

A haven of relaxation and tranquility in Baa Atoll  
For the ultimate in wellness

# KIHAA Maldives





# Kihaa SPA Information:

## 1. Location

Please visit our over water Kihaa SPA located on the beach side nearby Malaafaiy Restaurant, or call us at extension 644 to make reservation.

## 2. Reservations

We recommend you to reserve your treatment in advance.

Please visit us to make reservation. Our team is happy to see you around and assist you in choosing treatment. Or you can contact us on extension 644.

## 3. Arrival

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and to relax in our tranquil surroundings. Late arrival may result in reduction of treatment duration if we are unable to reschedule the treatment due to the reservation of another guest.



#### 4. Kihaa SPA Etiquette

- We recommend that you leave all your jewelry and other valuable things in your villa's safety box
- Please note that our Kihaa Spa is a place of health and relaxation, therefore we kindly suggest that you may put all your electronic devices on silent to ensure all our guests get to enjoy their SPA treatments.
- Please refrain from smoking within the Kihaa SPA environment.
- Please note that Kihaa SPA cannot take responsibility for lost or damaged personal items.







# Body Massages

## Kihaa Signature Massage

A signature therapy that's using a baby coconut to provide the massage.

80 minutes USD 160

110 minutes USD 195

## Maldivian Massage

Healing massage with stretching movements to detox, rebalance and rejuvenate body, mind and soul, using a blend of pure warm coconut oil.

50 minutes USD 110

80 minutes USD 130

## Balinese Massage

Combines soothing long strokes and palm pressure to relieve tension, improve blood circulation and calm the mind.

50 minutes USD 90

80 minutes USD 130

## Deep Tissue Massage

A therapy that focuses on realigning deeper layers of muscles and connective tissues by physically breaking down the adhesion and relieving pain.

80 minutes USD 145

110 minutes USD 175



All prices are subject to 10% Service Charge and 16% T-GST





## Warm Stone Massage

Enjoy the warmth from the heated basalt stones massaged on your muscles, penetrating the tissue to melt away layers of stress and induce deep relaxation.

80 minutes USD 145

110 minutes USD 175

## Thai Massage

An ancient massage therapy that incorporates stretching, compression and pressure points focusing on the main energy channels to release blockage and improve flexibility.

50 minutes USD 100

80 minutes USD 135

## Aromatherapy Massage

Aromatherapy is a specific type of therapy that incorporates the use of scented essential oils into a massage. Aromatherapy is not only improving your mood but also your physical and mental well-being.

50 minutes USD 90

80 minutes USD 130

All prices are subject to 10% Service Charge and 16% T-GST





# Beauty Rituals

## Traditional Facial

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

50 minutes USD 95

30 minutes USD 60

## Oliza Beauty Facial

This facial will help restore your skin's natural radiant. Soften, brighten, and rejuvenate the skin.

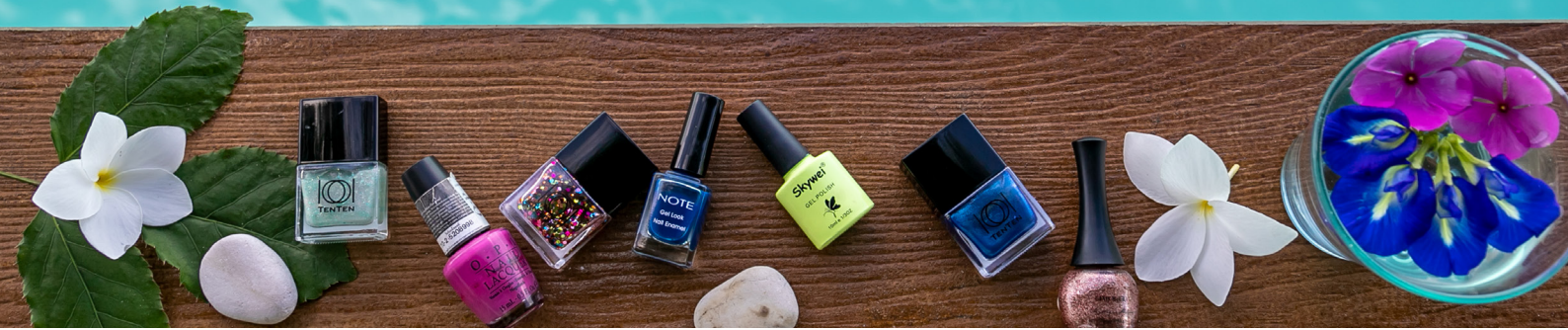
50 minutes USD 95

30 minutes USD 60



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## Kihaa Manicure

A traditional manicure treatment that includes cleansing, nail grooming, exfoliation and a soothing short hand massage leaving them radiant and glowing.

