



HOBA SPA



m e n u



‘hoba’

an abstraction

Hoba is an ancient ‘Dhivehi’ word meaning kindness.

Our core purpose is to nurture and heal you by guiding, empowering, educating and inspiring you. Our journeys slowly bring transformation, reconnection and balance to body, mind and soul through the ancient knowledge and wisdom of the Maldivian medicinal traditions, known as Dhivehi Beys.

Hoba collaborates with renowned Maldivian Wellness Leader Aishath Zulfishan "Xubba" to craft authentic Maldivian experiences and Hoba Spa represents a pioneering venture in the Maldivian Spa Industry, uniting ancient knowledge and modern healing for a holistic wellness experience

Our HOBA ‘Beysverin’ are highly skilled therapists and healers with an innate sense of touch. They will guide you in a personalized journey of transformation for the mind, body and soul to achieve balance – the pathway to virtuous wellbeing and living.

Inspired by the local natural beauty, HOBA Spa combines local traditions and healing practices of the Maldives together with modern elements to deliver experiences that satisfy all intentions and desires, restoring equilibrium, enhancing natural beauty, and revitalizing the vital essence within.





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aishath zulfishan aka xubba

Maldivian Healer

A pioneer for introducing traditional Maldivian medicine for the first time in a resort, Xubba has dedicated over 18 years to the Spa & Wellness industry in Maldives, with multiple achievements and accolades under her belt.

With a strong belief that all body, mind and soul health are key to the overall wellness, her healing approach focuses on finding that connection with the conscious mind, then taking it deeper to build a strong bond with the subconscious mind and the emotional body as well. This approach led to her highly personalised therapies based on touch and intuitive healing, with the clear awareness that everyone is unique in their own way.

Xubba regularly visits Hoba Spa as a visiting healer, not only to provide further training for the Beysverin', but also to offer truly Maldivian experiences that enliven, celebrate and renew these medicinal traditions and ancient healing modalities.



A person wearing a red garment and a gold necklace is holding a bundle of dried herbs that is smoking. The background is dark, and the lighting highlights the person's attire and the smoke.

heyo beys

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“Heyo Beys” meaning ‘healing medicine’ in Dhivehi, these therapies and self-care rituals have been curated exclusively for Hoba Spa to offer authentic experiences and to showcase and celebrate old age medicinal traditions of the Maldives, delivered by Xubba during her visits.

*only available during the visiting period of Xubba,
please enquire with your Maalimee for the
Schedule*

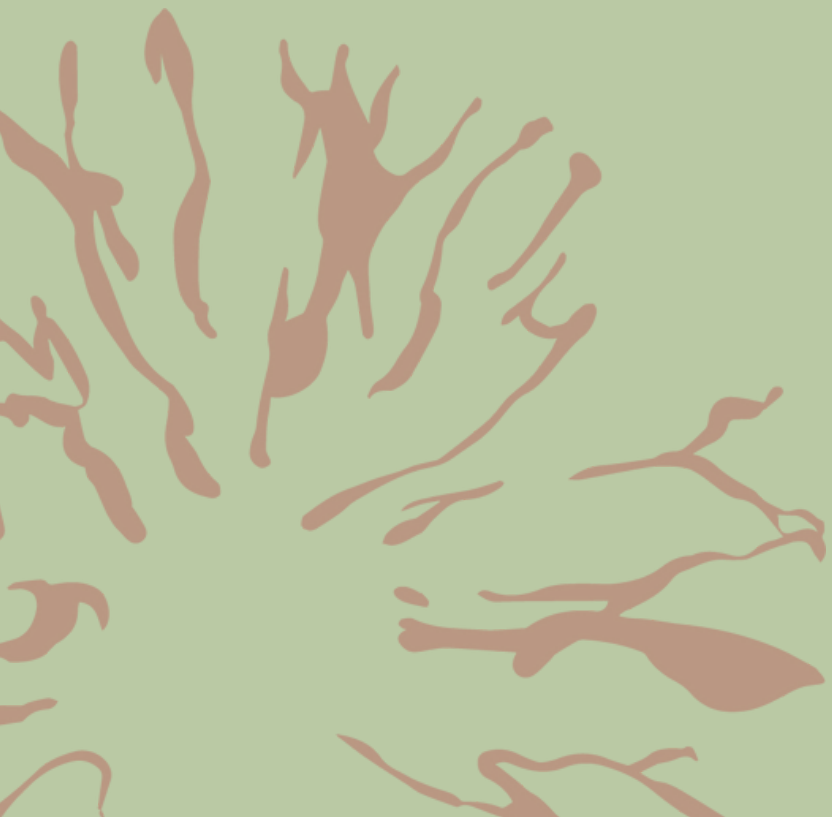
> Heyo beys

saimaa adhi obai

*Hibiscus flowers and fenugreek to rescue
back, neck & shoulder.*

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ސައިމާ ޅަދީ ޔަބާއި

A medicinal herbal scrub, prepared according to the Maldivian traditions, to exfoliate the skin and warm up the muscles is followed by a back massage with our traditional Huva healing oil to unblock and restore energy within, and help reduce muscle and joint pain.



