



FEHI SPA

MENU



WELLBEING ON THE MALDIVES
THE RIGHT KIND OF
BALANCE

With its name derived from the local Dhivehi language word for “green”, Fehi Spa embraces the concept of nature, freshness, healing and harmony. Leave the stress and worries of modern life far behind as you enter into one of our luxurious treatment rooms to experience the ultimate relaxation. In addition to the premium facilities, each treatment room is surrounded by lush green forestry to add a deeper sense of tranquillity to your relaxation. Our range of holistic treatments offer the best of East and West in a harmonious fusion of philosophies and therapies. After your pampering treatment, unwind in the relaxation area with its stunning ocean and sunset views.

FEHI SIGNATURE TREATMENTS

ME TIME

MALDIVIAN HEALING TREATMENT

Healing massage using virgin coconut oil with long & circular strokes. Followed by warm sand poultice on the back and completed with a warm coconut milk polish.

75 min

EAST MEETS WEST

Transformative energy healing by Tibetan Singing Bowl, followed by a combination of Eastern & Western massage techniques, including Shiatsu, Tibetan Indian Head Massage and Swedish.

75 min

CRYSTAL CHAKRA BALANCING

Purify body & soul, transforming healing energy with Kundalini Massage and acupressure on 7 chakras using crystals.

75 min

LA STONES THERAPY

Combination cold & warm basalt volcanic stone body massage, face acupressure using crystal stones. Relieves tension and induces good sleep.

75 min

FREE ME

Choice of private Sunrise or Sunset Yoga and a classic massage or organic body works. Enhanced with a natural Honey & Cucumber Facial.

120 min

FEHI SIGNATURE TREATMENTS YOU & ME

FINOLHU ROYAL SIGNATURE

An exfoliating dry body brush and oil massage followed by a clay mud body polish. Cleansing & detoxifying to generate fresh skin growth.

_____ 75 min

ROMANCE AT FINOLHU

Romantic couple massage using warmed olive oil & wine showered on the body. Complimented by a Cleopatra Milk Body Polish and a glass of wine for each.

_____ 75 min

SUN AND MOON CHI

A balancing couple's getaway. Private sunrise yoga, followed by a classic massage later in the day. Finish the day with a private sunset yoga session.

_____ 150 min

BY NATURA BISSE

FACIAL SKIN CARE

Our Natura Bisse facial treatments are specially designed to accommodate all skin types. Our range caters to ageing & hyper-pigmented skin, dull skin and sensitised skin. Our Therapist will recommend the best treatment to restore beauty and radiance to your skin.

DIAMOND COCOON EXPERIENCE

Activate the full potential of your skin with this prebiotic, revitalising, renewing treatment designed to counter the effects of modern pollution and stress; a detoxifying ritual that leaves your skin healthy, luminous and protected due to its enveloping massage techniques and its highly effective ingredients that purify, fortify and repair.

Liberates – Fortifies – Shields _____ 60 min

THE CITRUS ESSENCE VITAMIN C+

This antioxidant treatment restores vitality to sun damaged skin, minimising signs of premature aging. Vitamin C stimulates collagen production, renewing skin firmness and improving hydrated luminosity.

Revitalise – Stimulates – Firms _____ 60 min

THE SKIN COMFORT

Comfort your skin to fortify tolerance, visibly reduce sagging and reserve micro inflammation, which causes premature ageing. Specifically designed for instant skin protection, this is your solution to hypersensitivity and rosacea.

Soothes – Comforts – Calms _____ 60 min

THE CURE (GLYCOL 25%)

A true antidote against the ravaging effects our modern lifestyle has on our skin. This deep cleansing facial includes an innovative enzymatic detox, steam opens and purifies pores and a meticulous extraction process for extraordinarily soft, radiant skin. (Highly recommended for men)

Detoxifies – Restores – Hydrates _____ 60 min

THE EXPRESS FACIAL

Revitalising facial treatment without exfoliation; Perfect for all skin types for a speedy restoration of a glowing youthful appearance. An ideal beauty booster or as an introductory facial treatment.

Cleanses – Hydrates – Calms _____ 30 min

EYE MASK

This refreshing mask, with an infusion of active ingredients restores vitality to a youthful appearance for the eye contour area.

