

the vidhun spa

menu of spa services



vidhun the spa

Rising up from the vast expanse of the deep blue Indian Ocean, more than a thousand islands come together to form the Maldives. Embracing the pure beauty of this place, experience the power and history of Maldivian holistic wellness with us.

the philosophy

Dhivehibey, our indigenous curative heritage. Harvesting fresh local ingredients from in and around the atolls to power traditional healing techniques we work to ensure that the good health of our guests shines both inside and out. Local ingredients include the Maldives national fruit — coconut and the national flower — rose.

the evvaru rituals

Balancing hoonu, fini and hiki. Designed to make spirit shine, Sehatu- good health and Vidhun meaning to shine, is achieved by balancing hot, cold and dry humours in the body; Hoonu- cooling, Fini- heating and Hiki- hydrating.



vidhun signature

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.

60 minute | US\$ 170 per person

75 minute | US\$ 200 per person | US\$ 380 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.

60 minute | US\$ 150 per person

75 minute | 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.

60 minute | US\$ 150 per person

75 minute | US\$ 185 per person

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.

60 minute | US\$ 150 per person

75 minute | 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.

60 minute | US\$ 150 per person

75 minute | US\$ 185 per person

vidhun massages

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.

60 minute | US\$ 140 per person

75 minute | US\$ 185 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.

60 minute | US\$ 140 per person

75 minute | US\$ 185 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.

60 minute | US\$ 140 per person



vihdun rituals

Retreat into a Vidhun Ritual. Perfecting the balance of the body with three pure Maldivian treatments you will enjoy light spa refreshments, a refreshing plunge into your own private pool and shine with Sehatu.

HOONU Evvaru Ritual

Cooling and soothing, our HOONU ritual begins with a milk-based exfoliation made with native rice and coconut, continues with our HOONU facial and finishes with a custom massage utilizing HOONU Evvaru rose and sandalwood oil to rebalance the hot principle in the body.

FINI Evvaru Ritual

Warming and detoxifying, our FINI ritual begins with a heating spice scrub to open the pores and continues with our heating clay and detoxifying wrap to purify the system, finishing with FINI Evvaru massage with cinnamon and nutmeg oil which generates warmth to balance the cold principle in the body.

HIKI Evvaru Ritual

Moisturizing and nourishing, our HIKI ritual begins with a moisturizing salt scrub to improve the texture of the skin, continues with our HIKI facial and finishes with a custom massage utilizing HIKI Evvaru jasmine and lotus oil to restore moisture, while balancing the dry principle in the body.

Each ritual lasts 120 minute | US\$ 315 per person | US\$ 520 for couple

vidhun couples

Experience Sehatu for two. Celebrating your wellbeing, that of your partner and your bond as a couple, enjoy a relaxing villa suite, side-by-side treatment and time to shine together.

Ufaa Days

Experience The Vidhun Spa over the course of your stay with us. Three days of our rituals balance and welcome Sihhathu into your lives, leaving the both of you in a state of Ufaa bliss.

day 1 | HOONU EVVARU ritual

day 2 | FINI EVVARU ritual

day 3 | HIKI EVVARU ritual

120 minute each day for three days | US\$ 850 per person | US\$ 1,450 per couple

Koimala Ritual

Share a day of custom treatments and emerge as one, both deeply relaxed and powerfully loved.

HIKI shea & salt scrub

HIKI papaya & aloe enfold

FINI, HOONU or HIKI massage

FINI, HOONU or HIKI facial

240 minute | US\$ 450 per person | US\$ 800 per couple

Relaxing Romance

Amplify your love at the incomparable and quixotic Vidhun Spa. We work to ensure that love, harmony and good health radiates from within yourself. Enjoy the deep relaxation of massage followed by an aromatic bath adorned with flowers. Cleanse your palette with fresh cut fruit and a chilled bottle of Champagne as you luxuriate under the stars.

120 minute | US \$450 per couple



vidhun facials

HOONU Gentle

Refreshing the sensitive skin with a gentle jojoba exfoliation, this anti-inflammatory botanically-derived masque treatment packed with essential vitamins soothes, nourishes and refreshes the skin.

FINI Bright

A highly effective, skin brightening facial treatment for those concerned with uneven tone. Gentle lactic acid exfoliation allows our powerful natural bearberry, mulberry and licorice root lightening agents to work their magic. Hydroquinone free.

HIKI Hydrate

This luxurious, purifying treatment created with papaya, mango and pineapple enzymes combine with a mandarin moisturizing masque to fully rehydrate, tone and tighten facial skin.

