlights in North Malé Atoll. The thila extends into Makunudu Kandu for some distance on the southern side. The west side drop off is best for shark watching.

TURTLE DIVE
West Point is located north of One&Only Reethi Rah, deep in a channel. The reef is long and therefore a good place for a drift dive. It is an extension of Makunudu’s house reef. The top of the reef is only 3 metres under the surface and it slopes gently down to more than 30 metres. On a different depth and along the site are some reef ridges and coral rocks. The corals and fish life make this reef a beautiful dive site, but it is also our best dive site for seeing Hawksbill sea turtles.

STING RAY DIVE
Madivaru Beyru and Madiga are two sites on the outer rim of the atoll. The top of the reef starts at 8 to 10 metres and slopes down to 20-30 metres, down to a sand bottom. Along the reef slope and on the sand lays a number of small to big coral blocks hosting a rich fish life. These sites are considered some of the best areas in the Maldives to see sting rays and groups of eagle rays. It is also great for underwater photography since there is no or very little current here.

WRECK DIVE
The wreck is a former tugboat, sunk by the dive school in 1988 at the house reef of Hembadu, southeast of One&Only Reethi Rah. It is close to the reef so the navigation to and from the wreck is rather easy. It is 16 metres long with the top at 15 metres and the bottom at 22 metres. The boat is a focal point for marine life and is a fish-watchers’ deligh. On the wreck’s portside from 18 metres to the surface are big coral rocks. This is also a perfect place for a night dive.

If you would like more information about sea turtles or any of our wonderful marine life, please contact our marine biologist.

One activity you definitely must not miss out on your holiday in the Maldives, is swimming alongside the largest fish in the sea. Whale sharks are year-round residents of the Maldives, tending to favour the western side of the Indian Ocean archipelago from May to December, before heading to the east until April.

As the largest fish in the sea, reaching lengths of 40 feet or more, whale sharks have an enormous menu from which to choose. Fortunately for most sea-dwellers – and us! – their favourite meal is plankton. They scoop these tiny plants and animals up, along with any small fish that happen to be around, with their colossal gaping mouths while swimming close to the water’s surface.

Preferring warm waters, whale sharks populate all tropical seas. They are known to migrate every spring to the continental shelf of the central west coast of Australia. The coral spawning of the area’s Ningaloo Reef provides the whale shark with an abundant supply of plankton.

They are vulnerable species; although massive, whale sharks are docile fish. One of the best places in the world to see them is in South Ari Atoll, 40 minutes from One&Only Reethi Rah by seaplane or two and a half hours by speedboat.

FOR FURTHER INFORMATION ON THE WHALE SHARK ADVENTURES, PLEASE VISIT THE DIVE CENTRE

FACTS ABOUT WHALE SHARKS
1. Whale sharks are the largest fish in the world.
2. They are not whales they are sharks.
3. Unlike other sharks that use their tails to swim, whale sharks swim by moving their bodies side to side.
4. Their mouths have 300 to 350 rows containing up to 4000 tiny teeth that are not used in eating.
5. They tend to like warmer areas and are found in tropical waters all over the world.
6. Each whale shark has its own unique pattern of spots on their white bellies.
SEABOB ADVENTURE

No boundaries, no limits. Experience vast open spaces and pure freedom with the SEABOB. Everything is possible, from leisurely gliding, sporty driving in the water to safe underwater diving. The SEABOB is the ultimate underwater adventure during your Maldivian getaway at One&Only Reethi Rah.

Technically advanced and completely environmentally friendly, when in its element, the SEABOB zooms powerfully and almost silently through the water. Propelled by a pollution-free electric stream power system, the SEABOB allows you to glide through the crystalline Indian Ocean waters at a speed of 16km/h or dive down 2.5 metres deep. Its hydrodynamic shape provides an astounding degree of agility within the water.

Steering and diving is effortless, requiring only for the driver to shift their bodyweight. Man and machine are in perfect harmony and at one with the vast open ocean. Streamlined, fluid and free, you become like a fish in the water discovering the magical underwater world that lies below the surface. The SEABOB represents pure excitement, enhancing your snorkelling, freediving or scuba diving experience; whether going for long or short adventures, you can explore the marine world with a whole new level of perspective. Safe and quick to master, the SEABOB is also suitable for children to enjoy, making it the perfect water sport for families exploring the underwater world together.