De-puffs – Decongests – Drains _____ 15 min (add on)

BY NATURA BISSE
BODY CARE

ROYAL CITRUS RITUAL

Drench your skin with an intensely hydrating firming C+C ritual for face and body. Includes an exfoliating mandarin wrap and soothing antioxidant facial. Concluded with a luxurious body cream application.

Revitalises – Nourishes – Protects _____ 90 min

DIAMOND ROSE EXPERIENCE

A smoothing and nourishing body exfoliation and a regenerating massage using the exquisite fragrance of Damask rose oil. The perfect ritual to recover your skin's natural suppleness, radiance and elasticity while restoring your overall well-being.

Restores – Nourishes – Relaxes _____ 90 min



O² BODY PERFECTION

Rich in macronutrients to provide an intense nourishing, firming and rejuvenating effect. Helps improve fluid retention, eliminate toxins and reduce cellulite.

Purifies – Hydrates – Revitalises _____ 60 min

CLEANSE – BALANCE – DETOX

WELLBEING PACKAGES

Indulge in daily spa rituals allowing you to return home refreshed, energised, and glowing with health and vitality.

DETOX PACKAGE

Start with a 90 minute Abhyanga & Udwartanam session, followed by an Indian Head Massage & Shirodhara on the second day. Conclude the Detox with a 60 minute Elakizhi and 15 minutes in the Herbal Steam Box on day 3.

_____ 3 days

RETREAT PACKAGE

The first day offers a 90 minute Dhosa diagnose & stress release meditation, followed by body cleansing Udwarthanam and traditional Indian herbal steam treatment.

Relax on day two with private Yoga Nidra & Sleeping Walk, concluded with Shirodhara, totalling 90 minutes of bliss. Prepare for your journey ahead on the day before your departure. Enjoy a blend of Abhyanga and Elakizhi and complete the experience with an Indian traditional herbal steam.

* Served with a daily healthy light refreshment (Chef's Choice)

3 days

BODY – MIND – SPIRIT

Day one kicks off with a Coffee Orange Body Scrub, removing dead skin to get ready for that perfect suntan.

Relax on day two with a private meditation and Vinyasa yoga session while day three offers you a Classic Massage of your choice. Enjoy an Express Facial by Natura Bisse on the fourth day and conclude on the last day with a choice of an Aloe Vera Mask or Cucumber Wrap to treat sunned skin and a Honey & Cucumber Facial.

5 days

BALANCING MAKEOVER

To commence this journey of total holistic balance and alignment, choose from one of our daily Wellness Activities, followed by your choice of an Organic Body Works treatment. Your second day allows for another Wellness Activity choice, followed by Udwarthanam (herbal massage).

Things step up a bit on day three with a private Meditation session and your choice of Yoga, and finished off in the Herbal Steam box, setting the tone for your choice of a Classic Massage on day four and a daily Wellness Activity. On day five you are treated to the Free Me signature treatment.

The second-last day is reserved for your choice of either an Aloe Vera Mask or Cucumber Wrap after sun treatment, and a Honey Cucumber Facial. Day seven concludes the journey with a basic Manicure & Pedicure combination, with the option to upgrade for nail polish or gel nails.

7 days

LIFE SCIENCE – HEAL – INNER BALANCE

AYURVEDA

Developed more than 3,000 years ago in India, based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit.

SHIRO ABHYANGA

Anti-stress Indian head massage reduces headaches, focuses on acupressure points along the head, neck, and shoulders, often using circular massage strokes to improve hair and scalp condition.

35 min

ABHYANGA BODY MASSAGE

A traditional massage inspired by Ayurvedic techniques. Abhyanga means, “To spread oil over the body in all directions”. Increases blood circulation and stimulates drainage of the lymphatic system.

75 min



SHIRODHARA

An ancient Ayurvedic therapy whereby warm medical oil pours in a continuous flow onto the forehead. The pressure of the oil on the forehead creates a vibration while saturating the scalp and restoring the nervous system.

75 min

ELAKIZHI (HERBAL PAIN RELIEF)

Therapeutic massage using warm bundled herbs to reduce aches from joint pain, stiff muscles and sprains.

