

A RESTORATIVE ZEN EXPERIENCE WITH TORU OGASAWARA

11 FEBRUARY - 11 MARCH 2026

Discover a moment of quiet restoration guided by visiting practitioner Toru Ogasawara. This curated experience weaves together gentle aquatic meditation, mindful movement and serene floating, complemented by a tranquil Zen matcha ritual and bespoke spa treatments. A harmonious collaboration with One&Only Spa, each journey invites body and mind into deep balance through water, breath, touch and intention, offering a graceful return to presence.

For reservations, please contact your Host or One&Only Spa.



One&Only

REETHI RAH

Maldives

ZEN AQUATICS WITH WATSU MASTER

60 MINUTES | \$360

80 MINUTES | \$480

Meet Master Toru from Japan, a world renowned Watsu practitioner and instructor, celebrated for his deeply intuitive aquatic work. In our warm Watsu pool, this Zen Aquatics experience allows you to float weightlessly as Toru guides the body through fluid movements, gentle stretches, and subtle energetic alignment.

Muscular tension softens, the spine is eased, and a natural rhythm is restored. A rare opportunity to experience authentic Watsu with one of the world's leading masters and reconnect with your body and mind in water.

WATER ZEN EXPERIENCE AT THE WATSU POOL

MONDAY, WEDNESDAY AND FRIDAY

9.00AM - 9.30AM

30 MINUTES | \$50

Discover the calming power of water through this guided Zen immersion. Led by Master Toru, this experience invites gentle aquatic meditation, fluid movement and effortless floating in warm water. No swimming skills are required, only an openness to slow down and reconnect. A beautifully restorative introduction to the essence of Watsu and water mindfulness.

Reservations required.

MORNING MATCHA RITUAL AT THE SPA GARDEN

TUESDAY AND THURSDAY

9.00AM - 9.30AM

30 MINUTES | WITH OUR COMPLIMENTS

Begin your morning with a quiet Zen ritual guided by Master Toru. In the tranquil setting of the spa garden, enjoy freshly prepared Japanese matcha while discovering its meditative significance and its ability to anchor the mind in the present moment. A gentle introduction to Zen philosophy through taste, aroma and stillness.

Reservations required.

ZEN FOR BODY

\$640

Release • Restore • Realign

Watsu | 60 minutes

A deeply nurturing aquatic experience where the body is gently supported by warm water, allowing rhythmic movements and soft stretches to release muscular tension and soothe the nervous system.

Deep Tissue Massage | 60 minutes

A focused therapeutic massage designed to address chronic tension, muscular fatigue and postural imbalance, restoring strength, alignment and physical vitality.

Complimentary Deep Tissue Enhancement | 30 minutes

An exclusive enhancement offering additional time for precise, targeted work on areas of persistent tension, ensuring a more complete and restorative therapeutic experience.

ZEN FOR MOBILITY

\$640

Flow • Flexibility • Freedom

Watsu | 60 minutes

A weightless aquatic experience where the body is gently supported and guided into fluid movement, allowing muscles and joints to soften, open and rediscover natural ease.

Thai Massage | 60 minutes

A mindful, floor based treatment blending assisted stretching, acupressure and rhythmic movement to enhance flexibility, joint mobility and overall freedom of motion.

Complimentary Mobility Extension | 30 minutes

An exclusive therapeutic extension offering additional time for deeper stretching, joint articulation and seamless integration of fluid movement, leaving the body feeling open, light and unrestricted.

ZEN FOR ENERGY

\$630

Awaken • Balance • Revitalise

Watsu | 60 minutes

A gentle aquatic therapy designed to encourage profound relaxation, release energetic stagnation and restore the body's natural flow of energy.

Balinese Massage | 60 minutes

A flowing, rhythmic massage using aromatic oils to stimulate circulation, rebalance the body's energy and leave you feeling both grounded and uplifted.

Complimentary Energy Extension | 30 minutes

An exclusive enhancement providing additional time to deepen relaxation, support energetic harmony and sustain a sense of vitality long after the treatment concludes.

Customised packages are available upon request.

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