

Dhigali Spa

nature heals & balances body + mind + soul

Signature Treatments

The Blend of East & West

Combination of Aromatherapy + Swedish + Thai + Shiatsu + Indian Head Massage + Foot Massage & Natural Facial
90 minutes / US\$ 105

Healing Traditions of Maldives

Head to Toe virgin coconut oil massage + soft sea sand, rice powder poultice applied perfect for sore muscles & relaxation
90 minutes / US\$ 99

Massages

4 Handed Luxury
50 minutes / US\$ 130

Balinese
Swedish
Thai
Traditional Shiatsu
Deep Tissue Sports
Warm Stone
Foot Reflexology
50 minutes / US\$ 77

Body Wraps / Scrubs

Royal Javanese Lulur Scrub
Coffee & Lime Scrub
Fresh Coconut Scrub
Honey & Salt Scrub
Chocolate Indulgence Scrub
Herbal Spice Wrap
Cucumber After Sun Wrap
50 minutes / US\$ 66

Bath Rituals

*Choice of 3 bath rituals + application of body butter

Cleopatra Milk Bath ~ soft, radiant & glowing skin
Lavender Bath ~ Relaxing body, mind & spirit
Spice Body Bath ~ refreshing + invigorating.
30 minutes / US\$ 40

Little India

Indian Head Massage
30 minutes/ US\$ 38

Abhyanga Body Massage
Udvarthanam Herbal Powder Massage
Shirodhara Third Eye Treatment
60 minutes/ US\$ 77

Facials

Natural Facial

Ancient skin healers + natural honey promote new cell growth + fresh cucumber reduce irritations from sun exposure.
60 minutes / US\$ 66

Facials using our Dr. Joseph cosmetic range

Intense Purifying Treatment
50 minutes / US \$ 89
Cellular Recreation Treatment
80 minutes / US \$ 122
Advance Bio Lifting Treatment
110 minutes / US \$ 244
Express Power Lift for Men
50 minutes / US \$ 89
Ultrasonic Facial Lift
50 minutes / US \$ 122
Supreme Ultrasonic Facial Lift
80 minutes / US \$ 146

Romance at Dhigali

For our love birds & honeymoon couples

Chocolate indulgence +
Candle lit milk bath for Her +
Foot & Hand massage for Him +
Glass of red or white wine served afterwards at your jungle cabana
80 minutes / US\$ 210

All menu prices are exclusive of government taxes and service charges.
Please dial extension 953 for further information or to book.

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Nature Cure

Slimming Package

Hydrotherapy + Deep Tissue Massage +
Udhavartanam + Stone Reflexology + Aquatic yoga
120 minutes / U\$ 160

Insomnia Package

Foot Bath Ritual + Foot Massage + Indian Head
Massage + Stone Reflexology + Meditation
Chanting + De-stressing Yoga
120 minutes / U\$ 160

Cellulite Package

Lymphatic Drainage Massage + Herbal Body Scrub
+ Aloe Vera Body Wrap + Aerobic yoga
150 minutes / U\$ 191

Nails

*Using our Milk Solutions product range, choose
between the Milk + Honey OR Anti-Aging options

Female

Manicure
60 minutes / U\$57

Pedicure
60 minutes / U\$ 65

* Include Nail Polish by Jessica

Male

Manicure
60 minutes / U\$ 49

Pedicure
60 minutes / U\$ 57

* Male treatment included softening callus
remover

Mini Treatments

*for Children 6 - 12 years accompanied by parents

Traditional Nail Art
Hand & Foot Massage
Mini Head Massage
45 Minutes / U\$ 45

Yoga with our Yogi Dr. Aravind James

"Yoga teaches us to cure what need not be endured
+ endure what cannot be cured".

40 minutes Complimentary each Saturday, Tuesday
and Thursday

Sunrise Yoga - 06.00 @ East Bar / Pool Deck

Sunset Yoga - 18.00 @ East Bar / Pool Deck

*weather permitting

Private Meditation & Yoga

60 minutes / U\$ 49

Aquatic Yoga

60 minutes / U\$ 40

Well Being Packages

Plunge into the deep bliss of a Spa treatment every
day & return home refreshed, energized, glowing with
health & vitality

05 Days – Me Time - U\$ 350

Complimentary daily sunrise or sunset yoga

Day 1 One of Signature Treatments

Day 2 Feet + Leg Revival

Day 3 One Body Works

Day 4 Natural Facial

Day 5 Manicure + Pedicure by Milk Solutions

03 Days – Me Time – U\$ 301

Complimentary daily sunrise or sunset yoga

Day 1 Choice of one Signature Treatment

Day 2 Choice of one Little India Treatment

Day 3 Choice of Body Works + Facial

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Spa Etiquette

Dhigali Spa is open from 08.00 am to 22.00 pm.
Please note that our facilities are exclusively for spa guests.

Arrival time

Please arrive 15 minutes' prior to your treatment to complete your health assessment & take time to relax in our tranquil surroundings.

Hydrotherapy

We recommend an average time of 30 minutes' prior to your booked time to use the hydrotherapy facilities (Steam Room + Plunge Pool)

How to Spa safely

Do not sunbathe pre or post any spa treatment for minimum of two hours.
Gentlemen, please don't shave for at least 2 hours before your facial treatments.
If you are pregnant or have had a baby less than 3 months ago, please consult with the Resort Doctor before treatments.

Spa Clothing

We provide bathrobes, slippers & disposable underwear for personal use.
You may also wear your bikini during your treatments.
Our therapists will make sure that your privacy is respected at all times.

Electronic - free Zone

Kindly note that spa is an electronic free zone. As such, we do not allow the use of mobile phones or any type of audio, photographic or video recording equipment.

Jewelry

We recommend that you leave all jewelry & valuables in your villa.
The Spa is not responsible for loss of damage of personal or misplaced items.

Holistic Environment

Please refrain from smoking within the spa grounds, as we would like to provide a healthy environment for all our guests.

Children

Please note that the spa is an unsuitable environment for babies & small children. We try to ensure that all our guests benefit from the tranquil surroundings.

Cancellation Policy + Charges

Please allow at least 4 hours notice for cancellations to avoid a 50% cancellation fee.
Cancellations without notice will incur a 100% charge.

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