

DHIGALI  
MALDIVES

# Spa Menu



#dhigalibliss



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# Dhigali Signature Treatments

## The Blend of East & West

90 minutes | USD 169

Embark on our signature spa journey at Dhigali Spa, where East meets West in a blend of healing therapies. Start with a tranquil foot ritual before indulging in our unique Signature Massage, expertly crafted to relieve muscle tension and invigorate your senses. Conclude your memorable experience with a refreshing natural facial or soothing Indian head massage.

## Healing Tradition of Maldives

90 minutes | USD 170

A soothing coconut oil massage paired with a muscle-soothing aromatic herbal ball. This relaxing treatment targets specific points on the body, relieving stress and fatigue while deeply relaxing muscles. Feel the healing benefits seep into your skin, leaving you feeling refreshed and rejuvenated.

## Wellbeing Retreat

150 minutes | USD 315

Ayurveda, originating from the Sanskrit words Ayur (life) and Veda (knowledge), is a 5000-year-old Indian science focused on holistic wellness. It emphasizes achieving balance in mind, body, spirit, senses, and emotions for optimal health. During this treatment you will experience:

- Prelude Foot Ritual
- Abhyanga Massage
- Detox Ginger & Lime Scrub
- Seasonal Facial



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# Timeless Couple Ritual Packages

## Divine for Two

90 minutes | USD 280

Experience Cupid's favorite blend in our Intense Romance ritual, designed to soothe the body and mind while subtly stimulating feelings of love with aphrodisiac properties. Enjoy an Aromatherapy massage followed by a romance bath and a glass of sparkling wine to complete your indulgent experience.

## Majestic Duo

150 minutes | USD 510

Step into our serene sanctuary, where personalized pampering awaits with a range of refined services. Experience full rejuvenation and revitalization throughout your treatment. Enjoy a couples escape with your choice of body scrub, massage, and facial, all tailored to your individual needs.





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# Massage Collections

## DHIGALI SPECIAL

### Time Travelers Massage - Jet Lag Cure

60 minutes | USD 130

90 minutes | USD 160

Traveling across time zones can disrupt the body's internal clock and affect melatonin production, leading to sleep disturbances and jetlag. Adjusting to the new time zone may take days, but with our "Time Travelers' Massage," you can start enjoying your stay at Dhigali from the moment you arrive. Crafted by our expert therapists, this massage blends pure essential oils and ancient stretching techniques to combat exhaustion, insomnia, and mood swings. Tailored to the time of your treatment, it aims to stimulate or relax you, helping your body synchronize with the local rhythm





## CLASSICS

### Bali Bliss Massage

60 minutes | USD 130

90 minutes | USD 160

Infused with the ancient healing techniques of Bali, this massage employs gentle to medium pressure, incorporating long, soothing strokes along the body's energy meridians. The treatment also includes gentle stretching and the use of aromatherapy oils, all designed to induce a profound state of relaxation.

### Authentic Thai Massage

60 minutes | USD 130

90 minutes | USD 160

This oil-free massage offers a physical form of therapy aimed at loosening joints, toning muscles, and inducing deep relaxation. Incorporating yoga poses, it focuses on releasing tension, enhancing vitality, and improving flexibility. Through pressure techniques, blood flow is stimulated, and toxins are released, while stretching aids in realigning the body for overall wellness.

### Hawaiian Healing Massage

60 minutes | USD 130

90 minutes | USD 160

The Lomi Lomi Massage is a Hawaiian technique designed to awaken the spirit within the physical body. It involves deep therapeutic kneading to release muscle tension and alleviate physical stress. Using palm, forearms, hands, and sometimes elbow, this fluid and rhythmic massage targets multiple body parts simultaneously. Despite its medium to strong pressure, it remains deeply relaxing.

### Warm Stone Massage

90 minutes | USD 165

Experience the classic long-flowing massage strokes using the forearm and palm, followed by the application of warm, smooth oiled stones. These stones are placed on key energy points of the body, providing deep warmth that penetrates to melt away energy blocks and muscle tension. Feel a natural relaxation response in your body, leading to a tranquil sense of improved well-being.



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# Body Care Collection - Exfoliate

## Maldivian Coconut Scrub

45 minutes | USD 105

Revitalize your skin by exfoliating and polishing away dead skin cells and impurities while enhancing circulation with this gentle, sulfate-free body scrub.

## Lime & Ginger Salt Scrub

45 minutes | USD 105

Achieve instantly glowing and fresh-looking skin with our ginger and lime scrub. This natural blend stimulates fat burning, reduces the appearance of cellulite, and leaves your skin soft, hydrated + radiant.

