



# Huvandhumaa *Spa*

## Menu

*Positivity, Balance and Bliss...*





## *Welcome To Huvandhumaa Spa*

Enter a paradise where lush gardens, warm breezes, and sparkling water create the perfect setting for renewal.

Huvandhumaa, which means Jasmine Spa, is based on the five-nature symbolism of the jasmine flower: love, divinity, sensitivity, purity, and peace. We believe that these five symbols will bring positive energy and balance the flow of life, bringing quintessential bliss.

Inspired by the five symbols, Huvandhumaa Spa brings classical holistic treatments with our inherited healing traditional methods and ancient Ayurveda techniques, along with the five senses: smell, sight, hearing, taste, and touch.

The spa provides comprehensive therapies to relax and rejuvenate the body, mind, and spirit and move beyond to touch the soul.



## *Our Philosophy*

Taking a holistic approach to health and wellness, incorporating the advanced techniques of the East and West, with a specific focus on the traditional healing practices and ancient Ayurveda specialties.

## *Product & Experience*

Our services are based on the fundamental Back to Nature concept from the Divinity symbol. This is reflected in the abundance of natural ingredients from our divine creator, which we employ to enrich your spa experience. Our blended product choices are harvested from the land and sea to restore your inner glow and cultivate your spiritual awareness.

All Huvandhumaa Spa treatments are designed to restore balance and harmonize energies as they lead you on a journey through the cycle of nature.

Experience the ultimate pampering of your senses with our diverse treatments while you relax and soothe your soul in our private, peaceful spa bungalow with our therapists' humble care and healing hands.





## *Our Scents*

### *Fragrance Of Love & Serenity*

Our signature  
scent, fragrance  
associated with  
love & joy

### *Fragrance Of Energy*

A good way to  
introduce some  
good energy to  
space

### *Fragrance Of Femininity & Tranquility*

Light floral  
fragrances  
associated with  
femininity and  
purity

### *Fragrance Of Forest*

These scents are  
muskier and  
evoke memories  
of warm fires and  
forest

### *Fragrance Of Home*

A cozy scent that  
evokes memories  
of home

### *Fragrance Of Relaxation*

Promotes feelings  
of calm and  
relaxation





## Massages

The five basic massage movements are effleurage, kneading, tapotement, friction, and vibration. Each of these movements is designed to provide a different type of massage experience.

### *Huvandhumaa Signature Massage*

Our signature treatment, which comprises a full body massage with warm jasmine oil, has a relaxing and pain-reducing effect, reduces blemishes, improves dryness, and balances oily skin, making it the perfect choice for massage. This massage begins with a warm foot ritual, followed by a relaxing body massage, acupressure points on your face, an aloe vera face massage with a cold stone, and a hydrating moisturizer to finish.

**90mins | \$130** Recommended Home Care: Fragrance Of Love and Serenity

~~~

### *Deep Oriental Massage*

A combination of Thai, Swedish, and Balinese massage techniques is used with aromatherapy oils with the application of medium to strong and deep pressure. This treatment is ideal for people who prefer Thai stretching blended with oil massage.

**50mins | \$95** Recommended Home Care: Fragrance of Energy

~~~

### *Classic Swedish Massage*

The Swedish technique uses five basic movements, including long gliding and suffrage strokes. This treatment helps to increase blood circulation and brings about deep relaxation physically and emotionally.

**50mins | \$90** Recommended Home Care: Fragrance of Femininity and Tranquility

~~~

### *Jet-lag Reset Massage*

Traveling across time zones is an inevitable part of modern life, and while the marvels of new places await, the daunting specter of jet lag often makes it difficult to readjust. Massage, with its myriad benefits, is a great holistic remedy to counter this, allowing you to feel rejuvenated and re-energized.

**50mins | \$90** Recommended Home Care: Fragrance of Energy

~~~





## *Massages*

### *Foot Reflexology*

Based on the principle that there are reflex points on the feet that correspond to every part of the body, including major organs, the therapist applies varying degrees of pressure to specific points to unlock the flow of energy and initiate the body's natural healing from within.

