

THE COCONUT TELEGRAPH


FEBRUARY 2024


ANANTARA
KIHAVAH • MALDIVES
VILLAS


CELEBRATE ROMANCE IN PARADISE

THE FINEST OF KIHAVAH WINE DINNER
PRESENTS DOMAIN PIERRE LABET
& DOMAINE CHAVY-CHOUET

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**WONDERS
of KIHAVAH
REEF BOOK**

Marhaba!

We are delighted that you chose to spend your holiday with us at Anantara Kihavah Maldives Villas. My team and I are excited to help you create everlasting memories and ensure you enjoy all that our truly magical island has to offer.

It is the month of romance and we invite you to explore the various romantic journeys on our island paradise. Snorkel alongside sea turtles. Stargaze into the night. Dine on a deserted sandbank or beneath the ocean's surface. Allow us to craft your once-in-a-lifetime experience.

WE WISH YOU A WONDERFUL STAY FILLED WITH FANTASTIC MEMORIES.

STUART DE SAN NICOLAS
Cluster General Manager



TALES FROM THE REEF

Easily accessible from either the island's main beaches or directly from the resort's overwater bungalows, the house reef of Anantara Kihavah is home to an astounding 300 species of tropical fish and curious marine creatures. Some of the common species that can be spotted include silversides, schooling bannerfishes, damselfishes, snappers, trevallies, unicornfishes, and more.

Get up close and personal with different marine species. Grab your snorkelling gear and explore the best house reef in the Maldives!



THE FINEST OF KIHAVAH WINE DINNER

DOMAINE CHAVY-CHOUET WINE

Embark on a five-course culinary journey as you to savour the luxurious wines from Burgundy's prestigious Domaine Chavy-Chouet.

Under the expert guidance of Arunkumar Tamilselvan, our Resident Wine Guru, indulge in the perfect pairing of gastronomic delights meticulously crafted by Executive Chef Joachim Textor. Indulge your senses and elevate your palate with an evening of sophistication and culinary delight.

Date: Thursday 29 February 2024
Time: 7.00 pm – 7.30 pm Aperitif at Plates Beach, 7.30 pm onwards dinner
Venue: Plates Restaurant
Price: USD 245++ per person (Half Board/Full Board Credit applicable)

Limited to 24 guests for dinner. For reservations and inquiries, kindly reach out to your Villa Host.

DOMAINE PIERRE LABET AND CHÂTEAU DE LA TOUR with the distinguished Burgundy winemaker, Mr. Françoise Labet

Join us for an exclusive evening to savour and explore the luxurious wines from Domaine Pierre LABET & Château de la Tour, presented by the distinguished Burgundy winemaker, Mr. Françoise Labet. Your experience will be expertly guided by Arunkumar Tamilselvan, our Resident Wine Guru, with each exquisite wine thoughtfully paired with gastronomic delights prepared by Executive Chef Joachim Textor.

Indulge in a curated five-course dinner, each course perfectly complemented by a selection of 5 different Domaine Pierre LABET & Château de la Tour wines.

Date: Tuesday 20 February 2024
Time: 7.00 pm – 7.30 pm Aperitif at Plates Beach, 7.30 pm onwards dinner
Venue: Plates Restaurant
Price: USD 245++ per person (Half Board/Full Board Credit applicable)

Limited to 20 guests for dinner. For reservations and inquiries, kindly reach out to your Villa Host.



Romaric Chavy, the eighth in the Chavy-Chouet winemaking mastery, took over in 2014, inheriting centuries of expertise. Rooted in Puligny-Montrachet, the legacy flourishes under Romaric's leadership. Guided by his father, Hubert Chavy, Romaric inherits both technical wisdom and a commitment to excellence. With a legacy steeped in tradition and innovation, he stands as a guardian of the enduring artistry of winemaking and custodian of a heritage that transcends generations, ensuring the continued brilliance of the Chavy-Chouet name.

CULINARY JOURNEYS AT ANANTARA KIHAVAH

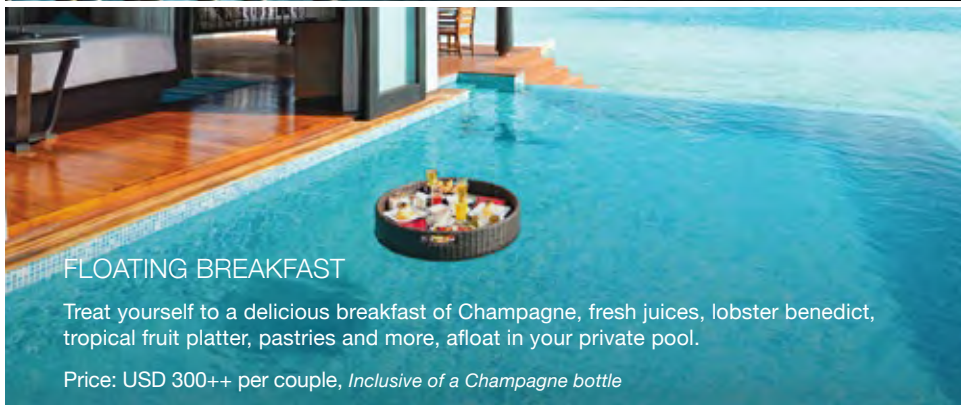


EXPERIENCE THE NEW FIRE RESTAURANT
Come and savour the new and improved dining atmosphere.

Our highly anticipated overwater teppanyaki restaurant is now open for guests.

Indulge in a new variety of contemporary Japanese and Peruvian delicacies expertly crafted by our talented chefs. Explore our exciting new menu of innovative beverages.

Join us as we unveil a fresh dining concept, setting the stage for a culinary journey like never before!



FLOATING BREAKFAST

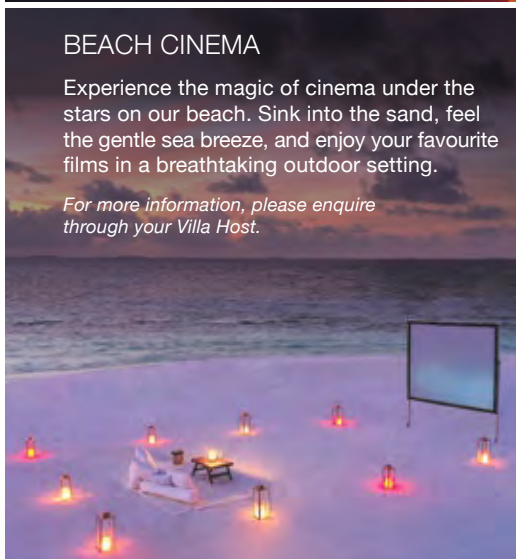
Treat yourself to a delicious breakfast of Champagne, fresh juices, lobster benedict, tropical fruit platter, pastries and more, afloat in your private pool.

Price: USD 300++ per couple, *Inclusive of a Champagne bottle*

DINING BY DESIGN

Blend romance and gastronomy in your customised private dining experience. Be it a birthday surprise, proposal, or a special romantic night, allow our team to design a memorable dinner setup just for you and your special half. For your personalised experience a specially devised menu is prepared by a personal chef whether on an isolated sandbank, the deck of a private yacht, or on the beach – anywhere of your choosing.

