



NATURE HEALS & BALANCES
BODY, MIND & SOUL

Dhigali Spa

SPA MENU



The blend of East & West

The signature treatment of Dhigali Spa
90 minutes

A Specifically designed massage for Dhigali spa, which combines well known massage techniques such as Balinese, Swedish, Thai and Indian with aromatherapy oil to relieve your muscle tension and awake your senses followed by refreshing cucumber and honey facial, to rejuvenate and glowing your skin.

Body Massage

Healing Tradition of Maldives

85 minutes

A relaxing massage with coconut oil, combine with muscle-soothing steamed aromatic soft sand herbal ball, provide deep relaxation while relieving stress, fatigue and improving health. The steamed herbal ball is gently applied to specific points of the body, releasing the healing benefit into the pores of the skin.

Warm stone massage

85 minutes

Start with long flowing massage stroke using forearm and palm, continue with warm, smooth oiled stones to stroke your muscle and placed on important body's energy points. The warming penetrate deeply to melt away energy block and muscle tension. It will effect a natural relaxation response in the body for tranquil sense of improved wellbeing.

Balinese massage

55 minutes

85 minutes

Using long strokes with a soothing, even pressure along the body's energy meridian, gentle stretching and aromatherapy oils, to lull you into a deep sense of relaxation.

Traditional Thai Massage

55 minutes

85 minutes

A truly invigorating experience to loosen joints, stretch & tone the muscles to create a deep sense of relaxation. Using no oil, this massage aims to release tension, increase vitality and flexibility. The pressure technique stimulates blood flow and releases toxin, while the stretching helps to realign body and restore suppleness.

Lomi lomi massage

55 minutes

85 minutes

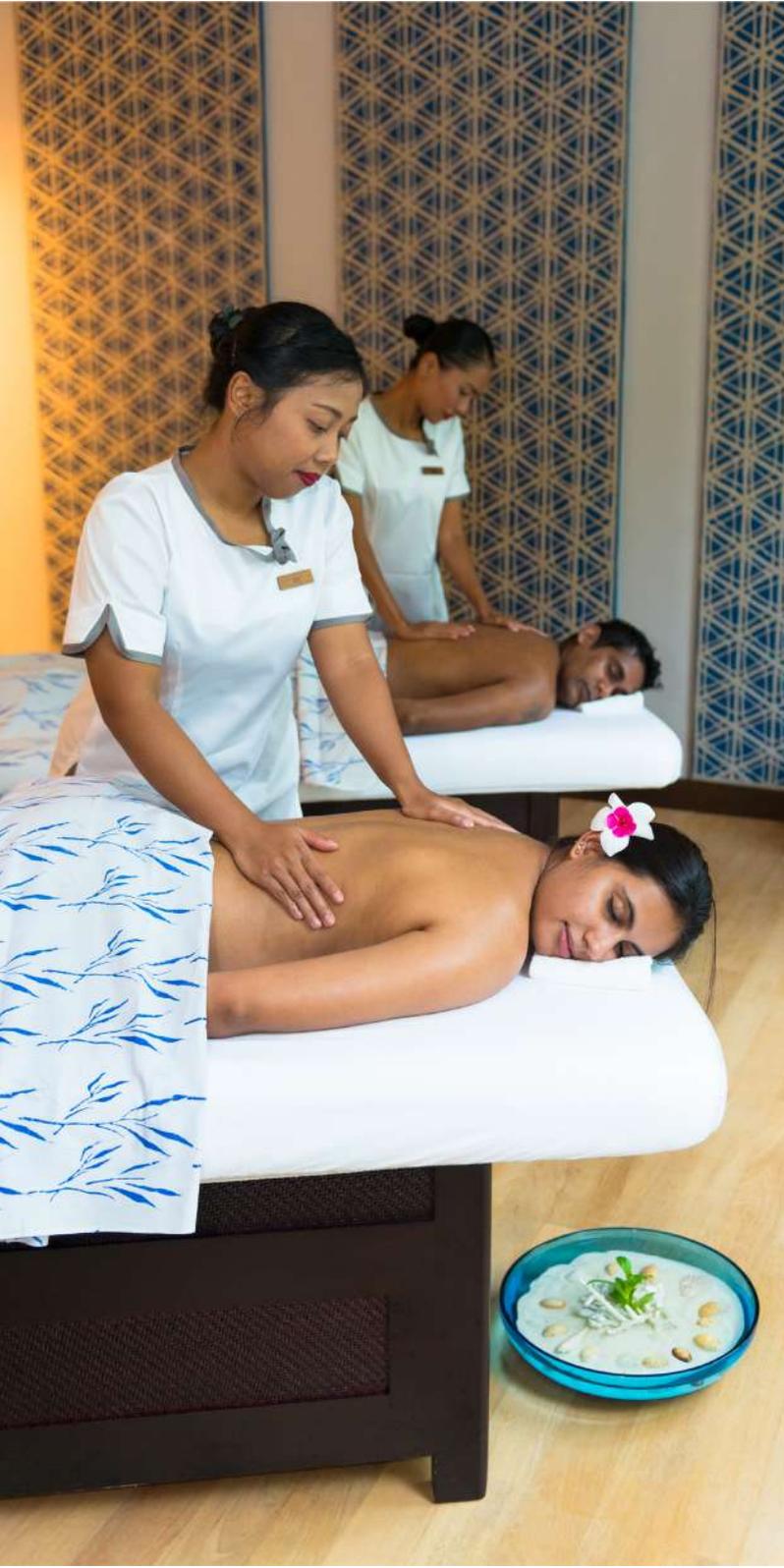
Is a deep therapeutic massage to release muscle tension and consequently physical stress. Using palm, forearms, finger, knuckles and sometime use elbow. It is medium to strong pressure yet relaxing.

