

DHIGALI  
MALDIVES

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# Spa Menu

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# Timeless Couple Ritual Packages

## Divine Duo - Honeymoon | *Relaxing & Romantic*

90 minutes | USD 310

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 a 60-minute aromatherapy massage followed by a romance bath and a glass of sparkling wine to complete your indulgent experience.

## Majestic - Honeymoon | *Journey & Rejuvenate*

150 minutes | USD 490

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.

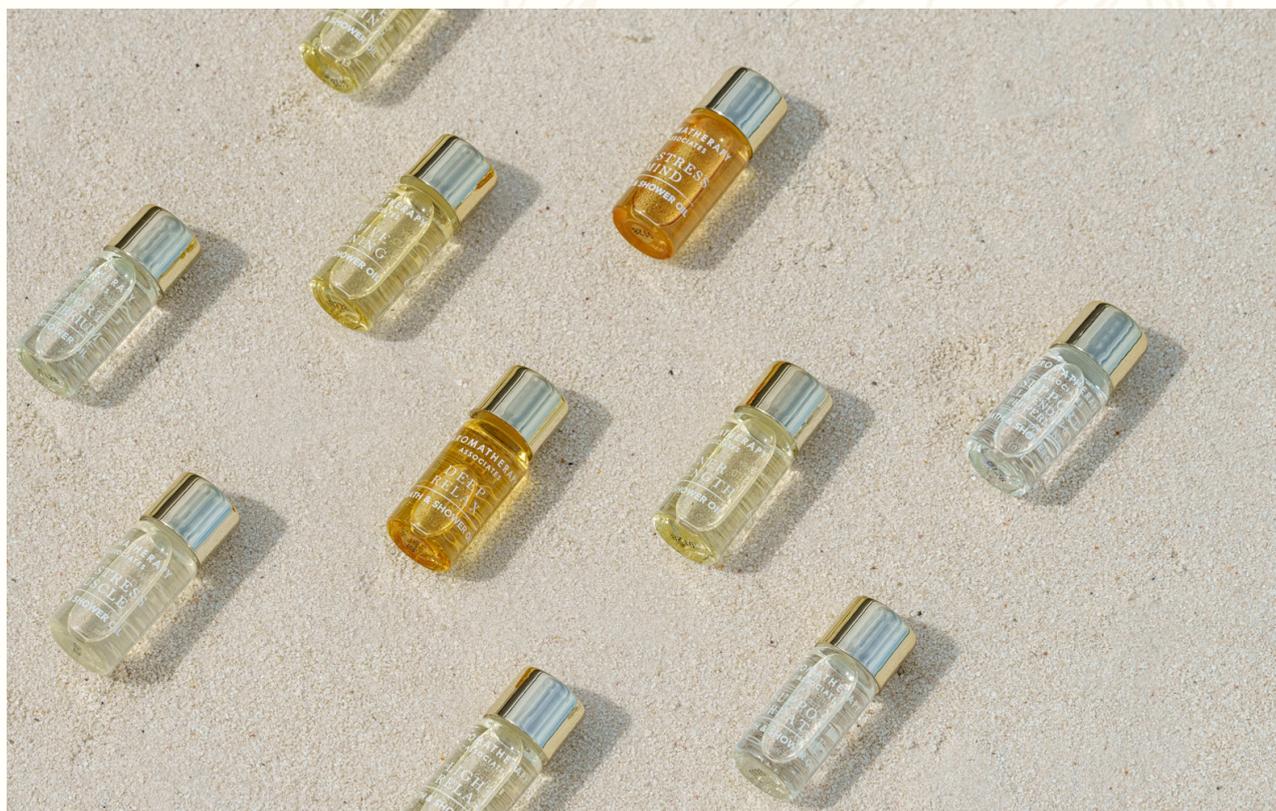
*Choices:*

Lime & Ginger Exfoliation or Tropical Coconut Exfoliation

Essence of Lomi massage or Deep tissue massage

For her: The Ultimate Balance Facial or the Ultimate Glow Facial

For him: Detoxifying facial or Anti-Ageing Facial



Chargeable on Premium All Inclusive.  
Prices are in USD and inclusive of all applicable taxes & service charge.

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# Journey of the Body & Mind

## CLARITY | 3 Day Spa Journey

USD 370

- 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 “Ultimate Glow Facial”.

## SERENITY | 5 Day Spa Journey

USD 610

- 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 “Ultimate Rebalance Facial”.
- Day 5: Soothe tired legs with a 60-minute remedy leg treatment.