**45mins | \$75** Recommended Home Care: Fragrance of forest / Coconut Body Lotion

~~~

### *Four Hand Massage*

Because four hands are better than two, especially when it comes to relaxation. Four-hands massage is the practice of two therapists working on a single client to work together in harmony to relieve your kinks, knots, and stress with simultaneous mirrored movement to exert an equal amount of pressure on each side to produce a balanced, relaxing experience.

**60mins | \$145** Recommended Home Care: Fragrance of Relaxation

~~~

### *Prenatal Peace Massage*

Prenatal massage is generally considered safe after the first trimester, as long as you get the green light from your practitioner and let your massage therapist know you're pregnant. Therapists avoid some certain pressure points, including the one between the anklebone and heel; the tummy and belly are avoided too. This massage can reduce stress hormones, relax, loosen your muscles, and reduce swelling.

**60mins | \$90** Recommended Home Care: Coconut oil/Fragrance of love & joy

~~~



## *Traditional Asian Therapies*

Immerse yourself in a sublime therapy inspired by the beauty of natural and traditional Asian heritage. Exclusively created for your total celebration of well-being.

### *Traditional Balinese Massage*

An ancient healing therapy that combines gentle stretching of the legs, long therapeutic strokes, and pressure point work to help release muscle pain. The palm and thumb pressure techniques help improve blood circulation while deep, nurturing touches assist in eliminating stress.

**50mins | \$90** Recommended Home Care: Fragrance of Relaxation

~~~

### *Traditional Maldivian Journey*

Complete your relaxing experience with the nature of the Maldives. A soothing treatment designed to hydrate and repair damaged or dull skin. The treatment includes a local grated coconut body scrub and a full-body relaxing massage with organic Maldivian coconut oil.

**85mins | \$130** Recommended Home Care: Coconut Oil or Lotion

~~~

### *Maldivian Seashell Massage*

The cowrie shells are bathed in organic blended coconut-pandan oil; the therapeutic benefits include deep relaxation for deep muscles, which are easier to reach with the warmth of the shells softening up the surface muscles. The shape of the shells also provides the skilled therapist the opportunity to work on narrow spaces using the natural slender clam opening and projections from the contours of the shell.

**80mins | \$125** Recommended Home Care: Coconut Oil/ fragrance of Relaxation

~~~

### *Combo Chinese Bamboo & Thai Tok-sen Massage*

This is a unique experience with a warm bamboo tool combined with Tok-sen techniques; this therapy uses a mallet and wedge made of tamarind wood to gently tap along the energy meridians in the body. It produces penetrating vibrations that resonate through the deep layers of tissue and bones. These vibrations relax stiff bodies and provide pain relief while using special bamboo and elbow techniques to increase blood circulation and aid a sense of relaxation.

**90mins | \$140** Recommended Home Care: Fragrance of Forest

~~~





## *Traditional Asian Therapies*

### *Thai-Vietnam Herbal Poultice Massage*

This ancient massage technique has been handed down through the centuries. Based on the traditions blending Thai and Vietnamese massage techniques to promote relaxation, improve sense of well-being, and physical flexibility, help to soothe muscles, release tensions, and revitalize the mind.

**80min | \$125** Recommended Home Care: Fragrance of Relaxation

~~~

### *Thai-yoga Stretch Massage*

Thai massage is a combination of Shiatsu massage, which works on the meridians of the body, and deep Thai yoga stretches. It is a great way to improve your flexibility and relieve muscle tension. This massage does not require any oil usage.

**80mins | \$115** Recommended Home Care: Lavender Essential Oil/ Fragrance of Forest

~~~

### *Asian Hot Stone Massage*

Heated, smooth river stones are used in rhythmic, flowing strokes over the body to melt away stress and soothe the mind. The stones are placed on various energy points to stimulate the body's natural healing potential. The warm stones also have a sedative effect, relieve chronic pain, and promote relaxation.

**90mins | \$135** Recommended Home Care: Fragrance of Love & Serenity

~~~





## *Ayurveda Specialties*

Ancient healing specialties infused with herbal oils. Ayurveda, the traditional Indian medicine, is based on a complex system of plant-based drugs. This ancient medical practice has been used for thousands of years.