Sehatu Radiance — Signature Facial

Energizing with a rejuvenating enzyme exfoliation and collagen masque, the overall texture and youthful integrity of the skin is improved, protecting against signs of ageing.

Each facial

90 minute | US\$ 185 per person

vidhun scrub

HOONU Green Tea & Cucumber

Lemon and sugar exfoliate and calm skin with cooling, antioxidant green tea and cucumber.

FINI Sugar & Orchid

Invigorating Vanda orchid blends with sugar to refine skin, warm and neutralize free radicals.

HIKI Shea & Salt

Rehydrating with luxurious coconut, honey and shea butter, this sea salt scrub fully refreshes skin.

Each scrub

30 minutes | US\$ 85 per person

60 minute | US\$ 150 per person

Maldivian Coconut Sea Salt Scrub Massage

Nourish, rejuvenate and detoxify your skin with the therapeutic properties of Maldivian fresh Coconut & Sea Salt Scrub on your special day in paradise.

30 minute | US\$ 85 per person

60 minute | US\$ 150 per person



vidhun wrap

HOONU Seamint Envelopment

A wet natural loofah is used to prepare the body for this soothing, antioxidant sea mint and seaweed body masque that will leave you cooled detoxified and your skin remineralized.

FINI Clay & Spice Detox

A dry loofah brushing increases circulation in preparation for our heating clay and spice masque designed to reduce water retention and treat the signs of cellulite by tightening and toning skin.

HIKI Papaya & Aloe Enfold

An aromatic wrap created with papaya, aloe and milk, rich in carotene, potassium and vitamins A and C, heals and nourishes to prevent signs of ageing and leave you glowing from head to toe.

Each wrap

30 minute | US\$ 85 per person

60 minute | US\$ 150 per person

Vidhun Body Polish

A combination of a scrub and wrap with a choice of Hoonu, Hiki or Fini, leaving the body feeling nourished and moisturized.

60 minute | US\$ 190 per person

Vidhun Hand And Foot Care

A citrus blossom hand or foot care which concentrates on the treatment of the hands & feet as well as the overall sensory spa journey. Instant hydration and repair for dry and chapped hands & feet with basic nail care.

60 minute | US\$ 120 per person Vidhun Hand Care (Manicure)

60 minute | US 120 per person Vidhun Foot Care (Pedicure)

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

60 minute | US\$ 150 per person

90 minute | US\$ 185 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.

90 minute | US\$ 200 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.

60 minute | US\$ 150 per person

90 minute | US\$ 185 per person





vidhun packages

Detoxifying Package

Our detoxifying package will start with green gram scrub for cleansing, toning and revitalization. Then you will be wrapped up to improve the texture and appearance of the skin by removing excess fluid and toxins from the body. Complete your journey with a Swedish massage to promote circulation and flexibility while easing tension.

Hydrating Package

Our hydrating package is specially designed to luxuriate and moisturize your entire body. You will be wrapped in a mix of cucumber yogurt to cool and soothe your skin, followed by an aroma massage which puts you in deep state of relaxation. The “magic” facial mask combines cucumber and honey and will make your skin supple, elastic and silky soft.

Balancing Package

Start with an orange peel scrub to promote a healthy skin glow and preserve moisture. Then take advantage of the helpful elements found in milk by soaking in a milk bath to leave your skin soft and hydrated. Our professional therapist will then bring you a luxuriously relaxing and blissfully comforting full-body warm oil massage to rev up your body and mind.

Each package
150 minute | US\$ 265 per person



the vidhun spa & blue journeys

Experience Packages

Hooked On Pampering

Sail into the sunset aboard a traditional Maldivian fishing dhoni and try your hand at local fishing techniques, using only a hand line, hook, sinker and bait. Upon your return to the island, your catch of the day will be prepared to your preference by our culinary team as you freshen up for dinner. Step into the spa the next day for an indulgent 30-minute hand care treatment to pamper your hands back to their best.

US\$150 per person

Into The Deep

Into the Deep takes you on a five dive underwater adventure followed by pampering relaxation with the teams at Blue Journeys and The Vidhun Spa. Spend at least two days discovering and exploring pristine dive sites nearby that are rich in marine life. After a day of diving, retreat to the spa to rejuvenate your tired body with a 90-minute massage. Experience the calming massage techniques of our therapist as you unwind and relax for the day.

US\$ 660 per person

Island Allure

Combine a breathtaking 'Robinson Crusoe' journey with an indulgent relaxing spa treatment as we entice you into an Island Allure. Be transported onto an uninhabited island to explore crystal blue lagoons fringed by untouched coral reefs followed by a picnic lunch of your choosing under the cooling shade of a palm tree. On your return to Hadahaa, choose to restore balance to your body with a calming Vidhun Evvaru Ritual at the hands of our experienced therapists.

