

# KIHAA SPA MENU

10:00hrs to 20:00hrs daily





## Therapeutic Body Massage

### Kihaa Signature Massage

Immerse yourself in a sublime signature therapy inspired by the beauty of Kihaa Island and its natural heritages.

**80 minutes 110**

**110 minutes 130**

### Maldivian Massage

A signature Maldivian healing massage therapy combines dancing and stretching movement to detox, rebalance & rejuvenate body, mind & soul using a blend of organic local coconut oil infused with medical local herbs.

**50 minutes 80**

**80 minutes 99**

### Balinese Massage

Another signature therapy combines soothing long strokes and pal pressure to relieve tension and improve blood circulation and calm the mind. Leaving your entire body in equilibrium of inner peace and health.

**50 minutes 79**

**80 minutes 99**

### Kihaa Romance

A special couple massage for 50 minutes and 30 min fresh flower bath. This massage is especially for couples; a honeymoon massage. After a massage the couple will be alone to relax in a flower bath. This massage will help to regenerate hormonal system and increase sexual desire

**80 minute 119**

All prices are in USD

All prices are subjected to 10% service charge and 12% TGST



## Therapeutic Body Massage

### Sand Body Treatment Ritual

A unique body treatment ritual inspired by the beauty of Maldives nature combines body massage with pure coconut oil followed by body scrub using the pure whiter sand in open areas on the beach to improve blood circulation, remove dead skin cells & nourish the skin with natural salt mineral.

**50 minutes 110  
80 minutes 130**

### Deep Tissue Massage

A therapeutic therapy that focuses on realigning deeper layers of muscles and connective tissues by physically breaking down the adhesion to relieve the pain. Recommended for chronically tense contracted areas such as stiff necks, low back tightness and sore shoulders.

**80 minutes 110  
110 minutes 130**

### Warm Stone Massage

Enjoy the warmth from the heated basalt stones massaged on your sore achy muscle penetrated to melt away layers of stress and induce deep relaxation. This is an ultimate treatment for muscular tension.

**80 minutes 110  
110 minutes 130**

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## Therapeutic Body Massage

### Lymphatic Drainage Massage

A holistic therapeutic massage using a special techniques such as scooping & pumping on specific lymph nodes & points in the body to promote a healthy lymphatic system.

Recommended for chronic pain, detoxification, reduction in fluid retention & edemas.

**80 minutes 110  
110 minutes 130**

### Kihaa intensive Detox Massage

A holistic intensive detox body massage specialized to target specific areas on the body to break up the cellulite, to eliminate excess of fluids & toxins as well as improving body tones. This massage using therapeutic techniques such as skin rolling, pinching, pumping & deep drainage.

**50 minutes 95**

### De-stress Muscle Massage

A therapeutic body massage designed to release tension of tight stressed & aching massage using deep kneading technique, friction, and stretching. Recommended to improve blood circulation, warm the muscle & aid dispersion of lactic acid.

**50 minutes 75  
80 minutes 95**

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## Therapeutic Body Massage

### Swedish Massage

A classical therapeutic massage movements works on stimulating blood flow and relieve muscle strain to relax, invigorate the entire body, mind and soul.

50 minutes 75

80 minutes 95

### Thai Massage

An ancient massage therapy incorporates stretching, compression and pressure points focusing on body main SEN or Energy channels to release blockage and improve flexibility.

It is a unique blend technique of yoga, acupressure and reflexology.

50 minutes 75

80 minutes 95

### Foot Reflexology

A special ancient healing therapy with “powder”. It is a holistic therapy that treats your whole body, mind and spirit. This is a very detoxifying treatment, using various techniques where in the therapist will stimulate reflex zones in your feet.

50 minutes 80

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## Therapeutic Body Massage

### Baby Massage

A full body massage with coconut oil .This massage is merely for kids from 2 to 8 year old.A massage uses special mild healing oils. It will improve the physical appearance for growth of the body and muscles of a child.

**30 minutes 50**

### Cooling Body Wrap

A natural cool body mask of cucumber, fresh yogurt is applied to the whole body and wrapped .The face is cooled with fresh cucumber slices while you enjoy scalp massage.This treatment is excellent for raw sunburn body.

**50 minutes 79**

### Honey and Orange Body Scrub

A very uplifting and awakening treatment which will leave your skin soft and relaxed and evoke feelings of happiness, bliss and self -confidence .The blended try orange peel, yogurt and honey provide velvety skin and aromatic smell to whole body.

**30 min 50**

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## Customized Spa Package

### Cradle of Romance

Spend an utterly relaxing day together with this luxury couple package and indulge in a blissful day you'll never forget. This intimate ensemble will bring you closer to your loved one.

- 50 minutes body massage for two
  - foot massage for him & traditional facial for her
- 2 hours 275**

### Essence of Peace

Let us pamper yourself peacefully with exclusively treatments to revitalize your entire well-being and bring balance to your inner senses.

