



Himeyn Spa



*Choose to be
blissful & divine*



Himeyn Spa invites you to transcend the ordinary with a one-of-a-kind experience geared towards rejuvenating and energizing the mind, body and soul.

Let the warmth of the sun, mist from the waves, and the sound of the ocean awaken your senses. Our oceanside spa places you at the feet of the deep blue sea, which inspired our spa's name, meaning "calmness" in Dhivehi.

Himeyn Spa is a destination for holistic wellness, offering globally inspired healing treatments. Our team of caring experts has designed wellness treatments to help you rediscover connections. With yourself. With your surroundings. With others.

Step into a realm of pure bliss and serenity at Himeyn Spa, ensuring an unforgettable journey of relaxation and revitalization.



THE HIMEYN JOURNEY

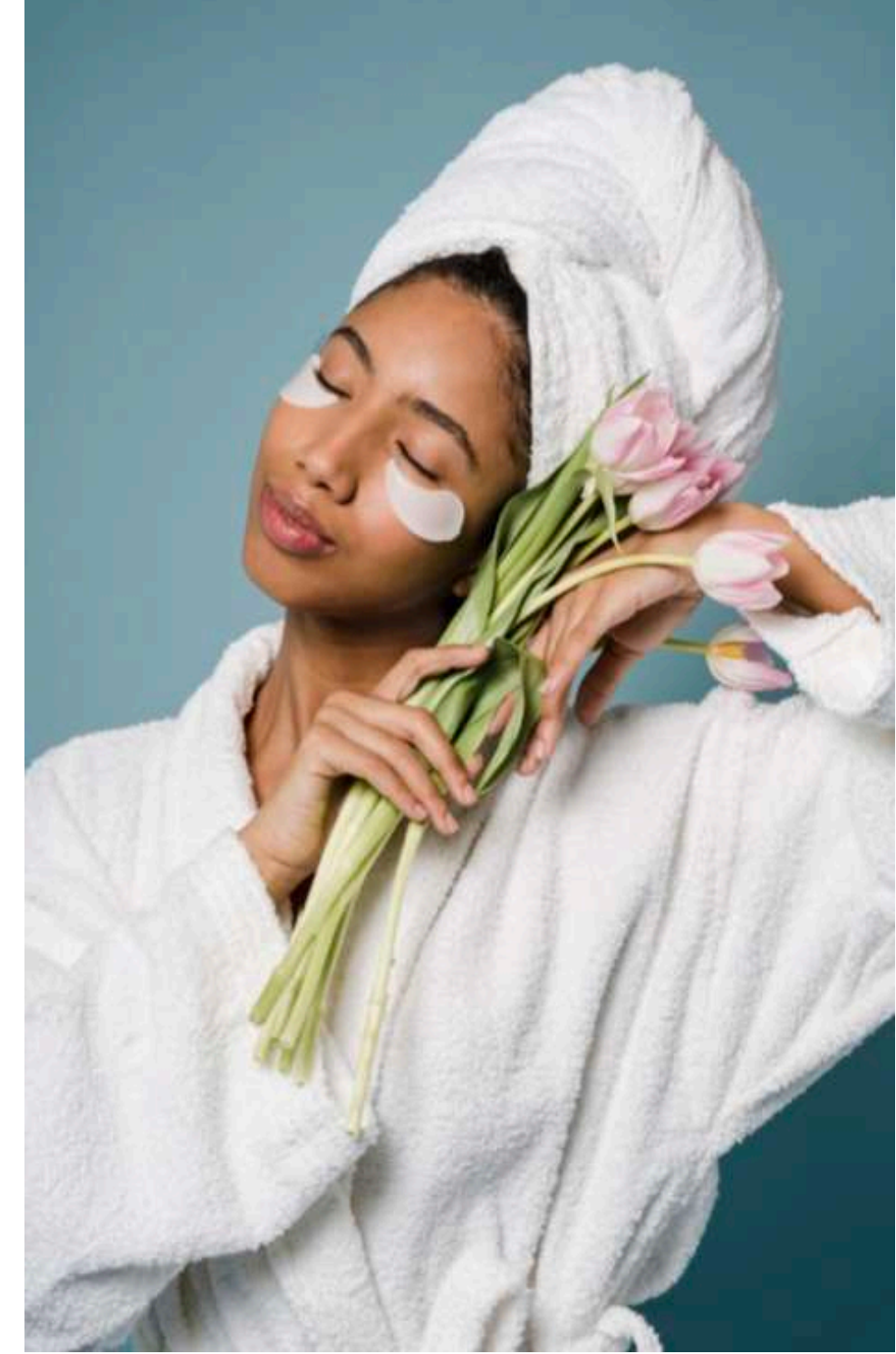
Replenish the Body. Awaken the Senses

Himeyn Spa is the perfect escape for anyone seeking relaxation, improved health or to simply nurture their current state of wellbeing.

Well-being services is designed to promote inner peace and to return body & mind to a state of harmony. Our guests leave feeling healthier, happier and more relaxed with restored balance after our nourishing treatments.

We look forward to joining you on your personal journey to health and happiness.

*Relax by the Ocean
