



VILLAS

MALDIVES AT MIRIHI  
HGALLERY COLLECTION

# MIRIHI SPA & WELLNESS



GALLERY  
HOTEL  
COLLECTION

A large green leaf with prominent veins is positioned on the left side of the page. Below it, a silver metallic hand sculpture is visible, with fingers slightly curled. The background is a light, neutral color.

# *A Wellness Sanctuary*

in the Maldives

Each experience in this menu has been created with deep care—crafted to nurture your body, calm your nervous system, and gently reconnect you to yourself.

Rooted in holistic wellbeing and the art of presence, every detail—from the textures you feel to the scents that surround you—has been chosen with intention.

Our treatments are not simply rituals of touch, but invitations to pause, soften, and listen within. Here, care is personal. Healing is natural. You are held in a space that honors your rhythm and your return to balance.

Welcome to where stillness meets renewal.  
Welcome home to yourself.

*Nishka*

Wellness Manager





# *Signature Massage*

## **SPIRIT OF MIRIHI**

90 min | \$260++

A transformative ritual inspired by the serene beauty and sacred energy of Mirihi Island, honoring the balance of the five elements—Earth, Water, Fire, Air, and Spirit. Glide through a flowing full-body massage with warm seashells to melt tension and ignite vitality like the gentle island tide. Elevate with a gua sha facial sculpting ritual that lifts and tones, followed by a grounding gemstone mask. Healing vibrations from singing bowls seal this serene journey, harmonizing body, mind, and spirit—leaving you enveloped in the timeless serenity of Mirihi.

***A sacred journey to reset the body, and uplift the spirit.***



# Massage Experiences

## **KANSA SERENITY FLOW**

75 min | \$200++

Warm coconut oil and smooth Kansa wands ease tension, calm the mind, and restore balance. Rooted in Ayurvedic tradition, this deeply grounding body ritual invites deep, restorative rest—any time of day.

## **OCEAN FLOW RITUAL**

60 / 90 min | \$175 / \$230++

A soothing Balinese-inspired massage using long, flowing strokes and grounding oils. For full-body relaxation, and energetic balance.

## **TENSION RELIEF**

60 / 90 min | \$180 / \$230++

Created to nurture the skin and boost circulation, this restorative massage removes accumulated toxins and effectively relieves water retention. The movements are a combination of Swedish, lymphatic drainage and acupressure techniques. Energized with Sodashi's antioxidant rich botanical oils, this massage restores balance and harmony within. – A Sodashi signature.

## **MUSCLE MELT REMEDY**

60 / 90 min | \$175 / \$230++

Targeted deep-tissue therapy to relieve tightness and chronic tension using firm pressure and a muscle relief oil blend.

## **ISLAND DUO ESCAPE**

120 min | \$540++ (for two)

A restorative journey for two begins with a gentle botanical body polish, followed by a harmonizing full-body massage. Soothing scalp and facial rituals with a cooling gemstone mask invite deep relaxation. Conclude with a chilled tropical mocktail to hydrate and refresh from within.

Add on: Replace the signature tropical mocktail with a chilled champagne bottle (375 ml) — \$60++

## **HEADSPACE RESET**

30 min | \$95++

Focused head, shoulder and back massage with warm oil and a crystal eye mask. Ideal for screen fatigue, headaches, or long-haul travel recovery.

# Body Rituals



## **GOLDEN HOUR ESCAPE**

120 min | \$340++

A complete rejuvenation journey designed to relax, refresh, and restore your natural glow. The experience begins with a revitalizing body polish to smooth and renew the skin, followed by a full-body massage to release tension, and concludes with a refreshing facial for a calm and radiant finish.

## **LOUD DETOX BODY WRAP by Sodashi**

90 min | \$220++

This truly purifying treatment enhanced with Oud to relax the mind. Begins with an invigorating body exfoliation using balancing salts and Arabian Oud Oil that softens the skin, relaxes the mind and stimulates circulation, relieving the body of any sluggishness and helps to remove unwanted toxins. A purifying and detoxifying mask is then applied to the whole body whilst you switch off.

## **CELLULITE SMOOTHER by Sodashi**

50 min | \$150++

A unique and stimulating treatment to target areas affected by cellulite. Dry body brushing together with the application of heat packs promotes blood and lymphatic circulation, helping to release toxins from the system and reduce fluid retention. Detox pressure points along meridian lines help to flush away toxins and restore energy flow. Followed by a contouring massage with cleansing Juniper Berry and Grapefruit is further complemented by ice packs to decongest and contour.

## **FOOT REFLEXOLOGY**

60 min | \$145 ++

Rebalance the body through targeted pressure on reflex points of the feet. This therapeutic treatment supports organ function and encourages the body's natural healing response.

## **OCEAN POLISH**

60 min | \$160++

A revitalizing full-body exfoliation that sweeps away dullness and awakens the skin. Finished with a nourishing veil of coconut oil, leaving the body soft, luminous, and deeply refreshed.

## **SUN-KISSED RECOVERY**

60 min | \$150 ++

Cool and deeply hydrating, this soothing cucumber and yogurt body ritual calms sun-stressed skin, finishing with nourishing aloe vera for lasting comfort and freshness.