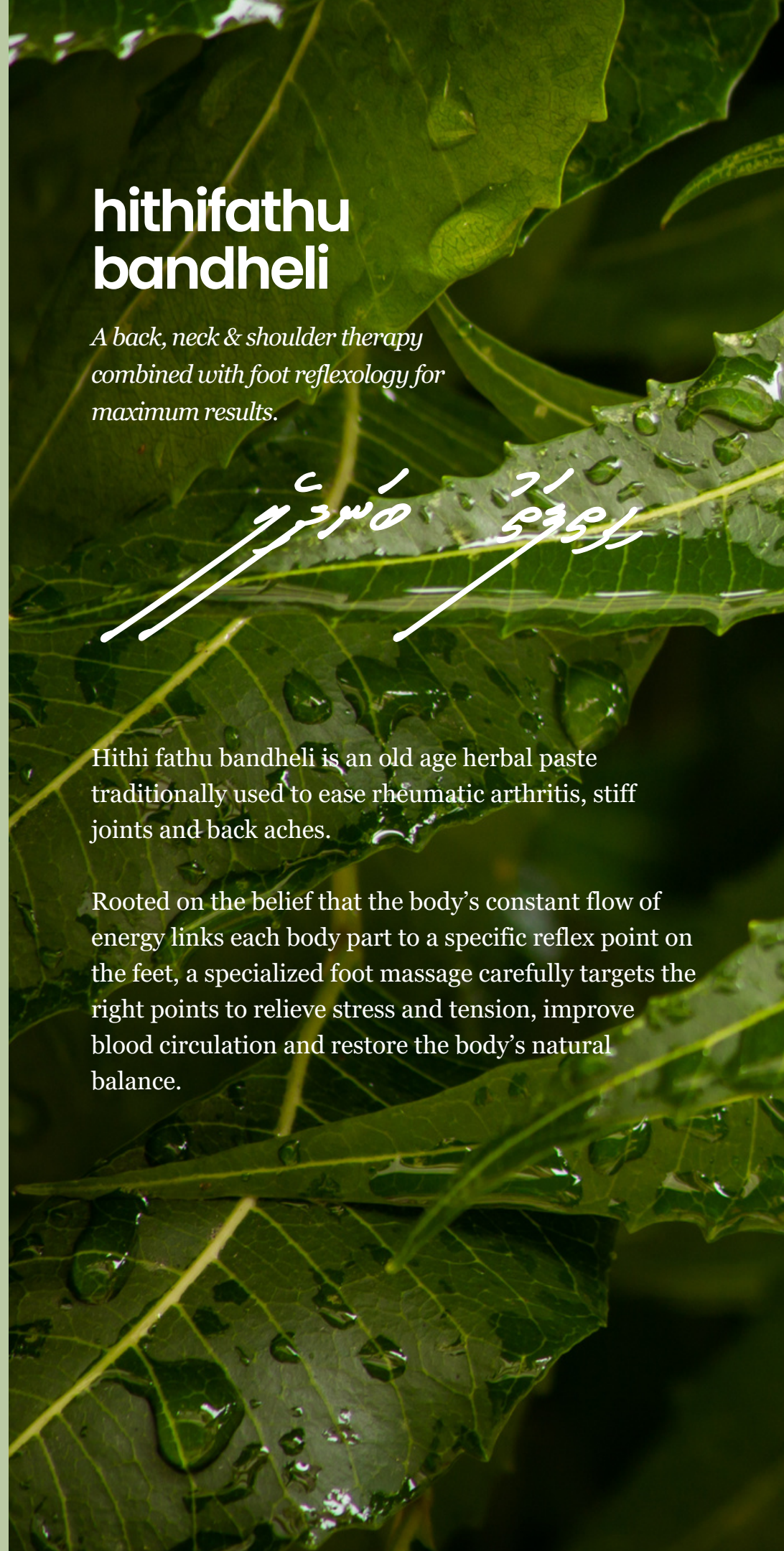
hithifathu bandheli

*A back, neck & shoulder therapy
combined with foot reflexology for
maximum results.*

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ހިތިފަތު ބަންދެލި

Hithi fathu bandheli is an old age herbal paste traditionally used to ease rheumatic arthritis, stiff joints and back aches.

Rooted on the belief that the body's constant flow of energy links each body part to a specific reflex point on the feet, a specialized foot massage carefully targets the right points to relieve stress and tension, improve blood circulation and restore the body's natural balance.



> Heyo beys

araam raagu

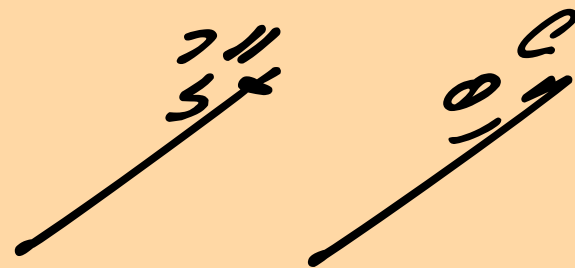
The ultimate journey to physical, mental and emotional healing.



Using several healing modalities, such as pendulum energy reading, reiki, reflexology, sound therapy and intuitive healing, this session will find any blockage in the body and dissolve dense or stagnant energy and heavy emotions. The reflexology massage on the feet restores a healthy energy flow, supporting the body's powerful self-healing abilities, while the sound bath brings a beautiful stress relief to body, mind and soul. The various frequencies of sound connect to our cells and organs, resulting in deep healing, harmony of the main energy centers, release of emotional blockages and ease of muscular tension.

loabi raagu

Himalayan and crystal sound bowls come together in this beautiful couple's sound therapy.

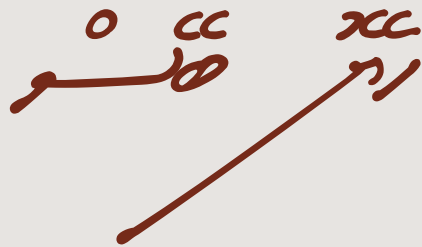


Shifting the body's frequencies from low to high, this session uses sacred instruments and soft voice to release energetic blockages inducing a state of ease and harmony in the body. By raising the frequencies through sound, the body is able to access the vibrations and pureness of love and joy. Perfect for a unique date night, to deepen your connection, or to dissolve heavy emotions and create space for more love and healing in the toughest moments.

