

FEHI WELLNESS

# YOUR SANCTUARY TO NOWHERE.

Imagine yourself in a peaceful setting, nestled within the world renowned Baa Atoll, a UNESCO Biosphere Reserve, and cocooned in a haven steep in tranquillity, where vibrant hues, invigorating aromas, and serene melodies combine to stimulate your senses and create a comforting and uplifting experience.

Our philosophy revolves around the belief that a deep connection with the natural world is crucial for achieving holistic well-being – physically, emotionally, and socially.

In pursuit of a harmonious relationship between life and nature, Fehi Wellness integrates mindful movement with physical and holistic experiences and traditional healing practices using the gifts of nature: air, water, food, and the essential products, ethically sourced and tested by the latest technological advancements to ensure efficacy.

By embracing these elements, the method fosters a balanced connection, ensuring that both the mind and body work in unison to promote wellness and unity with the natural environment.

Join us at Fehi Wellness, where every moment invites you to revitalise, rejuvenate, and embark on a wellness journey that nourishes your mind, body, and spirit.

## FEHI ORIGIN

The word Fehi, derived from the local Dhivehi language, means ‘green’, symbolising life and nature. Surrounded by lush tropical flora, our spa offers a unique connection with nature, inviting you to release worries and tensions in this idyllic setting.

The colour green embodies a sense of calm, healing, and revitalisation. It has the power to soothe the nervous system, reduce stress and anxiety, and inspire feelings of freshness and vitality, and holds the potential to boost metabolism.

# FEHI WELLNESS

## PRICE LIST

### EMBRACE THE OPPOSITE; YOUR BALANCE AWAITS

By incorporating opposite forces, we can create a more balanced wellness routine that addresses different aspects of our well-being. The inspiration is based on the principle of duality, which states that opposing forces reflect the same powerful essence underlying our existence.

#### SUNSHINE MEETS THE RAIN (HOT AND COLD)

150 min 680

- Welcome hot and cold foot washing ritual
- Inhalation of fresh local bergamot leaf
- Travel and Jetlag alleviating massage with Heated Himalayan Salt and Cold Jade Nephrite Stone
- Post tea ritual

#### WHERE THE WAVES MEET THE SHORE (SAND AND SEA)

150 min 680

- Rich in sodium foot washing ritual
- Warm sand and the mineral-rich salt foot exfoliation
- Luxurious body exfoliation
- Barefoot myofascial massage
- Post tea ritual with marine green elixir

Please be advised that a supplementary fee of USD 100 per treatment will apply for the in-residence experience. All Spa treatment prices are in US Dollars and subject to a 10% Service Charge (SC) and government statutory tax.

THE WORLD TRANSFORMS, DAY TO NIGHT, NIGHT TO DAY (SUNSET) 165 min 740

- Breathwork with sound bath
- Smudging of herbs or incense
- Calming aromatherapy candle body massage
- Body wrap with eye compress
- Milk bath with local flowers and scrolls
- Post tea ritual

JUST FOR TWO OF US (3-DAY PACKAGE) 3 days 3000

- Day 1. The sea within 135 min
  - Sound bowl and marine inhalation
  - Dual body exfoliation
  - Seaweed wraps and facial touch
  - Synchronised massage with warm stones
  - Optional: Private reef immersion
- Day 2. The flame between us 120 min
  - Candle making ritual
  - Candle massage
  - Milk bath and soft poetry reading (optional)
  - Optional: massage oil souvenirs
- Day 3. Echoes of the Earth 105 min
  - Clay anointment of feet and hands
  - Full body massage using obsidian (lava) stones
  - Facial compress and weighted blanket
  - Optional: Guided breathwork in the “Kandhu Olhi”

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## NOWHERE SIGNATURE FEATURED EXPERIENCES

– Exclusively available for Nowhere

Plantar reflexology (aquatic/land)	60 min	250
Barefoot Myofascial Massage	60 min / 90 min	250 / 315
Aromatic candle massage	60 min / 90 min	250 / 315
Maderotherapy anti-cellulite	60 min / 90 min	250 / 315
Himalayan heated salt & cold		
Jade stone massage	90 min / 120 min	315 / 420