## TRANQUILITY | 7 Day Spa Journey

USD 870

- Day 1: Enjoy a 90-minute Dhigali signature massage “Ultimate Aroma Experience”.
- Day 2: Refresh with a 45-minute detox lime & ginger treatment.
- Day 3: Rejuvenate with a 60-minute “Rose Indulgence”.
- Day 4: Indulge in a 90-minute Coconut hair spa and shoulder massage.
- Day 5: Relax with a 60-minute “Aromatherapy Relax & Sleep” massage.
- Day 6: Reveal radiant skin with a 60-minute “Ultimate Rebalance Facial”.
- Day 7: Soothe tired legs with a 60-minute remedy leg treatment.



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# Dhigali Signature Treatments

## Healing Tradition of Maldives | *Stress Relieve & Revive*

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.

## Revive and Tone | *Restore & Toning*

90 minutes | USD 155

A deeply therapeutic treatment crafted to detox and tone your muscles. This treatment blends deep tissue techniques, dry body brushing, and a sea salt scrub to promote refined skin. Completed with a fast movement massage to restore your muscles.

## The Blend of East & West | *Healing & Rebalancing*

120 minutes | USD 260

Indulge in the perfect blend of relaxation and rejuvenation with this signature treatment. Combining the ultimate aromatherapy experience massage with a soothing revive and tone leg massage, this experience targets muscle tension, alleviates stress, and combats fatigue. By focusing on specific points of the body, the treatment delivers healing benefits deep into the skin, leaving you feeling balanced, refreshed, and restored.



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# Massage Collections

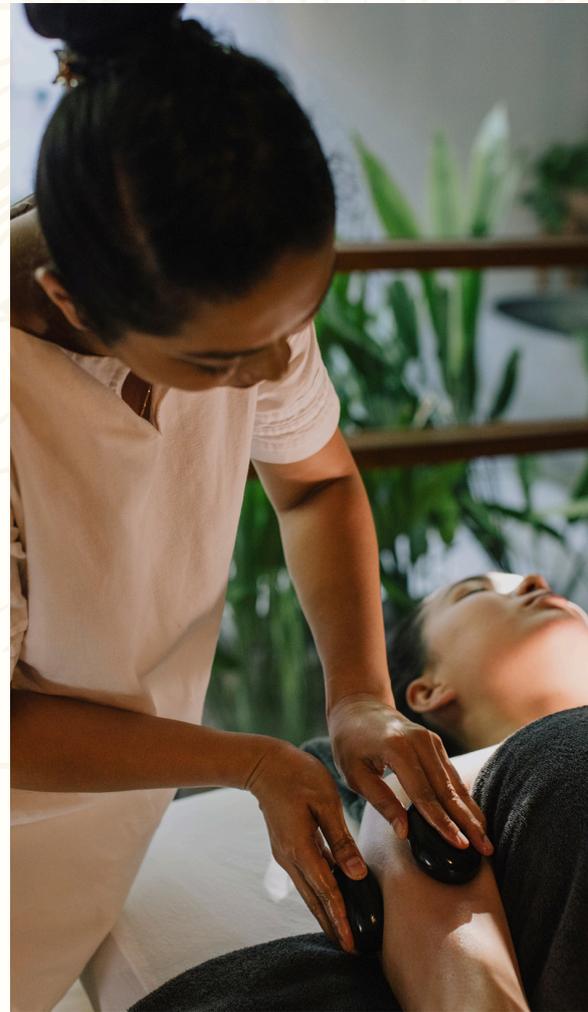
## DHIGALI SPECIAL

### Time Travelers Massage | *Jetlag & Deep Tissue*

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 | *Relaxing & Accupressure*

60 minutes | USD 125

90 minutes | USD 155

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.

### Thai Yoga Massage | *Dry Massage & Stretching*

60 minutes | USD 125

90 minutes | USD 155

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.

### Essence of Lomi | *Hawaiian & Elbow Kneading*

60 minutes | USD 125

90 minutes | USD 155

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 160

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, Scrubs & Wraps

## Rose Indulgent Body Treatment | *Uplift & Mood booster*

60 minutes | USD 120

The ultimate exfoliation treatment to elevate your spirit and nourish your skin. Begin with guided breathing to promote relaxation, followed by a full-body exfoliation to soften and refine the skin. A delicate layering of rose-infused products completes the experience, ensuring deep hydration and a radiant glow.