### *Shirodhara Massage*

This treatment is a one-of-a-kind and magnificent body and mind therapy from the ancient medical system of Ayurveda. Shirodhara is the technique of continuous flowing of herbal oil to the forehead (third eye) and scalp, which activates the regulation of the pituitary gland. It is excellent at regulating mood and inducing sensations of relaxation and pleasure, in addition to relieving symptoms such as hypertension, stress, insomnia, anxiety, exhaustion, and headache. This powerful treatment starts with a full-body Abhyanga massage to balance the .energies. This treatment is highly effective if continued for 3 sessions.

**90mins | \$135 (\$390 for 3 sessions)** Recommended Home Care: Sheerabala oil

~~~

### *Kativasti-Lower Back Ache Massage*

The most effective Ayurveda therapy for back pain. The term "Kati" refers to the lower back area. In this therapy, warm medicated oil is retained in the lower back area. "Vasti" means retention of the liquid medicine; it's a lumbosacral therapy that makes use of heat and oil to pacify Vata dosha. This helps to treat inflammation, stiffness, and pain in the lower back area. This treatment is highly effective if continued for 3 sessions.

**90mins | \$135 (\$390 for 3 sessions)** Recommended Home Care: Pain relief oil/ Murivenna oil

~~~

### *Udvarthanam Detox & Slimming Massage*

Snigdha udvarthanam is a deep tissue massage using an herbal detox powder combined with herbal slimming oil; it is a special therapeutic deep tissue massage. Udvarthanam means to elevate or to promote. This massage involves stroking upwards where the rubbed area is forced on the body, targeting the fat-accumulated areas to reduce fats and strengthen the body, at the same time taking care that the body does not become too rough and dry in the whole process.

**90mins | \$135 (\$390 for 3 sessions)** Recommended Home Care: Coconut lotion

~~~





## *Ayurveda Specialties*

### *Abhyanga Massage*

This ancient therapy pampers as it heals, using a liberal amount of warm maharanaya and karpooradi thailam oils infused with healing Ayurveda herbs. Deep body massage stimulates lymphatic drainage, improves blood circulation, boosts energy while simultaneously promoting relaxation, and psychologically gives a deep feeling of stability, warmth, and comfort.

**80mins | \$125** Recommended Home Care: Maharayana Oil

~~~

### *Indian Head Massage*

Indian head massage is a health care practice of Ayurveda focusing massage on the marma points on the head, neck, back, and shoulders. Applying coconut oil to the scalp with circular movements, will improve your blood circulation and promote hair growth.

**45mins | \$75** Recommended Home Care: Neem or Amla oil

~~~





## *Express Massage Therapies*

These targeted treatments are for the most vulnerable to holding stress and tension, suitable for clients with limited time.

### *Back, Neck & Shoulder Massage*

We store most of our tension in the back and shoulders; this intensive massage targets the places where muscles are most stressed. Enjoy immediate relief with this firm yet relaxing treatment, with pressure points in the back, neck, and shoulders kneaded and muscles softened. We use energizing oil to help you feel rejuvenated.

**30mins | \$60** Recommended Home Care: Fragrance of Energy

~~~

### *Foot & Leg Massage*

A foot and leg massage can help reduce pain by targeting specific tight muscle areas and manipulating them to loosen up. It also relaxes muscle tissue, which reduces painful contractions and sudden spasms. If you are feeling overly stressed from everyday life, a leg massage might be just what you need.

**30mins | \$55** Recommended Home Care: Coconut lotion

~~~

### *Uplifting & Rejuvenating Face Massage*

Face massage is a natural form of anti-aging skin care in collagen production that will give you a healthy and natural glow. In this treatment, we stimulate blood circulation with specific upward movement on the face muscles, which will help to bring oxygen to that area.

**30mins | \$55** Recommended Home Care: Aloe Vera gel

~~~





## Spa & Beauty

Our facial products are all 95% natural-origin ingredients

### *Refresher Facial*

When your skin is fresh, you will feel healthier. Our refresher facial is a perfect blend of ingredients. Suitable for all skin types to help keep your skin thoroughly cleansed, refreshed, and revived.