Touch the Body
Heal the Mind
Calm the Spirit*



MASSAGES

Experience the soothing and transformative world of Massage Therapy and discover the multitude of physical and mental health benefits that come with each session, leaving you Relaxed, Revitalized, and Balanced.

HIMEYN SIGNATURE

60 | 90 MINUTES - \$155 | 215

The signature massage is a combination of Asian and Western techniques; Shiatsu, Swedish, Yogic stretching and Lomi Lomi that will loosen any stiffness, release tension, and align your spine and muscles. Himalayan salt rock will increase the blood & lymphatic circulation and activate the Chi flow, leaving you with a deep sense of calm and relaxation.

BALINESE MASSAGE

60 | 90 MINUTES - \$155 | 215

This traditional Balinese massage re-awakens the senses and induces a complete state of calm. Combining long therapeutic strokes, skin rolling and light pressure point techniques to get your blood flowing and oxygenated. Guaranteed to put the groove back in your step.

ORIENTAL MASSAGE

60 | 90 MINUTES - \$155 | 215

Surrender to the therapeutic and restorative qualities of Balinese, Thai and Indian pressure point massage techniques combined with soothing Swedish effleurage strokes. Pure essential oils moisturize and harmonize the mind and body. A great massage for releasing tension and increasing vitality and flexibility.

