

THE COCONUT TELEGRAPH

APRIL 2024


ANANTARA
KIHAVAH • MALDIVES
VILLAS

Sunset Serenades & Gourmet Escapades

TAG US YOUR MOMENTS @ANANTARAKIHAVAH

 @anantarakiavah

 AnantaraKihavahMaldives

 **TikTok** @anantarakiavahmaldives

FOLLOW US TO SEE OUR
INSPIRING REAL TIME REELS

SIPS & SWEETS AT SKY
COCKTAILS AND
DESSERT EXPERIENCE

ALL THAT JAZZ
SPECIAL CABANA NIGHT



**PRESSREADER CONNECTING
PEOPLE THROUGH NEWS.**

An all-you-can-read digital newsstand
with thousands of the world's most
popular newspapers and magazines.



**Enhance your stay
DOWNLOAD THE
ANANTARA APP
to find out about our
promotions and activities.**



**WONDERS
of KIHAVAH
REEF BOOK**

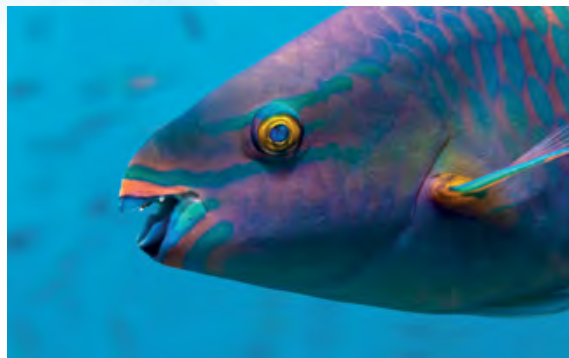
Marhaba!

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.

This April, immerse yourself in an array of experiences at our tropical haven. Join us for Riviera Nights every Friday at Manzaru Beach, savouring Mediterranean delights and fine wines. Indulge in gourmet dinners and live performances. 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

Anantara Kihavah's house reef is a thriving ecosystem, boasting over 300 species of tropical fish and captivating marine creatures. Among these treasures, the vibrant presence of Tricolour parrotfish stands out, their colourful hues adding to the underwater kaleidoscope. These fascinating fish play a crucial role in the ecosystem, as they munch on coral and excrete sand, contributing to the building of both corals and islands. Their constant activity ensures the continuous renewal and growth of the underwater landscape, making every dive an exploration of nature's intricate beauty.

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

RIVIERA NIGHT

Experience a delightful culinary journey where the rhythmic waves and delectable cuisine create a unique atmosphere. Our Riviera Night is a celebration of the rich culinary heritage of the Mediterranean, promising an unforgettable journey for your palate featuring enticing live stations, and a thoughtfully curated selection of exquisite wines and cocktails, carefully chosen to complement the flavours of the Riviera.

Date: Every Friday
Time: 7.00 pm – 10.00 pm
Price: USD 195++ (Half board/ Full board
credit of USD 50 net per adult is offered)
USD 95++ per child (below 12 yrs)
Venue: Manzaru Beach

For more information, please contact your personal Villa Host



SIPS & SWEETS AT SKY

Cocktails and Dessert Experience
Experience an indulgent treat for your senses at SKY Bar with our exclusive Cocktail & Dessert Spectacular. Our talented Chef and Mixologist have curated a limited-time menu featuring delightful cocktails and desserts, promising a fusion of flavours that will leave a lasting impression.

Date: Monday 1 April – Tuesday 30 April
Venue: SKY Bar
Price: USD 45++



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

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!

Dinner: 6.30 pm – 10.00 pm *(Closed on Tuesdays)*



LOBSTER AND CHAMPAGNE NIGHTS

Sip Champagne and relish decadent lobster cuisine under the blanket of a star-studded sky, surrounded by pristine beach and serenaded by live music.

