

vidhun
the spa

THE VIDHUN SPA

Rising up from the vast expanse of the deep blue Indian Ocean, more than a thousand islands come together to form the Maldives. As if a mirage floating on sparkling turquoise waters, our homes - and our heritage – shine at The Vidhun Spa.

Embracing the pure beauty of this place, experience the power and the history of Maldivian holistic wellness with us. Harvesting fresh local ingredients from in and around the atolls to power the healing techniques of our indigenous curative heritage, *Dhivehibey*, we work to ensure that the good health of our guests shines both inside and out.

Local ingredients will include fresh indigenous plants and herbs of the Maldives including the national fruit - Coconut, and the national flower - Rose. Other natural gems include lemon and papaya - the plants grown during the early inhabitation of the Maldives.

Balancing hot, cold and dry humours in the body to generate *Sehathu*, 'good health', our local herbal, botanical and marine resources provide for a pure Maldivian healing experience designed to make your spirit shine.

Vidhun—meaning 'to shine'. Guests will be invited to achieve *Sehathu* and quite literally shine as they radiate good health.

VIDHUNEVVARU

In Dhivehibey tradition, balance is the key to good health. Representing the three humours, hot, cold and dry, allow the Vidhun Evvaru to help you determine your energy balance and guide you to the proper Vidhun Spa treatment:

HOONU Cooling

Balancing the hot humour with cooling, soothing and relaxing treatments

FINI Heating

Balancing the cold humour with heating, purifying and energizing treatments

HIKI Hydrating

Balancing the dry humour with hydrating, nourishing and restoring treatments

At The Vidhun Spa, find balance through the Evvaru, reach *Sehathu* and shine.

VIDHUN TREATMENT MENU

VIDHUN 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.

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

FINispice 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\$ 130

1.5 hours | US\$ 185

VIDHUN MASSAGE

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\$ 130

1.5 hours | US\$ 185

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\$ 130

1.5 hours | US\$ 185

VIDHUN MASSAGE (Cont.)

FINI spice uplift

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

1 hour | US\$ 130

1.5 hours | US\$ 185

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

1.5 hours | US\$175

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

1.5 hours | US\$175

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\$120

VIDHUN 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 *Sehathu*.

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 2 hours | US\$ 295 for one person - US\$490 for couple

VIDHUN COUPLES

Experience *Sehathu* 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

2 hours each day for three days| US\$ 1370 per couple & | US\$ 800 for Single

Koimala Ritual

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

HIKishea& salt scrub
HIKI papaya & aloe enfold
FINI, HOONU or HIKI massage
FINI, HOONU or HIKI facial

4 hours | US\$ 640 per couple& | US\$ 320 for Single

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 adorn with flowers. Cleanse your palette with fresh cut fruit and a chilled bottle of Champagne as you luxuriate under the stars

2 hour | US\$ 325 per couple

VIDHUN FACIAL

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.

Sehathu 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.

1.5 hour | US\$180

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.

1 hour for each treatment only | US\$120

VIDHUN SCRUB

HOONU green tea & cucumber

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

FINIsugar& orchid

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

HIKIshea& salt

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

30 minutes| US\$ 75 & 1 hour | US\$130 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.

30 minutes US\$ 85 | 1 hour US\$140 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.

1.5hours| US\$ 175

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.

1 hour | US\$130
1.5hours| US\$ 175

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.

1.5hours| US\$ 195

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\$ 125 per person|1.5hours US\$ 175

YOGA& MEDITATION AT THE VIDHUN SPA

The word Yoga has a root from Sanskrit word “Yuj”, which means ‘union’. Yoga is a unique system of wellbeing which brings a unity between body, breath, mind and spirit used to achieve the awareness and perfection in life. Yoga is an art and science of living, fully embodied with an open heart and mind, in the profound recognition of your true nature. Yoga is practiced performing postures to improve strength, breathing techniques to introduce relaxation- its health benefits may surpass those of any other activity. Practicing yoga to stretch, relaxes, breathe and meditate, results in a sense of inner peace and serenity which has far-reaching health benefits.

Meditations achieving a state of absolute awareness with different techniques reducing stress and anxiety; bringing the peace of mind and powers of concentration. Different kinds of meditation are performed including Mantras Meditation, Yoga Nidra, Inner silence (antar mouna), Visualization process and many more.

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 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 Pavilion or at the end of our Jetty. To ensure guest satisfaction, private classes are limited to a maximum of two (2) adults or four (4) children.

1 hour | US\$55 per person ++
1 hour per couple | US\$95++
1 .5 hour per couple | US\$125++
Kid’s Yoga US\$ 25

Public sessions are also available for up to 10 people on Fridays at 10am in our Yoga Pavilion.

1 hour | US\$ 30 per person ++

We also offer our guests complimentary Yoga & Meditation sessions as follows:

Complimentary Sunrise Sessions are held on Tuesday and Saturday at 7am at our Yoga Studio.

Complimentary Sunset Sessions are held on Thursday and Monday at 6pm at our Yoga Studio

Please contact your Personal Host or Spa Reception regarding fees and reservations.

Please note: all scheduled sessions are hosted in our Yoga Pavilion.

HOW TO SPA

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.

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