MUSCLE EASE MASSAGE

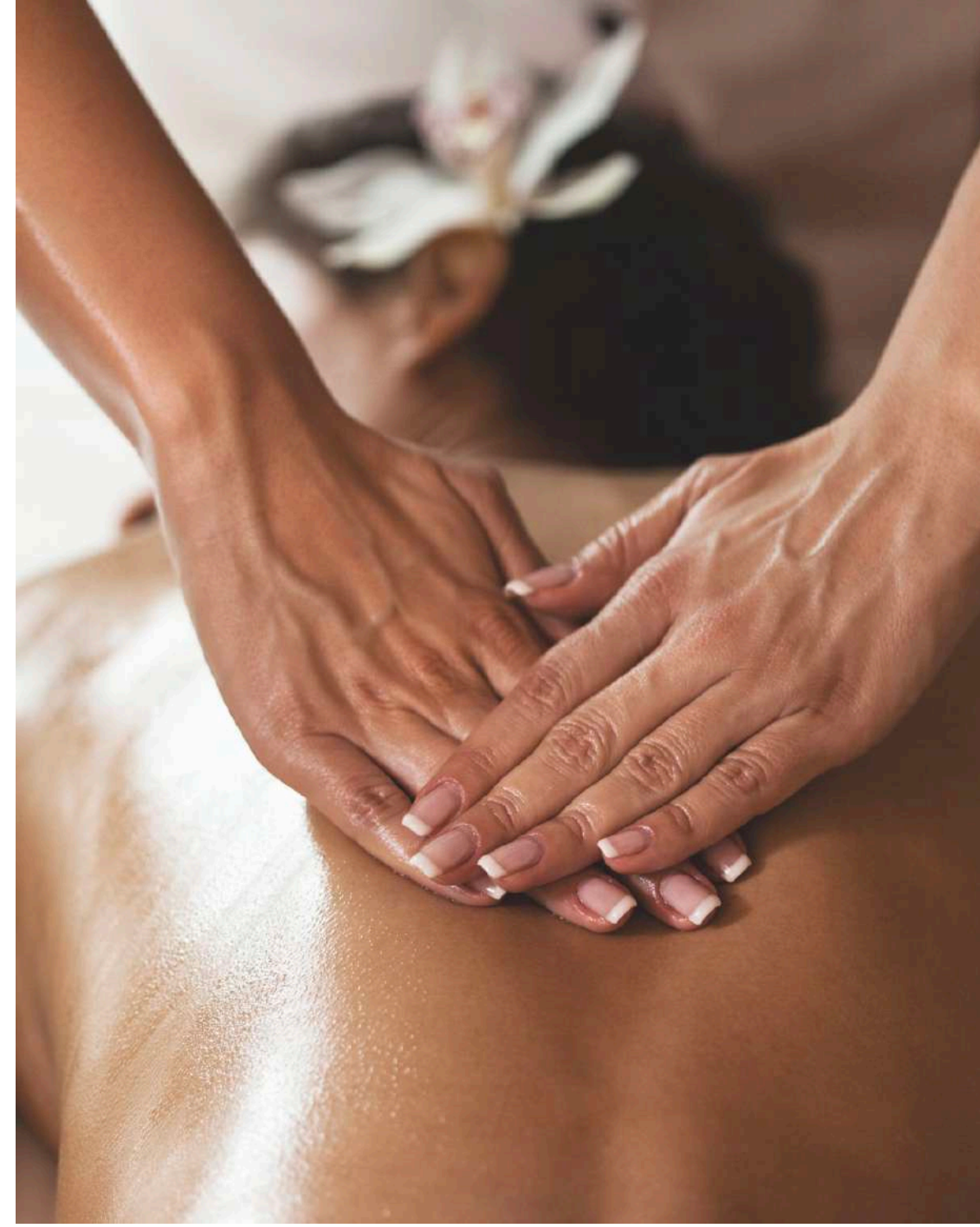
60 | 90 MINUTES - \$155 | 215

Fall into a deep relaxation and loosen sore and overused muscles. Targeted techniques focus on the deepest layers of the muscle to relieve and ease away any tension or pain, restoring you to top performance.

AROMATHERAPY MASSAGE

60 | 90 MINUTES - \$155 | 215

Indulge your senses with the healing effects of Aromatherapy full-body massage in this relaxing and restorative treatment. Individually chosen and tailored to your specific needs, the essential oils rebalance your vital energies and restore harmony and calm to your body and mind.



THAI MASSAGE

60 | 90 MINUTES - \$155 | 215

A Traditional oil-free massage that uses yoga style stretching movements and acupressure to improve flexibility and increase blood flow around the body. Thai massage revitalizes both body and mind and balances the energy flow within.

BACK MASSAGE

60 | 90 MINUTES - \$155 | 215

Focusing on the upper half of the body, this treatment will detoxify and alleviate muscular aches and pains. Traditional heated poultices are used for profound deep healing and relaxation. You will feel that a weight has been lifted off your shoulders.

MOTHER TO BE

60 | 90 MINUTES - \$155 | 215

A soothing massage designed for the needs of expectant and new mothers. This unique experience helps to reduce anxiety, uplift the mind, relieve muscular and joint aches, address water retention as well as nourish dry distressed skin. Pregnancy is a time of receiving love and of nurturing peace and stillness.

FOOT REFLEXOLOGY

60 MINUTES - \$140

A focused pressure point foot massage technique that boosts the immune system, relaxes the body and restores energy. This massage helps to open energy flow and improves balance and circulation. This ancient holistic approach applies pressure on the energetic reflex zones and points on the feet that correspond to specific body organs using thumb and finger pressure. You will feel the healing benefits throughout your entire body.