# Facial Rituals

by Sodashi



## **SIGNATURE THERMAL FACIAL**

90 min | \$240++

Reclaim youthful elasticity and restore luminous skin tone with an intensive boost of vitamins and minerals. Tailored to your exact skin's needs, the luxurious Thermal Infusing Mask infuses layers of Sodashi's antioxidant-rich botanical formulations deeply into the skin; the result is healing nourishment that plumps, firms, smooths and protects skin from environmental stressors.

## **NATURAL GLOW FACIAL**

60 min | \$190++

Immerse yourself in the harmonious blend of nature and luxury with our signature facial. The Sodashi Signature facial harnesses the intelligence of nutrient enriched botanicals and holistic massage techniques. This bespoke facial is customized to your specific skin concerns, boosting circulation, and revealing a radiant and revitalized complexion.

## **STOP & RELAX FACIAL**

30 min | \$110++

This express facial treatment boosts the complexion with a facial cleanse, Sodashi's unique exfoliating compresses, aromatic mist and application of a firming gel mask. The treatment is completed with application of a nutrient rich moisturiser.

# *Enhancers*

by Knesko



## **GOLD REPAIR COLLAGEN FACE MASK**

\$54++

A lavish collagen treatment infused with precious gold and potent peptides to firm, lift, and revitalize skin for a youthful, radiant complexion.

## **AMETHYST HYDRATE FACE MASK**

\$49++

A serene collagen mask enriched with amethyst to deeply hydrate and calm skin while promoting a balanced, refreshed glow.

## **NANO GOLD EYE MASK ENHANCER**

\$28++

An indulgent collagen eye treatment infused with nano gold to visibly smooth, firm, and repair the delicate under-eye area for a refined, youthful glow.

## **AMETHYST EYE MASK ENHANCER**

\$24++

A sumptuous collagen eye mask enriched with amethyst to soothe, hydrate, and restore the under-eye area, leaving skin calm, luminous, and beautifully refreshed.

# *Hair* Treatments



## **COCONUT SCALP REVIVAL**

30 min | \$95++

A grounding ritual to calm the nervous system and restore vitality to both scalp and hair. Warm coconut oil is massaged in with slow, meditative strokes, targeting key pressure points at the temples, crown, and neck base to release tension. Finished with a light layer of nourishing coconut mask on mid-lengths and ends, leaving hair soft, shiny, and rejuvenated.

***Ideal alone or paired with any treatment.***

# Hand & Foot Ceremonies



## **EARTHLY BLISS PEDICURE**

60 min | \$95++

A nurturing foot experience that begins with cleansing and gentle cuticle care, followed by an invigorating lower-leg massage to ease tension. Nails are polished to perfection, leaving your feet refreshed, silky and beautifully finished.

→ **Add classic polish: +\$10**

## **LUMINOUS TOUCH MANICURE**

60 min | \$85++

A hand ritual featuring expert shaping, cuticle care, gentle exfoliation, and a soothing massage to hydrate and restore soft, radiant skin.

→ **Add classic polish: +\$10**

# Special Care Experiences



## **LITTLE ISLAND MASSAGE**

30/60 min | \$60++ / 120++

A nurturing, light-pressure massage using gentle, child-safe oils to ease tension and promote a sense of calm and balance for young guests. The perfect way to introduce young guests to the spa.

## **MINI MANICURE POLISH**

30 min | \$50++

A gentle hand soak, light massage with nourishing lotion, and a polish in soft or playful colors — a moment of mindful care for little hands.

## **MINI PEDICURE POLISH**

30 min | \$50++

A bubbly, tropical foot soak, gentle sugar scrub, shimmer lotion massage, and polish in playful colors — perfect for little toes that love to shine!

## **PRENATAL BLISS**

60/ 90 min | \$180++ / \$240++

A nurturing side-lying massage for mothers-to-be in their second or third trimester. Supports lower back, hips, and legs while providing emotional grounding.

***All children's spa experiences are designed with gentle care and the utmost comfort in mind. A parent or guardian must be present during all children's treatments. Recommended for ages 8-12.***

# Signature Healing

Personalized, private, and  
deeply transformative.



## MOONLIGHT FLOATING SOUND BATH

60 min | \$330++ family up to 4 guests

Beneath the Maldivian stars, drift into tranquility as sound and water merge in a symphony of vibration and light. Floating effortlessly in your private pool, you'll be guided through hypno-meditation, harmonic tuning forks, and Himalayan bowl resonance — a sensory immersion that calms the mind, balances the body, and invites restful sleep.

**Exclusive to Pool Villas- Limited evening sessions only.**

## ELEMENTAL CONTRAST THERAPY

30 min | \$95++ solo / \$150++ couple

60 min | \$150++ solo / \$250++ couple

A guided thermal and light-based ritual combining ice immersion and infrared heat to awaken the body and support deep recovery. Grounding elements invite connection with the earth, stabilizing the nervous system and anchoring the experience in presence. Conscious breathwork weaves through the journey, promoting clarity, resilience, and inner balance—bringing together the harmony of the five elements.

