



# Dhigali Spa

SPA MENU



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## The Blend of East & West

Rejuvenate mind + body + soul  
The signature treatment of Dhigali Spa  
**90 minutes**

A Specifically designed massage at Dhigali spa with combined healing touch from east to west, your journey begins with a refreshing foot bath with aromas of essential oils, followed by our signature massage with well-known techniques such as Balinese, Thai, Swedish and Lomi-lomi, best to relieve your muscle tension and awake your senses followed by a quick moisturizing milk & honey natural facial for glowing skin or Indian head massage.

# Asian Therapeutic Massages

## Full 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 penetrates deeply to melt away energy block and muscle tension. Experience a natural relaxation response in the body for tranquil sense of improved wellbeing.

### Balinese massage

55 minutes

85 minutes

A truly Indonesia ancient healing with gentle to medium pressure 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

This oil free massage considers as more physical form of therapy to loosen joints, stretch & tone the muscles to create a deep sense of relaxation. It involves yoga poses and aims to release tension, increase vitality and flexibility. The pressure technique stimulates blood flow and releases toxin, while the stretching helps to realign body.

### Lomi-lomi massage

55 minutes

85 minutes

This Hawaiian technique which means to knead, to rub, or soothe is a deep therapeutic massage to release muscle tension and consequently physical stress. Using palm, forearms, hands and sometimes elbow, in a fluid, rhythmic motion massaging different parts of the body at the same time. It is medium to strong pressure yet relaxing.

### Muscle ease 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, Thai stretching to improve circulation and flexibility, and give relief from deep seated tension.

Perfect for the sports person.





# Slimming and Detox

## Lymphatic drainage massage

55 minutes

A gentle slow relaxing movement, like a wave that stimulates lymphatic circulation and accelerates absorption of fluids. Helps stimulate tissue regeneration and the nervous system. Helps reduce water retention and it is also good for slimming and detoxification.

*\*(allow our team to guide you regarding the contraindications before booking)*

## Slimming massage

55 minutes

This is a vigorous and stimulating massage that is designed to target areas of cellulite. 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. Can boost immune system, increase circulation, cleanse toxins from the body.



## 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 slow and gentle pressure massage, originating in Ayurvedic medicine. Using medicated warm oil, this massage has tremendous benefits for balancing the mind, body, and immune system. Abhyanga is great for calming and soothing the entire nervous system. Provides lubrication for the joints, reducing pain and inflammation.

## Quick Fix

### Rescue relief

30 minutes

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

### Light leg therapy

30 minutes

This leg treatment increases the blood and lymph flow alleviating water retention, perfect for a long journey. Helps to relax tired and stiff calf muscle. Leg - ankle - foot massage.

### Shirodara - third eye treatment

55 minutes

It is a form of Ayurveda therapy, beginning with a medium pressure back 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.

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## Body Care

### Body Scrub

(includes back massage)

#### Maldivian coconut scrub

55 minutes

Coconut is rich in vitamins and antioxidants; 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 and 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 ingredients will create a moist and glow on your skin.

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## Body Wrap

(Includes head & foot massage)

#### Cucumber after sun body wrap

55 minutes

Cucumber and aloe vera are the best natural sunburn remedy. It helps soothes sunburn pain and inflammation naturally. We apply the paste of fresh cucumber to your skin then leave it on your skin. Head and foot massage while on wrap. After you rinsed, we will apply aloe vera gel on your body.



# Facial Care

## Facial by SOTHYS – PARIS

(Recommended for 16 years old and above)

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

#### Energizing Intensive Treatment

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 has the ability to recharge the cells to bring back the glow of youthful skin. Recommended for Oily - Combination skin. Sothys signature massage included.

#### 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. Sothys signature massage included.

#### Seasonal Treatment

55 minutes

An original concept combining chronobiology and delicious flavors 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

55 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

30 minutes

Includes cleansing, exfoliation, face massage. The treatment ends with a mask adapted to your specific skin type.