- 50 minutes body massage
  - Traditional refresh facial
- 1.5 hours 105**

### Sacred Tranquility

Select your treatment and enjoy the pampering you deserve!

- Elemis trial facial
  - 30 minutes relaxer spa sampler
- 75 minutes 95**

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## Beauty Ritual

### Traditional facial

A truly beauty facial extravagance can be tailored to meet your individual needs using only selected fresh ingredients.

Choice of:

- Carrot pamper for all skin types
- Purifying cucumber for oily skin or sensitive skin

**50 minutes 75**

### Manicure

A traditional manicure treatment includes cleansing, nail grooming, exfoliation and a soothing hand massage leaving them radiant and glow, color application included.

**50 minutes 60**

### Pedicure

Pamper your weary soles with our revitalizing pedicure treatment includes cuticle and nail trimming, exfoliation, massage, and application for nail polish.

**50 minutes 65**

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## ELEMIS FACIAL CARE

(Pampering with elemis facial care.)

### ELEMIS PRO-COLLAGEN QUARTZ LIFT FACIAL

Uses professional strength formulations for maximum more youthful looking appearance.

**75 minutes 35**

### ELEMIS FRUIT ACTIVE GLOW

Skin is deeply cleansed and stimulated by specialist eastern massage techniques to nourish and renew vital radiance.

**60 minutes 90**

### ELEMIS HERBAL LAVENDER REPAIR

This facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

**60 minutes 90**

### ELEMIS EXOTIC MOISTURE DEW

The skin is fed with thirst-quenching actives that will bring back that healthy and dewy look.

**60 minutes 90**

### ELEMIS TRIAL FACIAL

This introductory facial provides quick and instant pick-me-up for any occasion.

**30 minutes 60**

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## Kihaa Relaxed Sampler

### Revitalizing Foot Relaxer Massage

This delightful session soothes tired feet and eases tension.

**30 minutes 50**

### Traditional Refresher Facial

Enjoy immediate glowing result for your face. Relax and regenerate your face muscle.

**30 minutes 45**

### Back Rejuvenator Massage

Specially designed to back ache and shoulder tightness and sore back.

**30 minutes 50**

### Bath Time Stories

In-room bath selections to scent & nourish the skin.

24 hours advance reservation is recommended.

**30 minutes 50**

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## Ayurvedic Therapies

### Abhyanga Massage

*A flowing rhythmical massage to restore energy.*

A traditional ayurvedic massage combining deeply healing and rhythmical techniques to rejuvenate the body. Warm herbal oil is applied with varying amounts of pressure to restore the flow of prana (life force) and stimulate the body's vital energy.

As your nerves are soothing, you will drift into a deep state of peace and calm.

**50 minutes 95**

**80 minutes 110**

### Abhyanga & Shirodhara

*A powerful massage and therapy to decrease stress and balance in the body.*

Shirodhara is considered one of the most powerful ayurvedic treatment available. Commencing with an Abhyanga full body massage to balance the energies using warm ayurvedic herbal oil and soothing flowing massage techniques. Next a steam of specially enriched oil is continuously flowed onto the forehead, also known as the third eye inducing a blissful state of mind and expanded awareness. This treatment is highly effective if continued for three sessions. Ideal for those frequently suffering headaches, poor sleeping patterns, and stress.

**80 minutes 130**

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## Ayurvedic Therapies

### Indian Head Massage (Shiro Abhyanga)

*A head, neck and scalp massage to ease the mind free from tension.*

An invigorating massage which directly affects your muscles, nerves and mind. Marma points located on the head, neck and shoulders are stimulated easing tension from the mind and leaving the body calm and relaxed.

**25 minutes 50**

### Udwarthanam

*A deeply detoxifying treatment, three sessions are recommended to achieve maximum result.*

Udwarthanam is a highly effective detoxifying treatment using special herbal powder to thoroughly exfoliate the whole body. This exfoliating massage encourages the breakdown the excess fatty deposits and improve blood circulations to enhance the skin structures and appearance. This treatment finishes with lymphatic massage techniques to continue the cleansing process. The use of the steam room following this treatment is recommended to enhance the detoxification and purification.

**50 minutes 95**

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## Ayurvedic Therapies

### Podikizhi

*A traditional ayurvedic herbal bolus massage that warms and reduces muscle and joint pain.*

An ancient ritual from India used to purify and strengthen the body. Commencing with an ayurvedic massage to unblock and restore energy within. Next, warm herbal boluses are rhythmically applied on areas of tension to warm and ease away aches.  
**50 minutes 95**

### Kadivasti

*A treatment focusing in decreasing chronic lower back pain. Three sessions are recommended for maximum benefits.*

Kadivasti is an effective ayurvedic treatment to ease lower back pain. Concentrated herbal oil known for its ability to ease pain and tension is held inside a molded flour dough on the lower back area. This therapy concludes with a variety of massage techniques focused on improving moment, and strengthening the lower back region.  
**50 minutes 95**

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