



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.

Open daily from 10 am to 8 pm. Please dial extension 953 for further information or to book.  
Above mentioned menu items are subject change without prior notice

---

# 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

55minutes

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.

---

# Face Treatment

## Natural facial

60 minutes

Truly fresh and natural. Using basic ingredient from the kitchen such as milk, sugar, honey, fresh slices cucumber. Natural way to pamper your skin, refine pores, smooth wrinkles, and rejuvenate your skin—without the chemical.

Facial by TEAM Dr JOSEPH

## Intense Purifying treatment

60 minutes

In depth cleansing specific to your skin type, for a visibly fresher complexion and vital radiance.

## Express power lift for men

60 minutes

Special lift facial for men, natural high-tech power for a powerful and well-groomed appearance.

## Ultrasonic facial lift

60 minutes

Experience a completely different process for a rejuvenated and immaculate appearance. The ultrasonic frequencies allow the natural active ingredients to safely penetrate even the deepest layers of the skin

## Supreme ultrasonic facial lift

90 minutes

This premium intensive treatment uses a completely different process in order to make the face look plumper, fresher, tighter and younger.

## Cellular recreation treatment

90 minutes

A wonderfully natural treatment with active ingredients, specially tailored to the needs of your skin, with immediate effect and a deeply relaxing.

## Advance bio lifting treatment

120 minutes

Intensive treatment with a biodynamic lifting massage specifically tailored to the need of your skin. Experience a truly unique beauty treatment, nature's high tech solution for a sustained impact, immediate visibility and maximum effect

---

# 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 natural facial

## Radiance Beauty

115 minutes

A choice of body scrub or wrap – Intense purifying 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

## Express Manicure

30 minutes

Shape and shine – remove and soften cuticle – nourish

## Basic Manicure

50 minutes

Shape and shine – remove and soften cuticle – exfoliate – nail polish

## Spa Manicure by Milk Solution - The ultimate healing and hydration treatment

60 minutes

Cleanse and soak – exfoliate and mask – shape and shine – remove and soften cuticle – nourish and hydrate – nail polish

## Express Pedicure 30-40 minutes

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

## Basic Pedicure 50 minutes

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

## Spa Pedicure by Milk solution

60 minutes

Feet soak – shape and shine – remove and soften cuticle – exfoliate and mask – nourish – nail polish



---

# 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. A choice of 55' massage for mother and pampering massage for daughter  
55 minutes
- b. Intense purifying face treatment for mother and natural facial for daughter  
60 Minutes
- c. Spa manicure for mother, express manicure & nail art for daughter  
60 minutes
- d. Spa pedicure for mother and express pedicure + nail art for daughter  
60 minutes

## Father and son – 30 to 55 minutes

- a. A choice of 55' massage for father & pampering massage for son  
55 minutes
- b. Express power lift for father & natural facial for son  
60 minutes
- c. Express Manicure for both  
30 minutes
- d. 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 Intensive purifying treatment 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. Purifying facial for her, express power lift 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