*Pamper Your Body,
Nurture Your Soul*

JOURNEYS

OCEAN DREAMING

90 MINUTES - \$215

The Thai Herbal Poultice Massage treatment utilizes warmed muslin poultices of Thai and Chinese Herbs that are steamed and applied directly to the body in a kneading action. This traditional treatment has been practiced to soothe muscle tension and stiffness on the key areas. Heat and herbs are absorbed by the body to help reduce aches and pains, increase lymphatic drainage and condition the skin. This massage is incredibly soothing and adding super-hydrating organic body balm it also becomes the ultimate emotional stress buster.

HEAVEN ON EARTH

90 MINUTES - \$215

Unwind and de-stress with this heavenly combination. Drift away with a Balinese massage to stimulate the natural balance of body, mind, and soul. Enjoy our Healing Earth Glow & Radiance facial, while the celestial sounds of our Tibetan singing bowls deepen your relaxation. Rejuvenated, uplifted, and deeply relaxed you will walk on clouds after this blissful experience.

TOP TO TOE RITUAL

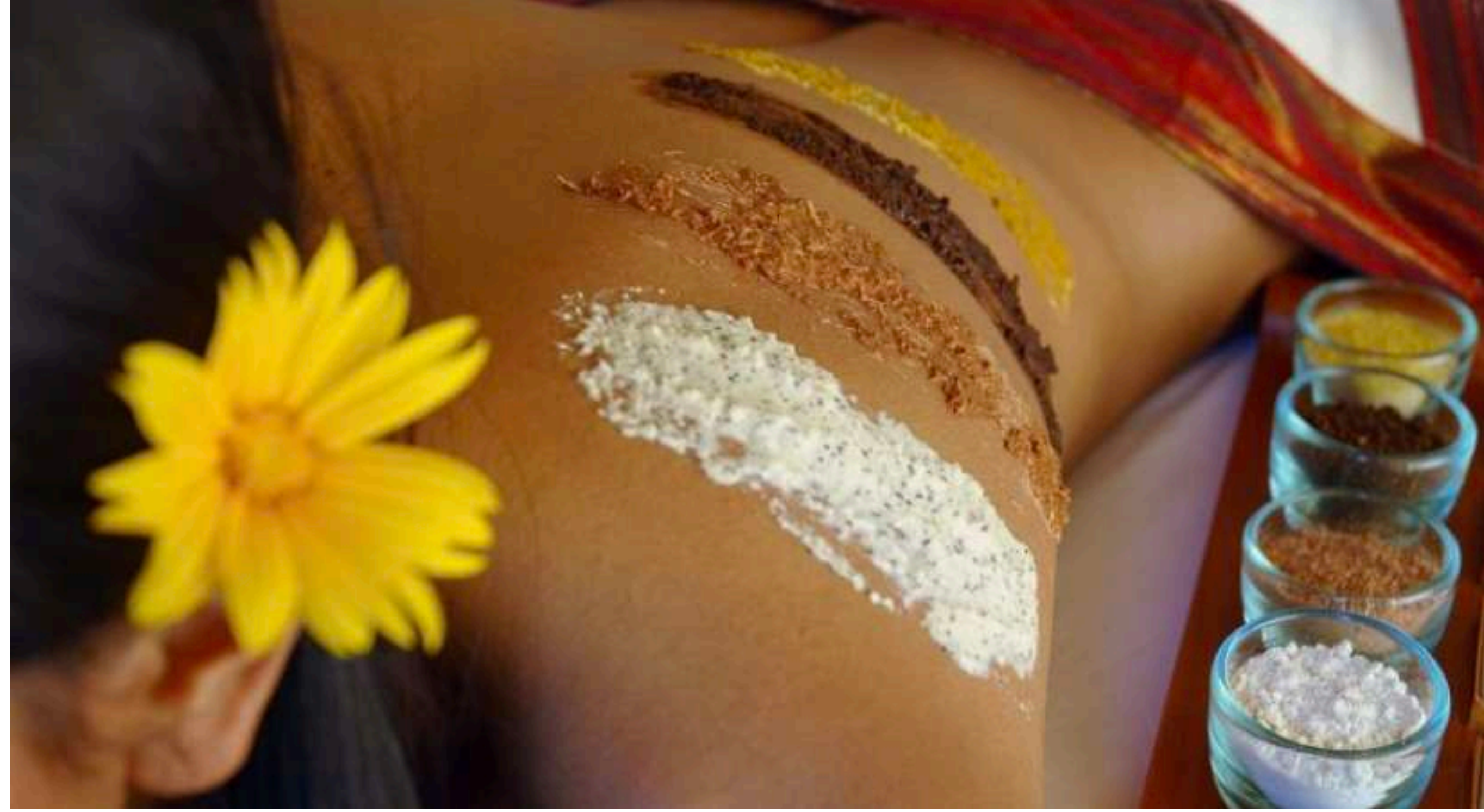
90 MINUTES - \$225

Indulge in a deep replenishment and absolute radiance with this bespoke treatment. Starting your treatment off with reflexology to fire up your energy channels before surrendering yourself to a full body massage using 100% virgin coconut oil. A traditional Indian head massage with warm blend coconut oil infused with rosemary provides deep relaxation for your mind. This treatment will have you glowing from the inside out.

MALDIVIAN SERENITY RITUAL

120 MINUTES - \$255

An immersive holistic journey that begins with a foot bath. Drift away with a full body massage using the essence of 100% pure organic coconut oil. A bright and hydrated complexion is restored with a full-body coconut scrub. Complete your treatment with a scalp massage using warm coconut and rosemary oil. A hair mask is applied for shiny lustrous hair while enjoying a foot massage. This luxurious fusion of treatments is designed to deliver intensive and harmonious results, leaving both body and mind fully nourished and revitalized.





COUPLES

Re-connect with each other through the soothing aromas in the Himeyn Spa's private couple's room. Drift away together and experience the serene feeling of entwining your mind, body and souls.

FULL MOON MAGIC

135 MINUTES - \$560