US\$ 1512 per couple

Maldivian Escape

Experience a cruise that is anything but ordinary. Let the team at Blue Journeys, sail you to the Equator line while you sit back and enjoy the stunning blue Maldivian waters. Complete your Maldivian escape with a pampering session at The Vidhun Spa, as our skilled therapists ease you into tranquility with a Vidhun Evvaru Ritual to restore balance to the body.

US\$ 2165 per couple



yoga at the vidhun spa

Our yoga instructor can tailor-make classes to suit your needs including Pranayama - breathing techniques, Surya Namaskar - sun salutations, Asana — postures and Mudras. A wide variety of yoga and meditation sessions are provided, ranging from introductory to advanced level. We offer both sunrise and sunset yoga as well as therapeutic sessions.

The on-site yoga instructor offers private sessions on a rotating daily schedule, either in the purpose built yoga studio or on our Dawn Jetty. To ensure guest satisfaction, private classes are limited to a maximum of two (2) adults or four (4) children.

Yoga

Yoga is practiced performing postures to improve strength, breathing techniques to introduce relaxation. Practicing yoga to stretch, relax, breathe, or meditate results in a sense of inner peace and serenity, which has far-reaching health benefits.

1 hour | US\$ 55 per person
1 hour | US\$ 95 per couple
1.5 hours | US\$ 125 per couple
1 hour | US\$ 25 per child

Aqua Yoga

Aqua yoga is a low impact activity. Combining yoga principles and techniques with the buoyancy of water helps practitioners to obtain the optimum stretch.

1 hour | US\$ 65 per person
1 hour | US\$ 110 per couple

Singing Bowl

Singing bowls are commonly used in yoga as music therapy and sound healing. Tones emitted are in precise frequencies to create a harmonious and pure ambience for a deep state of relaxation to assist in meditation.

1 hour | US\$ 130 per person





Ayurveda package

7- day Ayurvedic Immersion

Experience seven days of indulgence, relaxation, and care in the natural setting of our island. Reconnect with yourself in our seven days tailored journey of Ayurvedic discovery to improve your health and wellbeing.

Your Ayurvedic luxury experiences include:

- Round-trip domestic airport transfers for two persons
- 7- nights stay at the Beach Access Villa
- Full board meal throughout your stay, excluding beverages
- Daily personalize consultations with our Ayurvedic physicians
- Three private yoga classes
- Dosha - specific cooking class
- Daily scheduled morning yoga or evening meditation class
- 75 - 150 minutes daily spa treatments of your choice

14- day Panchakarma Ayurvedic

Embark on our 14-day Panchakarma Ayurvedic of the healing journey to cleanse your body and restore your inner peace balance.

Your Ayurvedic luxury experiences include:

- Round-trip domestic airport transfers for two persons
- 14- nights stay at the Beach Access Villa
- Full board meal throughout your stay, excluding beverages
- Daily personalize consultations with our Ayurvedic physicians
- Six private yoga classes
- Up to two panchakarma procedures
- Dosha - specific cooking class
- 75 - 150 minutes thirteen spa treatments of your choice

Ayurveda treatment

Ayurvedic Naturopathic Consultation, 15 minute | US\$ 50 per person
Discover Ayurveda with our resident Naturopathic Doctor on a personal consultation to learn about Ayurveda and its benefits for your health and wellbeing.

Shirodhara Massage, 45 minute | US\$ 150 per person
A therapeutic massage of lukewarm medicated oil in a continuous stream to the center of the forehead and 'third eye', inducing deep relaxation. It can ease the mind and nervous system as well as facilitates the unfolding of clarity and bliss. A course of treatments over 3 - 5 consecutive days is advisable for longer-lasting results.

Abhyanga Massage, 75 minute | US\$ 150 per person
Indulge in a warm oil massage to aid in stress relief and peaceful sleep. Abhyanga uses natural medicated oils to pacify your dosha. The massage is followed by Swedana, an herbal steam to release toxins through the skin and bring balance to the body.

Shiroabhyanga Massage (Head & Shoulder), 45 minute | US\$ 150 per person
Excellent to improve sleep and release stress, application of warm herb-infused oil is applied with a gentle massage from the head to shoulder that honour the lymphatic flow.

Choornakizhi Massage, 90 minute | US\$ 250 per person
Herbal powder packs soaked in medicated oil and applied rhythmically over the entire body with a focus on the muscle tissues and joints to help relieve rheumatic arthritis, stiff joints and back aches are part of this massage, which is great for reducing water retention after long flights.

