
Dhigali Spa

nature heals & balances body, mind & soul

Signature Treatments

THE BLEND OF EAST & WEST

90 minutes / US\$ 105

Combination of Aromatherapy + Swedish + Thai+ Shiatsu + Indian Head Massage + Foot Massage & Natural Facial

HEALING TRADITIONS OF MALDIVES

90 minutes / US\$ 99

Head to Toe warm virgin coconut oil + soft sea sand, rice powder poultice applied perfect for sore muscles & relaxation

ASIAN'S SPA TRADITIONS

Relaxing for body + mind + soul

50 minutes / US\$ 77

Balinese Massage Thai

Massage Traditional

Shiatsu Foot

Reflexology Warm

Stone Massage

4 Hands Massage US\$ 130

Indian Head Massage 30min/ US\$ 38

BODY WORKS

Nourish the skin + improve circulation

50 minutes / US\$ 66

Royal Javanese Lulur

Coffee & Lime Scrub

Fresh Coconut Scrub

Herbal Spice Wrap

Honey & Salty

Cucumber Wrap After Sun

Chocolate Indulgence

BATH RITUAL

30 Minutes / US\$ 40

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.

Facials

NATURAL FACIAL

60 Minutes / US\$ 66

Ancient skin healers + natural honey promote new cell growth + fresh cucumber , reduce irritations from sun exposure .

Nails

Relaxing foot or hand massage

Manicure ~ 60 Minutes / US\$ 49

Pedicure ~ 60 Minutes / US\$ 57

Manicure & Pedicure ~ 90 Minutes / US\$ 90

Yoga by 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 @ Welcome Jetty.

Private Meditation & Yoga ~ on request US\$ 49

Aquatic Yoga ~ on request US\$ 40

Please dial extension 953 for further information or to book.

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Little India

ABHYANGA BODY MASSAGE

60 Minutes / US\$ 77

Enhancing your immune system

UDVARTHANAM

(HERBAL POWDER MASSAGE)

60 minutes / US\$ 77

Improve skin's structure & appearance

SHIRODHARA (THIRD EYE

OPENER) 60 minutes / US\$ 77

Therapeutic massage & herbal oil poured on the forehead

Nature Cure

By our Naturopathy Consultant to obtain personal recommendations.

SLIMMING PACKAGE

120 minutes / US\$ 157

Hydrotherapy + Deep Tissue Massage + Udhavartanam + Stone Reflexology + Aquatic yoga

CELLULITE PACKAGE

150 minutes / US\$ 191

Cold Body Compress + Lymphatic Drainage Massage + Herbal Body Scrub + Aloe Vera Body Wrap + Aerobic yoga

INSOMNIA PACKAGE

120 minutes / US\$ 160

Foot Bath Ritual + Foot Massage + Indian Head Massage + Stone Reflexology + Meditation Chanting + De-stressing Yoga

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

Complimentary daily sunrise or sunset yoga

US\$ 350

Day 1 Choice of one of Dhigali Spa Signature Treatments

Day 2 Feet + Leg Revival

Day 3 Choice of Body Works

Day 4 Natural Facial

Day 5 Manicure + Pedicure

03 DAYS – ME TIME

Complimentary daily sunrise or sunset yoga

US\$ 301

Day 1 Choice of one of Dhigali Spa Signature Treatments

Day 2 Choice of Ayurvedic Treatment

Day 3 Choice of Body Works & Natural Facial

Romance at Dhigali

80 Minutes / US\$ 210

For lovebirds & honeymoon couple.

Romantic couple chocolate indulgence

Candle lit milk bath for Her + foot & hand massage for Him + glass of red or white wine served at your jungle cabana.

Mini Treatments

Children 6 - 12 years accompanied by parents

45 Minutes / US\$ 46

Traditional Nail Polish Decoration

Hand & Foot Massage

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Spa Etiquette

Dhigali Spa is open 8 am to 8 pm Facilities are exclusively for spa guests

ARRIVAL TIME

Arrive 15 minutes prior to complete your health assessment & take time to relax in our tranquil surroundings

WET THERAPY

Average time of 30 minutes prior or post to your treatment Steam Room + Relaxation Pools

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
Our therapists will make sure that your privacy is respected at all times

ELECTRONIC FREE ZONE

The use of mobile phones or any type of audio + photographic
+ video recording equipment is not permitted

JEWELRY

Jewelry & valuables may be kept in your villa or spa locker
The Spa is not responsible for loss + damage of personal or misplaced items

HOLISTIC ENVIRONMENT

We are a no smoking zone within Dhigali

CHILDREN

The spa is an unsuitable environment for babies & small children left unattended

CANCELLATION POLICY & CHARGES

Please note our 4 hours cancellation policy to avoid a 50% cancellation fee
Cancellations without notice will incur a 100% charge

Prices are in USD and exclusive of 10 % service charge and 12 % GST

Please dial extension 953 for further information or to book.