## Maldivian Coconut Scrub | *Moisturize & Purify*

45 minutes | USD 110

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 | *Toning & Detox*

45 minutes | USD 110

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 | *Soothing & Calming*

45 minutes | USD 110

Experience the calming and skin-replenishing benefits of lavender, primrose oil, and shea butter in this indulgent body wrap. While your body is cocooned in nourishment, enjoy a serene Ayurvedic scalp massage and guided breathing exercise enhanced with the grounding essence of frankincense essential oil.



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# Facial Care Collection - by Aromatherapy Associates

## Ultimate Wellbeing Facial | *Sensitive skin & Calming*

90 minutes | USD 180

More than just a facial, this innovative treatment is designed to enhance your skin while simultaneously reducing stress throughout the body. It offers a holistic reset and rejuvenation for both mind and skin, delivering deep relaxation and visible renewal.

## Ultimate Rebalance Facial | *Oily or combination skin & Rebalance*

60 minutes | USD 155

A soothing facial tailored for stressed skin, featuring aromatherapy inhalation and mindful breathing rituals. This purposeful treatment calms the skin and mind, offering a holistic experience of relaxation and rejuvenation.

## Ultimate Glow Facial | *Dry skin & Pigmentation*

60 minutes | USD 155

An energizing facial thoughtfully designed to strengthen the skin's natural defenses and combat the effects of a busy lifestyle. The treatment features deep cleansing and exfoliation, followed by a personalized massage targeting the face, scalp, and décolleté to release tension and boost circulation. The result is refreshed skin and a revitalized mind, leaving you with a renewed sense of vitality and well-being.



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# Gentleman by Obsidian

## Detoxifying Facial | *Detox & Revitalize*

60 minutes | USD 155

Specifically tailored for the modern man, this facial targets the face, neck, and décolletage with precision. The treatment begins with deep cleansing, followed by gentle exfoliation and a purifying mask to detoxify and restore vitality to the skin. A facial massage incorporating silicone cupping techniques promotes lymphatic drainage, leaving your skin refreshed, nourished, and protected against environmental stressors.

## Anti-Ageing Facial | *Anti-ageing & Regenerate*

60 minutes | USD 155

Begin with a soothing facial cleanse, followed by a volcanic perlite exfoliation to unclog pores and refine skin texture. An enriching botanical-infused mask works to restore and rejuvenate the complexion, while a sculpting face massage with an obsidian stone roller enhances balance, suppleness, and a radiant vitality.

## Express Facial | *Introductory & Rejuvenate*

30 minutes | USD 90

Discover the Obsidian Skincare for Men Express Facial—an efficient 30-minute treatment designed to deliver immediate results. Perfect as a standalone service or paired with a massage, this focused experience provides essential cleansing, exfoliation, hydration, and revitalization. The ideal solution for the modern man seeking quick yet effective care.



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# Pregnancy Beauty Care by Aromatherapy Associates

## Deluxe Pregnancy

90 minutes | USD 165

A carefully curated treatment designed to pamper and restore, focusing on your well-being during pregnancy. Indulge in a 60-minute Ultimate Pregnancy Massage, followed by your choice of 30 minutes Aroma Polish with rose scrub or a 30 minutes express facial

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# Essential Remedy

Indulge in extra care for your favorite or most troublesome areas. Enhance your treatment by adding one of the following options.

## Relaxing Scalp Massage

30 minutes | USD 75

Nourish your hair and soothe your senses with locally sourced warm coconut oil, expertly applied to the scalp and hair. This treatment includes a deeply relaxing pressure-point head massage and an upper back massage, leaving you feeling refreshed and rejuvenated. The rich coconut oil acts as a natural conditioner, restoring luster to your hair while providing a protective barrier against the effects of sun and sea water.

## Back, Neck & Shoulder Massage

30 minutes | USD 75

This specialized massage is ideal for relieving tension, soothing aching muscles, and easing joint discomfort in the back, neck, and shoulders. Focused aromatherapy pressure points along the spine help release deep physical and emotional stress, while expert kneading, wringing, and deep friction techniques improve circulation, warm the muscles, and promote natural drainage, leaving you feeling restored and rebalanced.

## Sole to Soul

60 minutes | USD 120

Experience an energizing foot reflexology massage that applies precise pressure to specific points on the feet and hands. These reflex points correspond to various body organs and systems, promoting overall health, balance, and well-being.