For more information, please enquire through your Villa Host or by visiting the Anantara App.



BEACH CINEMA

Experience the magic of cinema under the stars on our beach. Sink into the sand, feel the gentle sea breeze, and enjoy your favourite films in a breathtaking outdoor setting.

For more information, please enquire through your Villa Host.



SPICE SPOONS COOKING CLASS

Master the art of traditional Maldivian, Thai, Indian, or Japanese cuisine with our passionate chefs. Pick up secret tips in a professional step-by-step. Take home a repertoire of tasty recipes to throw a dinner party for family and friends. Private and group sessions available.

For more information, please enquire through your Villa Host or by visiting the Anantara App.



CULINARY DELIGHTS

SKY

With azure waters as the backdrop, enjoy tapas paired with refreshing juices and craft cocktails.

Opening hours: 11.00 am – 12.00 midnight
Live DJ: 6.00 pm – 7.00 pm / 8.30 pm – 11:30 pm

SPICE

Enjoy exquisite Asian haute cuisine that offers a complexity of flavours in a spectacular overwater setting as the sun sets.

Dinner: 6.30 pm – 10.00 pm
*Included in half board and full board
Closed on Tuesdays*

SEA

Dégustation dining and fine wines await beneath the sea.

Breakfast: 8.30 am – 10.30 am

Lunch: 12.00 noon – 2.00 pm

Dinner: 7.00 pm – 10.00 pm (*Adults only*)

*Family Nights on Monday
Message in a Bottle: Every Saturdays and Wednesdays
Price: USD 450++ per person / Kids: USD 200++ per child
(children must be 8 years and above)*

FIRE

Teppanyaki brings to life a traditional style of Japanese Teppanyaki cuisine creating a fun and lively dining experience.

Dinner: 6.30 pm – 10.00 pm
Closed on Tuesdays

MANZARU

Dine and socialise in our Mediterranean-inspired restaurant with an engaging bar offering the widest gin selection in the Maldives

Lunch: 12.00 noon – 5.00 pm

Dinner: 6.30 pm – 10.00 pm
Closed on Fridays

PLATES

Gourmet Breakfast: 7.30 am – 11.00 am

Asian Theme Nights (*Tuesday*)

6.30 pm – 10.00 pm
Included in half board and full board

Lobster and Champagne Dinner (*Sunday*)

7.00 pm – 10.00 pm

Price: USD 245++ per person
*(Inclusive a bottle of Brut Champagne per couple)
USD 295++ per person
(Inclusive a bottle of Rosé Champagne per couple)
Half board / Full board credit applies*

Family Style BBQ (*Friday*)

Price: USD125++ per person/USD45++ per child
Half board / Full board credit applies

*Operational timings may change.
Please make reservations via your personal Villa Host
at least 24 hours prior to your mealtime.*



CELEBRATE
Love
IN PARADISE

VALENTINE'S DAY PROGRAMME 2024

EXCLUSIVE EXPERIENCES

Valentine's Day Private Beach Breakfast

Enjoy the beginning of a new day by celebrating love together over a private breakfast with oysters, caviar and Champagne.

Price: USD 1000++ per couple

Venue: Private Beach

This experience is exclusive to one couple. Prior reservation is required. Please contact your Villa host for enquiries and reservations.

Sailing into Love

Indulge in an exclusive romantic dinner on the Indian Ocean aboard our yacht. Experience a specially crafted romance-themed ambiance, complemented by a set menu and the exquisite touch of 1 bottle each of Cristal Rosé and Louis Roederer.

Time: 7.00 pm - 10.00 pm

Price: USD 4500++ per couple

Venue: Yacht

This experience is exclusive to one couple. Prior reservation is required. Please contact your Villa host for enquiries and reservations.

Savour and Soothe Romantic Indulgence

Indulge in an exclusive couple's massage followed by a secluded dining experience on one of our private beaches, ensuring maximum privacy. This blissful romantic experience includes one bottle each of Cristal and Louis Roederer for an added touch of luxury.

Time: 7.00 pm - 10.00 pm

Price: USD 2800++ per couple

This experience is exclusive to one couple. Prior reservation is required. Please contact your Villa host for enquiries and reservations.

Castaway Experience

Experience the ultimate feeling of a romantic escape as you share a side-by-side followed by a glass of Champagne with that special someone on your own desert island. While you take in the amazing sunset, this unforgettable evening under the stars includes a BBQ dinner, with 1 bottle each of Cristal and Louis Roederer Rose, plus a full wine menu with live entertainment provided by a solo artist. A couple's massage during the afternoon is the perfect way to get in the mood for this special evening.

Time: 7.00 pm – 10.00 pm

Price: USD 9,500++ per couple

Venue: Sandbank

This experience is exclusive to one couple.

Prior reservation is required. Please contact your Villa host for enquiries and reservations. All prices are subject to 10% service charge and 16% government tax.

ROMANTIC DINING JOURNEYS

Beachside Cabana Retreat

Indulge in a set menu served in the romantic ambiance of a candle-lit cabana on the beach, accompanied by one glass each of Cristal Rosé and Louis Roederer. Elevate the evening with a serenade from our resident duo band.

Time: 7.00 pm – 10.00 pm

Price: USD 890++ per couple

Venue: Kihavah Beach

This experience is limited to 20 couples.

