

REVIVE

SPA & WELLBEING

SPA MENU



WELCOME

Nurturing the extraordinary by NH Collection

Welcome to REVIVE Spa & Wellbeing, a sanctuary of tropical tranquillity and rejuvenation where the healing power of nature meets world-class aesthetic and therapeutic wellness practices. As you step into a world of blissful indulgence and holistic wellness, your inner harmony and outer beauty will be restored through signature treatments for the face and body using natural Maldivian ingredients and ancient techniques from the East.

OPENING HOURS

10.00 AM – 8.00 PM

INFORMATION & RESERVATIONS

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SIGNATURE TREATMENTS

Inspired by Maldivian traditions, our signature treatments use natural local remedies to restore balance and harmony

REVIVE SIGNATURE RITUAL

60  • USD 140 90  • USD 170

Surrender to a refined escape with our Signature Massage, created exclusively for NH Collection Maldives Reethi Resort. Gentle stretches release tension in the neck, shoulders, and upper back, restoring balance while soothing the body and awakening the senses.

INTUITIVE MASSAGE

60  • USD 140 90  • USD 170

Indulge in a personalised spa massage designed to suit your needs and mood. Share the areas you wish to focus on or the benefits you seek, and allow our therapists to intuitively tailor the perfect treatment for you.



POST-DIVE RITUALS

Unwind after your dive with a soothing massage that relieves tension and leaving you refreshed for your next adventure.

HEALING FOOT BLISS

45 ⌚ • USD 80

Our therapist begins with a warm foot compress, followed by a full leg massage and focused reflex points that correspond to your internal organs. This rebalancing treatment enhances circulation, restores energy, and promotes overall well-being.

MARINE MOISTURE RECOVERY

45 ⌚ • USD 90

A gentle massage for the scalp, neck, shoulders, and face, infused with tropical coconut oil to soothe sun-kissed skin and restore deep relaxation. An indulgent ritual of island-inspired rejuvenation.

BACK REJUVENATOR

45 ⌚ • USD 90

Begin with a calming lavender warm compress, followed by a targeted massage to release deep-seated knots in the back and ease head tension using firm pressure, leaving you refreshed, rebalanced, and revived.

MARINE BLISS RITUAL

110 ⌚ • USD 200

Rejuvenate after your dive with a green tea salt scrub to exfoliate and detoxify, followed by deep tissue techniques to release tension and restore circulation. Finished with a soothing head massage and marine-inspired aromas for total relaxation.

Foot Ritual - Body Scrub - Body Massage - Indian Head Massage - Refreshments.



WELLNESS THERAPIES

With our experienced therapists we can craft an amazing treatment that is carefully designed to help you meet your health and lifestyle goals.

REIKI ENERGY HEALING

60 ⌚ • USD 90

Experience the gentle flow of universal energy as it harmonizes the body, restores balance, and supports natural healing. This calming practice releases tension encourages deep relaxation and gently guides the soul into inner stillness and a higher vibration.

ACUPUNCTURE THERAPY

60 ⌚ • USD 90

Restore balance and harmony with gentle, targeted acupuncture using ultra-fine, disposable needles and optional electro-stimulation. This ancient therapy promotes natural healing, reduces stress, eases pain, and enhances overall wellness. Each session is tailored to your needs, leaving you relaxed, rejuvenated, and revitalized.