## After Sun Soother Body Cocoon

45 minutes | USD 105

Cucumber and aloe vera are excellent natural remedies for sunburn relief, soothing pain + inflammation effectively. We apply a fresh cucumber paste to your skin and let it rest while you receive a relaxing head and foot massage. After rinsing, we gently apply aloe vera gel to your body for added hydration and soothing comfort.





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# Facial Care Collection - by SOTHYS Paris

## SOTHYS Classic Facial

60 minutes | USD 150

This comprehensive treatment comprises cleansing, exfoliation, deep cleansing, steam extraction + massage. It concludes with a tailored mask suited to your individual skin needs.

## Seasonal Treatment

60 minutes | USD 170

This innovative concept blends chronobiology and delightful flavors to unveil the skin's radiance throughout the seasons. A blend of oxygen and minerals fortifies the skin's defense system pre-winter, while a dose of vitamins revitalizes it pre-summer.

## Energizing Intensive Treatment

75 minutes | USD 250

Regardless of age, skin cells require energy to maintain radiance and combat signs of aging. Our treatment, infused with key ingredients, effectively recharges cells, restoring the glow of youthful skin. Ideal for oily to combination skin types, this regimen includes a Sothys signature massage for a comprehensive rejuvenating experience.



Chargeable on Premium All Inclusive.  
Prices are in USD and inclusive of 10% service charge and 16% GST (government tax)

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# Hand & Foot Remedy

## Spa Manicure

55 minutes | USD 75

Luxurious conditioning care for your hands, including all elements of a traditional manicure to leave hands soft, smooth, and nails beautiful. Includes a nourishing hand-arm massage with moisturizing lotion to nourish the skin. Nail polish application is included if desired.

## Spa Pedicure

60 minutes | USD 85

Pamper your feet with an aromatic foot soak and scrub, followed by a traditional pedicure and foot massage with refreshing peppermint lotion to leave your feet feeling revitalized and hydrated. Nail polish application is included if desired.

## Sole to Soul

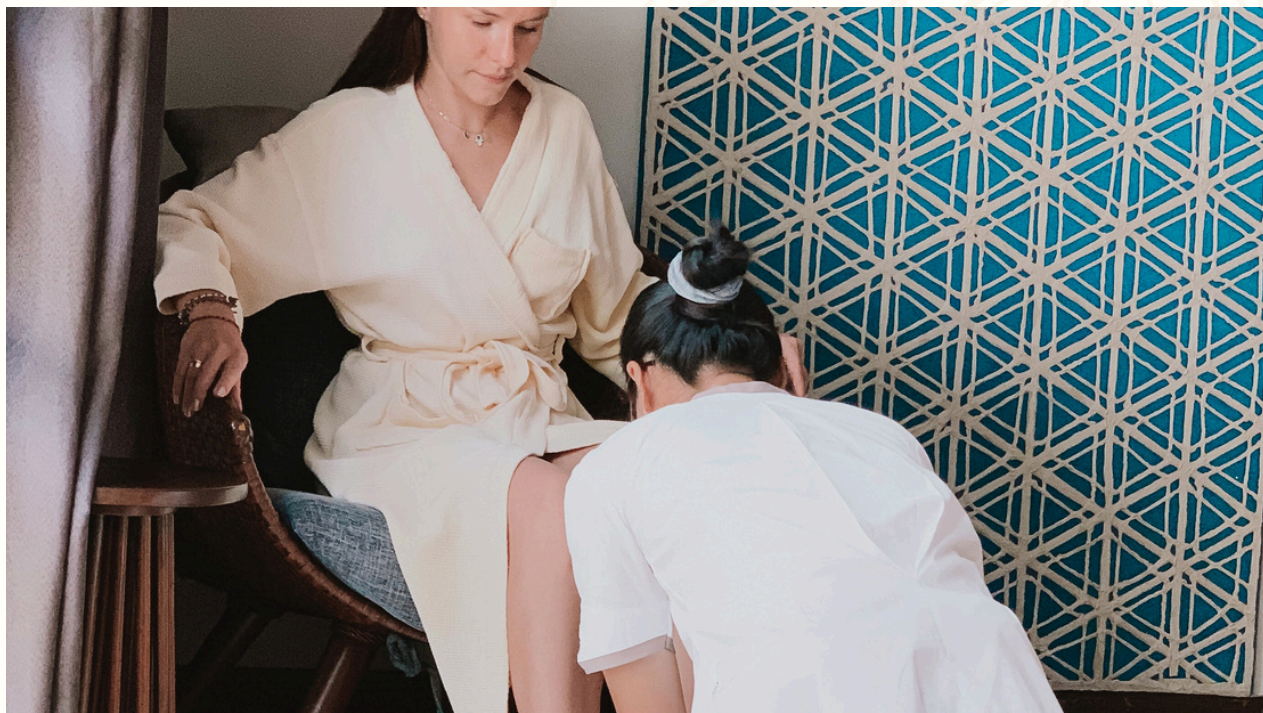
60 minutes | USD 105

The rejuvenating and energizing foot reflexology massage applies appropriate pressure to specific points and areas on the feet and hands, which correspond to different body organs and systems. Pressing these points has a beneficial effect on the organs and your general health.