**60mins | \$80** Recommended Home Care: Aloe Vera gel

~~~

### *Diamond Glow Facial*

Your skin's best friend, "Diamond Bhasma," a heated and pulverized diamond, helps protect the skin against oxidative stress, inflammation, and aging. It helps stimulate the skin to fight against premature aging caused by pollution, improves elasticity, and leads to a radiant complexion.

**60mins | \$85** Recommended Home Care: Eternal youth skin firming night cream 50g

~~~

### *Bamboo Charcoal Detox Facial*

This earthy element is the secret of healthy skin. Activated bamboo charcoal face masks reduce the size of your pores; they will also target pesky acne. If you have sensitive skin and suffer from common skin disorders such as eczema and psoriasis, then you need to consider activated charcoal facial. A lot of flare-ups happen as a result of dirt and grime irritating the skin. Activated bamboo charcoal binds to those toxins and removes them altogether.

**60mins | \$85** Recommended Home Care: Brightening Charcoal Mask 100g

~~~





## Nail Care

### Fiha Manicure

Treat your hands to a luxurious make-over with skin renewal scrubs, soaks, and massage routines, followed by essential nail maintenance and grooming. Shape your nails according to your needs with the gentle application of moisturizing creams. We have a variety of nail colors for you to choose from.

**60mins | \$60** With nail polish     **60mins | \$62** With French nail polish  
~~~

### Fiha Pedicure

Begins with our signature foot bath, followed by a classic foot scrub and massage along with essential nail care. Includes exfoliation and buffing of your nails and shaping according to your needs. We have a variety of nail polish colors for you to choose from.

**60mins | \$65** With nail polish     **60mins | \$68** With French nail polish  
~~~

## Hair & Make-up

### Scalp Massage & Hair revive

Sun and sea can make hair dry and brittle, so treat your hair to our deeply nourishing argan cream with a hydrating, fortifying mask combined with scalp, neck, and shoulder massage.

**30mins | \$55** Recommended Home Care: Amla oil  
~~~

### Make-up & Hair Style (Wash & Blow not included)

- Summer make-up & Hair styles
- Waterfall braids
  - Braided bun
  - Side braid ponytail

**90mins | \$95**  
~~~

## Add-ons

**Hair wash & Blow-dry - 15mins | \$15**  
Recommended for Shirodhara and Scalp, hair revive treatment.

**Nail Polish - 30mins | \$20**  
Remove the old & apply the new

**Nail cut & File - 15mins | \$10**





## Body Works

Body Scrubs: Exfoliates, Cleans, Brightens, Unclogs Pores

### *Detoxifying Coffee Scrub*

This tantalizing aromatic treatment taps into the beneficial properties of the caffeine from Arabica beans. Specially formulated to target cellulite and stretch marks, this scrub exfoliates away dull cells to leave skin fragrant and velvet-soft. Our special coffee and vanilla scrub smells almost good enough to eat.

**50mins | \$65** Recommended Home Care: Coconut lotion

~~~

### *Rejuvenating Lulur Scrub*

Delight in our decadent lulur scrub, applied liberally to your entire body to deeply nourish the skin. The traditional Javanese uses turmeric as a main ingredient to cleanse and purify, promoting a radiant glow while dead cells are exfoliated away, leaving your skin feeling smooth and looking brighter.

**50mins | \$65** Recommended Home Care: Coconut lotion

~~~

### *Moisturizing Zest & Coconut Scrub*

Using fresh coconuts & lime zest plucked from Fiha-garden, this gentle scrub exfoliates and moisturizes. Shredded coconut pulp and lime zest promote soft, smooth skin, a natural remedy for dry and sensitive skin types.

**50mins | \$65** Recommended Home care: Coconut lotion

Body Mask: Tones, Detox, Rehydrate, Nourish, Soothes

~~~



## *Body Works*

### *Hydrating Seaweed Body Wrap*

Powerful seaweed algae are rich in antioxidants, vitamins, and a fatty acid that can have anti-aging effects. As your skin absorbs these healthy nutrients, it gets a boost in cell regeneration and elasticity. Our skilled therapist will envelop your body in a nourishing blend of seaweed and essential oil, providing hydration and nourishment to your skin, combined with dry pressure points head and foot massage.