#### Our recommendation: Re-usable Eye Slices (up to 10 times)

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 Muscle ease or Lomi-lomi massage - a choice of body scrub – bath soak ritual

## Relaxing Beauty

115 minutes

Relaxing Balinese massage and Sothys Classic facial

## Radiance Beauty

115 minutes

A choice of body scrub or wrap – Sothys 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 scrubs + nourishing milk bath or relaxing flowers bath.

## Maldivian Romance

90 minutes

A couple's bliss ritual at Dhigali, including a choice of 55 minutes massage with coconut oil or Maldivian coconut body scrub, relaxing flowers/milk bath or express facial.

## Bath Soak Ritual

(Head massage & application of body lotion included)

### Nourishing milk & coconut bath

30 minutes

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

### Relaxing flowers bath

30 minutes

Enjoy the exotic aromas of frangipani and lavender essential oils in a bath to balance your mind, body, and spirit.







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## Nails and Hair Treatment

### Spa Manicure

55 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 revitalized and hydrated. Nail polish application included if desired.

### Express Manicure

30 minutes

Shape and shine - remove and soften cuticle - nourish.

### Express Pedicure

45 minutes

Feet soak - shape and shine - remove and soften cuticle - nourish.

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## Coconut Hair Spa Treatment

Warm coconut oil with rosemary is gently massaged to scalp and coconut hair mask is lathered onto the hair to fully acquire the deeply nourishing benefits of coconut. A short & sweet foot or shoulder massage while on fresh steam towel to hydrate dry hair. Shower and rinse hair followed by application of body lotion.

55 minutes



# Family Time

## Mother and daughter

a. A choice of 55' massage for mother and 45' pampering massage for daughter.

**55 minutes**

b. Sothy's Seasonal facial for mother and Coconut hair spa for daughter.

**55 Minutes**

c. Spa manicure for mother, express manicure & nail art for daughter.

**55 minutes**

d. Spa pedicure for mother and express manicure, pedicure + nail art for daughter.

**65 minutes**

## Father and son

a. A choice of 55' massage for father & pampering massage for son.

**55 minutes**

b. Sothys classic facial for father & 55 minutes pampering massage for son.

**55 minutes**

c. Express Manicure for both

**30 minutes**

d. Express Pedicure for both

**45 minutes**

# 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**





# Journey Of The Body And Mind

## Clarity

### 3 days spa package

- Day 1. Choice of Asian Therapeutic Massage - 55 minutes
- Day 2. Selection of body scrub or after sun body wrap - 55 minutes
- Day 3. Dhigali Signature treatment – The Blend of East & West – 90 minutes

## Purify

### 5 days spa package

- Day 1. Choice of Asian Therapeutic Massage - 55 minutes
- Day 2. Selection of body scrub or after sun body wrap – 55 minutes
- Day 3. Coconut Hair spa and foot massage – 85 minutes
- Day 4. Sothys Classic facial – 55 minutes
- Day 5. Dhigali Signature treatment – The Blend of East & West – 90 minutes

## Heal & Rejuvenate

### 7 days spa package

- Day 1. Choice of Asian Therapeutic Massage - 55 minutes
- Day 2. Dhigali Signature treatment – The Blend of East & west – 90 minutes
- Day 3. Abhyanga massage or Foot massage – 55 minutes
- Day 4. A choice of body scrub or after sun body wrap – 55 minutes
- Day 5. Warm Stone Massage or Healing Tradition of Maldives + Bath Ritual -140 mins
- Day 6. Sothys Hydrating facial for her or Energizing facial for him – 75 minutes
- Day 7. Coconut Hair spa or Spa Manicure or Spa Pedicure – 55 minutes

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

## Private Yoga and Meditation – 55 minutes

45 minutes

45 minutes

(10 minutes for meditation)

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## 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 revitalized and hydrated. Nail polish application included if desired.

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## 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 moisturizing 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

To enjoy the full spa experience, please come to the spa 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

Kindly shower prior to treatment to remove sunscreen and after water activities.  
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. 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 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 in a zone for relax.

## Children

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

## Cancellation Policy & Charges

Please note our 6 hours cancellation policy to avoid a 50% cancellation fee and 100% charge will apply for no-show.