Ayurveda treatment

Pizichili Oil Treatment, 75 minute | US\$ 250 per person
This treatment uses natural medicated oil drizzled over the body with light pressures to increase lymphatic flow. It is perfect for a stressed nervous system to bring about a sense of calm. The massage is followed by Swedana, an herbal steam to release toxins through the skin and bring balance to the body.

Abhyanga Experience Package, 135 minute | US\$ 320 per person
Abhyanga massage is followed by a Swedana herbal steam and Ubtan body mud masque to stimulate circulation and release toxins through the skin.

Undwarthanam Scrub, 90 minute | US\$ 225 per person
A whole body scrub with medicated powder enhanced by various Ayurvedic herbs which uses massage-like techniques to help tone the skin, reduce the appearance of cellulite and improve digestion. For optimal results, a course of 3-5 consecutive days is recommended.

Pizichili Experience Package, 135 minute | US\$ 350 per person
Indulge in a Pizichili oil massage with less pressure followed by a Swedana herbal steam and Ubtan body mud masque followed by a Shirodhara treatment to treat stress, anxiety and nervousness.

Shirodhara Package, 120 minute | US\$ 300 per person
The treatment begins with an herbal steam known as Swedana which increases blood circulation and opens pores, followed by an Ayurvedic Ubtan herbal mud masque applied to the body. Ayurvedic acupressure points, called marma points, are stimulated to enhance the mind/body connection and offer a healthy influence to internal organs. After an Ayurvedic facial massage with marma point stimulation and an application of Ubtan, the treatment is finished with Shirodhara to calm the senses.



Ayurveda treatment

Ayurveda Wellness Immersion, 240 minute | US\$ 600 per person

The immersion experience begins with a brief consultation with our Resident Naturopathic doctor who will design a personal program using customized oils based on your needs. Two skilled therapists use their hands to rhythmically relieve fatigue and stress in an all body experience. Savor private relaxation time in a private spa cabana with light refreshments and snacks. The immersion experience includes a 30 minute consultation, a 60 minute Abhyanga, a 45 minute Choornakizhi or Undwarthanam (as prescribed by doctor), a 45 minute Shirodhara treatment, 30 minute Mini Facial, 15 minute Foot Marma Point Massage, and 15 minutes of relaxation time.

Multi-Day Rejuvenation Programme, 5-7 day

Experience the best of Ayurvedic rejuvenation with a multi-day wellness immersion. Embark on a nurturing and luxurious 5-7 day program tailor-made to meet your needs.

*Priced according to treatments selected

vidhun junior

Baby Spa

Organic mild coffee scrub with choice of white or dark chocolate wrap.

60 minute | US\$ 120 per child

Be ready to be pampered with a nourishing long stroke light massage.

45 minute | US\$ 100 per child

Mini Manicure and Pedicure

Mini manicure with nail art

30 minute | US\$ 50 per child

Mini pedicure with nail art

30 minute | US\$ 50 per child



how to spa

Operation Hours

Spa Services 9:00 am - 9:00 pm

Spa Pool 7:00 am - 7:00 pm

Fitness Center 24 hours

Reservations

Any of the services included in the proceeding information may be organized through your Personal Host and our Guest Services team or via the Spa speed-dial button on your phone, extension 241.

Prices are subject to change without prior notification.

Pre-Arrival

Appointments begin promptly at the time scheduled. If you arrive late, your appointment will be shortened so that the therapist will be on time for the next session. You are welcome to enjoy the spa pool and gardens before or after your treatment time.

Health Considerations

Upon booking, and for your own comfort, please advise of any allergies, ailments or disabilities, especially if you have high blood pressure or if you are pregnant.

Spa Policy

We respectfully ask that you leave cell phones turned off so that the tranquility of The Vidhun Spa experience may be preserved. Please deposit all valuables in your villa safe, as we cannot be held responsible for loss of personal items.

Cancellation

Cancellations and changes of scheduled treatments are accepted up to 12 hours prior to appointment time without incurring a charge. For cancellations within 12 hours, a cancellation charge of 50% will apply. Without any notification, you will be charged in full.

Age Limitation

Children under age 16 are not permitted to use the spa facilities. However, some treatments may be available with parental supervision. Please inquire with the Spa Concierge.

Tax

12 % GST will be levied on all spa services.

Service Charge

A 10% service charge will be added to the cost of your service. Additional gratuities for your therapist are subject to your discretion.

PARK HYATT MALDIVES™

HADAHAA

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