## DIAMOND WELL-LIVING AROMATIC MASSAGE

Detoxifying	60 min / 90 min	250 / 315
De-stress	60 min / 90 min	250 / 315
Energising	60 min / 90 min	250 / 315

## ASIAN INSPIRED MASSAGE

Balinese Massage	60 min / 90 min	250 / 315
Tibetan Massage	60 min / 90 min	250 / 315
Abhyanga Indian Massage	60 min / 90 min	250 / 315
Maldivian Healing Treatment	90 min	315

## BODY TREATMENTS BY NATURA BISSE

Citrus Scrub	60 min	270
Citrus Drench	60 min	270
Marine body detox	60 min	270

## DIAMOND FACIAL TREATMENT BY NATURA BISSE

Diamond Energy	60 min / 90 min	270 / 360
Diamond luminous perfect glow	60 min / 90 min	270 / 360
Diamond life infusion	60 min / 90 min	270 / 360

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## GENERATION ALPHA EXPERIENCES

Gentle and calming massage	60 min	150
Tropical fruit facial	60 min	150
Little fingers and toes renewal	60 min	150
Sensory foot bath	30 min	90

## FAMILY EXPERIENCES

Me and my Mum (1 adult + 1 child)	60 min	500
Me and my Dad (1 adult + 1 child)	60 min	500
Mother to-be	60 min	250

## SALON EXPERIENCES

Wash, cut, and blow dry in style	60 min	250
Wedding or party make-up	60 min	350
Hair cut	30 min	150
Beard shaving	30 min	100
Beard trimming	30 min	100
Manicure with traditional nail polish	90 min	150
Pedicure with traditional nail polish	90 min	150
Luxurious foot care	150 min	300

## WELLNESS AND FITNESS

Aqua meditation with sound healing	60 min	300
Aqua yoga	60 min	300
Aquatic exercise	60 min	300
Water diaphragmatic breathing	30 min	190
Traditional yoga poses	60 min	200
Mat or Reformer Pilates	60 min	200

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### ASIAN INSPIRED MASSAGE

Balinese Massage	60 min / 90 min	350 / 415
Tibetan Massage	60 min / 90 min	350 / 415
Abhyanga	60 min / 90 min	350 / 415
Plantar Reflexology	60 min / 90 min	350 / 415
Maldivian Healing Treatment	90 min	415

### DIAMOND WELL-LIVING AROMATIC MASSAGE

Detoxifying	60 min / 90 min	350 / 415
De-stress	60 min / 90 min	350 / 415
Energising	60 min / 90 min	350 / 415

### BODY TREATMENTS BY NATURA BISSE

Citrus Scrub	60 min	370
Citrus Drench	60 min	370
Marine body detox	60 min	370

### DIAMOND FACIAL TREATMENT BY NATURA BISSE

Diamond Energy	60 min / 90 min	370 / 460
Diamond luminous perfect glow	60 min / 90 min	370 / 460
Diamond life infusion	60 min / 90 min	370 / 460

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Little fingers and toes renewal	60 min	250
Sensory foot bath	30 min	190

## FAMILY EXPERIENCES

Me and my Mum (1 adult + 1 child)	60 min	600
Me and my Dad (1 adult + 1 child)	60 min	600
Mother to-be	60 min	350

## SALON EXPERIENCES

Wash, cut, and blow dry in style	60 min	250
Wedding or party make-up	60 min	350
Hair cut	30 min	150
Beard shaving	30 min	100
Beard trimming	30 min	100
Manicure with traditional nail polish	90 min	150
Pedicure with traditional nail polish	90 min	150
Luxurious foot care	150 min	300

## YOGA & FITNESS

Aqua meditation with sound healing	60 min	300
Aqua yoga	60 min	300
Aquatic exercise	60 min	300
Water diaphragmatic breathing	60 min	300
Traditional yoga poses	60 min	200

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