Romance at Sea

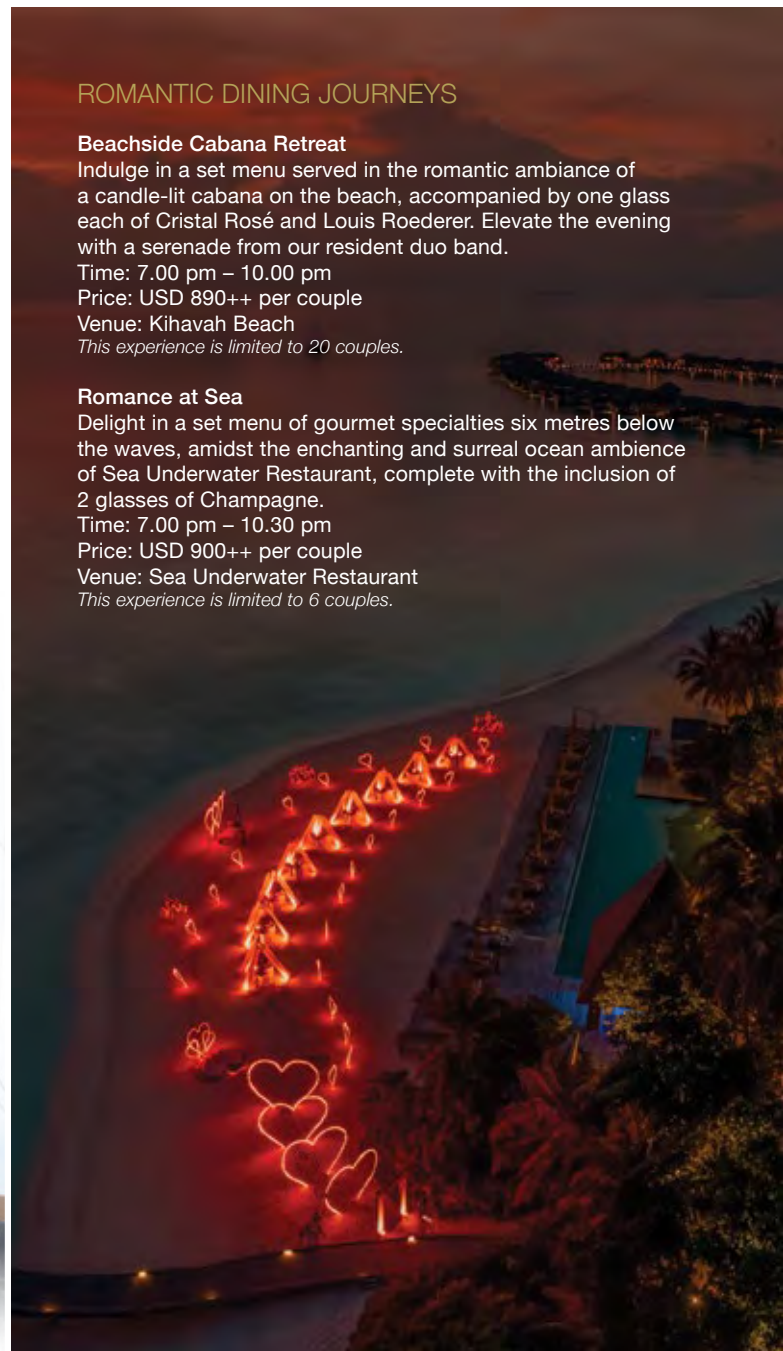
Delight in a set menu of gourmet specialties six metres below the waves, amidst the enchanting and surreal ocean ambiance of Sea Underwater Restaurant, complete with the inclusion of 2 glasses of Champagne.

Time: 7.00 pm – 10.30 pm

Price: USD 900++ per couple

Venue: Sea Underwater Restaurant

This experience is limited to 6 couples.



FLAMES OF LOVE:

A Romantic Dinner at Fire Restaurant

Indulge yourselves with the set menu of delightful specialties in the romantic atmosphere of the newly refurbished Fire restaurant, with 2 glasses of Champagne included.

Time: 7.00 pm – 10.30 pm

Venue: Fire Restaurant

Price: USD 400++ per couple

This offer is limited to 4 couples at maximum.

Castaway Experience with Island Picnic

Immerse yourselves in the blissful island paradise and relish a specially curated picnic lunch. Let the waves serenade your love story as you create unforgettable moments amidst the breathtaking beauty of this secluded haven.

Time: 12.00 noon – 2.00 pm

Price: USD 370++ per couple

This experience is limited to 6 couples.

Floating Breakfast

Enjoy the beginning of a new day by celebrating love together over a private breakfast with oysters, caviar and Champagne at your private pool villa.

Time: 9.00 am – 11.00 am

Price: USD 650++ per couple

Venue: Your Private Pool Villa

This offer is limited to 3 couples.

Prior reservation is required. Please contact your Villa host for enquiries and reservations.



ROMANTIC ADD-ONS

Pool Decoration

Price: USD 4500++

Decorating a pool with red roses can create a stunning and romantic ambiance. Incorporate red roses into your pool decoration

** Floating breakfast is not included and charged separately.*

Flower Bouquet Catalogue (For pre-arrival guests)

Price: USD 450++

Order in advance and surprise your loved one with our exclusive Valentine's Day Flower Bouquet. Choose from our curated collection and customise each arrangement with different sizes and personalised cards.

Advanced orders are required to ensure a perfect arrangement awaits your arrival.



EXCITING EVENT

Pink Party

Glamorous yet informal, come and dance Valentine's night away to live music and a DJ with only sand beneath your feet and the stars over your head.

Venue: SKY Bar

Time: 9:00 pm onwards

Price: Beverage upon consumption



SPA & WELLNESS

Escape together for unforgettable romantic indulgence this February, the month of love! at Anantara Spa Available from Thursday 1 – Thursday 29 February 2024

Choose from the following two packages designed exclusively with couples in mind.

A Valentine's Dream

(180 minutes) USD 1250++ per couple

Lay side by side and submit yourselves to healing hands as you experience a deep sense of bliss and harmony.

Foot Ritual • Guided Meditation • Exfoliating Scrub
• Couples Massage • Romantic Bath

Treatment includes bottle of Champagne and guilt free vegan chocolate organic cheesecake to enjoy together at the spa.

Non – alcoholic version available with Wellness Beverages

Couples Dream Catcher

(120 minutes) Wellness Treatment USD 795++

Discover a new feeling of total relaxation by allowing your body to be showered with the healing sounds of singing bowls, an unforgettable experience which helps to reconnect two energies and make them one in harmonious union again.

Flower Essence Therapy • Foot Ritual • Yoga Stretch
• Sound Healing • Reconnection Experience
(Couples' energy reconnection through touch & energy alignment)
Wellness beverages + guilt-free vegan cheesecake

RECONNECTING TAIJUTSU X MUAY THAI COUPLES EXPERIENCE

60 minutes USD 385++ per couple (Couples Cool Down Stretches included)

Thursday 1 – Thursday 29 February 2023

Join your partner in the ring for simultaneous sessions of Muay Thai and Taijutsu, enhancing the appeal of our comprehensive training. Collaborate with skilled instructors, Sheila the Muay Thai Maestro, and Made the Taijutsu Master.

Muay Thai, the "Art of Eight Limbs," hails from Thailand, featuring striking techniques with fists, elbows, knees, and shins, ideal for self-defense and competition.

Taijutsu, a Japanese martial art, emphasises unarmed combat techniques, covering strikes, kicks, throws, joint locks, and evasion maneuvers for effective self-defense in close combat.



Spring

FESTIVAL DINNER

Celebrate the Lunar New Year with your loved ones over dinner in the refreshing seaside ambiance. Indulge in a sumptuous spread of authentic dishes, meticulously crafted by our skilled chefs, promising a gastronomic adventure for the senses. On this special day, guests will enjoy a traditional lion dance along with other captivating performances and live music.

Date: Saturday 10 February 2024
Time: 6.30 pm Cocktail / 7.30 pm Dinner
Venue: Kihavah Beach
Price: USD 295++ per person (*Half board credit applicable*)

*For reservations, please contact your Villa Host.
All prices are subject to 10% service charge and 16% government taxes.*



MESSAGE IN A BOTTLE A SENSORY IMMERSIVE DINING AT SEA UNDERWATER RESTAURANT

Experience the first ever truly immersive underwater dining in the Maldives at our award-winning SEA Restaurant. Prepare to be captivated as you embark on a 3D sensory journey beneath the waves, surrounded by the mesmerising beauty of the Indian Ocean. Indulge in a feast for the senses with our enchanting "Message in a Bottle" themed dining experience, transporting you to a realm of pure magic and wonder.

