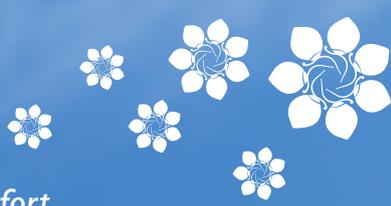


## How to Spa



### Some advice for your comfort

**What should I wear when going to the Spa and during my treatment?**  
We will provide you with kimono, slippers, and hygienic disposable lingerie. Alternatively, our treatment may be enjoyed while wearing your own underwear, choose whatever is the most comfortable for you.

**When should I arrive for my treatment?**  
Please arrive 10 minutes before your scheduled check-in time, you will therefore be able to change without haste and then you can sample our cold tea of the day offered before treatment.

**What if I have special health treatment consideration?**  
Please notify our SPA Manager before booking your treatments if you have high blood pressure, allergies, physical ailments, disabilities, or if you are pregnant.

**What if I am late for my appointment?**  
Arriving late will limit the time available for your treatment. Programs are carefully planned to accommodate each and every one, we kindly request you to be punctual.

**Cancellation Policy**  
Should you wish to modify or cancel a reservation, we should be grateful if you could notify us at least 3 hours in advance, in order to avoid paying a cancellation fee.

**Time to relax, unwind and feel good**  
A visit to a SPA is time put aside for you and you should enjoy the experience in the best possible conditions. Should it concern the room temperature, massage pressure or volume of the music, please do not hesitate to ask your therapist to adjust them to your best comfort levels.

**Where should I keep my valuables?**  
It is recommended not to bring any valuables, such as jewelry that needs to be removed prior to Spa treatments, and we must remind you that we are not responsible for any items lost or stolen.



# KIHA BEACH & SPA

DHARAVANDHOO . MALDIVES



## Foot Reflexology

50 minutes – US\$ 60

An ancient healing therapy as blissful as it is beneficial; a foot therapy on the reflex point can restore the natural flow of body energy and improve your health. Recover physical and mental harmony with this wonderful treatment that will send waves of deep relaxation through your entire body.

## Kiha Spa Signature

1h20 – US\$ 120

This massage exclusively created by Kiha Spa is our Signature. A relaxing combination of 5 massages, starting with 10 minutes of Shiatsu, followed by 25 minutes of long strokes and deep skin massage along with 10 minutes of warm stone massage on your back. Another 20 minutes of Swedish massage to harmonize your corporal functions and 25 minutes reflexology to bring you this deep feeling of overall comfort.

## Refresher Facial

30 minutes – US\$ 45

A great introduction to facial treatment using for principal ingredients: pure honey mask and cucumber, leaving your skin feeling smooth and radiant. Enjoy the benefits of these natural ingredients with an age-old reputation for skin healing, softening, and moisturizing.

## Floral Facial

50 minutes – US\$ 75

Using only Bio natural products, the face is cleansed and gently exfoliated to eliminate all the dead cells on the surface of the skin. While purifying with a gel mask, relax and unwind with a hand and feet massage. This treatment will effectively restore and hydrate your skin, leaving your face fresh, youthful and restore.

## After-sun Treatment

50 minutes – US\$ 75

Sun Lover - After your day spent in the sun, come and enjoy our Special Sun Lover to calm, soothe and re-hydrate your skin. Sun Lover treatment is specially designed to fight against sun burn and the ageing of the skin.

### **This treatment includes**

- Lavender Body Wash for gentle cleansing
- Cucumber and Honey Body Conditioner, for cooling and soothing
- Aloe Vera Body Lotion, to ease sunburn, prevent skin peeling and to lock in the moisture

## Spa Manicure

50 minutes – US\$ 60

Give your hands and nails a well deserved care with our Hands Beauty treatment. Starting with the basics nail cut, file and cuticle repair, your hands are then gently exfoliated for a silky feeling. A nourishing cream is applied with a gentle massage to restore the moisture and improve the texture of your skin. Your hands feel hydrated, smooth and soft with a great youthful look.

## Spa Pedicure

50 minutes – US\$ 60

Cool, energize and revive your feet with our Feet Beauty Treatment. Comprising of the classical pedicure treatment with nail cut, file, cuticle repair and soothing foot soak of essential oils; it is then followed by a peppermint scrub that will relieve your tired or swollen feet. Finally, to stimulate blood circulation a foot massage is applied with a refreshing lotion. Your feet are hydrated, fresh and soothed.

Nail Polish US\$ 15  
Nail Art (from per nail) US\$ 3

## Massages



## Discovery Massage

30 minutes – US\$ 45

For an immediate stress and tension release effect, this massage concentrates on the back and the legs, easing muscle aches, stretching joints, improving flexibility where most of the body tension is accumulated.

## Balinese Traditional Massage

50 minutes – US\$ 60  
1h20 – US\$ 120

The Asian Traditional massage is a full body massage using palm pressure and long gentle strokes while applying a unique blend of natural essential oils. This combination stimulates your blood circulation, improves energy flow and drains tensions away.

## Head, Back and Shoulders Massage

50 minutes – US\$ 60

Starting from the back to stimulate the blood circulation this massage continues with the neck and shoulders to relieve muscular pain and drain tensions away. It is then concentrated on the head to effectively ease out accumulated stress and to enhance relaxation.

## Back and Stones Massage

50 minutes – US\$ 60

Starting with a shiatsu and traditional massage to warm the body, the stones are then applied on your back in such a way as to relieve your muscles from pain and tension. Back and stones massage is especially adapted for back problems, achieving a feeling of well being and perfect relaxation.

## Warm Stones Massage

1h20 – US\$ 120

A full body massage starting with a traditional massage and lomi-lomi and then continues with the warm stones. Smooth and warm stones glide across your body in long, flowing strokes. The heat helps to relax the muscle and has a soothing effect on your emotions. Stones are positioned on the various energy body points to develop the healing potential.

## Swedish Massage

50 minutes – US\$ 60

Using warm oil, heated up in a bottle and poured all over your body, the Swedish massage is designed to harmonize the corporal functions, such as blood circulation, breathing and mind relaxation. Soft and long strokes (lomi-lomi) envelop all the body from feet to head creating an overall relaxation of the body and soothing effect.