> Heyo beys

heyo beys

Recharge the mind and revitalize the body with this true mind-body experience.



Ideal for those leading a hectic lifestyle, this personalized and grounding journey utilizes tools and elements of the traditional Maldivian medicine, combined with tailored therapeutic massage techniques, healing energy work, aromatherapy, intention setting and breathwork.

heyo vah'buru

A morning meditation, a toning body workout & intention setting.



A transformative session to get your daily dose of happiness chemicals and to embrace self-love. Decorate your day with the wholesome energy of our healing space, Heyo Vah Buru, Dhivehi for 'good circle'. Breathe deep into the exotic nature of the lush island while your energy is checked for any blockages or stagnation. A fun and toning workout helps release any stiffness from the body, focusing on hips and lower back, and is completed by a grounding meditation and intention setting for the day, to heal, energize, balance, illuminate and nourish the body, mind and soul. The perfect way to start the day!

facilities



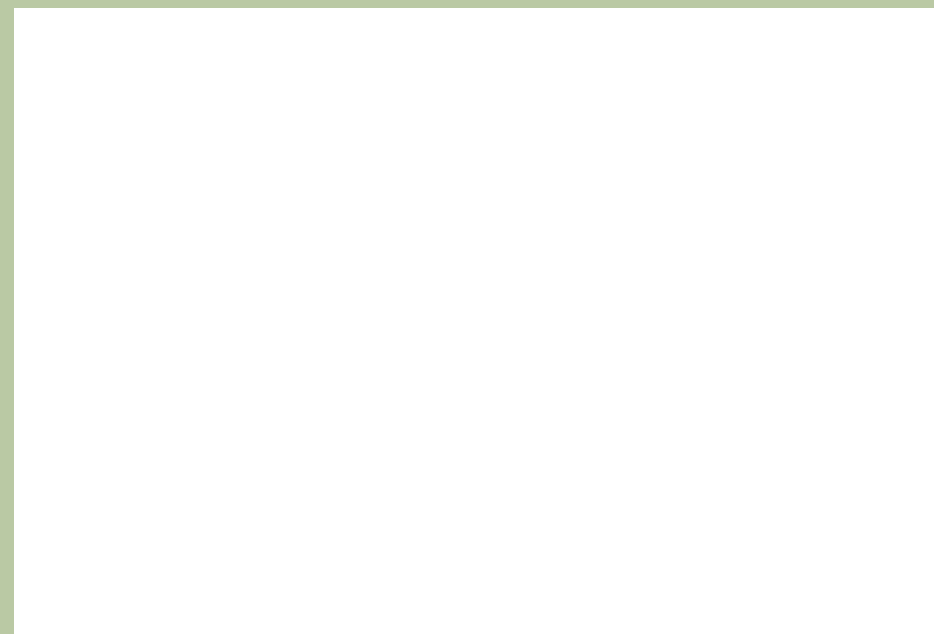
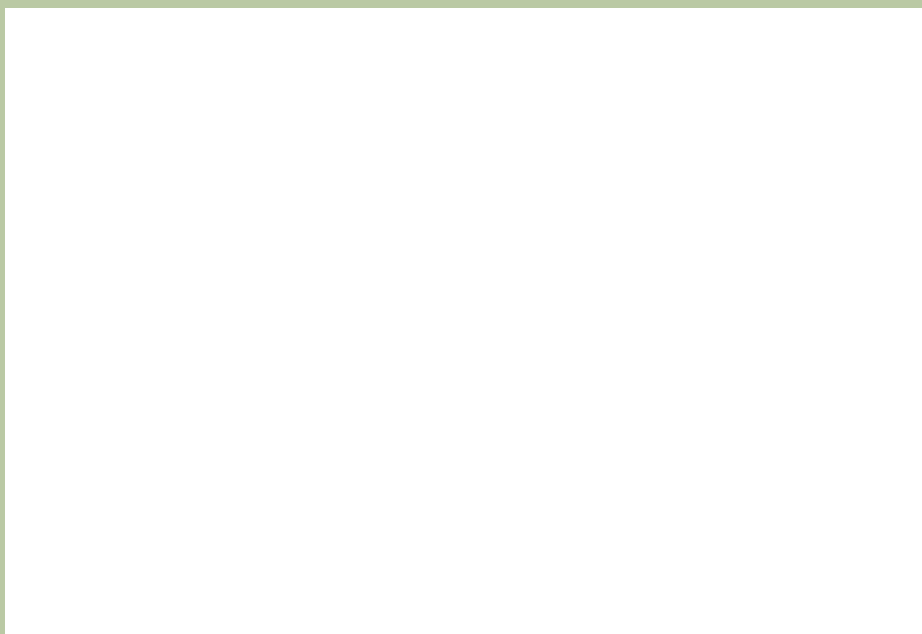
Bodu Ashi 

