
PARK HYATT MALDIVES™

HADAHAA
LUXURY is PERSONAL

vidhun^{the spa}

OUR HOME, OUR HERITAGE

DHIVEHIBEY, OUR INDIGENOUS CURATIVE HERITAGE

Designed to make your spirit shine, Sehathu - good health and Vidhun meaning to shine, is achieved by balancing hot, cold and dry humours in the body -

Hoonu - Cooling

Fini - Heating

Hiki - Hydrating

Operation Hours

Spa Services 9:00 am -- 9:00 pm

Spa Pool 7:00 am -- 7:00 pm

Fitness Center 24 hours

All prices are in US Dollars & subject to 10% service charge and 12% G.S.T.
Menus may be subject to change.

North Huvadho, Gaafu Alifu Atoll, Republic of Maldives,
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SIGNATURE MASSAGES

Sehathu Massage

Balancing the hot, cold and dry aspects as per Dhivehibey tradition, our signature oil of rose, lotus and jasmine fills the air, creating the perfect space to share a deeply relaxing massage.

1 hour | US\$ 160 per person

1.5 hours | US\$ 195 per person | US\$ 360 per couple

FINI Spice Poultice

A poultice of thermodynamic herbs and Maldivian sand is used to enhance massage therapy by generating heat, relaxing knots and restoring the range of motion to muscles and joints.

1 hour | US\$ 140 per person

1.5 hours | US\$ 185 per person

VIDHUN MASSAGES

HOONU Turquoise Blue

With a soft, manipulative technique, kneading and long soothing strokes combine with cooling and calming oils of rose and sandalwood to soothe skin cool the system and calm the mind.

1 hour | US\$ 140 per person

1.5 hours | US\$ 185 per person

VIDHUN MASSAGES

HIKI Rolling Ocean

With our aromatic jasmine and lotus oil, soft friction body brushing prepares skin for effleurage and pressure point massage techniques working to nurture, hydrate and rebalance.

1 hour | US\$ 140 per person

1.5 hours | US\$ 185 per person

FINI Spice Uplift

Our invigorating massage using cinnamon and nutmeg oils with friction, tapotement and wringing methods works to generate the heat to purify and energize the system.

1 hour | US\$ 140 per person

1.5 hours | US\$ 185 per person

HOONU Scalp Ritual

Nourishing and protecting, locally-harvested hibiscus combines with coconut oil for a targeted scalp massage using traditional techniques to protect and nourish scalp and hair.

1 hour | US\$ 125 per person

1.5 hours | US\$ 175 per person

HIKI Foot Touch

An energizing massage of the legs combines with pressure point massage of the feet utilizing natural Maldivian lemon and citrus oils to simulate and rebalance the systems of the body.

1 hour | US\$ 125 per person

1.5 hours | US\$ 175 per person

After Sun Therapy

Pacify the heat from your body with a combination of natural yogurt and a cucumber wrap applied all over your body. Feel the moisturizing and cooling effect of these natural ingredients.

1 hour | US\$ 130 per person

ADDITIONAL THERAPIES

Thai Massage

Our Thai massage is a unique form of body therapy performed using a dry pressure point massage to improve muscle movement, and enhance your body's flexibility and energy flow.

Balinese Massage

Our Balinese massage is a gentle yet deep massage focusing on acupressure, pressure points including palm pressure, kneading, and long and short effleurage.

Shiatsu Massage

The word Shiatsu means finger-pressure. Shiatsu is a manipulative therapy with pressure at specific areas on the body with its main purpose of balancing the energy in the body. The massage is also particularly beneficial for the nervous system as it improves circulation, relieves stiff muscles and alleviates stress.

Each massage

1 hour | US\$ 140 per person

1.5 hours | US\$ 175 per person

Hot Stone Massage

Our Hot Stone massage is the ideal soothing and relaxing treatment. Improving both energy flow and blood circulation through the body, the treatment also relieves pain and releases toxins, pacifying the mind, body and soul.

1.5 hours | US\$ 195 per person

Pregnancy Massage

Our soothing and gentle pregnancy massage is the prenatal use of massage therapy which supports the psychological, structural and emotional well-being of both mother and fetus. The massage is performed using medium pressure and with only base oils.

1 hour | US\$ 140 per person

1.5 hours | US\$ 175 per person