Operational Days: Saturdays and Wednesdays
Price: USD 450++ per adult
USD 200++ per child (must be 8 - 11 years old)
Maximum Seating Capacity: 16 guests

*Advanced reservation is required.
Please contact your Villa Host for more information.*



OCEAN DISCOVERIES

EXPLORE THE BEST HOUSE REEF IN THE MALDIVES

DISCOVER SCUBA DIVING

Get up close with colourful schools of fish! Experience Scuba Diving with our professional instructors exploring our beautiful house reef and hopefully spotting one of our resident Hawksbill Turtles!

USD 250++

For non-divers; theory, confined water session, dive)



LUXURY YACHT CHARTERS

Experience an element of adventure in deluxe surroundings on board Ocean Whisperer, a 24 metre luxury gullet ideal for romantic escapes, cruising days on the Indian Ocean or exclusive private diving and snorkelling.

PRIVATE SUNSET CRUISE

Price: USD 1,250++

Time: 5:00 pm – 6:30 pm

Watch the sun going down over the horizon sipping on Champagne and savouring delicious canapés and gourmet chocolates prepared by our Executive Chef. Includes one bottle of Champagne, canapés and gourmet chocolates.

Price includes 4 guests. Additional guests at USD 225++ per person.

SUNSET CRUISE

Price: USD 225++ per person

Time: 5:00 pm – 6:30 pm

Along with other guests watch the sun going down over the horizon sipping on your Champagne and savouring delicious canapés and gourmet chocolates prepared by our Executive Chef. Includes one glass of Champagne, canapes and gourmet chocolates.

Minimum 4 adults for the trip to depart

FULL-DAY CHARTER

Price: USD 6,800++

Time: 9:00 am – 5:00 pm (8 hours)

Watch dolphins, snorkel with turtles, stop on a sandbank for an incredible photo shoot or a scenic lagoon swim. Package includes lunch basket for 4 guests and a bottle of Champagne.

Additional guests at USD 680++ per person.

HALF-DAY CHARTER

Price: USD 3,600++

Time: 9:00 am – 1:00 pm or 2:00 pm – 6:00 pm (4 hours)

Cruise around the Indian Ocean, watch dolphins, snorkel with turtles or stop by a scenic sandbank.

Package includes lunch basket for 4 guests and a bottle of Champagne. *Additional guests at USD 360++ per person.*

HOURLY YACHT RENTAL

Price: USD 900++ per hour (minimum 2 hours)

Price includes 4 guests.

Additional guests at USD 125++ per person per hour.

PRIVATE DIVE OR MANTA SNORKEL BY YACHT

Price: USD 4,200++

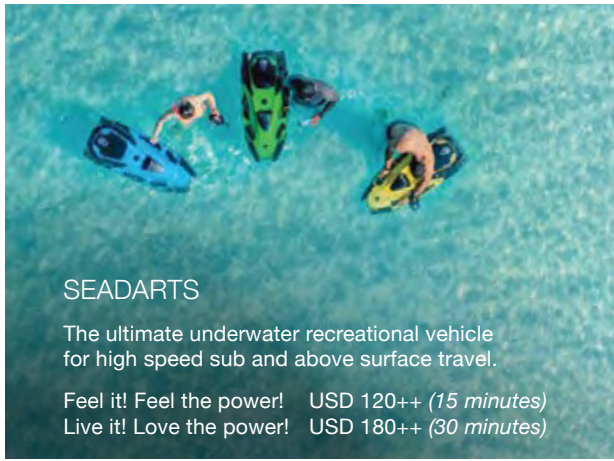
Time: 9:00 am – 1:00 pm or 2:00 pm – 6:00 pm (4 hours)

Explore Baa Atoll snorkelling, swimming with manta rays (seasonal) or completing a dive at one of our favourite sites.

Package includes one dive or manta snorkel, lunch basket and a bottle of Champagne for two guests.

Additional guests at USD 360++ per person.





SEADARTS

The ultimate underwater recreational vehicle for high speed sub and above surface travel.

Feel it! Feel the power! USD 120++ (15 minutes)
Live it! Love the power! USD 180++ (30 minutes)



KIDS MARINE BIOLOGY ADVENTURES

With three exciting programmes to choose from, there will be one perfectly suited for your young mermaid or merman. Participation in our Dolphin, Turtle or Diver Programme is sure to educate, delight and inspire our younger generations. Enjoy presentations, a visit to SEA underwater restaurant, guided activities and more.

Please ask your Villa Host or Dive Centre for more information.

MEET OUR MARINE BIOLOGISTS REY GELERA AND NURIA COSTA



At Anantara Kihavah Villas, we appreciate and respect the importance of protecting and sustaining the incredible environment within which we are so fortunate to operate.

To this end, we have established a Bio Centre. Staffed with two resident Marine Biologists and a Bio Centre team, our centre affords unique opportunities to discover and explore marine life, and to partake in our Coral Adoption programme.

Join our resident Marine Biologists for a weekly presentation on one of our many marine-related topics. Enjoy an educational discussion and bring your questions! They are very keen to share their enthusiasm for our beautiful reef and its many inhabitants.

Date: Every Tuesday

Venue: Manzaru Loft

Time: 6.00 pm

* This activity is complimentary



CAPTURE UNFORGETTABLE MOMENTS COUPLE'S PHOTOGRAPHY SESSION

Picturesque offers tailor-made, on-call photography services to capture your beautiful romantic moments together for a lifetime keepsake. Bespoke sessions may be arranged through your Villa Host.

Bronze Package: 60 mins USD 350++

(30 edited images and a USB)

Silver Package: 90 mins USD 450++

(45 edited images and a USB)

Gold Package: 2 hrs USD 550++

(60 edited images and a USB)

Platinum Package: 2 hrs USD 700++

(100 edited images, an A4 sized 20-page photo book and a USB)



THE LUXURY
EDITION

CHECK OUT OUR BOUTIQUE SHOP

The Luxury Edition boutique offers luxury resort wear from all over the world for women, men, and children. Our collections include ready-to-wear, evening wear, swimwear, shoes, hats, sunglasses, bags, hair accessories, toiletries, organic and reef friendly sunscreen, and more.

Our brands include: Zimmermann, Cult Gaia, The Attico, Elena Makri, Fedeli, Charo Ruiz, Bond-eye, Marie France Van Damme, Kalita, Hansine, and more.

LOVE OUR REEF HELP US PROTECT IT

Immersing guests in the spirit of giving back, Anantara Kihavah invites you to donate USD 1 per night for our Dollar for Deeds programme. The resort will match the donations dollar for dollar during their stay to raise funds to support initiatives focusing on protecting our flourishing reefs, reducing our impact on the environment and promoting sustainability.



WELLNESS SANCTUARY

INTRODUCING OUR NEW WELLNESS SANCTUARY.