Date: Every Sunday

Time: 7.00 pm – 10.00 pm

Price: USD 245++ pp *(Inclusive a bottle of Brut Champagne per couple)*

USD 295++ pp *(Inclusive a bottle of Rosé Champagne per couple)*

A credit of USD 50 net per person is offered to guests on Half Board. For more information, please contact your personal Villa Host.

IN-VILLA DINING

Private dining moments or friendly gatherings catered for in your villa or residence

Choose to dine in your villa or dining pavilion any time you like. Whether breakfast for the family before a day's excursion or a picnic lunch by the pool, opt for a time that suits you. A selection of favourites is available, and special requests are catered for too.

Make an occasion of dinner with friends as you watch fishes swim by your deck or unwind with a casual get-together in your private sala.



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.



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

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: 7.00 am – 10.30 am

Breakfast at Plates: 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

Riviera Night *(Every Friday)*

7.00 pm – 10.00 pm

Price: USD 195++ *(Half board/ Full board credit of USD 50 net per adult is offered)*

USD 95 ++ per child *(below 12 yrs)*

Venue: Manzaru Beach

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

THE FINEST OF KIHAVAH
WINE
DINNER

JOURNEY TO SUPER TUSCAN

Join us for a delightful evening of savoury delights, where iconic Super Tuscan wines take centre stage. Let our resident Wine Maestro, Lenka Praveen, guide you through a curated selection, revealing the unique charm and prestige of these exceptional Italian blends. Delight in a 5-course dinner prepared by Executive Chef Joachim Textor, creating a perfect harmony of flavours to enchant your taste buds.

Date: Monday 1 April 2024
Time: 7.00 pm – 7.30 pm Aperitif at Plates Beach / 7.30 pm onwards Dinner
Venue: Plates Restaurant
Price: USD 295++ per person (Half board/Full board credit applicable)

*Advance booking is required as the seating is limited to 20 guests for dinner.
Please contact your Villa Host for reservations or more information.*

NATIONAL BEER DAY

Join us on National Beer Day for a celebration of craft brews like no other! Indulge in our special beer bucket featuring a curated selection of premium craft brews.

Date: Sunday 7 April 2024
Price: USD 45++



GIN & TONIC DAY

Join us at Manzaru Bar to celebrate Gin & Tonic Day with a specially crafted menu featuring a delightful variety of gin and tonic pairings. From timeless classics to innovative twists, discover the perfect G&T to suit your taste.

Date: Tuesday 9 April 2024
Time: 9.00 am – 11.00 pm
Price: USD 24++ per cocktail
Venue: Manzaru Bar



Eid Al-Fitr Celebration

Experience a stylish Eid al-Fitr celebration at Plates Restaurant featuring the rhythmic beats of Boduberu drums and captivating music from a Duo band, all complemented by a mesmerising belly dance performance. Join us for an unforgettable evening brimming with music, dance, and delectable cuisine as we come together to commemorate this joyous occasion in grandeur.

Date: Tuesday 9 April 2024
Time: Dinner 6:30 pm
Venue: Plates Beach
Price: USD 195++ per adult / USD 95++ per child
(Half board/Full board credit is applicable)



AMARETTO DAY

Indulge in the distinctive sweet and nutty flavour of Amaretto as we feature it in a variety of cocktails, ranging from classic favourites to innovative new creations.

Date: Friday 19 April
Price: USD 24+++ per cocktail
Venue: SKY Bar



FULL MOON PARTY

Experience a night of electrifying DJ beats and enchanting ambiance at the breathtaking SKY Bar, where the moonlight sets the perfect backdrop. Immerse yourself in the rhythm as you indulge in a free flow of selected beers, wines, and other beverages all night long and make the most of this opportunity to dance under the moonlight, creating unforgettable memories.

Date: Monday 23 April
Time: 9.00 pm
Venue: SKY Bar
Price: Charged per consumption



ALL THAT JAZZ!!!