Sport massage

55 minutes

85 minutes

A vigorous yet restorative treatment that combines the best of Swedish massage technique, with the flowing movement. Stronger pressure bodywork is used to stretch muscle fibers, improve circulation and flexibility, and give relief from deep seated tension.



Slimming massage

55 minutes

This treatment is aimed at improving the elimination of toxins, providing higher oxygen levels to our cells. The massage produces a restoration of the tissues and improving the look of our skin.

Foot massage

55 minutes

An ancient healing therapy, this treatment works on the principle that nerve tissue connects body organs to reflex points in the feet to serve as a constant energy channel. Massaging these reflex points aims to improve well-being by restoring the balance and flow of body energies.

Rescue relief

30 minutes

A focused massage that gives you the choice of customizing your treatment to relieve quickly muscle tension in the targeted areas. Back - Head - neck - shoulder massage or foot massage.

Indian Wellness

Indian head massage

30 minutes

The treatment focusses on the head, neck and shoulders using ayurvedic oil, feel the cooling of the oil, the energy from our hands dances on your head and lets your stress slip away.

Abhyanga Massage

55 minutes

85 minutes

Is a unique form of massage, originating in Ayurvedic medicine. Using medicated warm oil, this massage has tremendous benefits for balancing the mind, body and immune system.

Shirodara third eye treatment

55 minutes

It is a form of Ayurveda therapy, beginning with a full body massage then warmed medicated oil is poured continuously on the forehead. This treatment can improve your sleep quality, reducing stress, tension, headaches, and enhances the nervous system.

Body Scrub - Wrap

Maldivian coconut scrub

55 minutes

Coconut is rich in vitamins and anti-oxidants, it removes dead cells of your skin and strengthens new skin. It feels completely clear and smooth. Recommended for dry and sensitive skin.

Lime and ginger salt scrub

55 minutes

For instantly glowing and fresh looking skin with extensive benefit of ginger and lime scrub, a natural stimulant for fat burning, help to reduce cellulite appearance and leave your skin soft, hydrated and radiance

Honey & salt scrub

55 minutes

Honey is naturally antibacterial, full of antioxidants, it is great for slowing down aging. A complexion boost that is extremely moisturizing and soothing, the bead of sea salt will remove your dead skin, combined both ingredient will create a moist and glow on your skin.

Cucumber after sun body wrap

55 minutes

Cucumber and aloe Vera are the best natural sunburn remedy. It help soothes sunburn pain and inflammation naturally. We apply the paste of fresh cucumber to your skin then leave it for a while. After you rinsed, we will apply aloe Vera gel on your body.

Facial Care

Facial by SOTHYS – PARIS

Enjoy unique rituals that combine sensoriality, efficiency and a personalized approach to treatment, in order to make every visit a haven of well-being that nurtures both the body and the mind. An art that sets Sothys apart.

INTENSIVE TREATMENTS

Energising Intensive Treatment with Siberian ginseng

75 minutes

Whatever the age, skin cells need energy. Without energy, the skin loses its radiance and the signs of ageing become more visible. This treatment along with its key ingredient, Siberian Ginseng has the ability to recharge the cells to bring back the glow of youthful skin.

Hydra 3Ha™ Hydration Treatment

75 minutes

In a perfect alliance of technical advancement and sensory pleasure, this treatment combines ultra-comfortable textures with high performance active ingredients to bathe the skin with well-being and provide it with a sensation of absolute hydration. The Ultimate beauty experience for immediate hydration, anti-ageing and radiance in a single treatment.

Seasonal Treatment

60 minutes

An original concept combining chronobiology and delicious flavours to reveal the skin's radiance, season by season. A dose of oxygen coupled with a cocktail of minerals to boost the skin's defense system before winter and with a dose of vitamins to revitalize it before summer.

Sothys Classic Facial

60 minutes

Includes cleansing, exfoliation, deep cleansing, steam extractions and massage. The treatment ends with a mask adapted to your specific skin type.

Sothys Clean Up

45 minutes

Includes cleansing, exfoliation, deep cleansing, steam extractions. The treatment ends with a mask adapted to your specific skin type.

*Our recommendation: Re-usable Eye Slices

All-in-one cooling, soothing, relaxing eye gels targeting, puffiness, dark circles, tiredness, redness and anti-ageing

Spa Packages

Maldivian Touch

140 minutes

Maldivian fresh coconut scrub – shower – Warm soft sand herbal massage.