**50mins | \$60** Recommended Home Care: Coconut body lotion

~~~

### *Aloe-Vera Sun Soother Wrap*

Soothe and hydrate sun-kissed skin with this powerfully restorative treatment. Perfect for cooling down the epidermis after a day in the sun, our nourishing pure aloe vera gel can calm and soften sun-stressed skin, providing relief from sunburn, combined with dry pressure points head and foot massage.

**50mins | \$60** Recommended Home Care: Aloe Vera gel

~~~

### *Nourishing Lavender Clay Mask*

Considering that the earth is made up largely of minerals, which is the bulk of what clay is, it wouldn't be surprising to find out that the use of clay as medicine traces back even further, with exposure to a wide range of toxins, stress, and environmental pollutants; many people suffer from skin issues such as inflammation, bacterial imbalance, and toxicity. All of these can be improved with the use of our full-body floral lavender clay mask, combined with dry pressure points head and foot massage.

**50mins | \$60** Recommended Home Care: Coconut body lotion

~~~





## *Hurvandhumaa Spa Packages*

### *Couple Chocolate Delight*

Perfect for chocolate lovers! Calms, internally and externally. When applied externally, cacao is calming and restorative, an antioxidant superfood rich in polyphenols, resulting in resilient and radiant skin. With this very impressive list of benefits for overall body health and vibrant skin, you may desire to go get some chocolate right now. May you also enjoy your next treatment knowing you may be giving your body a healthy boost!

- 75mins Couple Chocolate Cream Massage
- 30mins Couple Chocolate Body Mask
- 30mins Couple Sauna & Jacuzzi
- Hot or Cold Chocolate drink for two

**135mins | \$290** Recommended Home Care Coconut body lotion

~~~

### *Swept Away (Couple)*

"The sea washes away all the ills of men." -Euripides 420 BC.

Fihalhohi offers a lot from nature. The memories or emotions drawn from certain life events can be intensified when they are shared with someone. This goes especially well for positive experiences. It also means a relaxing spa experience could be twice as good if you share it with your partner. Each muscle kneaded and firmly pressed can relieve physical ailments and tension, followed by a body scrub that will exfoliate your dead skin; finally, our seaweed body wrap will leave your skin hydrated and nourished.

- 15mins Couple Sauna
- 60mins Couple Traditional Balinese Massage
- 40mins Couple Lulur Body Scrub
- 30mins Couple Hydrating Seaweed Wrap
- 30mins Couple Jacuzzi with 2 glasses red wine

**175mins | \$335** Recommended Home Care Fragrance of relaxation

~~~



## *Hurvandhumaa Spa Packages*

### *Couple Connect*

Enjoy a full-body massage (traditional Balinese, deep Oriental, or classic Swedish). The massage will release your muscle tension and improve blood circulation around the body. Combine this with an uplifting face massage for a special spa experience. The techniques used promote natural anti-aging by stimulating your blood circulation in the facial area. It is also an excellent treatment to aid those who suffer from sinus problems and jaw tension. End your treatment with a Jacuzzi bubble bath.

- 60mins Couple Massage
- 30mins Couple Up-lifting face massage
- 30mins Romantic Sauna & Jacuzzi bubble bath
- Complimentary Spa Wellness Tea

**120mins | \$275** Recommended Home care Fragrance of love & serenity

~~~





## *Special Single Packages*

### *3 Days Spa Wallow In*

'My meaning of indulgent,' It's never the same; it makes it unique!