Special Cabana Night with Set Menu

Join us for an unforgettable evening under the stars as we celebrate International Jazz Day at Manzaru Beach. Set against the backdrop of the stunning Maldivian sunset, this exclusive event promises an evening of fine dining, live jazz music, and the gentle lapping of waves on the shore. Our Special Cabana Night experience offers guests the opportunity to indulge in a luxurious dining experience unlike any other. Relax in your private cabana, adorned with soft lighting and comfortable seating, as you enjoy the soulful sounds of live jazz music performed by talented musicians. Our set menu, curated by our team of expert chefs, features a delectable selection of dishes inspired by international cuisine. From fresh seafood to succulent meats and decadent desserts, each dish is carefully crafted to tantalize your taste buds and satisfy your cravings.

Date: Tuesday 30 April
Price: USD 345++ per person
USD 150++ per child (12 yrs and below)
(Half board/ Full board credit of USD 50 net per adult is offered)
Time: 7.00 pm – 10.00 pm
Venue: Manzaru



SUSTAINABILITY & DINING

Locally Grown Hydroponic Greens

At Anantara Kihavah, we embrace innovative sustainability practices and support initiatives like hydroponic farming in the Maldives. Amidst the challenges of limited land and soil, we locally source several crops from the Baa Atoll, where innovative agricultural techniques, particularly hydroponic farming, are employed. Within controlled indoor environments, a variety of edible plants are meticulously nurtured and monitored, grown sustainably using only natural fertilisers. Join us as we introduce our locally sourced hydroponic greens and honeydew melons to our breakfast offerings, showcasing our commitment to sustainability while providing a fresh and flavourful start to your day.



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



RESIN ART WORKSHOP

Discover the artistry of resin with THONArtisan, a local self-taught resin artist whose work draws inspiration from the breathtaking nature of the Maldives, particularly the shorelines and islands. In this beginner friendly class, participants will learn the basics of working with resin, from mixing and pouring to crafting their own unique designs.

Children's classes feature activities tailored for easy participation, allowing younger ones to create their own trinkets like pendants and key chains, expressing their unique creativity. Adult classes present more advanced challenges, focusing on creating ocean-themed artwork.

Take pride in bringing home your finished resin masterpieces, allowing you to carry a piece of the beautiful Maldivian home with you.

Date: Monday 1 April and Tuesday 2 April

Adults Classes

Time: 10.30 am – 12.30 pm

Price: USD 300++ per adult

Children's Classes

Time: 2.30 pm – 4.30 pm

Price: USD 150++ per child

* Venue to be announced. Please contact your Villa Host for sign-up or more information.

BIG GAME FISHING (GULF CRAFT)

Big Game Fishing

Time: 5.00 am – 9.00 am
or 2.00 pm – 6.00 pm

Price: USD 2,150++

Full Day Big Game

Time: 5.00 am – 1.00 pm

Price: USD 3,100++

Half Day Big Game Fishing Outside Schedule

Price: USD 2,350++

Prices for the above activities are for 6 guests.

Additional guests at USD 305 per person for 4hr trips and USD 600 per person for 8hr. Additional hour USD 650++

Casting and Jigging (2 hours)

Price: USD 1,950++

Price for the above activity is for 4 guests. Additional guests not advised. Additional hour USD 650++

Traditional Tuna Trolling (2 hours)

Time: 6.00 am – 8.00 am

Price: USD 1,850++

Price for the above activity is for 4 guests.

Additional guests not advised. Additional hour USD 650++.



SEA

GOURMET MEALS UNDER THE OCEAN'S WAVES
IN AN UNDERWATER RESTAURANT.

Journey beneath the water for an unforgettable Maldivian dining experience. Explore the world's first underwater wine cellar before you reach a dining room surrounded by the sea. Watch sharks, turtles, and tropical fish swim by as you savour gourmet dining at its finest.