Spa Sensation

140 minutes

Balinese or Swedish or lomi lomi massage – a choice of body scrub – nourishing milk bath

Relaxing Beauty

115 minutes

Balinese massage continue with Classic facial

Radiance Beauty

115 minutes

A choice of body scrub or wrap – Hydra 3Ha™ Hydration Treatment

Slimming treatment

90 minutes

A combination of Lime, ginger salt scrub and slimming massage to improve elimination of toxin, providing higher oxygen level to our skin cell. Recommended to have steam before treatment

Spa delight

90 minutes

Select one of our body scrub follow with nourishing milk bath or Relaxing flowers bath

Romance at Dhigali

90 minutes

A couple's bliss ritual , including a choice of 55 minutes massage or body scrub, relaxing flowers bath and enjoy a glass of wine.

Bath Ritual

Nourishing milk bath

30 minutes

Treat your skin to a smooth, shimmering glow as you relax in the soothing caress of milk and sandalwood bath. Recommended to take after body scrub.

Relaxing flowers bath

30 minutes

Enjoy the exotic aromas of a relaxing floral bath to balance your mind, body and spirit.



Hand And Feet Treatment

Spa Manicure

50 minutes

Luxurious conditioning care for your hands with all elements of a traditional manicure to leave hands soft and 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

65 minutes

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 revitalised and hydrated. Nail polish application included if desired.

Express Manicure

30 minutes

Shape and shine – remove and soften cuticle – nourish

Express Pedicure

40 minutes

Feet soak – shape and shine – remove and soften cuticle – nourish

Junior Spa

(4 - 12 years old)

Treatment will be done with the utmost care and comfort for our young guest. We require parents or authorized adult to remain at spa during the treatments.

Pampering massage/kid massage
45 minutes

Pretty finger (kid manicure)
30 minutes

Terrific toe (kid pedicure)
30 minutes

Simple nail art
30 minutes



Family Time

Mother and daughter

- A choice of 55' massage for mother and pampering massage for daughter
55 minutes
- Seasonal face treatment for mother and natural facial for daughter
60 Minutes
- Spa manicure for mother, express manicure & nail art for daughter
60 minutes
- Spa pedicure for mother and express pedicure + nail art for daughter
60 minutes

Father and son – 30 to 55 minutes

- A choice of 55' massage for father & pampering massage for son
55 minutes
- Energizing face treatment for father & natural facial for son
60 minutes
- Express Manicure for both
30 minutes
- Express Pedicure for both
30 minutes



Journey Of The Body And Mind

3 days in paradise

Day 1. Selection of 55 minutes massage

Day 2. Selection of body scrub

Day 3. Signature treatment

5 days in paradise

Day 1. Selection of 55 minutes massage

Day 2. Honey & salt body scrub

Day 3. Select 85 minutes warm stone or Maldivian soft sand herb

Day 4. Cucumber after sun or Seasonal facial

Day 5. Signature treatment

7 days in Paradise

Day 1. 55 minutes Balinese massage

Day 2. Signature treatment

Day 3. Abhyanga massage or Shirodara

Day 4. A choice of body scrub or wrap

Day 5. Maldivian touch

Day 6. Hydrating facial for her, Energizing facial for him

Day 7. Spa Manicure or pedicure for HER, Spa Pedicure or

55 minutes Swedish massage for HIM

"Yoga teaches us to cure what need not to be endured and endure what cannot be cure"

Private Meditation and yoga

60 minutes

Pregnancy Beauty Care

With your bundle of joy on the way, now is the time to take a moment to relax and indulge in treatments specifically designed with you and your baby in mind.

Moms Luxurious Manicure

50 minutes

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

Moms Pampering Pedicure

50 minutes

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

Pregnancy Body Care

Moms Maldivian Touch

140 minutes

Top to toe coconut ritual using the essences of 100% pure organic coconut native to the Maldives. Experience profound and deep relaxation; enjoy smooth and hydrated skin and shiny, lustrous hair enhanced with the tropical scent of coconut

- Mothers massage with 100% virgin coconut oil
- Indian head massage using warm coconut oil
- Freshly ground coconut body polish

Moms Relaxing Massage

55 minutes

A unique massage treatment to soothe away the stress & aches of pregnancy; focusing on the lower back, lower legs & feet. Supportive cushions ensure a comfortable yet effective massage – safe for you and your baby.

Moms Coconut Body polish

55 minutes

Beginning with a back massage to relieve tension in the back followed by a freshly prepared coconut body polish is applied to provide you with a moisturising exfoliation leaving your skin glowing and bright.

Moms Clean up Facial with Hair & Scalp Treatment

55 minutes

Includes cleansing, exfoliation, deep cleansing (steam extractions optional) Followed by an Indian head massage with warm locally sourced coconut oil massaged into scalp and hair

If you are in your First Trimester (First 3 months) of pregnancy, the safety of yourself and your baby are our highest priority we therefore do not perform any treatment during the first trimester.

Spa Etiquette

Dhigali Spa is open 10 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 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 + slippers & disposable underwear.

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.

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.