## Remedy Leg Treatment

60 minutes | USD 130

Treatment for your legs begins with a scrub to remove rough and hard skin on your feet, followed by a foot massage. A relaxing warm natural ginger mask and foot cream are applied to finish this treatment.





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# Bathing Ceremonies

## Lavender & Coconut Milkbath

30 minutes | USD 75

Experience a tranquil ritual infused with a nostalgic scent, ideal for soothing nervous exhaustion, headaches, and promoting overall body relaxation.

*Bath Enhancement: Paired with a comforting cup of warm ginger tea.*

## Iced Sun Soother

30 minutes | USD 75

This cooling and calming ritual, featuring cucumber, aloe vera gel + ice cubes, is tailored to soothe sun-drenched skin.

*Bath Enhancement: Accompanied by a refreshing drink.*

## Champagne & Aromatic Bath

30 minutes | USD 105

Indulge in the enchanting scents of frangipani and lavender essential oils during a soothing bath experience designed to bring balance.

*Bath Enhancement: Complemented with a glass of champagne.*



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# Junior Spa

(4 – 10 years old)  
30 minutes

We ensure the utmost care and comfort for our young guests.

Little ones should be accompanied by parents or authorized adults to remain at the spa during treatments.

- Pampering Massage | USD 70
- Twinkle Finger Treatment | USD 70
- Terrific Toe Treatment | USD 70
- Charming Facial Treatment | USD 70

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# Family Time

## Mother & Daughter or Father & Son

45 minutes | USD 160

A choice of 45 minutes pampering massage.

OR

60 minutes | USD 200

A choice of 60 minutes massage for Mom or Dad & 60 mins pampering massage for Daughter or Son



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# Beauty Services

Bridal Makeup  
45 to 60 minutes | USD 60

Photo Shooting Makeover  
75 to 90 minutes | USD 75

Bridal Makeover  
75 to 90 minutes | USD 110





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# Journey of the Body & Mind

## CLARITY – 3 Days Spa Journey

USD 385

Day 1: Choose a 60-minute Asian Therapeutic Massage.

Day 2: Enjoy a 45-minute Maldivian Coconut Scrub.

Day 3: Indulge in a 60-minute Classic Facial.

## SERENITY – 5 Days Spa Journey

USD 620

Day 1: Choose a 90-minute Asian Therapeutic Massage.

Day 2: Experience a 45-minute Maldivian Coconut Scrub.

Day 3: Treat yourself to a 90-minute Coconut Hair Spa and Foot Massage.

Day 4: Enjoy a 60-minute Classic Facial.

Day 5: Relax with a 30-minute Lavender Coconut & Milk Bath

## TRANQUILITY – 7 Days Spa Journey

USD 930

Day 1: Enjoy the Dhigali Signature Massage for 90 minutes.

Day 2: Refresh with a 45-minute Detox Lime & Ginger treatment.

Day 3: Rejuvenate with a 45-minute Revitalizing Yogurt Body Wrap

Day 4: Indulge in a 90-minute Coconut Hair Spa and Shoulder Massage.

Day 5: Soothe tired legs with a 60-minute Remedy Leg treatment.

Day 6: Reveal radiant skin with a 60-minute Classic Facial.

Day 7: Relax in a 30-minute Lavender Coconut & Milk Bath.

## REJUVENATE – Private Yoga and Meditation

45 minutes USD 65 per person

45 minutes USD 110 per couple





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# Spa Etiquette

**Dhigali Spa is open from 10:00 to 20:00**

## Arrival Time

Enjoy the full spa experience, please be at the spa 15 minutes early to complete your health assessment & take time to relax in our tranquil surroundings.

## Wet Therapy

Enjoy 30 minutes before or after your treatment to use the steam room or relaxation pools.

## How To Spa Safely

Kindly shower prior to treatment to cleanse. Do not sunbath 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.

## Spa Clothing

We provide bathrobes & disposable underwear. Our therapists will make sure that your privacy is respected at all times.

## Electronic Free Zone

The use of mobiles phones or any type of audio + photographic + video recording equipment is not permitted during the treatment.

## 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. Please kindly observe silence - we are a zone for relaxation.

## Children

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

## Cancellation Policy & Charges

Please note our 6-hour cancellation fee. 100% charge will apply for no show.