Reconnect as you and your loved one step into this romantic escape. Share a cherished moment and create memories while lying side-by-side enjoying your soothing massages. This package includes a freshly prepared body scrub, indulgent Indian scalp massage and a foot massage with a Healing Earth BioActive Mini Facial. Receive a special spa gift to continue your spa experience at home. Complete the journey – and toast to love – with complimentary bubbly and a fruit platter while relaxing in a Tropical bath infusion.

ROMANTIC RETREAT

105 MINUTES - \$520

Experience pure bliss and illuminate your senses in a romantic setting with your loved one. Starting with our signature foot ritual, drift away with a full body massage to rejuvenate and soothe muscle tension, followed by a pinotage body polish to refine and re-energize your skin cells. Complete your journey with a nourishing Indian head massage infused with Rosemary and warmed coconut oil.

HIM & HER

75 MINUTES - \$340

Romantic Indulgence at its best! Enjoy precious time together immersed with the aromas of pure essential oils and indulge in a restoring and calming Balinese massage, followed by champagne to savor the moment.

FACE

Our results driven facials rejuvenate and revitalize your skin with botanical ingredients from HealingEarth, a premium organic skincare that is made from only the purest natural ingredients. Allow our experienced therapists to analyze your skin and recommend a facial best suited for your skin concerns.

SKIN FIT - VITA FIRMING

75 MINUTES - \$155

An indulgent pick-me-up for tired skin. Help swing the hands of time in the right direction for smoother and more radiant skin. Reduce the visible signs of ageing including fine lines and wrinkles with intelligent exfoliation and peptides. The ultimate facial treat to stimulate collagen production whilst providing strength and protection to the skin for natural clarity and glowing luminosity.

SKIN FIT - BIO ACTIVE

60 MINUTES - \$145

This treatment helps to hydrate and restore the skin's natural glow. A re-defining skin treatment featuring pure organic serums to visibly brighten, smooth and transform the skin. Suitable for him & her, customized to your individual needs. Experience a long-lasting deep hydrating facial that restores skin brilliance and radiance.

GENTLEMAN'S TONIC

60 MINUTES - \$145

Designed for men's skin, this treatment smooths, soothes & hydrates. Let us clarify and refresh your skin with a deep cleanse and exfoliation, followed by a soothing facial pressure point massage. Then relax with a scalp massage whilst the mask works to hydrate and brighten your skin. Tailored to your specific needs, this facial leaves your skin supple and refined.