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Beys-Ashi 

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> facilities



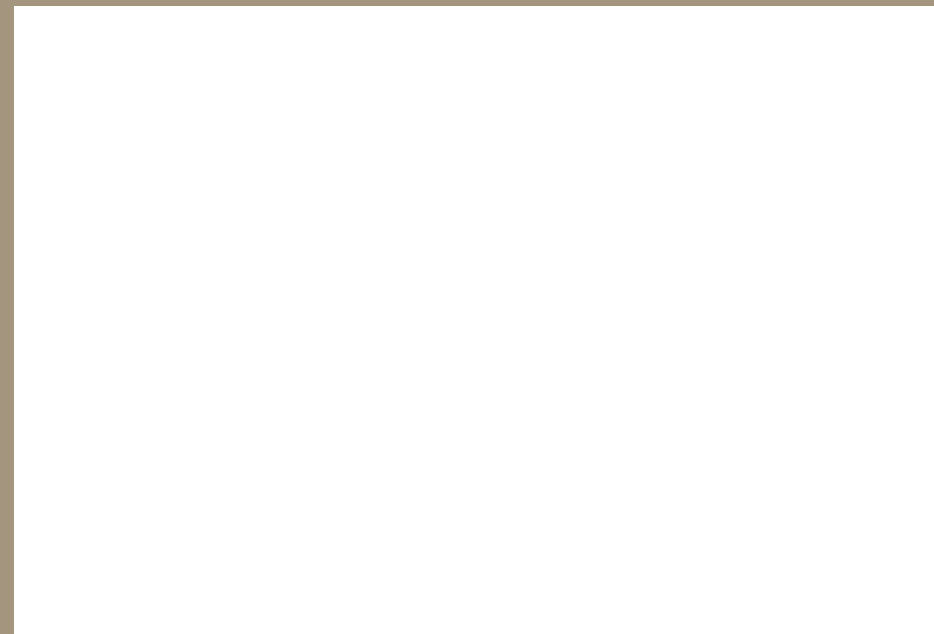
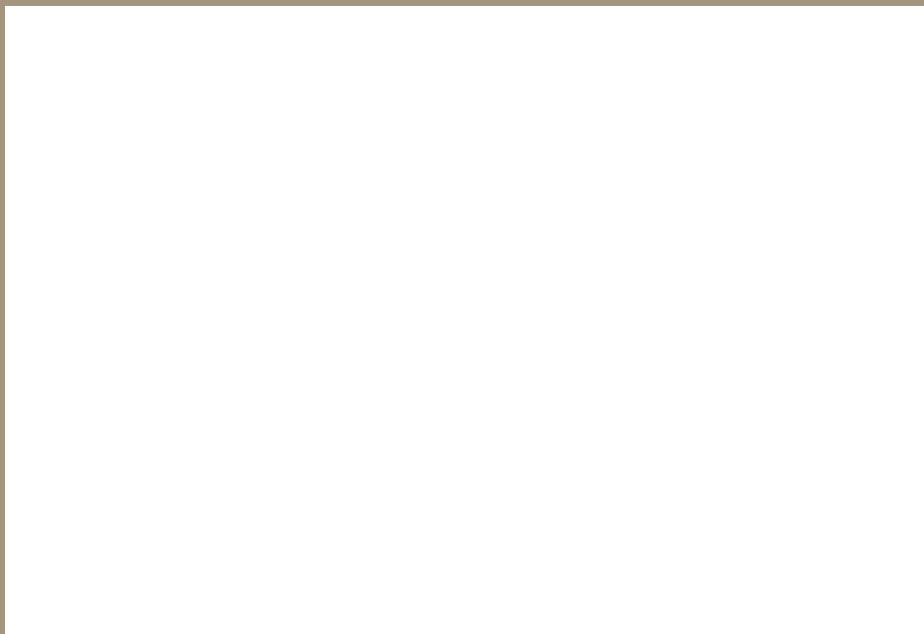
Atharuge

Atharuge is our alchemic space where Dhivehi Beys (Maldivian medicine) comes to life, with plenty of traditional local ingredients and raw scents, ready to be mixed up in the most powerful oils, concoctions and scrubs. Discover Hoba's exclusive skincare product range for body and face, created using the purest therapeutic-grade ingredients traditionally used in Dhivehi beys (Maldivian medicine).

Fen Vadaa

Fen Vadaa, our hydrotherapy journey, is a one-of-a-kind experience. Taking inspiration from local traditions as well as the Maldivian nakaiy (seasons) and bathing rituals, this open-air space offers a rain shower, which provides a taste of the typical stormy days of the wet season in the Maldives, a heated vevu pool and a valhu (well), reminiscence of old Maldivian bathing rituals, and a dumashi ge (sweat lodge), a space of purification and peace with heated stones and healing aromatic waters filled with various references to the Maldivian traditional houses.

> facilities



Ufaa Lounge رَمَّةٌ خَادِمَةٌ

Ufaa (bliss) Lounge is the perfect relaxation spot after a therapy or a journey in Fen Vadaa. Swinging undhoali (benches) and joali (chairs) rock any tension and stress away, while being surrounded by the sounds of the ocean waves rolling on the nearby shores.

Hoba Deck هَوْبَة

Text needed



beysfoshi

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These “beysfoshi” therapies (which means from the box in Maldivian) are a combination of ancient healing remedies with a fusion of modern therapeutic wellness traditions of the Maldives. The perfect way to experience the healing powers of the Maldives!

> Beys Foshi

maalis

Therapeutic massage based on traditional Maldivian healing beliefs.

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Inhale deeply and relax as the smudging of local herbs commences this experience, creating a soothing aroma that clears negative energy and connects both mind and body. A full body massage follows using slow flowing rhythmical deep tissue techniques and allowing the mind to unwind whilst the therapeutic oils go to work.

60 mins USD 150++
90 mins USD 195++

burakashi

A back, neck and shoulder massage to quickly ease away stress and tension.