With a spectacular shape, adorned with 12 pristine white beaches and no less than six kilometres of stunning coastline, One&Only Reethi Rah is a water-lover’s paradise. With an unrivalled level of choice and personalised exploration, explore the inviting turquoise waters of the Indian Ocean by gliding over the water on a jet ski, soaring into the blue sky on a parasailing adventure or take to the water with the ultimate underwater vehicle – the SEABOB.

Further your water sport enjoyment with a range of water sports on offer at SPLASH Water Sports Centre, including flyboard, banana tube rides, kitesurfing, kayaking, waterkiting, wakeboarding, catamaran sailing, paddle boarding, windsurfing and jet skiing.

TO BOOK YOUR SEABOB ACTIVITY, PLEASE VISIT THE WATER SPORTS CENTRE AT THE BEACH CLUB OR CALL YOUR CONCIERGE.
When you visit the Maldives, one of the first things which catches the eye is the uniquely shaped boats in the Indian Ocean. These boats are called dhoni’s. This is mainly because of their appearance, as the bow is a curved figurehead reaching up to the skies. This shape is said to be inspired from the ancient Arab sailing vessels, which frequented the islands for trade purposes.

The Maldivian dhoni is made mainly from coconut wood, which is widely available on the islands. The art of dhoni-making is a traditional craft in the Maldives, learned by skilled craftsmen, with apprentices starting from a young age. The dhoni is a regular feature in the Maldives, as it is used for just about every essential task. From fishing – which is the Maldivian’s main source of income, to transporting goods, transportation from one island to another, and much more.

**SUNSET CHAMPAGNE CRUISE**

Every day offers relaxing sea breezes and countless photo opportunities. Enjoy an evening cruise on a traditional Maldivian dhoni; an ideal activity for families, couples and groups of friends, while listening to the latest chill-out music. Relax and unwind with the breathtaking seascape while enjoying refreshments. One of the highlights during your cruise will be watching the glorious sunset from the comfort of our dhoni.

**TO BOOK YOUR DHONI EXPERIENCE, PLEASE VISIT DIVE & EXCURSIONS OR CALL YOUR CONCIERGE**
Say “I do” in paradise. Our pristine white sandy beach, crystalline waters, endless sunshine and even more spectacular sunsets – all these elements come together to present an incredible destination for an effortlessly romantic wedding blessing.

Uniquely romantic and romantically remote, One&Only Reethi Rah’s natural beauty sets the scene for the most magical of weddings. Take your vows in a once-in-a-lifetime location. Choose from the sunset Wedding Pavilion, at your private beach at the villa as your backdrop for the special day. Toast to your new adventure with Champagne and cut your wedding cake against the turquoise ocean panorama.

Whatever you envision for your perfect beach wedding, our dedicated team members will make your dreams come true. Count on us to make your Maldives wedding as we offer a selection of packages for the renewal of vows and the ultimate dream beach wedding.

Uniquely romantic

Celebrations at One&Only Reethi Rah

Celebrations can take place on our white sandy beach overlooking the sparkling Indian Ocean or on your private beach at the villa. The celebration at One&Only Reethi Rah is effortless with a dedicated coordinator attending to every conceivable detail.

Please contact our dedicated celebrations coordinator or your personal concierge during the stay to arrange special celebrations.
OCEAN PRESERVATION AND TURTLE REHABILITATION IN THE MALDIVES

Every year, an alarming number of animals are injured or killed by the effects of ghost nets. ‘Ghost nets’ are lost, abandoned or discarded fishing nets which float in the ocean, damaging reefs and entangling marine animals including sharks, rays, cetaceans and, most commonly, sea turtles. Entangled animals may either drown, if they are not able to come to the surface to breathe, or they can endure suffering from issues such as dehydration, starvation, amputations and infections.