- Day 1 90mins Jet-lag Reset Massage followed by Jacuzzi
- Day 2 60mins Warm Frangipani Balinese massage
- Day 3 90mins Your choice of Body scrub followed by Refresher Facial

**240mins | \$260** Recommended Home Care Fragrance of energy

~~~

### *Only for Him*

Men work hard, and they need to relax as well. After the mental stress accumulated from the workplace and physical stress that men undergo, a relaxing session at the spa can be hugely beneficial. This deep-tissue, full-body treatment is combined with a foot massage specially tailored to relax the calves, improve joint health, relax the mind, and drive out stress.

- 60mins Deep Oriental Massage
- 30mins Foot Massage
- 15mins Sauna

**105mins | \$140** Recommended Home Care Fragrance of forest

~~~

### *Just for Her*

The winner takes it all. "Trio" Holiday relaxation, love, pampering, and rejuvenation without any distraction. Every woman deserves the best!

- 50mins Traditional Balinese Massage
- 45mins Refresher Facial
- 50mins Choice of Fiha-Manicure or Pedicure with Nail polish

**145mins | \$180** Recommended Home Care Fragrance of femininity

~~~



## Wellness Classes

### Private Yoga - 50mins | \$35

Sun Salutation, Hatha yoga

~~~~

### Private Yoga - 50mins (3 sessions) | \$105

3 sessions customized according to your needs

~~~~

### Spa Back, Shoulder & Head Massage Lesson - 30mins | \$35

3 sessions \$105

~~~~

## Kids' Corner (Ages 5 to 12 years old)

Pampering the little ones. "Take a Break, Play, and Relax. It's Small Stuff"

### Kids' Comfort Massage - 45mins | \$40

Enjoy a gentle full-body massage with green apple and sweet orange massage cream.

~~~~

### Natural Mini- Facial - 45mins | \$40

Soothe the skin with fresh natural products: aloe vera, carrots, cucumbers, and yogurt.

~~~~

### Princess Nail Decoration for Fingers or Toes - 20mins | \$15

Choose your favorite nail polish color and design.

~~~~

### Princess Hair Braiding - 20mins | \$15

Please choose from the provided design samples at the spa reception.

~~~~

### Traditional Henna Tattoo - 20mins | \$15

Please choose from the provided design samples at the spa reception.

~~~~

All prices are subject to 10% Service Charge & 17% GST



## Opening Hours & Appointment

Huvandhumaa spa is open from 9:00 to 18:00 hrs.' every day. We accept walk-ins when possible; However, we advise you to make an appointment in advance to avoid disappointment. You can book an appointment by visiting the spa or by calling us on extension 7732.

## Arrival Time

You are required to be at the spa at least 15 minutes prior to your treatment in order to Complete your health assessment form and to relax your body and mind while enjoying the spa refresher delights.

Arriving late may impact your treatment duration in order to properly serve the next guest. If you are running late, your treatment will be shortened to ensure the next guest is not delayed. Guests with high blood pressure, heart, or other medical conditions should consult a doctor Before making an appointment. Certain therapies are not recommended during pregnancy, so Please consult the spa host for guidance.

## Food, Drinks & Smoking

Smoking, consumption of alcohol, and other beverages and foods within the spa are strictly prohibited. Consumption of food or alcoholic drink close to your treatment schedule is not advisable. We welcome you with our signature wellness refreshers. In addition, after the therapy, we provide a glass of water.

## Etiquette

To ensure that our clients enjoy the peaceful sanctuary of the spa, we respectfully request visitors keep noise at a minimum level. Cellular phones should be set to silent mode. Taking videos during treatment is highly prohibited.

## Valuables

Please leave your valuables in your villa, stored in the electronic safe provided. The management accepts no responsibility for any loss or damage of personal articles or misplaced items brought into the spa premises.

## Cancellation Policy

The treatments are reserved especially for you. We require 4 hours' notice in case of Cancellation or to reschedule your appointment. Failure to notify within this time frame will result in a 50% cancellation fee. A full charge will be imposed for "no shows."

## Refund Policy

Treatment packages and products are non-refundable or exchangeable once purchased.







[www.fihalhohimaldives.com](http://www.fihalhohimaldives.com)

South Male' Atoll | Republic of Maldives

T: +960 664 2903 | M: +960 794 2121

[info@fihalhohi.com.mv](mailto:info@fihalhohi.com.mv)