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A quick, highly effective pick-me-up treatment designed to release tension and promote deep relaxation. It is common for stress to manifest in the back, neck and shoulder areas. We target these areas specifically by blending a series of deeper massage techniques and herbal elixirs to ease away stiffness and aches.

45 mins USD 115++

> Beys Foshi

fai

A combination of pressure point foot massage, 'Hakeemee' herbal foot scrub to improve the overall well-being.

A combination of various techniques on the feet stimulates circulation and heals the internal organs, bringing back balance and harmony.

60 mins USD 150++
90 mins USD 195++

mushi milun

A therapeutic herbal scrub with a choice of Salt, Sand or Coconut.

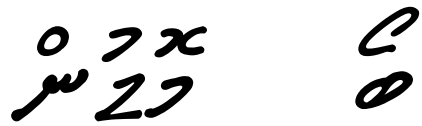
The exfoliation with Ajwain, Fenugreek and Caraway nourishes and prepares the body for a smooth and even tan, while also hydrating and nourishing the skin. The ritual continues with a cleanse “the Maldivian way”, providing a deeply relaxing and healing experience for the senses.

60 mins USD 150++
90 mins USD 195++

> **Beys Foshi**

boa modun

An enriching scalp and hair treatment



This enriching treatment combines traditional ingredients with locally produced coconut oil. Known for their beneficial effect on scalp and hair, these richly scented oils encourage blood circulation, promoting healthy, conditioned hair while also releasing tension and inducing deep relaxation.

60 mins USD 150++
90 mins USD 195++

oye' maalis

Oye' is an ancient Dhivehi word meaning heal.



Oye' Maalis is a tribute to Zulfishan's journey as a healer and Beys Goyye (therapist). It incorporates a fusion of the best healing practices allowing body and mind to find a much-needed balance with the flow of Oye' ritual. Enjoy the healing benefits of Huva oil, combined with progressive massage techniques and transformative sound healing culminating in a renewed sense of wellbeing. A perfect ending to welcome a new you!

60 mins USD 150++
90 mins USD 195++

> Beys Foshi

avas milun

Traditional oils to stimulate an even golden tan.

دوشو دوشو

Enjoy an application of Mushi Tanning Oil at the Spa or at the comfort of your villa* or beach*. A safe exposure in the afternoon sun with our herbal oil is the perfect tanning therapy.

60 mins USD 150++
90 mins USD 195++

hama hama

A therapeutic herbal scrub with a choice of Salt, Sand or Coconut.

حما حما

An invigorating therapy performed in the open air at the comfort of HOBA Spa beach.

Soak up the beautiful surroundings as you sit, with your therapist commencing an intuitive head, arms and legs massage using a traditional medicinal oil. Designed to help the mind unwind and refocus, these precious minutes will work to get you back on track in no time. The perfect therapy after a long flight or a night out!

60 mins USD 150++
90 mins USD 195++

hoba aroma

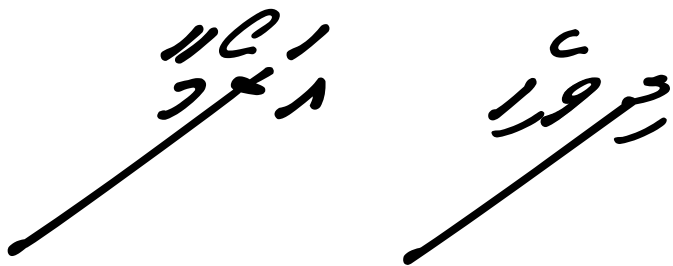
Handwritten Maldivian text in Dhivehi script, consisting of two lines of characters.

A collection of scents which have been used for generations in the Maldives. The curated collection of scents is a way to re-feel the sense of unconditional love, warmth and joy of the Maldives.

> Hoba Aroma

dhivehi aroma

An aromatic sensory experience using scents of the Maldives and massage techniques for a total relaxation.



A personalized experience from start to finish, this balancing full body treatment promotes deep relaxation and is the perfect way to relieve your body of all life's stresses. Intuitively select your own signature aromatherapy blend among three wonderful exotic scents, which will nourish both body and mind in all that it needs.

60 mins	USD 150++
90 mins	USD 195++

loabi mamma

A time to nurture.



A nurturing massage with the healing benefits of rose to help alleviate fatigue and lower back pain, shoulder strain and muscle cramps in the legs. Our Beysverin (therapists) use pillows and soft blankets for your comfort and care. Suitable for the second and third trimester of pregnancy.

60 mins	USD 150++
90 mins	USD 195++

> Hoba Aroma

avi dhilli

After Sun Care – a soothing and nourishing treatment for the skin.

حبرو دھلی

A personalized experience from start to finish, this balancing full body treatment promotes deep relaxation and is the perfect way to relieve your body of all life's stresses. Intuitively select your own signature aromatherapy blend among three wonderful exotic scents, which will nourish both body and mind in all that it needs.

60 mins USD 150++
90 mins USD 195++



hoba moonu

حوباء
قمر

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بقر

The exclusive HOBA facial skincare is formulated using the purest therapeutic grade ingredients that produce powerful validated results and a real journey for the senses.

> Hoba Moon

aa'roa

Deeply nourishing and hydrating facial.