Embark on transformative treatments within our newly dedicated Over Water Wellness Sanctuary—an idyllic and serene space crafted to enhance your overall wellbeing. Elevated above calm waters, our sanctuary is equipped to deliver a range of treatments from our extensive wellness menu. Tailored to nurture your holistic health, these offerings include invigorating massages, mindfulness sessions, and personalised wellness programmes. Complementing these are inclusive activities such as group Yoga, Sound Healing, and engaging Wellbeing Workshops.

For further details please see the Wellness Activity calendar or ask your Villa Host to book a complimentary Wellness Discovery Consultation to design your personalised wellbeing experience.



WELLNESS SANCTUARY TREATMENTS

HEALING MESSAGES

BESPOKE HEALING MESSAGE

60 mins USD 250++ / 90 mins USD 300++

A custom-made healing massage therapeutically tailored to your specific needs and preferences. It aims to address physical discomfort, promote relaxation, and enhance overall well-being through a customised approach.

KIHAVAH SIGNATURE HEALING

90 mins USD 250++

Feel at one with your surrounds and the wellness elements of air, fire and earth. Submit to gentle soothing massages and the hypnotic sound of singing bowls.

Consultations

AYURVEDIC DOSHA ANALYSIS - CONSULTATION

30 mins *Complimentary

Discover your Ayurvedic body type through assessment based on traditional Ayurvedic principals to establish your personalised ayurvedic and wellness programme.

** For more information on Wellness Sanctuary treatments and programmes, please ask your villa host or Anantara Spa.*





WELLNESS DISCOVERY CONSULTATION

The focus of the Wellness Discovery Consultation, is on empowering you to define your wellness goals and treatment preferences. Through detailed discussion with our wellness expert, we'll gain insights into your unique needs. Our aim is to collaboratively design a personalised wellness program that aligns with your aspirations, ensuring a tailored approach to your well-being journey. This consultation serves as a compass, guiding you towards a customised wellness plan that resonates with your individual preferences and objectives.

30 mins *Complimentary

Before your first treatment at the wellness sanctuary we recommend you to complete a wellness discovery consultation with our wellness consultant, so your treatment can be tailored to your unique preferences and goals.



WELLSCAN ELITE

CUTTING EDGE WELLNESS SCREENING AND CONSULTATION.

Experience the future of wellbeing with precise measurements and insightful data, providing a holistic view of your health. From body composition analysis, hormonal screening, and nutritional insights useful for choosing the best suited fitness and wellbeing programmes for you. Discover a new level of health awareness with this state-of-the-art screening device and consultation with our Head of Wellness.

30 mins USD 150++

If you would like to know more about the WellScan Elite, please ask your Villa Host to put you in touch with our Head of Wellness, Kelly Manning. Every guest who books a treatment at the wellness sanctuary throughout February 2024 will receive one complimentary WellScan Elite session complimentary.

EPIGENETIC DINING

EPIGENETIC TEST AND PERSONALISED CUISINE EXPERIENCE

Begin your journey with an Epigenetic Test, a comprehensive assessment tailored to measure your specific dietary requirements. Receive a 30-90 day personalised report and an in-depth analysis with our in-house nutritionist. Indulge in a truly bespoke culinary adventure, where every dish and beverage is artfully curated to resonate with your unique epigenetic profile. Savour the pleasure of dining that's not only exquisite but also aligned with your well-being.

USD 345++ for individuals | USD 650++ per couple

Advance booking is required. Please contact your Villa Host for pricing and reservations.



All prices are subject to 10% service charge and 16% government tax.

VITAMIN IV PACKAGES

MYER'S COCKTAIL

USD 190++

Saline + Vit C

One of the most popular formulas in IV vitamin therapy. Consists of high doses of vitamin C mixed with saline solution to effectively boost the immune system, increased energy, and cellular regeneration

HANGOVER & REDEMPTION

USD 220++

Saline + Vit C + Vit B Complex

Designed to replenish essential vitamins and nutrients, providing a quick and effective recovery. Say goodbye to the aftermath of a night of indulgence and hello to renewed energy and well-being.

SLEEP SUPPORT

USD 250++

Saline + Vit C + Vit B Complex + Magnesium

Crafted to promote relaxation and enhance sleep quality, this infusion delivers a blend of essential nutrients and calming agents. Drift into a deeper, more rejuvenating sleep, waking up refreshed and ready to embrace the day.

DETOX & RECHARGE

USD 250++

Saline + Vit C + Vit B Complex + Glutathione

Potent detoxifying blend, replenishes essential nutrients for refreshed and energizing results. Embrace the revitalizing power of IV therapy for a renewed sense of well-being.

BEAUTY BOOSTER

USD 300++

Saline + Vit C + Vit B Complex + Glutathione + ALA

This specialised infusion is designed to nourish your skin from within, delivering a blend of essential vitamins and antioxidants for a revitalised, radiant complexion. Rediscover your natural glow with this beauty-enhancing treatment.

COMPLETE YOUTHFUL CELL

USD 350 ++

Saline + Vit C + Vit B Complex + ALA + Glutathione + Selenium

Specially formulated to promote cellular rejuvenation, this infusion combines potent elements to support your body's natural renewal processes. Unlock the secret to youthful vitality and embrace a renewed sense of well-being.

Available at the Wellness Sanctuary.



SPA JOURNEY

DETOXIFYING PACKAGE

2 hrs / USD 380++

Chi Nei Tsang – Colon Hydrotherapy – Wellness Beverage (*Kombucha-probiotics*)

A tailored treatment course designed to heal from the inside out. This programme supports your body's detoxification process, helping to eliminate internal elements that can cause harm. The treatment begins with Chi Nei Tsang – healing touch focusing on abdominal massage, to improve physical and emotional health. Followed by Colon Hydrotherapy which involves cleansing the colon, flushing out unwanted toxins, impacted matter, yeasts and other undesirables that build up over time. In doing so, your internal system is instantly hydrated increasing bowel motility and improving nutrient absorption, as well as replacing gut bacteria, raising energy levels, managing the symptoms of IBS and restoring bowel regularity.

All prices are subject to 10% service charge and 16% government tax.



RESIDENT HOLISTIC THERAPIST

SHYAM K.C.

Ayurveda and Yoga expert, Sound Healing Master, Certified Massage Therapist and Reflexologist

Originally from the Himalayas in Nepal, Shyam belongs to the tradition where Ayurveda, Yoga and Sound healing has been practiced for many generations. He has studied and gained valuable work experience on Ayurveda Panchakarma and Yoga from Wellness Hospital and Research center Nepal and completed a Diploma in Massage and reflexology from CIBTAC International Education Board, London, UK. As a point of interest, Shyam studied Acupuncture because he was fascinated in finding out how various parts of the body were interconnected. He has also trained and achieved certification on Oncology massage and wellness care for cancer recovery by Wellness for Cancer, USA.

Ayurvedic Marma and Crystal Healing Facial 60 mins/USD 200++

Treatment focusing on facial pressure points using special massage technique to relax the muscle, fascia, connective tissue combined with destressing Head, neck and decolletage massage. Also, powerful healing crystals will help to bring the sense of physical and emotional balance.