CRYSTAL CHAKRA HEALING

60 ⌚ • USD 120 90 ⌚ • USD 160

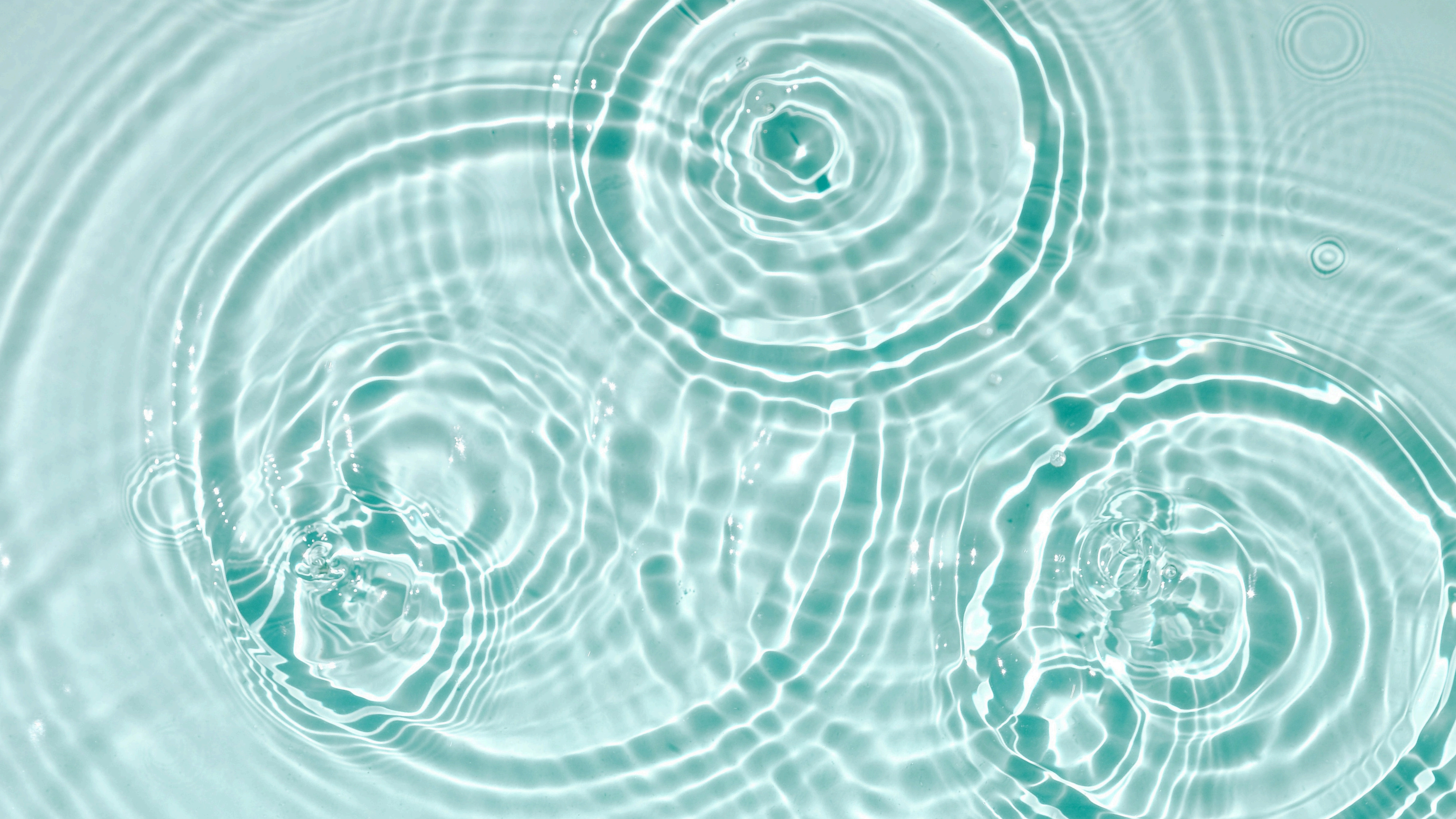
For deep relaxation, restore balance to your energy centers through a holistic therapy. A lymphatic detox massage is followed by chakra balancing with a singing bowl and your chosen crystals easing tension and anxiety while guiding you into calm self-connection.

HIMALAYAN THERMAL THERAPY

90 ⌚ • USD 160

A deeply restorative massage using hand-carved Himalayan salt stones gently melts away mental and physical tension, while naturally replenishing the body with 84 essential minerals and trace elements to support detoxification and balance.

An invigorating iced Rose Quartz Gua Sha facial enhances circulation, sculpting the features and revealing a radiant, healthy glow.



MAGNESIUM TREATMENTS

Magnesium, one of the body's essential macro minerals, is optimally absorbed through the skin, supporting bone strength, healthy cardiac rhythm, nerve and muscle function, energy levels, and immune health.

This exclusive magnesium-based therapy is only the second of its kind in the Maldives, offering a truly rare and exceptional spa experience.