Lunch: 12.00 noon – 2.00 pm

Adults: USD 295++ per person (excluding beverages)

USD 445++ per person (with wine pairing)

Children (below 12 years): USD 55++ per person

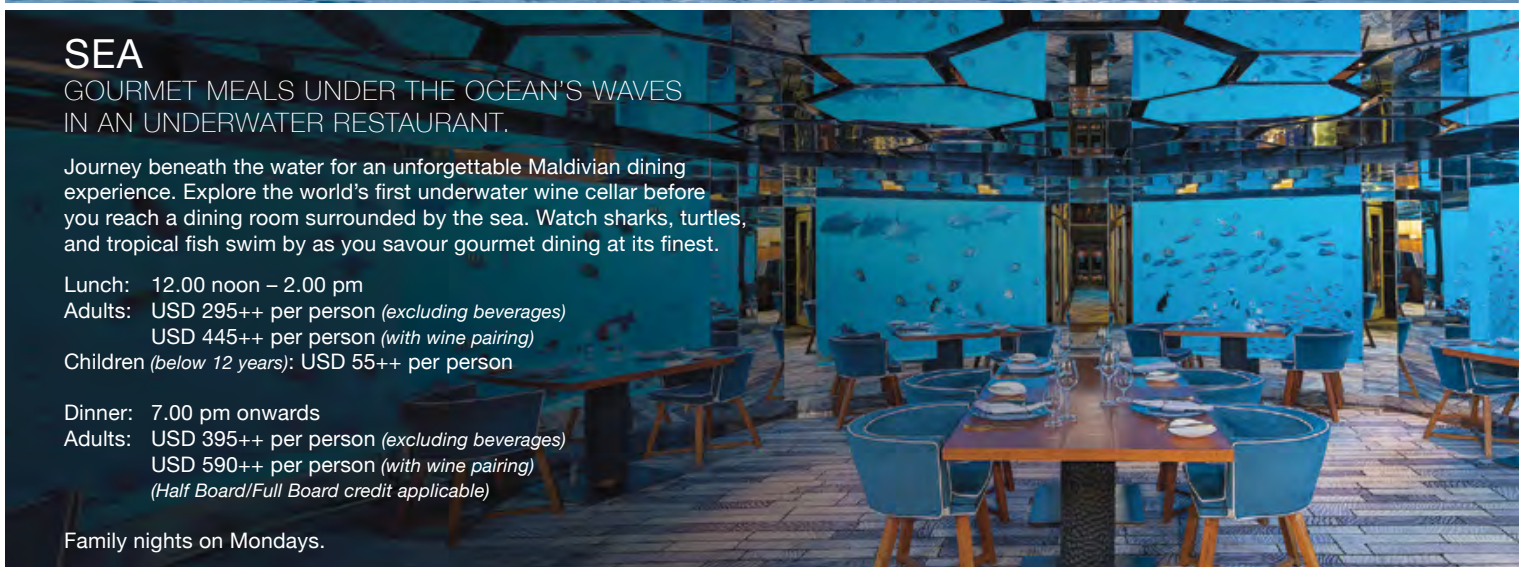
Dinner: 7.00 pm onwards

Adults: USD 395++ per person (excluding beverages)

USD 590++ per person (with wine pairing)

(Half Board/Full Board credit applicable)

Family nights on Mondays.





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.

MEET OUR MARINE BIOLOGIST REY GELERA



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.

In line with this commitment, we have appointed a resident Marine Biologist to spearhead initiatives aimed at enabling guests to discover and explore marine life, as well as participate in our Coral Adoption programme.

Join our Marine Biologist for a weekly presentation on one of our many marine-related topics. Enjoy an educational discussion and bring your questions.

Date: Every Tuesday Venue: Manzaru Loft Time: 6.00 pm
* This activity is complimentary

PARASAILING

Soar in a cloudless sky above the islands on Chute Me, a fully-rigged parasail boat.

Price: USD 150++ per person
USD 30++ Non-participatory passenger
Time: 20 minutes per flight
maximum 140 kg for tandem combined weight;
minimum 2 people



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.