Beautiful skin starts here



BODY

LET GO AND RECEIVE

60 MINUTES - \$160

A new skin in less than an hour! This treatment is great for dry and dehydrated skin. A deeply exfoliating treatment that frees the skin of dead skin cells and impurities. Nurture yourself and your body with the goodness of nature for a nutrient-rich skin treat. This treatment includes a back massage & full body exfoliation and a hydrating moisturizer leaving your skin luminous, soft and renewed.

ESPRESSO & LIMÓN SLIMMING

75 MINUTES - \$165

Treat your body like a temple with this detoxifying and firming treatment. Guaranteed to leave your body looking sleek and smooth. Begin with dry body brushing to stimulate lymphatic drainage, followed by a massage with Espresso & Limon slimming oil formulated to deeply purify and tone. A luxurious treatment for a slim and toned body, and a clear mind.

LYMPHATIC DRAINAGE MASSAGE

75 MINUTES - \$165

Embrace your body by stimulating the removal of toxins from within and increasing the function of your immune system. This gentle, relaxing massage encourages the movement of fluid toward the lymph nodes which promotes and stimulates the body's natural detox process. Reduce stress while unblocking a sluggish system and energizing the body.



TROPICAL BREEZE COOLER

75 MINUTES - \$165

Soothing, exotic and indulgent, this distinctive treatment pampers and heals the skin after a day in paradise. Cooling Aloe Vera calm sun-kissed skin, helping to nurture a healthy glow. A wonderful tonic after too much time in the sun. Start with a cooling mist and compress before a hydrating Aloe Vera body wrap. While your skin soaks up all the healing nourishment, enjoy a mini facial and foot massage. The finishing hydrating oil makes this a complete body drench.

OCEAN BREEZE MINERAL MUD BODY WRAP

120 MINUTES - \$240

Lavish your body with this detox treatment. Starting this treatment with our exotic Mineral body scrub to gently sweep away dead skin cells, smoothing and strengthening new skin. Relish in the moment cocooned in a comforting Mineral Mud Mask to eliminate toxins, alleviate fluid retention, improve blood circulation and skin appearance and relief muscle pain and stiffness.

Enjoy a relaxing scalp and face massage whilst cocooned in the body wrap. As stress and toxins are eliminated, the entire body is replenished with minerals and enzymes. After showering off the marine mud mask, drift away with a full body massage for total bliss and relaxation!





HOLISTIC REMEDIES SOUND & ENERGY HEALING

*Hold space for Yourself with softness & compassion so you can boldly step into who you are.
Creating an emotional safe haven within, so that you can fearlessly embrace your true self.*

REIKI

60 MINUTES - \$140

Be empowered with Reiki healing. A gentle hands-on healing technique that promotes a deep level of relaxation and healing on a physical, mental, emotional and spiritual level. Reiki uses life force energy to flow and release blockages, stimulating the body's natural ability to heal itself. It reduces stress and anxiety and brings the body, mind, emotions and spirit into balance. For many, Reiki opens the door to positive change and can offer support for many types of illnesses.

SOUND IMMERSION

60 MINUTES - \$140

This is a unique combination of pranic healing and sound healing which helps the vibrational energy to direct and transmute the energies around, or of your body. The method releases the unwanted thoughts and emotions and amplifies positive energy. Himalayan singing bowls are played at a specific frequency of your energy field. The treatment empowers your healing process and supports it continuously at all levels of your body, mind & spirit.

MINDFUL JOURNEY

90 MINUTES - \$220

Let us start with a heart centering ritual tapping into the feeling of joy. The harmonizing effects of a full-body massage evoke a sense of joy and bliss, preparing you for the sound and energy experience that is to follow. The sound waves and vibrations from the singing bowls bring the body and mind to a state of deep relaxation. A mindful Tea Ritual with Turmeric-Ginger infusion will leave you with some inspiration to take home.