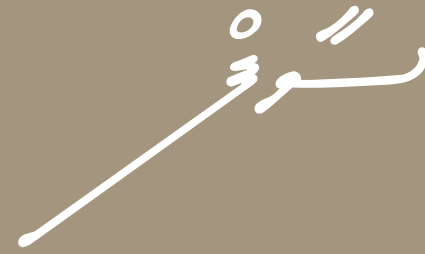
Luxuriate in the regenerative powers of Rose, Frankincense, and Jasmine to deeply nourish and hydrate the skin. The skin is thoroughly cleansed, exfoliated and toned using products rich in pure Damask Rose. A pressure point massage combined with lymphatic drainage techniques promotes blood circulation and encourages cell rejuvenation. The skin is treated with deeply nourishing and renewing products, leaving you with a smooth, plumped and radiant complexion, accompanied by a relaxed state of mind.

USD 140++

60 mins USD 150++
90 mins USD 195++

saa'f

Deep cleansing and purifying facial.



Powerful essential oils of Benzoin, Sandalwood and Ylang Ylang are at the heart of this facial making it the perfect purifying treatment for oily or combination complexions. A deep cleanse and exfoliation combined with draining massage techniques - to eliminate toxins - and pressure points - to ease tension and stress. The results will leave your complexion clean and radiantly fresh!

60 mins USD 150++
90 mins USD 195++

kuda kudhin

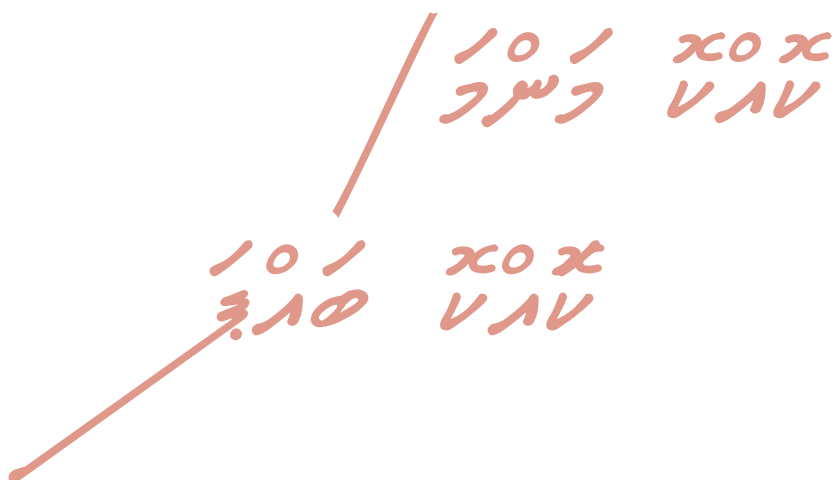
كودا كودين

At HOBA spa we believe that children can be inspired to walk and embrace the journey of wellness and self-love from an early age. Children are more active than ever, in mind and in body. Teaching stress management and body awareness at a younger age can help prevent a lifetime of chronic pain and poor habits. Afterall, we only have one body throughout our lives. Give your children the ultimate gift by teaching them how to take care of their body (available for children from 12 years and below).

> Kuda Kudhin

kokko mamma kokko bappa

The tenderness of a moment together.



Reconnect with your child in a uniquely bonding side by side experience. Indulge in this Hoba Aroma massage for two, let healing hands and warm aromatic oils transform you both to a new level of relaxation and peace.

60 mins USD 150++
90 mins USD 195++

kuda maalis

Therapeutic massage for children from 7 to 12 years.



Combining a full body massage with a choice of aromatherapy, this therapy is proven to be effective in decreasing muscle tension caused from wrong posture or long hours of studies, physical activities or sports, improving energy levels, as well as increasing focus and concentration.

You could potentially have happier, healthier kids around you. Yes, even the teenagers!

60 mins USD 150++
90 mins USD 195++

> Kuda Kudhin

aa'roa

Facial therapy for gentle skin.



This facial therapy is curated for younger faces to cleanse, hydrate and purify the skin, while allowing our young guests to float away into a deep state of relaxation.

60 mins USD 150++
90 mins USD 195++

kokko maalis

Therapeutic massage for children from 4 to 6 years.



A sequence of gentle touch, using specific manual techniques and aromatherapy safe for smaller children. This therapy will enhance the body-mind connection by stimulating right and left-brain functions and encouraging muscle development and tone, which will help increase the body awareness from a very young age.

It also helps in regulating digestion as well as improving the quality and hours of sleep, giving you calmer and quieter nights!

60 mins USD 150++
90 mins USD 195++

> **Kuda Kudhin**

kuda fai

A combination of gentle foot massage and 'Hakeemee' herbal foot scrub to improve overall well-being.



Tickling the reflexology part of the smallest feet, this treatment involves a massage with our magical Huva Oil, combined with a traditional 'Dhivehi beys' paste and 'Alhibondi', to bring balance and wellbeing.

60 mins USD 150++
90 mins USD 195++

kuda boa

A deeply soothing head therapy to calm and restore.

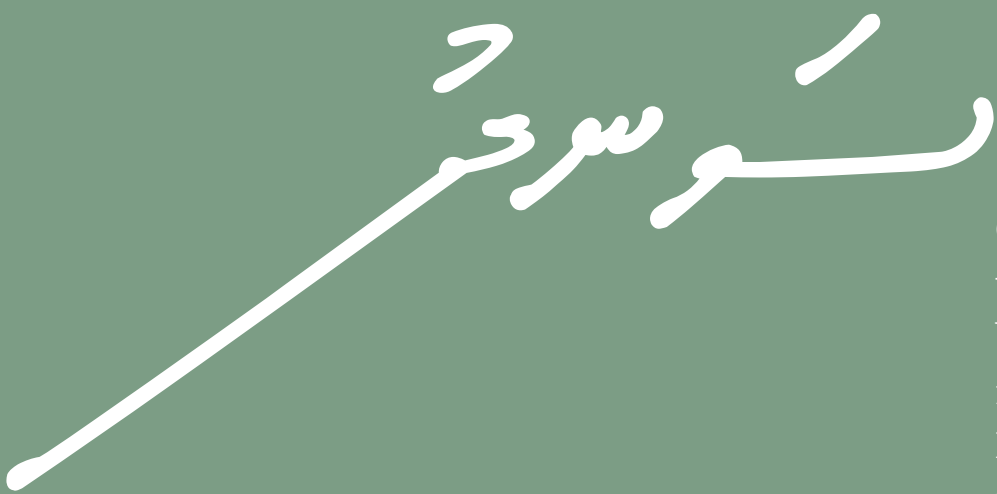


A rich coconut oil-based scalp therapy that stimulates the growth of strong healthy hair, leaving it soft and shiny, while calming the mind and energies of even the most hyperactive kids.