Elakizhi 90mins/USD 350++

Stimulating and rejuvenating treatment using poultice filled with fresh herbal leaves, powders, and spices. Warmed in medicated oils, the poultice is used to massage the entire body to improve circulation and to get relief from joint pain muscle cramp and stress.

Reflexology 60 mins/USD 220++

Reflexology is type of therapy that uses gentle pressure on specific points along the feet to help you feel better. The theory is that this eases stress, and that helps your body work better.

Ayurvedic Rebalancing Massage and Sound Healing

90 mins/USD 350++
120 mins/USD 420++

Personalised Full body massage based on Tri-Dosha to rebalance physiological energies called Vata, Pitta, Kapha. Traditional Himalayan Ayurvedic herbal oils help to assist to get rid from physical and emotional stress and brings a sense of balance. Treatment concludes with hypnotic sound of Vedic Himalayan Singing Bowl and soothing flow of herbal Shirodhara.

Yoga Nidra and Sound Healing 60 mins/USD 100++ per person 60 mins/USD 150++ per couple 60 mins/USD 250++ per family of 4 (additional USD 50++ per person)

Deep yogic relaxation technique combined with the healing sound of Himalayan singing bowls, may improve sleep quality, grounding and rebalancing.

** Further details on Traditional Ayurveda Treatments available with Shyam please see our Spa, Wellness Menu.*



FLOWER ESSENCE THERAPY

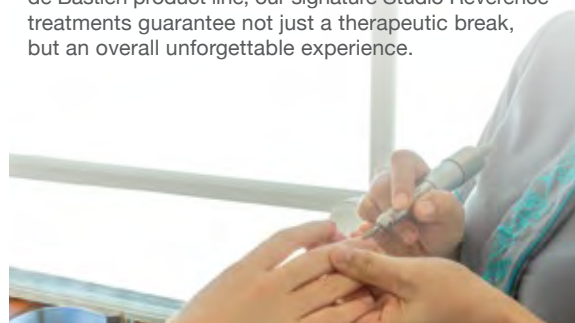
“Bach Flower Essences are powerful yet gentle healing tools that can catalyse the resolution of deep emotional imbalances.”

All dimensions of your emotional wellbeing are considered and addressed in this unique healing consultation. Flower essences allow you to shine the torch on chronic emotional imbalances whilst welcoming remembrance and reconnection to the elements of your whole self. Kelly will guide you on an exploratory journey into your unique patterns of being through conversive exchange and card reading and will prescribe you with your own unique remedy of Bach flower essence to take home with you.

60 mins/USD 180++

STUDIO RÉVÉRENCE BY BASTIEN GONZALEZ

Studio Révérence was designed in line with Bastien Gonzalez’s philosophy of well-being. The uniqueness of a Révérence treatment lies in the fusion of French chiropody with a focus on the natural beauty of hands, feet and nails. Combining professional techniques with the highest quality ingredients in the Révérence de Bastien product line, our signature Studio Révérence treatments guarantee not just a therapeutic break, but an overall unforgettable experience.





VISITING WELLNESS PRACTITIONER

VINOD NARAYANAN

Sound Healing Practitioner and Ayurvedic Healer

Wednesday 6 September 2023 – Sunday 14 April 2024

Vinod Narayanan has over a decade’s experience practicing traditional Ayurveda, Yoga and Pranayama, Shiatsu and Himalayan sound healing in luxury retreats around the world. Hailing from Kerala, India, home of Ayurvedic medicine, Vinod is also personal physician to the President of Guinea and mentor to Ayurvedic specialists throughout Europe.

EXPLORE 5,000-YEAR-OLD TREATMENTS TAILORED TO YOUR DOSHAS USING NATURAL HERBS AND OILS.

Meet with Vinod Narayanan for a complimentary consultation to find inner peace and reconnect.

De Armouring Body 90 mins/USD 350++

This session is the liberation of trauma, stuck energy and undigested emotions from our past. The aim is to reconnect with the essential beauty and joy of life. This process uses specific pressure points, breathing techniques and movement of your kundalini energy to loosen, break up and remove your body’s armour.

Personalised Healing Massage 60 mins/USD 250++ | 90 mins/USD 300++

Whether Shiatsu, hot stone massage or reflexology, Vinod creates a personalised massage tailored to your needs to deeply relax.

Gut-Brain Rewiring 120 mins/USD 450++

Revitalise with a unique and powerful treatment that reconnects the nervous and digestive systems. These elements contribute in fostering mood balance, calming the mind, enhancing digestion, detoxifying, and offering a neuro-gut friendly nutritional supplement*. *Dynamic Breath-Work • Full Body and Abdominal Massage • Frequency Healing • Nutritional Supplement*
* 1-3-month supply depending on individual dosage.

Himalayan Sound Healing Massage 60 mins/USD 280++ | 90 mins/USD 350++



WELLNESS SANCTUARY ACTIVITIES

Time: 30 minutes per activity | Venue: Wellness Sanctuary

<p>SUNDAY</p> <p>11.00 am Medi-Spa IV Bar USD 85++ per person</p> <p>5.30 pm Group Sunset Yoga</p>	<p>WEDNESDAY</p> <p>7.00 am Group Sunrise Yoga</p>
<p>MONDAY</p> <p>7.00 am Group Sunrise Yoga</p> <p>5.30 pm Aerial Yoga USD 55++ (max 2 persons)</p>	<p>THURSDAY</p> <p>11.00 am Sound Healing Workshop</p> <p>5.30 pm Group Sunset Yoga</p>
<p>TUESDAY</p> <p>11.00 am Wellness Talk*</p> <p>5.30 pm Group Sunset Yoga</p>	<p>FRIDAY</p> <p>7.00 am Group Sunrise Yoga + Breathwork</p> <p>11.00 am Wellness Workshop*</p>

* Wellness Talks and Wellness Workshops are led by our in-house wellness masters and the topics may vary depending on the specialist who is leading the session. Please ask your Villa Host for further details on this week’s wellness topics.

TERMS & CONDITIONS

Advanced Booking is required. If you wish to book an activity, please contact your villa host or a member of the Spa & Wellness Team up to two hours before your chosen activity. Please note that all activities with the USD symbol is a chargeable and bookable activity. All prices are subject to 10% service charge and applicable government taxes. All group activities are required minimum of 3 participants. Cancellations of booked activities or private sessions less than 24 hours prior will be charged at 100% of the activity rate.

All prices are subject to 10% service charge and 16% government tax.

RECREATION AND LIFESTYLE ACTIVITIES

MUAY THAI BOXING AND PERSONAL TRAINING SESSIONS

Get fighting fit in the Maldives' first and only Muay Thai boxing ring with a personal instructor. Learn about the fascinating combat history unique martial arts. Punch and kick out stress with pad and mitt work to improve your coordination, agility, stamina, strength and mobility. Engage in a one-on-one session with fitness expert and certified Muay Thai Boxing instructor. Work towards stepping closer to your health and wellbeing goals with personalised sessions in an island paradise setting. Children and family boxing sessions are also available upon request.