WELL-BEING SPA PACKAGES

DETOX & REVIVAL

140 MINUTES - \$225

A comprehensive purification process to eliminate toxins and re-energize your body. This journey commences with our signature foot ritual. An invigorating full body exfoliation, followed by a detoxifying mineral mud wrap. Your journey concludes with a full-body, scalp and face massage, a fusion of modalities that is deeply relaxing but energizing.

REFLECT & IMMERSE

120 MINUTES - \$220

Embark on a transformative journey of deep relaxation and balance. Relax into the tranquil environment with our signature foot nourish. Enjoy a balancing full body massage and receive an energy healing treatment, helping to promote harmony, serenity and well-being. This therapy aids in treating underlying conditions, promoting wellness.

THE SLOW DOWN

120 MINUTES - \$255

Rediscover yourself with a day at the Spa. Expect to unwind, relax and restore the body as our massage focus on re-grounding the soul, rejuvenating the mind, and relaxing tired muscles. This massage works with heated herbal poultices along your body. It is incredibly soothing and hydrating combined with an organic body balm. Pamper your feet with a de-stressing treatment, quickly refresh and heal your feet and legs to restore lightness, improve circulation and reduce swelling and fatigue.

OCEAN GODDESS

170 MINUTES - \$335

The ultimate pamper package ... because you deserve it! Start your journey with our signature foot ritual for a complete sole-to-soul transformation. A full-body exfoliation naturally removes dead skin cells, enabling moisturizers and minerals to penetrate the skin deeply, leaving it soft, silky and super hydrated. Allow yourself to drift into a meditative calm as muscle tension melts away with a full-body massage. Conclude your journey with a purifying facial to enjoy instantly fresher, cleaner and more hydrated skin.

BABY BLISS

120 MINUTES - \$270

Pure Bliss for mums to be. Indulge in 120 minutes of pure tranquility, specially designed to provide comfort and relaxation during pregnancy. Experience a soothing massage providing relief from swollen limbs and heavy legs. Our skilled therapists will help alleviate discomfort, leaving you feeling lighter and more comfortable. Enhance your natural pregnancy glow with a rejuvenating facial. This treatment is designed to revitalize your complexion, leaving your skin refreshed, radiant and beautifully rejuvenated.



FIND YOUR EQUILIBRIUM

A selection of yoga, fitness and mindfulness-based classes are carefully curated to support you in your journey to health, happiness and well-being.

YOGA

Experience a greater sense of well-being by deepening the connection to your inner most nature. The practice of Yoga will awaken your potential and encourage a transformation of your whole being by uniting your body, mind and spirit. Regular yoga practice can help to increase your flexibility, improve fitness and strength levels, as well as help you relax and rid tension and stress.

SOUND HEALING & MEDITATION

The sound and vibrational energy of gongs, Tibetan singing bowls and other musical instruments are an ancient and powerful tool used to help still the mind and allow the body to deeply relax. In this state, we can begin to process and release blockages, and come to deep physical relaxation. This is a sound healing ceremony in which you release and relax as you surrender into stillness and tune to the harmonics of spheric sounds. A guided meditation prepares you and gently moves you into deeper awareness. Allow the vibrations to clear you of any tension and energetic blockages.

Available as a group and single sessions.



FINISHING TOUCHES

DELUX SPA MANICURE

60 MINUTES - \$85

Luxurious conditioning care for your hands with all the elements of a traditional manicure to leave your hands soft and smooth and your nails beautiful. Includes a nourishing hand & arm massage with African Potato balm to deeply hydrate the skin. Nail polish application is included if desired.

DELUX SPA PEDICURE

60 MINUTES - \$85

Pamper your feet with an aromatic foot soak and scrub removing dead skin and to stimulate your body's circulation, revealing soft and happy feet. Enjoy a luxurious foot massage and traditional pedicure. Nail polish application is included if desired.

BACK MASSAGE

30 MINUTES - \$85

An invigorating back massage to uplift your spirit and unwind tight muscles. Focusing on the back, neck and shoulders wringing tension and stress away.