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# Nail, Hand & Foot Therapy

## Express Manicure & Pedicure

Manicure | 45 minutes | USD 90

Pedicure | 60 minutes | USD 105

This quick yet indulgent treatment focuses on flawless filing, buffing, and precise cuticle care, leaving your nails beautifully polished and perfected. Perfect for those on the go.

## Margaret Dabbs™ London Supreme Manicure

60 minutes | USD 120

A luxurious anti-aging manicure designed to deliver exceptional results, focusing on the care of nails and cuticles using the award-winning Margaret Dabbs™ London PURE Hands product range. The experience is completed with a nourishing treatment mask for the hands, complemented by a soothing lower arm and hand massage.

## Margaret Dabbs™ London Supreme Pedicure

60 minutes | USD 135

This indulgent pedicure focuses on foot health, rejuvenating the feet and toenails to restore a youthful appearance. Utilizing the full range of Margaret Dabbs™ London PURE Feet products, this treatment is designed to transform both the look and feel of your feet, complete with a relaxing foot and leg massage.

## Margaret Dabbs™ London Anti-Aging Hand Therapy

30 minutes | USD 90

An exquisite anti-aging treatment dedicated to the skin of the hands. This indulgent experience begins with a double cleanse, followed by a potent Hand Mask, and a nourishing massage with serum, oil, and cream. Designed to plump, rejuvenate, brighten, and hydrate, this treatment visibly improves the appearance of the hands while repairing and protecting the skin.

## Margaret Dabbs™ London Black Leg Masque Treatment

30 minutes | USD 90

60 minutes | USD 120

This luxurious treatment, featuring a black masque, is designed to relieve heaviness and fatigue in tired legs. It stimulates circulation, reduces water retention, and provides a soothing, cooling effect to alleviate puffiness. Perfect for jet lag, your legs will feel refreshed, energized, and beautifully contoured.



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# Junior Spa

(4 – 10 years old)

Baby Bare Bubbles offers soothing treatments for children aged 4 to 10, featuring our Dandelion Dream collection. Pediatrician-approved and designed with care, these therapies ensure a relaxing experience. A parent or guardian must be present during the session

## Dandelion Dream Mini Facial

60 minutes | USD 120

Specially crafted for young, delicate skin, this gentle facial includes cleansing, toning, and moisturizing to nurture and refresh little faces, offering a playful and soothing introduction to the benefits of skincare.

## Dandelion Dream Mini Massage

60 minutes | USD 120

Expertly designed for younger clients, this treatment begins with a gentle back, neck, and shoulder massage, followed by a calming arm and leg massage. It offers a nurturing introduction to body massage, leaving the skin feeling refreshed and deeply hydrated.

## Bubble Bliss Care

30 minutes | USD 60

A gentle treatment to file, nourish, and moisturize little hands and feet, leaving them soft and refreshed, a perfect introduction to nail care.



## Together Treasure - Mother & Daughter or Father & Son

60 minutes | USD 210

Indulge in a shared 60-minute experience, with a choice of a rejuvenating facial for one or a relaxing pampering massage for both.

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# Yoga & Wellness

## Yoga for Beginners | *East Pavilion*

60 minutes | USD 55

This gentle practice includes simple postures, calming breathing exercises, and a soothing meditation to guide you towards relaxation and mindfulness.

## Sunrise or Sunset Yoga | *Beachside*

60 minutes | USD 60

Immerse yourself in the soothing sounds of the sea and the warmth of the sun during a rejuvenating yoga session on the beach. Experience a blend of asana (poses), pranayama (breathing exercises), and meditation, designed to nurture your body and mind.

## Prana Yama (Breathing)

30 minutes | USD 40

Pranayama is the practice of controlling and directing the breath to restore balance and enhance well-being. This technique aims to improve lung capacity, increase oxygen flow throughout the body, and promote overall health and vitality.

## Meditation

45 minutes | USD 50

Meditation is the practice of fully concentrating the mind, guiding it to a state of tranquility and balance, fostering inner peace and harmony.

## Yoga Nindra (Yogic Sleep)

45 minutes | USD 50

Yoga Nidra offers profound relaxation for the nervous system and facilitates healing by allowing the body to rest and rejuvenate. This practice is performed in a lying position, promoting deep restoration.

## Pre-Natal Yoga

60 minutes | USD 60

Pregnancy yoga offers a gentle and nurturing approach to embracing this beautiful journey, fostering a healthy and positive mindset for both mother and baby.



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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.



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