## RED-LIGHT THERAPY ADD ON

30 min | \$60++

Enhance your treatment with restorative red-light therapy within the infrared sauna. This warming experience supports circulation, muscle recovery, and deep relaxation, preparing the body for hands-on therapies or restoring balance after movement and healing sessions.

# *Transformational* Healing



## **DEEP REST JOURNEY**

30/60 min | \$110++ / \$195++

A deeply restorative guided experience designed to bring the mind and body into a state of profound rest. Through gentle hypnotherapy, soothing meditation, and guided visualization, the nervous system softens and the mind gradually releases layers of tension and mental noise. In this calm and receptive state, the subconscious naturally reorganizes and restores inner balance, allowing clarity, emotional ease, and deep relaxation to emerge.

## **SOUND BATH EXPERIENCE**

30 min | \$90++ solo / \$150++ couple

60 min | \$170++ solo / \$250++ couple

An auditory journey where harmonious vibrations from singing bowls and tuning forks wash over the body and mind. The resonances soothe the nervous system, release tension, and quiet mental chatter, leaving guests feeling balanced, rejuvenated, and grounded.

## **VIBRATIONAL BODY RESET**

30/60 min | \$120++/210++

A deeply restorative body experience that uses therapeutic tuning forks and gentle fascia techniques to release tension and restore natural balance. Subtle vibrational frequencies travel through the body's tissues, encouraging the nervous system to soften while supporting circulation, muscle relaxation, and energetic flow. This calming treatment helps dissolve physical tightness and quiet the mind.

# *Movement*

At Bhageecha Yoga Pavilion



## **EMBODIED FLOW**

60 min | \$120++

A gentle, movement-based session combining mindful breathwork and somatic practices. Promotes body awareness, relaxation, and profound emotional release, for a nervous system reset.

## **YOGA THERAPY**

75 min | \$150++

A personalized yoga therapy session beginning with a private consultation, followed by tailored therapeutic movement and breathwork to support mobility, recovery, and nervous system balance. Ideal for guests seeking targeted, results-focused wellbeing.

## **YOGA & MEDITATION**

60 min | \$110++ solo/ \$180 ++ couple

A fully personalized session designed to meet your needs, open to all levels. Mindful guidance through yoga and breathwork helps release tension, restore balance, and calm the mind—perfect for solo participants or couples.

# Wellness & Retreat Packages



## **3-DAY WELLNESS JOURNEY**

\$540++

Immerse yourself in a rejuvenating escape with four curated experiences designed to harmonize body, mind, and spirit:

- 1 × 30 min Wellness Consultation
- 1 × 60 min Massage Experience
- 1 × 60 min Movement Session
- 1 × 60 min Transformational Healing Session
- 1 × 60 min Contrast Therapy

## **5-DAY WELLNESS RENEWAL**

\$860++

A comprehensive program for deeper transformation, featuring seven thoughtfully designed sessions:

- 1 × 30 min Wellness Consultation
- 1 × 90 min Signature Massage
- 1 × 60 min Massage Experience
- 1 × 60 min Body Polish or Sun-Kissed Recovery
- 1 × 60 min Movement Session
- 1 × 60 min Transformational Healing Session
- 1 × 60 min Contrast Therapy

***For stays longer than 7 days, we offer fully customized wellness programs tailored to your goals. Please speak to our wellness team to create your personalized journey.***

# How to Spa



## **PRE-ARRIVAL**

We recommend arriving at the spa at least 15 minutes prior to your scheduled treatment to allow time for relaxation and a brief consultation. Arriving late may shorten your service time in consideration of the next guest.

## **PREPARATION**

Please remove all your jewelry.

We advise removing contact lenses before facial treatments.

## **ICE BATH & SAUNA**

We kindly suggest that you hydrate with water 1–2 hours before your session and enjoy a light snack 30–60 minutes prior if desired. Please take a brief shower, wear your swimwear, and remove all jewelry to fully enjoy your experience. Please note that access to the Contrast Lounge is reserved for guests of 16 and above only.

## **AGE REQUIREMENTS**

Guests under 16 years of age may access the spa and gym facilities only when accompanied by an adult. Guests under 12 years are kindly asked to refer to the Special Care Experiences.

## **CANCELLATIONS**

Cancellations or changes to scheduled treatments may be made up to 12 hours prior to the appointment without charge. Cancellations within 12 hours will incur a 50% cancellation fee. No-show appointments will be charged in full.

## **VALUABLES**

We recommend that all valuables be left in your villa. The spa cannot be held responsible for any lost or misplaced personal items.

## **GRATUITIES**

Gratuities are not included in the treatment price. They are graciously accepted as a reflection of your appreciation for exceptional service.

**Spa Services: 10:00 to 19:00**

**Fitness Center: 24 hours**

**Prices are in USD, subject to 10% Service Charge and 17% GST.**



V Villas Maldives at Mirihi  
PO Box 2034 – Republic of Maldives  
[villasmaldivesatmirihi.com](http://villasmaldivesatmirihi.com)