45 minutes USD 55

## Kihaa Pedicure

Pamper your weary soles with our revitalizing pedicure treatment, including cuticle and nail trimming, exfoliation, and a short foot massage.

45 minutes USD 60

## Express Manicure

Cutting and filing, nail polish excluded.

30 minutes USD 35

## Express Pedicure

Toe nails cleaning, polish excluded.

30 minutes USD 40

## Nail Polish Application

30 minutes USD 35 - Gel Color

30 minutes USD 25 - Normal Color

## Gel Polish Remover

USD 15

All prices are subject to 10% Service Charge and 16% T-GST







# Thalgo Facial Care

Pampering with Thalgo Facial Products

## Pure Freshness Active Glow *Treatment by Thalgo* (Oily to combination skin)

**A complete facial that provides deep cleansing and stimulated by specialist eastern massage techniques to nourish and renewal vital radiance for a perfect glow.**

60 minutes USD 125

## Skin Revealing Solution *Treatment by Thalgo* (All skin types, particularly dehydrated skin)

**Thalgo Hydra-Marine range of products moisturizes and nourish skin, improving its tone and texture, leaving it soft, supple and glowing.**

60 minutes USD 125

## Source Marine Hydra-Fortifying *Treatment by Thalgo* (Delicate skin, sensitive skin)

**This facial will help reduce unwanted shine, refine the pores and treat skin breakouts, this treatment is perfectly reduced redness and relax tension lines.**

60 minutes USD 125

All prices are subject to 10% Service Charge and 16% T-GST



# Thalgo Anti-Ageing Facial Therapies



## Spiruline Boost Treatment

*(First wrinkles 25+ years, smoothing)*

The combination of energizing Spiruline with marine magnesium corrects the first signs of skin fatigue.

75 minutes USD 155

## Hyalu-Procollagen Treatment

*(Deep wrinkles 30+ years, smoothing, filling)*

Wrinkle treatment combining Hyaluronic acid and Marine pro-collagen will instantly booster your face, looks relaxed and even pronounced wrinkles appear smoothed.

75 minutes USD 165

## Silicium Marin Super-Lift Treatment

*(Deeper wrinkles 40+ years, firming, filling, lifting)*

The Silicium marine range is to target deep wrinkles and correct loss of firmness.

75 minutes USD 175



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## *Kihaa Relaxing*

### **Back Rejuvenator Massage**

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

**30 minutes USD 60**

### **Jetlag Relieving Massage**

**The perfect way to recover from your journey to Kihaa Maldives, an invigorating and revitalizing massage that focuses on your tired back, legs and feet.**

**45 minutes USD 80**



**All prices are subject to 10% Service Charge and 16% T-GST**





# Ayurveda Therapies

## Abhyanga Massage

A traditional Ayurveda flowing rhythmical massage to restore energy and rejuvenate your body.

50 minutes USD 120

80 minutes USD 140

## Kativasthi

A treatment focusing in decreasing chronic lower back pain which is held inside a molded flour dough.

50 minutes USD 120

## Shiro Abhyanga *(Indian head massage)*

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

25 minutes USD 60

## Shirodhara

Shirodhara is a form of Ayurveda therapy that involves gently pouring liquids over Third Eye and Hairline.

30 minutes USD 80

All prices are subject to 10% Service Charge and 16% T-GST







## *Kihaa Body Scrub*

**Body scrub helps to make your skin look more vibrant and youthful.**

**Choices:**

*Coffee Scrub*

*Mango Scrub*

*Coconut Scrub*

*Green Tea Scrub*

*Tropical Fruits Scrub*

*Champaka Flower Scrub*

**25 minutes USD 60**

## *Kihaa Body Wrap*

**Body wrap helps in toning & tightening as well as nourishing and softening your skin.**

**Choices:**

*Chocolate Wrap*

*Tropical Fruits Wrap*

*Aloe Vera Soothing Wrap*

*Dead Sea Black Clay Wrap*

*Cucumber Cooling Effect Wrap*

**45 minutes USD 80**

**All prices are subject to 10% Service Charge and 16% T-GST**



# Body Peeling

An uplifting and awakening treatment which will leave your skin soft and relaxed and evoke feelings of happiness, bliss and self-confidence.