60 mins USD 150++
90 mins USD 195++

sandhu

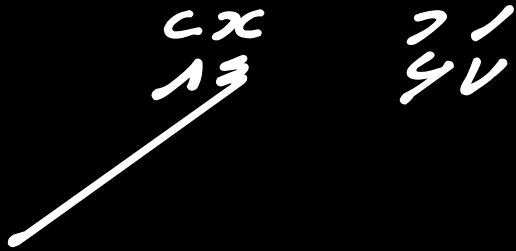
Connecting with the moon phases and its energy, these beautiful therapies are a powerful tool to boost your vital energy and balance your body and mind, allowing you to focus on your wellbeing. Moon rituals are also available every new moon and full moon, as part of our Dulhaheyo (wellness) offering.



> Sandhu

kalhu foe'

New Moon: A time for new beginnings and renewal: set your intentions.



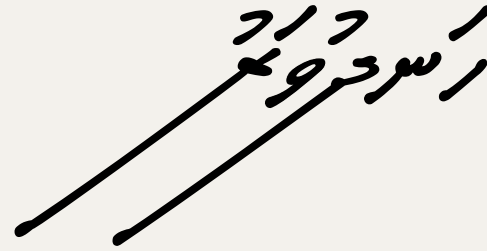
The new moon is considered a time for fresh starts, new beginnings and rejuvenation. This is a time for setting new intentions about what we want to manifest, bringing it to reality during the upcoming month-long cycle and putting the past behind us.

This therapy focuses on the upper part of the body to promote clear thinking. Relax deeply as you inhale your choice of New Moon essential oil. An exfoliation with local therapeutic herbs and sea salt clears and cleanses the body and energy field. The back, neck and shoulders are then massaged, effectively easing away any tension from the body and providing a renewed sense of wellbeing. A scalp massage will rid you of any mental tension and stress. The perfect way to welcome a new you!

60 mins USD 150++
90 mins USD 195++

handhuvaru

Full Moon: A time to shine, reflect and celebrate healing and transformation.



Thought to be the most powerful lunar phase, The Full Moon illuminates everything around us – even our intuition. Typically, Full Moons are a time of letting go and releasing. The perfect moment to quit habits, leave bad situations behind, and focus on healing.

The therapy is a complete body and face illumination, that will leave you glowing from inside out. Starting with a coconut and herbs body exfoliation to get rid of dead skin, followed by a massage using slow flowing rhythmical techniques and aromatic therapeutic oils to get the body's energy flowing, and ending with a rejuvenating facial to thoroughly cleanse, exfoliate and tone the skin using the regenerative powers of Rose, Frankincense and Jasmine.

60 mins USD 150++
90 mins USD 195++



dhulhaheyo

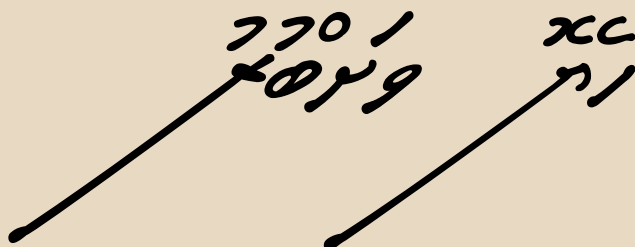
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Staying true to Hoba's core purpose of nurturing and healing by guiding, empowering, educating and inspiring, our Dulhaheyo activities are combinations of many healing modalities, and offer great learning experience for everyone, even the busiest!

> Dhulhaheyo

heyo vahburu

Need text



A progressive and transformative session to get your daily dose of happiness chemicals and to embrace self-love, allowing you to decorate the day with wholesome energy in our Heyo Vah Buru (good circle), a healing space for all.

60 mins USD 150++

90 mins USD 195++

> Dhulhaheyo

hendhunu

Need text

دھلھاھےو

This intention-setting ritual includes a few body's stretches to awaken the body and a short meditation to prepare the mind for the day ahead. Off to a good start with positive vibes!

60 mins
90 mins

USD 150++
USD 195++

haveeru

Need text

هافيرو

The evening ritual is a moment to tune in with your inner self and restore both body and mind after a long day. It combines a variety of healing elements, such as meditations, breathwork, releasing exercises and more, in a beautiful ritual of awareness and release.

60 mins
90 mins

USD 150++
USD 195++

> Dhulhaheyo

araam adu

Need text



Used for thousands of years in several practices, these singing bowls are proven to help with a wide variety of issues, such as stress, sleep problems, depression, low immunity and physical pain. The healing sounds of the bowls deeply restore all biorhythms of the body, bringing peace and balance within. Our 7 bowls are crafted to resonate with the seven energy centers, bringing healing and balance to each chakra. An extremely powerful experience that may bring immediate shifts in the physical, mental and emotional sphere.