Programme	Adult	Child (up to 16 years old)
Private Muay Thai	USD 250++	USD 150++
Private Muay Thai (Couple)	USD 350++	USD 200++
3 Private Lesson	USD 650++	USD 350++
Personal Training	USD 100++	USD 75++
Personal Training (Couple)	USD 150++	USD 100++

Prices are subject to 10% service charge and applicable government taxes.



LIFESTYLE ACTIVITIES DAILY SCHEDULE

DAY/TIME	7.00 am – 7.30 am	11.00 am – 11.45 am	2.00 pm – 2.30 pm	3.00 pm – 3.45 pm	5.00 pm – 5.30 pm
MONDAY	FIT & FUN (Dive Centre Beach)		BASIC TAIJUTSU (Muay Thai Ring)		PUNCH & KICK WORKOUT (Gym Terrace)
TUESDAY	BODY WEIGHT TABATA (Gym Terrace)	ADULT TENNIS CLINIC (Tennis Court)	BASIC MUAY THAI TRAINING (Muay Thai Ring)		CORE SYNERGISTIC TRAINING (Gym Terrace)
WEDNESDAY	SUNRISE RUN (Recreation Area)		ISLAND NATURE WALK (Recreation Area)	KIDS TENNIS CLINIC (Tennis Court)	SUNSET FLOW (Spa Beach Area)
THURSDAY	BOOTCAMP (Recreation Area)		HIIT CHALLENGE (Gym Terrace)		AQUA FITNESS (Manzaru Pool)
FRIDAY	FIT & FUN (Dive Centre Beach)		BASIC TAIJUTSU (Muay Thai Ring)		PUNCH & KICK WORKOUT (Gym Terrace)
SATURDAY	BODY WEIGHT TABATA (Gym Terrace)		BASIC MUAY THAI TRAINING (Muay Thai Ring)		CORE SYNERGISTIC TRAINING (Gym Terrace)
SUNDAY	SUNRISE RUN (Recreation Area)		ISLAND NATURE WALK (Recreation Area)		SUNSET FLOW (Spa Beach Area)

TERMS AND CONDITIONS: * Tennis clinic will require a minimum of 2 participants. * Advanced Booking is required. If you wish to book an activity, please contact your Villa Host or Recreation team up to two hours before your chosen activity. * Outdoor activities are weather dependent.



THITHTHIBOLI

LITTLE CHEFS IN THE MAKING

Complimentary Classes with Kid's Club
 Sunday: Donut Decoration**
 Tuesday: Cupcake Decoration**
 Thursday: Pizza making**
 Parental supervision is required for children under 4 years for all the cooking classes.

KIDS CLUB ADVENTURES

Monday: Pirate Cruise USD 30++ per kid**
 Saturday: Local Island Visit USD 30++** per kid**
 Thursday: Kids beach cinema USD 65++** per kid**

PARENTS NOTICE BOARD:

- * Kids Club is a drop off service for ages 4-12 yrs.
- * All activities are subject to change due to weather or operational reasons
- * Kids Club is open from 10.00 am to 6.00 pm daily for all.
- * Please note some of these activities are water based. Children will be asked to use a life vest regardless of ability.
- * Check the reverse side for special experiences going on throughout the week.
- * Any activity with a USD symbol is a charged activity. Required minimum of 4 kids. Book via Kids Club or Villa Host with a 24 hours notice required.
- * Activity: Henna tattoo please note permission must be given on the registration form otherwise the kids club team will not allow the child to participate in this activity.
- * Any activities with a ** symbol is a bookable activity 24 hours notice is required.
- * Kids Club will be closed during outdoor activities and Excursion.
- * All prices are subject to 10% service charge and applicable government taxes.

All prices are subject to 10% service charge and 16% government tax.

LUX TENNIS PROFESSIONAL ANDREA GUGLIELMO

Hailing from Italy, Andrea is a seasoned tennis professional, boasting over 8 years of experience. His tennis journey commenced at the tender age of 6, and he embarked on his competitive career at 12. After a decade in the sport, he earned a master's degree in Sports Science and qualified as a professional tennis coach and physical trainer, accredited by the Italian Tennis Federation. For a period of 5 years, he served at a top-tier club in Italy, working alongside Potito Starace (former ATP 27) and Riccardo Ghedin (former ATP 109). Presently, Andrea holds the esteemed position of Tennis Director at Anantara Kihavah Maldives Villas, overseeing the tennis programme in collaboration with LUX Tennis.



TENNIS PROGRAMME

Private Lesson (60 mins)

Work on the different aspects of the game and focus on cardio, technique, strategy or just have a fun hit with our LUX Tennis Pro.

Child (up to 16 years old) USD 140++
Adult USD 160++

Additional player at USD 30

Beat the Pro (60 mins)

Challenge our LUX Tennis Pro in a full match. If you manage to win one set, you will receive the session for free!

USD 160++ per person

Kids Tennis Clinic (45 mins – Beginner level)

Open to children ages five to twelve years old. The tennis coach will organise fun games and various exercises to learn the basics of tennis.

Every Wednesday 3.00 pm

Complimentary, for 2 to 8 children

Adult Tennis Clinic (45 mins – Beginner level)

Open to all levels, discover some challenging and innovative training methods. Learn new techniques and sharpen your strategy on the tennis court.

Every Tuesday, from 11.00 am – 12.00 noon



An international tennis management company providing personalised services, Lux Tennis focuses on understanding all clients' needs to ensure a lifetime experience on the court, based on quality coaching and a tailored made programme; from beginners to high performance. Lux Tennis also oversees a repertoire of professional-level tennis coaches who are coaching private clients, VIPs and celebrities, individually and at luxury resorts worldwide.

All prices are in US Dollars and exclusive of 10% service charge and 16% GST. Please note that 100% cancellation fee applies when a session is cancelled less than 3 hours prior. For more information or to make a reservation, please contact the reception or book directly with our LUX Tennis Professional or your Villa Host.

RECREATIONAL AND SPORTS ACTIVITIES

- Kayaking
- Yoga
- Turtle Quest
- Snorkelling
- Anantara Spa
- Dolphin Discovery
- Wind Surfing or Kite Surfing
- Sunset Fishing
- Badminton
- Snorkel Escape
- Tennis
- Sunset Cruise
- Table Tennis
- Cooking Class
- Volleyball
- Diving
- Local Island Trip
- Parasailing
- Thiththi Boli Kid's Club
- Cinema under the Stars

ISLAND EXPERIENCES Rediscover what it means to relax. Days spent at Anantara Kihavah can be as leisurely or as active as you wish.

DIVERSIONS Discover a range of experience in and around our resort and the local islands

Please contact your Villa Host or dial '0' for more information or to make a reservation.

KIHAVAH TEENS FUN ACTIVITIES

Discover the fun and adventurous activities while learning new local culture and stay fit with our Kihavah Teens Activities to make your teen's holidays memorable.