GLOW MAGNESIUM BODY SCRUB

45 ⌚ • USD 90

Multi-functional and multi-sensory magnesium exfoliation will remove dead cells for revealing a new brighter skin. Detoxifying and extremely rejuvenating your whole body.

IMMUNITY RECHARGE MAGNESIUM TREAT

60 ⌚ • USD 120 90 ⌚ • USD 160

A soothing massage of the scalp, neck, shoulders, and face using gentle, flowing techniques, leaving your skin and senses cocooned in softness and the delicate aroma of tropical coconut oil. Perfect for sun-exposed, dehydrated skin or post-dive recovery, this ritual delivers pure island-inspired rejuvenation.

MAGNESIUM REBALANCE

90 ⌚ • USD 160

Magnesium scrub will remove dead skin cells through exfoliation as well as cleanse the skin and increase the body's blood circulation. It will work its magic to purify the epidermis and stimulate detoxification process. Followed by full-body massage intuitively supports the areas where your body needs it most, gently unwinding the nervous system and promoting deep, restorative sleep and infused with calm, sustained vitality throughout the day.

EXCLUSIVE PREMIUM RITUALS

Our curated spa journeys offer a mix of signature treatments that complement each other perfectly to help you make the most of your quiet time alone or to connect with that special person in your life. This exclusive experience can only be found here.

COUPLES RITUAL (FOR TWO)

120  • USD 390

Experience a romantic spa day to rejuvenate your relationship. Select a scrub from our organic and aromatic collection, then enjoy a 60-minute massage together. After a rejuvenating milk and coconut couples' bath enjoy passion fruit sorbet and herbal tea.

Foot Ritual – Coconut Scrub – Body Massage – Milk and Coconut Bath.

DETOX DAY

120  • USD 200

Avoid daily stress with an afternoon of self-care. Start with a skin-revealing coffee scrub, followed by a 60-minute detox release massage to release the toxin and tone the body. Complete your journey with a spirulina detox wrap.

Foot Ritual - Coffee Scrub - Detox Massage – Body Wrap.

MALDIVIAN DELIGHT

120  • USD 200

Inspired by Maldivian traditions, this indulgent spa ritual begins with a gentle coconut scrub to exfoliate and deeply nourish the skin.

Your journey continues with a 60-minute stress-release massage using pure virgin coconut oil, soothing muscles and calming the senses. The experience concludes with a refreshing coconut sorbet and a take-home coconut massage oil, allowing you to extend the essence of the ritual beyond the spa.

Foot Ritual- Coconut Scrub – Stress Release Massage – Coconut Treat – Virgin Coconut Oil Gift.



ISLAND RITUALS

A fusion of international massage techniques designed to release tension, restore balance, and deliver complete relaxation.

STRESS RELEASE

60 ⌚ • USD 100 90 ⌚ • USD 160

A restorative stress-release massage to ease tension, calm the nervous system, and restore deep relaxation and balance.

DEEP TISSUE MASSAGE

60 ⌚ • USD 100 90 ⌚ • USD 160

Improve mobility, flexibility, and circulation with a powerful yet calming massage that profoundly stretches fibers and releases tension.

THAI STRETCH

60 ⌚ • USD 100 90 ⌚ • USD 160

A deep therapeutic treatment that blends pressure points , gentle stretching, joint rotation and rhythmic compression to release tension, improve flexibility, and restore natural energy flow. This traditional healing practice leaves your body balanced, invigorated, and deeply refreshed.

ADD-ON

BODY SCRUB

45 ⌚ • USD 80

A choice of Coconut Body scrub, Tropical Fruit Scrub, or Himalayan sea salt scrub

BODY WRAP

45 ⌚ • USD 90

A Choice of Cooling Body Wrap or Spirulina Body Wrap

AYURVEDIC RITUALS

Ayurveda, an ancient Indian healing system, means “the science of life.” It promotes wellness and harmony by balancing body, mind, and spirit through natural therapies and herbal treatments.