75 min

UDHAVARTANAM

Anti-cellulite & skin detox treatment. Through circular stroke movements, a fine medicated powder is applied over the entire body.

60 min

DESTRESS – STIMULATE – ENERGISE

CLASSIC BODY MASSAGES

Make your choice from our Aromatherapy oil selection:

- Relaxing Oil (Lotus, Patchouli & Green Tea)
- Revitalising Oil (Cinnamon, Lime & Green Tea)
- Detox Oil (Jasmine, Turmeric & Black Tea)

RELAXING BALINESE MASSAGE

Relaxing massage using long strokes and palm pressure to relieve tension, improve blood circulation and ease stress.

50 min

AWAKENING THAI YOGA

Oil-free traditional combination of Thai yoga stretches & pressure point massage. Improve flexibility and induce a deep relaxation.

50 min

ENERGISING JAPANESE SHIATSU

Oil-free traditional Japanese acupressure points along the meridian lines to stimulate and balance the energy flow in the body.

50 min

HEALING TIBETAN MASSAGE

Focused on body acupressure, kneading and stroking, this treatment aims to restore the nervous system, improve metabolism and induce good sleep.

50 min

STIMULATING SWEDISH MASSAGE

Using technical strokes of palm pressure, kneading, tapping & cupping, believed to boost the immune system and decrease stress hormones.

50 min

RELAXING FOOT RITUAL

Ideal to increase blood circulation and improve sleeping quality. An aroma foot soak prepares for a scrub and massage on the soles of the feet and upper legs.

50 min

JETLAG RECOVERY

Perfect choice treatment after (or before) a long journey, which concentrates on the feet, legs and back of the neck.

50 min

CONNECTED – HARMONY – HAPPY & HEALTHY FAMILY INDULGENCE

HAPPY FEET & HAND

A relaxing long-strokes & acupressure massage to de-stress your tired feet and hands.

30/60 min

THE MOTHER TO BE BY NATURA BISSE

Focus on Mom-to-be with this relaxing experience for tired legs, feet, neck and face to achieve an overall sense of well-being. Available for 2nd trimester of pregnancy with a certified therapist.

60 min

TEENS ON HOLIDAY

Mini Massage using virgin coconut oil and fresh coconut for a head to toe scrub.

50 min

PRINCESS OF THE DAY

Honey & Cucumber Facial and Body Scrub.

50 min

PRINCE CHARMING

Combination of Hand & Foot Massage & Express Mani and Pedi (Excludes nail polish).

50 min

SAVOURY & SWEET

Sea salt body scrub provides antiseptic benefits while honey ensures soft and healthy skin.

30 min

ME & MOM

Mini Massage and Honey & Cucumber Facial (child under 14 years old).

50 min

FAMILY FUN WORK OUT

A private group Sunrise or Sunset Exercise and Laughing Yoga. (Two adults & two kids)