While nets are not typically used for fishing in the Maldives, the pole and line method is most commonly used, nets frequently enter Maldivian waters via the currents from neighbouring countries. It has been recorded that the most common marine animal found entangled in ghost nets is the Olive Ridley sea turtle (Lepidochelys olivacea). The Olive Ridley turtle travels long distances in the open ocean and is not usually found on reefs in the Maldives waters, as it does not nest here. Ghost nets are a menace experienced first-hand here at One&Only Reethi Rah, Maldives. The Resort is a proud supporter of the Olive Ridley Project, a UK-based non-profit organization, and the only charity/NGO present in the Maldives focusing on the awareness and removal of ghost nets and turtle rescue and rehabilitation. The Olive Ridley Project currently has team members working both here in the Maldives and in Pakistan, increasing awareness of the issue with local fishing communities to educate them about the impact of discarded nets and how to reduce these incidents.

Founder of the Olive Ridley project, Mr. Martin Stelfox has been working in the Maldives since 2012. Realizing there was a major issue with ghost nets and nowhere offering focused medical care for turtle rescue and rehabilitation in the Maldives, he founded the ‘Olive Ridley Project’ in 2013. Dr. Claire Petros joined the NGO in November 2016, to oversee the completion of the tanks and design the first veterinary-led turtle rescue centre, which was opened at one of the resorts in Baa Atoll.

The initial development of the rehabilitation centre was a long process, with tanks being constructed and dedicated specialist equipment ordered for the veterinary centre. Since opening the Marine Turtle Rescue Centre in February 2017, a total of 53 turtles have been rescued, rehabilitated and released back into the ocean, with 40 of them being Olive Ridley turtles found in ghost nets.

We met with Dr. Petros to ask her some vital questions at the forefront of this growing issue within the Maldives. When asked about the benefits of a turtle veterinary centre in the Maldives, Dr. Petros is positive and explains that having a dedicated turtle rescue centre in the Maldives has provided an essential hub where injured turtles can go and undergo necessary surgery and treatment to allow for the turtles to recover and be released as soon as possible. Consistently working towards developing research and awareness of ghost nets, she informs us that the organization is working towards having a turtle biologist in every atoll to measure turtle populations. They are also working towards having a number of rehabilitation centres to accommodate the larger number of turtles requiring ongoing care – this will allow each partnered rehabilitation centre to provide a hub in each atoll to receive injured turtles that are found floating near by the resorts or local islands.

This is an important move as one of the biggest difficulties is transporting the turtle from the location where it has been rescued, to the rescue centre in Baa Atoll. A big step in the right direction was the partnership with Trans Maldivian Airlines (TMA) in March 2017, which enabled turtle transportation between different atolls by air.

It can take months to years for total rehabilitation of a turtle, from the initial treatment at the rescue centre to the time taken living in the tanks and becoming accustomed to swimming again. Dr. Petros and the rest of the team are currently anticipating the arrival of an X-ray machine to the rescue centre, which will enable further insight into the common buoyancy syndrome, which results in turtles being unable to dive down to search for food, which ultimately causes starvation and death.

An exciting upcoming partnership between One&Only Reethi Rah and the Olive Ridley Project will see the introduction of a specialist turtle marine biologist based at the Resort to further research and development while also informing guests of the organisation’s work. The turtle biologist will take part in the sea turtle ID programme, started by lead scientist Dr. Jill Hudgins, whereby turtle population numbers in the Maldives are monitored. The turtle biologist will also be involved with any nesting and hatching of green and hawksbill sea turtles on the island. Future plans to have a rehabilitation centre based in Male Atoll will provide One&Only Reethi Rah with a direct hub to transport injured turtles found near the Resort. This rehab hub will also have a large tank to allow for the best possible environment to care for a turtle on their road to recovery after treatment at the rescue centre.

“One&Only Reethi Rah is committed to preserving our beautiful lagoon and marine life. We are pleased to welcome the Olive Ridley Team to the Resort to raise awareness on the importance of working towards the greater initiative of overall marine life and ocean preservation in the Maldives,” says Jan B. Tibaldi, General Manager, One&Only Reethi Reethi Rah.

To find out more about the Olive Ridley Project and all of their efforts, visit www.oliveridleyproject.org.
One&Only Reethi Rah is a picture-perfect setting. Whether choosing to have your photos taken on a picture-perfect beach or under lush palms.

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