Choices:

Rice Anti-Aging Body Peeling  
Honey and Orange Body Peeling

45 minutes USD 80



# Spa Packages

## Kihaa Tropical Package

This enchanting experience incorporate our most luxurious treatments into an experience that can be enjoyed. Served with tropical juices.

30 minutes Body scrub | 40 minutes Body wrap | 60 minutes Body massage

130 minutes

Single: USD 165

Couple: USD 310

All prices are subject to 10% Service Charge and 16% T-GST







## Body Indulgence Package

Surrender yourself to a blissful of Green Tea body scrub and enjoy our tranquil full body massage with our smooth hands of the Therapist and lastly, they will perform the Thalgo Facial Care. Served with a green tea.

30 minutes Body scrub | 60 minutes Body massage | 60 minutes Skin revealing solution treatment by Thalgo

150 minutes      **Single: USD 185**      **Couple: USD 350**

## After Sun Cooling Package

Enjoy our relaxing treatment that hydrates your skin, while the honey and orange can contend free radicals. Served with orange juice.

50 minutes Body massage | 25 minutes Body scrub | Body lotion

75 minutes      **Single: USD 125**      **Couple: USD 245**

## Royal At Kihaa Package

Let yourself be spoiled with our signature package. This royal journey leaving the skin fragrant and incredibly soft. Served with hot/cold coffee of your choice.

60 minutes Body massage | 25 minutes Body scrub | 30 minutes Jacuzzi

115 minutes      **Single: USD 165**      **Couple: USD 320**

All prices are subject to 10% Service Charge and 16% T-GST



## Kihaa Rejuvenation Package

Let us rejuvenate your skin with a blend of tropical flower extract which is used in this formulation.  
Served with a glass of wine.

60 minutes Body exfoliate | 30 minutes Jacuzzi | 50 minutes Body massage | 30 minutes Thalgo facial care

170 minutes

Single: USD 170

Couple: USD 320

## Kihaa Loabi

A unique couple's massage and fresh flower bath, especially fashioned for honeymooners.  
Served with hot honey milk.

60 minutes Body massage for two | 30 minutes Flower bath for two

90 minutes

USD 265

## Dhivehi Sensation

*Maruhaba from Kihaa Spa!*

Prepare your body and mind to get relaxed  
with coconut sensation which helps to repair sundamaged skin.  
Served with cold kurumba lemon.

60 minutes Maldivian massage | 25 minutes Coconut scrub | 30 minutes Coconut milk bath

115 minutes

Single: USD 180

Couple: USD 335



All prices are subject to 10% Service Charge and 16% T-GST





# Yoga Treatment

## Hatha Yoga

Yoga combines postures with conscious breathing and focus, and helps develop strength, flexibility and mental clarity. Practitioners can expect to learn how the body engages in each posture, while the yoga master guides the awareness to specific areas and aspects of the practice to enhance the body's natural intuition.

60 minutes    **Single: USD 85**    **Couple: USD 120**  
**Families (two adults and two kids): USD 180**

## Pranayama

Pranayama (breathing exercise) utilizes breathing techniques to remove blockages in energy channels, strengthen the respiratory system and tame the monkey mind, calming down its extrovert tendencies and minimizing the thought process. You will learn more about the art of breathing and how to implement it in your daily life.

45 minutes    **USD 50**

## Yoga Nidra

Also known as yogic sleep or sleep with awareness, this simple meditation practice is taught lying down while being guided by a teacher. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing psychological, neurological and subconscious needs.

45 minutes    **USD 50**

## Mindfulness Meditation

Reduce stress, boost immune system and improve overall state of mind with this deeply relaxing experience, combining breathing techniques with the practice of keeping one's mind in the present.

45 minutes    **USD 50**

The above wellness classes are also available for couples and groups. Please ask at the spa reception for more details. Prices are subject to 10 percent service charge and 16 percent government tax.

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*Kihaa*

Kihaadhuffaru Island  
Baa Atoll,  
Republic of Maldives  
[www.kihaamaldives.com](http://www.kihaamaldives.com)



 **Tripadvisor**

We would greatly  
appreciate your  
Tripadvisor review!

*Kihaa* SPA

10:00 - 21:00 hrs

 Ext. 644