50 min

EXFOLIATE – HYDRATE – RENEW
ORGANIC BODY WORK

GLOWING BRIDAL LULUR & MILK POLISH

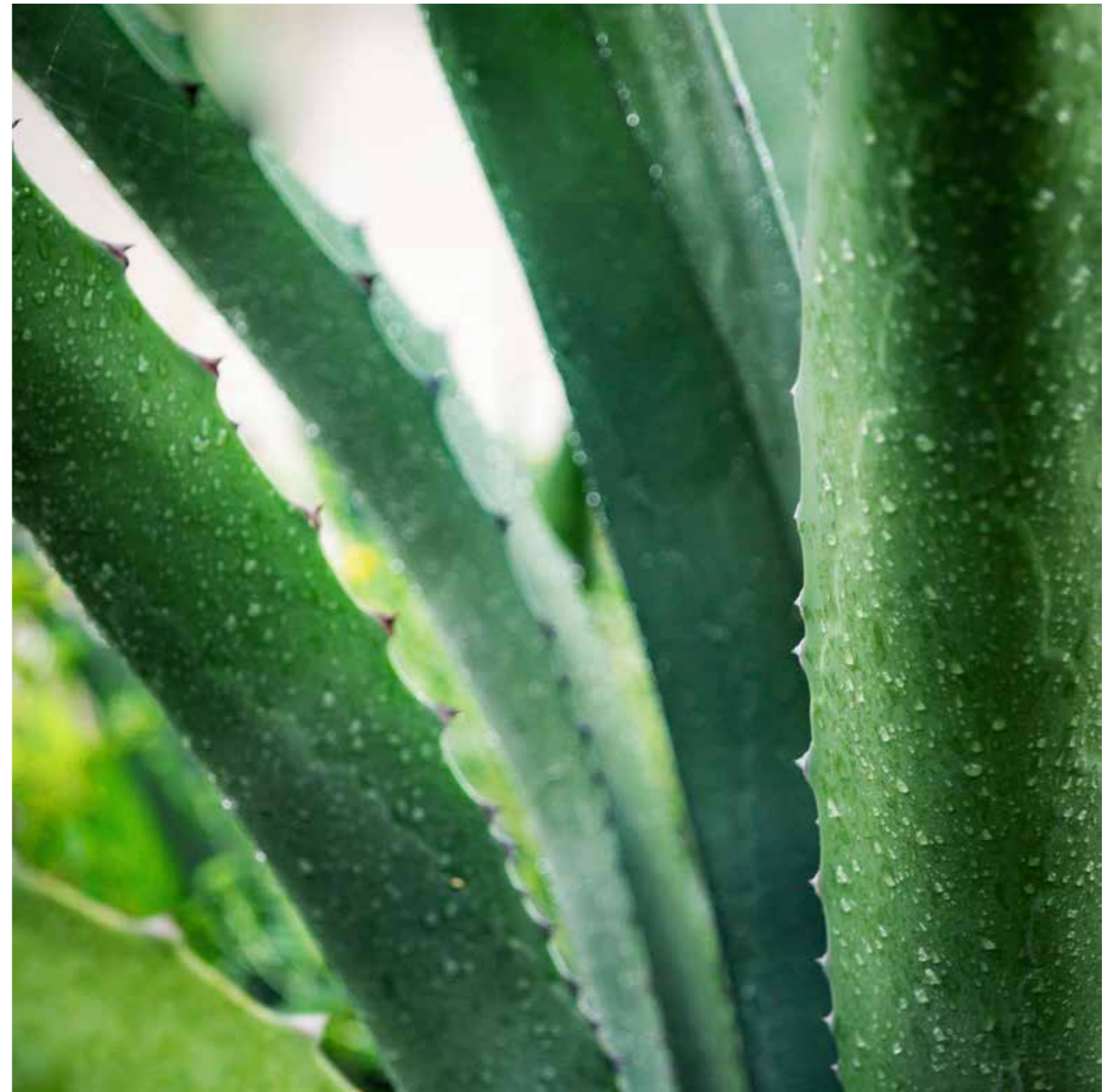
Traditionally lavished on a bride before her wedding, incorporating ginger, white turmeric, jasmine & sandalwood to create an aromatic and ever youthful complexion.

60 min

AFTER SUN COOLER ALOE VERA BODY MASK

Packed with nutrients, active enzyme & minerals, the Aloe plant's juice holds the tools to ward off skin infection and restoring the skin's natural colour.

30/60 min



AROMATIC SPICE HERBAL WRAP (WARMING BOREH)

A rub-and-wrap in a poultice of cloves, ginger, white turmeric, pepper, cinnamon & sandalwood, especially successful to sooth stiff muscle and ease joint discomfort.

50 min

STIMULATING SEAWEED BODY MASK

A powerful body mask to improve skin elasticity and reduce the appearance of wrinkles and fine lines. (Anti-cellulite)

50 min

MOISTURIZING COCONUT SCRUB FOR SENSITIVE SKIN

A traditional local treatment handed down through generations calling for a combination of grated fresh coconut mixed with thick coconut milk, applied from head to toe. Smooth the skin and perfect for delicate skin.

50 min

AFTER SUN EXPOSURE CUCUMBER SUNBURN SOOTHER

Feel the heat disappear from sunburned skin as the hydrating cucumber wrap glazes your body. A great cleanser for soothing skin irritations and reducing body swellings.

30/60 min

CHOCOLATE INDULGENCE

Chocolate is naturally packed with antioxidants, proven to moisturise the skin and protect it from sun damage. This aroma- sensory treatment is nothing short of euphoric.