Terms and Conditions:

- Activities are for ages 12 -18 yrs.
- All activities are subject to change due to weather or operational reasons
- Please note some of these activities are water-based. All participants will be asked to use a life vest regardless of ability.
- Any activity with a USD symbol is a charged activity.
- Minimum of 4 participants for each activity.
- All activities are required an advance booking. Book via Villa Host or Recreation Center with 24 hours' notice required.
- Please give 4 hours' cancellation notice on any non-chargeable activities, and 24 hours' notice on any chargeable activities. Without this notification, 50% of the price will be charged to your account, and 100% of the price will be charged for no-shows.

MONDAY

Basic Taijutsu

Time: 2.00 pm – 2.30 pm Venue: Recreation Center

TUESDAY

Beach Futsal

Time: 4.00 pm – 5.00 pm Venue: Dive Center Beach

WEDNESDAY

Body Weight Tabata

Time: 2.00 pm – 2.30 pm Venue: Recreation Center

THURSDAY

Sunset Beach Volleyball

Time: 5.00 pm – 6.00 pm Venue: Dive Center Beach

FRIDAY

Super Body, Super Brain (SBSB)

Time: 5.30 pm – 6.30 pm Venue: Recreation Center * Minimum of 3 children

SATURDAY

Sunset Flow

Time: 5.00 pm – 5.30 pm Venue: Recreation Center

SUNDAY

Sunset Beach Volleyball

Time: 5.00 pm – 6.00 pm Venue: Dive Center Beach

All prices are subject to 10% service charge and 16% government tax.





KIDS BEACH CINEMA

Let the little ones escape into the enchantment of a fantasy film beneath the stars on a tropical beach.

Relax safe in the knowledge that your loved ones are completely immersed in a big screen adventure with tasty snacks and refreshing drinks under the guidance of professional childminders.

When: Every Thursday Time: 7.00 pm
 Venue: Beach Price: USD 65++ per kid
 (Includes popcorn, juices, and water. Additional à la carte kids menu available with extra charges)

* Subject to availability and weather conditions
 * Advance booking is required. Please contact your Villa Host for the booking
 * Minimum of 5 kids required (4 to 12 years age group)



PIRATE CRUISE

Captain Hook is seeking pirates ages 4-12 to join him on the search for hidden treasure! Set sail on a pirate adventure in full costume, following clue to discover and tour the waters of the Baa Atoll, whilst keeping an eye out for passing dolphins. All aboard, say aye!

USD 30++ per child, adventure includes treasure hunt and 60-minute speed boat cruise around the Kihavah lagoon.

Every Monday from 4.30 pm to 5.30 pm
 (subject to weather conditions) Minimum of 4 children required for activity to be booked, up to a maximum of 15 children. Advance reservation is required.

THITHTHIBOLI ACTIVITIES GUIDE

SUNDAY NATURE DAY	MONDAY PIRATE DAY	TUESDAY COCONUT DAY	WEDNESDAY OCEAN DAY	THURSDAY FUN DAY	FRIDAY KIHAVAH DAY	SATURDAY WELLNESS DAY
Stay and Play 10.00 am – 10.30 am						
Activity Match the Tree 10.30 am – 11.30 am	Activity Skeleton Making 10.30 am – 11.30 am	Activity Coconut Painting 10.30 am – 11.30 am	Activity Finding Sea Creatures 10.30 am – 11.30 am	Activity Simon Says 10.30 am – 11.30 am	Activity Origami 10.30 am – 11.30 am	Activity Tricky Ball 10.30 am – 11.30 am
Activity Holiday Book Making 11.30 am – 12.30 pm	Activity Pirate Flag Making 11.30 am – 12.30 pm	Activity Spot the Difference 11.30 am – 12.30 pm	Activity Shell Painting 11.30 am – 12.30 pm	Activity Pasta Painting 11.30 am – 12.30 pm	Activity Language Exchange 11.30 am – 12.30 pm	Activity Musical Hart 11.30 am – 12.30 pm
Lunch Break Movie 12.30 pm – 2.30 pm	Lunch Break Storytelling 12.30 pm – 2.30 pm	Lunch Break Memory Game 12.30 pm – 2.30 pm	Lunch Break Just Dance 12.30 pm – 2.30 pm	Lunch Break Movie 12.30 pm – 2.30 pm	Lunch Break Mario Kart 12.30 pm – 2.30 pm	Lunch Break Storytelling 12.30 pm – 2.30 pm
Master Chef Doughnut Decoration** 2.30 pm – 3.30 pm	Activity Skeleton Hunting 2.30 pm – 3.30 pm	Kihavah Master Chef Cup Cake Decoration** 2.30 pm – 3.30 pm	Activity Guess What 2.30 pm – 3.00 pm	Kihavah Master Chef Pizza Making** 2.30 pm – 3.30 pm	Activity Bracelet Making 2.30 pm – 3.30 pm	Activity Magic Painting 2.30 pm – 3.30 pm
Activity Organic Garden Tour 4.00 pm – 5.00 pm	Activity Pirate Cruise Preparation 4.00 pm – 4.30 pm	Activity Coconut Opening 4.00 pm – 5.00 pm	Activity Kids Tennis Clinic** 3.00 pm – 3.45 pm	Activity Tag 4.00 pm – 5.00 pm	Activity Kihavah Your 4.00 pm – 5.00 pm	Activity Local Island Preparation 4.00 pm – 4.30 pm
Activity Beach Walk 5.00 pm – 6.00 pm	Activity Pirate Cruise USD 30+*** 4.30 pm – 5.30 pm	Activity Beach Football 5.00 pm – 6.00 pm	Activity Marine Talk 5.00 pm – 6.00 pm	Activity Nature Drawing 5.00 pm – 6.00 pm	Activity Sand Castle Making 5.00 pm – 6.00 pm	Activity Local Island Visit USD 30+*** 4.30 pm – 5.30 pm
				Activity Beach Cinema USD 65+*** 7.00 pm		

PARENTS NOTICE BOARD: Kids Club is a drop off service for ages 4-12 years. | All activities are subject to change due to weather or operational reasons Kids Club is open from 10.00 am to 6.00 pm daily for all. | Please note some of these activities are water based. | Children will be asked to use a life vest regardless of ability. | Required minimum of 4 kids. | Book via Kids Club or Villa Host with a 24 hours notice required. | Activity: Henna tattoo please note permission must be given on the registration form otherwise the kids club team will not allow the child to participate in this activity. | Any activities with a ** symbol is a bookable activity, 24 hours notice is required. | Kids Club will be closed during outdoor activities and Excursion. | All prices are subject to 10% service charge and applicable government taxes.



- 1 Plates Restaurant
- 2 Manzaru Restaurant and Swimming Pool
- 3 Organic Garden
- 4 Boutique Shop
- 5 SEA.FIRE.SPICE.SKY.
- 6 Anantara Spa
- 7 Thiththi Boli Kids' Club
- 8 Recreation Centre
- 9 Elements Dive and Watersports Centre
- 10 Tennis Court
- 11 Cinema Under the Stars
- 12 Nala Orchid Garden
- 13 Pirate Cruise
- 14 House Reef