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.



CHECK OUT OUR BOUTIQUE SHOP

THE LUXURY
EDITION

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.

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)



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

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 Massages

BESPOKE HEALING MASSAGE

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

COLLAGEN GOLD FACIAL

USD 120++ 30 mins

A combination of cleansing facial massage with Collagen Gold Mask to nourish your skin and promote relaxation.

HEAD, NECK AND SHOULDER MASSAGE

USD 120++ 30 mins

Embark on 30 minutes of bliss with our head, neck and shoulder massage. Relieve tension, unwind and emerge refreshed for the day ahead.

** 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 programme 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.



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

Price Includes one epigenetic test and lunch experience with two wellness beverages per person.

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.

WELLNESS SANCTUARY

VITAMIN IV PACKAGES

MYER'S COCKTAIL

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

USD 190++

HANGOVER & REDEMPTION

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.

USD 220++

SLEEP SUPPORT

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.

USD 250++

DETOX & RECHARGE

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.

USD 250++

BEAUTY BOOSTER

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.

USD 300++

COMPLETE YOUTHFUL CELL

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.

USD 350 ++



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.

REIGNITING THE SPARK

180 minutes

USD 1,000++ / USD 1,250++ with a bottle of Champagne

Embark on a journey of rediscovery with your significant other. Combining fresh indigenous ingredients with exotic scents of signature oil blends, this is a head-to-toe deeply relaxing journey designed for you to reconnect with one another through shared experiences. For the ultimate in romantic gestures, elevate the experience further and toast to the completion of the journey with the refreshment of chocolate-dipped strawberries and champagne.

Foot Ritual • Anantara Milky Bath Collection • Guided Couple Meditation • Choice of Subtle Energies Body Buff or Body Polish • Anantara Signature Massage • Refreshment and Champagne (optional)



SANCTUARY RETREATS

Embark on a transformative journey with our Personalised Sanctuary Retreats, available for 3, 5, or 7 days. Immerse yourself in a tailored programme crafted to address your unique well-being goals. From rejuvenating treatments to personalised holistic and mindful activities, each day is curated to enhance your physical and mental vitality. Rediscover balance, serenity, and a renewed sense of self in the luxurious seclusion of our exclusive sanctuary. Your path to holistic wellness begins with a personalised retreat designed just for you.

THREE DAYS

USD 1,295 per individual

USD 2,125 per couple

One Wellness Discovery Consult
and WellScan Assessment (45 mins)

One Medi Spa treatment (60 mins)

One customised wellness treatment (60 mins)

Three Private yoga classes or holistic
wellness activities (60 mins)

One Subtle Energies Kit

Plant Based Cuisine meal plans available on request

FIVE DAYS

USD 2,330 per individual

USD 3,785 per couple

One Wellness Discovery Consult
and WellScan Assessment (45 mins)

One Epigenetic Test and Analysis
(20 mins + 30 mins)

One Medi Spa treatment (60 mins)

Three customised wellness treatments (60 mins)

Four Private yoga classes or holistic wellness
activities (60 mins)

One Retreat Exit and Review

One Nutritional Supplement
– recommended by consultant

Three Personalised beverages

One Subtle Energies Kit

Plant Based Cuisine meal plans available on request

SEVEN DAYS

USD 3,465 per individual

USD 6,245 per couple

One Wellness Discovery Consult
and WellScan Assessment (45 mins)

One Epigenetic Test and Analysis
(20 mins + 30 mins)

One Epigenetic Dining Experience

One Nutrition and Lifestyle Consultation
or One Flower

Essence Therapy (60 mins)

Two Medi Spa treatments (60 mins)

One customised wellness treatment (90 mins)

Three customised wellness treatments (60 mins)

Six Private yoga classes or holistic wellness
activities (60 mins)

One retreat Exit and Review (15 mins)