50 min

INVIGORATING COFFEE & ORANGE

Coffee acts as a powerful anti-oxidant and tightens the skin, while Vitamin C-rich fresh orange leaves the skin fresh, aromatic and clean.

50 min

SHINE – NOURISH – STYLE

HAIR & BEAUTY SALON

NOURISHING COCONUT HAIR TREATMENT

Pure coconut milk and oil strengthens hair, stimulates regrowth and moisturises & nourishes from sun exposure and seawater. Provides your hair with great shine & lustre.

_____ 50 min

WASH, BLOW DRY IN STYLE

Wash, shampoo, condition, scalp massage and a simple blow dry for medium to long length hair.

_____ 50 min

WEDDING OR MAKE UP PARTY

Rose water facial spray treatment and facial make-up to suit any occasion.

_____ 60 min

BRIDAL PACKAGE (HAIR STYLING & MAKE UP)

Choice of hairstyle as consulted with our in-house Hair Stylist and a facial make-up session for that special day.

_____ 90 min

GENT'S HAIR CUT

Cut, shampoo and styling _____ 50 min

LADIES HAIR CUT

Cut, shampoo, style and blow dry _____ 50 min

EYE BROW THREADING _____ 20 min

BIKINI BEAUTIFUL BASICS
WAX DEPILATION

BIKINI

Skin Cleanser, Waxing, Spatula, Strips, After Skin Lotion

_____ 50 min

BRAZILIAN

Skin Cleanser, Waxing, Spatula, Strips, After Skin Lotion

_____ 50 min

WAX HALF LEG & FULL LEG

Skin Cleanser, Waxing, Spatula, Strips, After Skin Lotion

_____ 30/50 min

CLIP – SHAPE – POLISH
NAILS

MANICURE (ADD ON GEL) BY OPI

Aroma hand soak, scrub, remove nail polish, cuticles softener & removal. Buff, base coat, polish & topcoat.

_____ 60 min (add on 15 min)

PEDICURE (ADD ON PARAFFIN WAX OR GEL) BY OPI

Aroma foot soak, scrub, remove nail polish, cuticles softener & removal. Nail file, base coat, polish & topcoat.

_____ 50 min (add on 15 min)

GENT'S MANICURE & PEDICURE

Foot & hand soak, scrub, cuticles softener & removal. File & buff.

_____ 90 min



OPEN FROM 10 AM TO 8 PM

SPA ETIQUETTE

Please note that our facilities are exclusively for spa guests.

ARRIVAL TIME

Please arrive 15 minutes prior to your booked treatment time to complete your health assessment & therapist consultation. 45 minutes are required if you opt for a hydrotherapy session.

HYDROTHERAPY

We recommend an average 30 minutes of use in the hydrotherapy facilities (Steam Room, Sauna & Plunge Pool), prior to your treatment.

HOW TO SPA SAFELY

Do not sunbathe pre or post any spa treatment for a minimum of two hours. Gentlemen, please don't shave for at least 2 hours before your facial treatments. If you are pregnant or delivered a baby in the last 3 months, please consult with the Resort Doctor before treatments.

SPA CLOTHING

We provide bathrobes, slippers & disposable underwear for personal use. You may also wear your bikini during your treatments. Our therapists will make sure that your privacy is respected at all times.

ELECTRONIC

Our Spa is an electronic-free zone. As such, we do not allow the use of mobile phones or any type of audio, photographic or video recording equipment. Kindly refrain from using your mobile phone or similar devices in the Spa.

JEWELLERY

We recommend that you leave all jewellery & valuables in your villa safety box. The Spa is not responsible for loss or damage of personal or misplaced items.

HOLISTIC ENVIRONMENT

Please refrain from smoking within the spa grounds, as we would like to provide a healthy environment for all our guests.

CHILDREN

Kindly note that the Spa is an unsuitable environment for babies & small children. We try to ensure that all our guests benefit from the tranquil surroundings. A parent or guardian must be present for spa sessions for minors.

RESERVATIONS

To avoid disappointment, we highly recommend that you reserve your spa treatments in advance.

CANCELLATION POLICY & CHARGES

Please allow at least 6 hours' notice for cancellations to avoid a 50% cancellation fee. Cancellations without notice will incur a 100% charge.

10/2020