60 mins USD 150++
90 mins USD 195++

hin dhemilun

Need text



Promoting physical and mental wellbeing, Oaga's take on traditional Yoga combines asanas, flows and gentle stretching in sequences of movements that awaken the body, loosen the joints and strengthen the muscles.

60 mins USD 150++
90 mins USD 195++

> Dhulhaheyo

unagandu

Need text

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Explore the many uses of these tools to build strength, balance and length in the body: the entire class is built with exercises that utilise yoga belts and blocks as props to support the body alignment and posture. Even the easiest exercises can become harder when using a prop, gently forcing the body in the correct postures and poses.

60 mins USD 150++
90 mins USD 195++

bandu

Need text

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Oaga's unique version of mat Pilates, this session teaches the body how to re-oxygenate and re-align, while strengthening the muscles and re-focusing the mind. The workout focuses on building deep core strength while also incorporating other modalities and approaches, in order to improve posture, coordination and balance.

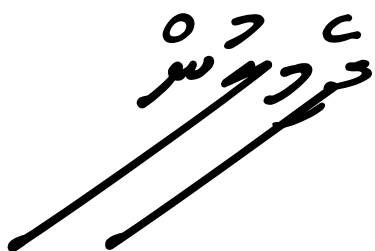
60 mins USD 150++
90 mins USD 195++



> Dhulhaheyo

dhemilun

Need text

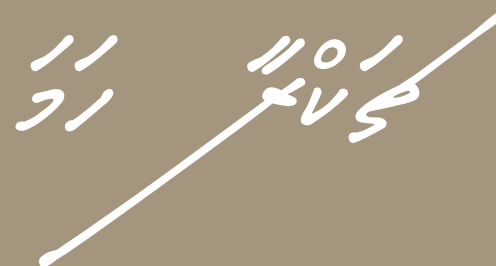


Explore the many uses of these tools to build strength, balance and length in the body: the entire class is built with exercises that utilise yoga belts and blocks as props to support the body alignment and posture. Even the easiest exercises can become harder when using a prop, gently forcing the body in the correct postures and poses.

60 mins USD 150++
90 mins USD 195++

chakra hama

Need text



A beautiful moment to still the mind and dive within. This meditation focuses on balancing the seven main Chakras and healing any blockage that might be present, allowing you to harness the power of the energy centers throughout the body. A sense of contentment, peace and a connection to your sense of self, as well as much better sleep are some of the results to be expected from this meditation.

60 mins USD 150++
90 mins USD 195++

> Dhulhaheyo

himeyn

Need text



A powerful moment to gather focus and awareness through forms of visualization, breathwork and meditation in a heated environment. All while sweating and detoxifying the body!

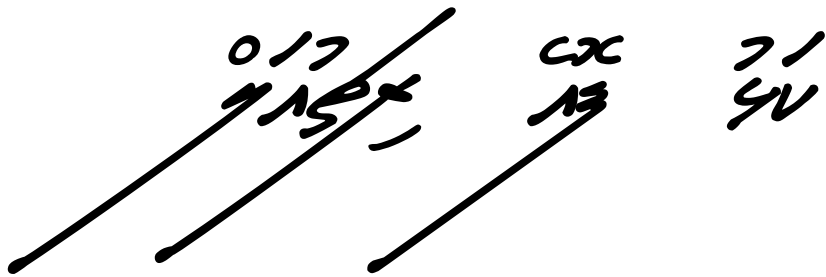
60 mins USD 150++

90 mins USD 195++

> Dhulhaheyo

kalhu foe' ritual

Need text



A night of new beginning. Taking place on the darkest night of the month, this beautiful manifesting ritual helps set clear goals and intentions, through mindful and intention setting meditations, smudging and energy clearing, breathing detoxification and sound healing with Tibetan singing bowls.

60 mins USD 150++
90 mins USD 195++

handhuvaru ritual

Need text



A magical time to release what has been dark or heavy, transporting areas of lack into abundance. A beautiful chance to honor the power of the moon and its pure light.

Taking place on full moon nights, the ritual includes a mindful meditation, smudging and energy clearing, chakra healing with Tibetan singing bowls and a harmonizing concert with the crystal bowls, ending with a releasing meditation and fire ritual.

60 mins USD 150++
90 mins USD 195++

questions?



01 what do i wear when i come for therapy?

You are welcome to come to HOBA Spa in your bathrobe or comfortable attire. Kindly leave all jewelry and valuables in your villa. We will not assume any liability for lost or damaged valuables. To use the Fen Vadaa Hydrotherapeutic facilities, we kindly ask to wear a bikini at all times. Nudity is not permitted in any of the facilities.

03 what time shall i arrive for my therapy?

Please arrive 10 to 15 minutes ahead of your therapy or, if you would like to enjoy our Fen Vadaa facilities, please arrive 30 minutes or more prior to the start of your therapy.

05 is there a pre-consultation?

Upon starting your journey at HOBA Spa, our team will conduct a brief consultation to understand your concerns and ensure that you have the therapies best suited to your needs. Please advise the team if you are pregnant or have any health issues. Although we do our best to anticipate your needs, we appreciate that a spa is a very individual experience. Please let us know if there is any way we can improve your treatment or comfort.

02 what is the cancellation policy?

We kindly request a minimum of 5 hours' notice if you are unable to keep your appointment.

No-shows will incur a 100% cancellation fee of the reserved service amount and appointments cancelled within 5 hours will incur a 50% cancellation fee of the reserved service amount.

04 is there an age requirement?

Guests aged 13 and below must be accompanied by an adult.