SHIRODHARA

90 ⌚ • USD 160

This holistic treatment begins with a soothing Indian Head Massage, melting tension from the scalp and neck, followed by a full-body Abhyanga Massage. The therapy concludes with warm herbal oil steadily poured over the third eye. This exquisite experience eases insomnia and stress, clears mental fog, and envelops you in blissful relaxation.

NASYA ABHYANGA

90 ⌚ • USD 160

A therapist will give you a warm foot soak and a light foot scrub before massaging your reflex spots, which correspond to organs. Rebalancing massages increase blood circulation, energy, and well-being.



SIGNATURE REVIVE COLLECTION YOGA

NH Collection offers carefully curated yoga experiences designed to restore balance, enhance flexibility, and promote inner calm. Guided by expert instructors, each session supports physical strength, mental clarity, and overall wellbeing.

CELESTIAL STRETCH & MEDITATION

60 🕒 • USD 25

Soft mobility and guided sunrise meditation.

MALDIVIAN OCEAN VINYASA

60 🕒 • USD 25

A fluid, wave-inspired flow blending strength, breath & elegance.

MINDFULL BREATHWORK & OCEAN MEDITAION

60 🕒 • USD 25

Balancing breath techniques for clarity & vitality and guided awareness with the natural rhythm of the waves.

YIN & RESTORATIVE YOGA

60 🕒 • USD 25

Slow, meditative holds designed to melt into stillness.

PRIVATE SIGNATURE FLOW

60 🕒 • USD 50

Soft mobility and guided sunrise meditation.

FULL MOON YIN CEREMONY

60 🕒 • USD 50

Soft mobility and guided meditation.

ROMANTIC BEACH YOGA (FOR TWO)

60 🕒 • USD 90

A synchronized practice designed to deepen connection

COUPLES YIN YOGA (FOR TWO)

60 🕒 • USD 90

Yin yoga blended with crystal bowl vibrations under the stars.

SIGNATURE NH FITNESS & PILATES

NH Fitness & Pilates experience combines strength, flexibility, and mindful movement to enhance overall fitness and body awareness.

STRENGTH + STRETCH PILATES

60 🕒 • USD 30

A full-body Pilates class blending controlled strength work with deep stretching to improve tone, flexibility, and posture while leaving you feeling refreshed.

CORE + BALANCE PILATES

60 🕒 • USD 30

A focused Pilates class strengthening the core and improving balance through controlled, stability-based movements for better posture and body control.

PILATES FOR HANDS & LEGS

60 🕒 • USD 30

A targeted Pilates class focusing on toning the arms and legs with controlled movements to build strength, stability, and length.

ABS & LEG PILATES

60 🕒 • USD 30

A targeted Pilates class designed to strengthen the abs and sculpt the legs through precise, controlled movements.

POWER HIIT (LOW IMPACT)

60 🕒 • USD 30

A high-energy, low-impact workout combining strength and cardio intervals to build power, boost endurance, and elevate the heart rate without high-impact stress.

POWER HIIT (LOW IMPACT)

60 🕒 • USD 30

A gentle, restorative Pilates class focused on improving mobility, easing tension, and supporting muscle recovery through mindful movement and stretching.



REVIVE SPA ETIQUETTE

- For a smooth experience, please arrive 15 minutes prior to your scheduled time.
- Please avoid bringing cash or credit cards to the Spa. All treatments are charged to your guest room and are payable upon check-out.
- If you would like to cancel your appointment, please do so at least four hours prior to the scheduled time of single treatments or 24 hours in case of packages, otherwise a 50% charge will be incurred.
- Rescheduling of appointments is subject to availability.
- Should you arrive late for your appointment, the treatment time may have to be reduced depending on availability.
- We recommend that you refrain from sunbathing after aromatherapy and facial treatments.
- Guests with high blood pressure, heart conditions, allergies, pregnant, or suffering from any other medical conditions, are advised to consult a doctor before undergoing any treatments.
- Please notify the spa receptionists and therapists of any existing medical conditions.
- Please ensure your mobile phones are in silent mode.
- Smoking is not permitted in the spa facilities.

All prices are in US Dollars and are subject to 10% Service Charge and 17% GST.

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NURTURING THE EXTRAORDINARY
BY NH COLLECTION

NH Collection Maldives Reethi Resort

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