INDIAN HEAD & SCALP MASSAGE

30 MINUTES - \$85

Surrender your senses as tension are released with a luxurious Indian Head & Scalp massage. 100% organic coconut oil, infused with rosemary is skillfully massaged through the hair to deeply nourish and restore silky shiny hair. Followed by a gentle massage on the head, neck & shoulders, leaving your mind relaxed and hair hydrated.

DE-STRESS – HAPPY FEET

30 MINUTES - \$85

Put a spring back in your step with our ultimate treat for feet. A revitalizing foot massage and nourishing scrub to release tension and improve circulation, targeting all those aching points. A perfect refreshment for stressed feet that will have you stepping out in style.

EXPRESS FACIAL

30 MINUTES - \$85

Short on time? Give us 30 minutes to get your skin hydrated and glowing. This facial includes cleansing, exfoliation, moisturizing, and a light massage to brighten your skin.

ENHANCER – BEAUTIFUL EYES

ADD ON - \$15

Treat your eyes with the new technology of eyeSlices. Reduces the appearance of tired and puffy eyes, dark circles, lines and wrinkles to bring luminosity to the eye area.

HERBAL POULTICE – DEEPER RELAXATION, RELIEVING MUSCLE TENSION.

ADD ON - \$15

A warm herbal compress filled with organic herbs is steamed and applied directly to the body. The body absorbs the heat, combined with the organic herbs to help reduce aches & pains, stimulate circulation, increase lymphatic drainage and detoxify & condition the skin.



HOW TO SPA

The Himeyn Experience

Our spa environment is one of tranquility, relaxation, and harmony. We have carefully designed every element of the spa menu to provide you with a classic service and a luxurious experience. Our array of services does not simply include treatments, but rather experiences that achieve your desired wellness results and a little more. We kindly request considering other guest's experience, speak in a gentle tone and silence any electronic devices you might have before entering the facility.

SPA OPENING HOURS

Opening hours is from 10:00 AM to 20:00 PM
Last reservations are at 19:00 PM

RESERVATIONS

Advanced booking is highly recommended to ensure preferred times are available, particularly if you decide to visit us several times during your stay. The spa provides walk-in bookings based on availability. To make a reservation from your guest room, call the spa reception on 644 or press the "Spa" button on your phone. You can also make your reservation on your mobile application for Veligandu.

SPA ARRIVAL

To enhance your spa experience, we encourage you to arrive 15 minutes prior to your spa treatment time. For your first visit you will be asked to complete a brief Health & Wellbeing client form to check for any contraindications to any treatments. Kindly shower prior to your treatment to remove sunscreen and body lotion.

RELAXATION LOUNGE

As your treatment benefits both body and mind, we invite you to rest after your experience in our relaxation lounge to ensure that you gain the full benefit of your experience, complimented by our famous and freshly prepared Ginger & Lemongrass tea.



MINIMUM AGE

At Himeyn Spa we welcome guests under the age of 14 years old to enjoy our Family Friendly packages or choose from a selection of specially designed youth experiences. Parents and guardians are required to join these treatments to share in the spa experience.

CANCELATION POLICY & LATE ARRIVALS

If you wish to reschedule or cancel your booking, please be advised that 6 hours are required in order for us to accommodate your request. No-show or last-minute cancellations will incur a 100% charge. Packages are non-refundable and non-transferable.

Arriving late will limit the length of your spa treatment and unfortunately lessen your time spent with us. Treatments will always conclude at the scheduled time as a courtesy to our next spa guests.

VALUABLES

We advise you not to bring any valuables during your visit. Himeyn Spa accepts no responsibility for the loss or damage of any kind.

GIFT CERTIFICATES

Our Gift Certificates make a wonderful gift for any special occasion. Choose from the complete menu of available treatments or give the gift of choice. Please ask our spa concierge for details and purchase.

PAYMENT

All services are in USD and inclusive of 16% GST and 10% service charge. For your convenience, all services will be charged directly to your room.



The logo for Himeyn Spa features a stylized white wave graphic above the brand name. The wave consists of two curved lines that create a sense of movement and fluidity.

Himeyn Spa

Veligandu Maldives Resort Island | www.veligandu.com | T: +960 666 0519
Email: reservations@veligandu.com | spa@veligandu.com