One Nutritional Supplement
– recommended by consultant

One Subtle Energies Kit

Plant-based Cuisine meal plans available on request



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 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

SUNDAY

11.00 am Medi-Spa IV Bar **USD 85++ per person**
5.30 pm Group Sunset Yoga

WEDNESDAY

7.00 am Group Sunrise Yoga

MONDAY

7.00 am Group Sunrise Yoga

THURSDAY

11.00 am Sound Healing Workshop (until 11 April)
5.30 pm Group Sunset Yoga

TUESDAY

11.00 am Wellness Talk*
5.30 pm Group Sunset Yoga

FRIDAY

7.00 am Group Sunrise Yoga + Breathwork
11.00 am Wellness Workshop*

* 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 see this month's Holistic Activity Calendar brochure or 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	PUNCH & KICK WORKOUT (Gym Terrace)		STRECH & MOBILITY (Boxing Ring)		ISLAND RUN (Recreation Area)
TUESDAY	BOOTCAMP (Recreation Area)	ADULT TENNIS CLINIC (Tennis Court)	CORE WORKOUT (Boxing Ring)		HIIT WORKOUT (Gym Terrace)
WEDNESDAY	STRECH & MOBILITY (Boxing Ring)		PUNCH & KICK WORKOUT (Gym Terrace)	KIDS TENNIS CLINIC (Tennis Court)	AQUA FITNESS (Manzaru Pool)
THURSDAY	DANCE AEROBICS (Gym Terrace)		RESISTANCE TRAINING (Boxing Ring)		FUN GAME (Recreation Area)
FRIDAY	ISLAND RUN (Recreation Area)		STRECH & MOBILITY (Boxing Ring)		PUNCH & KICK WORKOUT (Gym Terrace)
SATURDAY	BOOTCAMP (Recreation Area)		CORE WORKOUT (Boxing Ring)		HIIT WORKOUT (Gym Terrace)
SUNDAY	STRECH & MOBILITY (Boxing Ring)		PUNCH & KICK WORKOUT (Gym Terrace)		AQUA FITNESS (Manzaru Pool)

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.



TWINTHIBOLI

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

LUX Tennis strives in offering a unique tennis experience during your stay at Anantara Kihavah. In-depth knowledge, education, performance improvement, and fun are being perfectly matched for tennis lovers.

TENNIS PROGRAMME

Private Lesson (60 minutes)

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.

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

Additional player at USD 30++

Beat the Pro (60 minutes) USD 160++ per person

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

Kids Tennis Clinic (45 minutes – Beginner level)

Open to children ages five to twelve years old. The tennis coach will organize fun games and various exercises to learn the basics of tennis. *Complimentary, minimum for 2 to maximum 8 children*

Adult Tennis Clinic (45 minutes – Beginner level)

Discover some challenging and innovative training methods. Learn new techniques and sharpen your strategy on the tennis court. *Complimentary, minimum for 2 to maximum 8 adult*



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 rates are published in USD. All prices are subject to 10% service charge and 12% government taxes. 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

Stretch & Mobility (Boxing Ring)

Time: 3.00 – 3.30 pm Venue: Recreation Center

TUESDAY

Beach Volleyball

Time: 4.00 – 4.30 pm Venue: Dive Center Beach

WEDNESDAY

Badminton Game

Time: 9.00 – 9:30 am Venue: Recreation Center

THURSDAY

Stretch & Mobility (Boxing Ring)

Time: 3.00 – 3.30 pm Venue: Recreation Center

FRIDAY

Beach Volleyball

Time: 4.00 – 4.30 pm Venue: Dive Center Beach

SATURDAY

Badminton Game

Time: 9.00 – 9:30 am Venue: Recreation Center

SUNDAY

Stretch & Mobility (Boxing Ring)

Time: 3.00 – 3.30 pm Venue: Recreation Center



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 Ocean Mural 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
Kihavah Master Chef Donut 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 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

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

LIFE IS A JOURNEY. Visit anantara.com