

THE COCONUT TELEGRAPH

ANANTARA
KIHAVAH • MALDIVES
VILLAS

MARCH 2023

DELIGHT YOUR SENSES

WINE TASTING
BENEATH THE WAVES

BALANCE WELLNESS
CONSULTATIONS

TAG US YOUR MOMENTS @ANANTARAKIHAVAH

 @anantarakihavah

 AnantaraKihavahMaldives



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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 March, we are bringing in one of Thailand's leading female sommelier to host women empowering events in honour of the strength, courage and resilience of women around the world.

A plethora of unforgettable experiences await you in our slice of paradise. Snorkel the most magical house reef in the Maldives. Stargaze in the finest over water observatory in the Indian Ocean. Dine in the best underwater restaurant in the world. Elevate your luxury holiday with a pampering treatment at the world-renowned Anantara Spa.

Allow us to craft your once-in-a-lifetime experience.

WE WISH YOU A WONDERFUL STAY FILLED WITH FANTASTIC MEMORIES.

ROSS SANDERS – *General Manager*

TALES FROM THE REEF

HAWKSBILL TURTLE (ERETMOCHELYS IMBRICATA)

Of the 5 species of sea turtle found in the Maldives, the most commonly encountered on Anantara Kihavah's House Reef is the critically endangered hawksbill turtle (*Eretmochelys imbricata*). These medium-sized turtles can be recognised by their sharp, hooked beaks, which they use to bite off pieces of their favourite food, sea sponges, and by their beautifully patterned shells, for which they have been hunted by humans for hundreds of years. Sea turtles breathe air just like we do, and so need to swim to the surface to breathe. When sleeping, however, sea turtles can hold their breath for up to eight hours!

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



WOMEN'S DAY 2023 A WINING AND DINING EXTRAVAGANZA

Join us as we celebrate Women's Day in style with a special 5-course meal paired with fine wines from around the world at Anantara Kihavah Maldives Villas on March 8th. Get the celebratory spirit flowing with cocktails at Sky Bar before taking your seat in the award-winning Spice Restaurant for this exclusive gastronomic experience. All dishes are lovingly curated by our in-house Asian Sous Chef, Khun Noon, with all wines expertly selected by our Guest Sommelier, Nutawan 'Nuch' Jumpanak from Thailand.



Date: Wednesday 8 March 2023
Time: 6.30 pm – 7.00 pm cocktail at Sky Bar, 7.00 pm onwards dinner
Venue: Spice Restaurant
Price: USD 245++ per person (Half Board/Full Board credit applicable)

Advanced reservation is required as this experience is limited to 24 guests only.

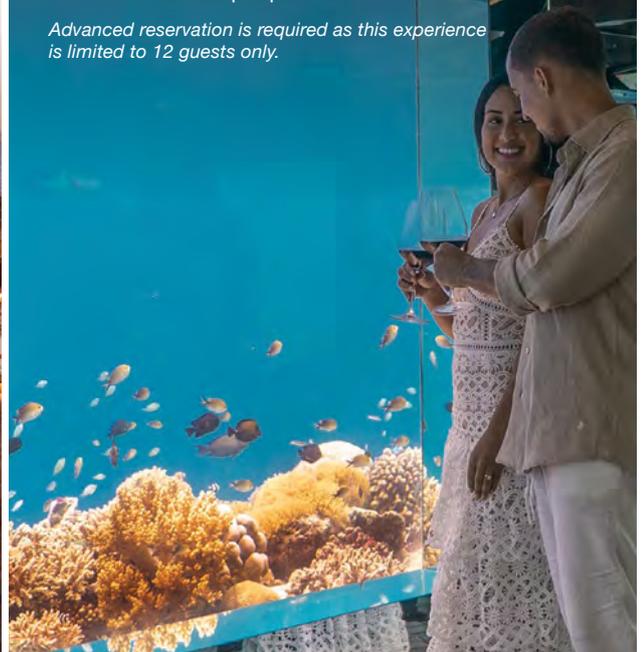


WINE TASTING BENEATH THE WAVES

On an island where the extraordinary is all just part of the adventure, welcome to the unique sensory experience of wine tasting beneath the waves in SEA, the award-winning underwater restaurant at Anantara Kihavah Maldives Villas. Between 4.00 pm and 5.00 pm on March 7th, 12 lucky guests will have the chance to taste 3 select labels in an exclusive wine-tasting event hosted and presented by our award-winning Guest Sommelier, Nutawan 'Nuch' Jumpanak from Thailand, and our in-house wine guru, Arul Dasan.

Date: Tuesday 7 March 2023
Time: 4.00 pm – 5.00 pm
Venue: Sea Restaurant
Price: USD 145++ per person

Advanced reservation is required as this experience is limited to 12 guests only.



CULINARY JOURNEYS AT ANANTARA KIHAVAH

Savour exciting gastronomy in a private island paradise, from extraordinary perspectives. Discover one-of-a-kind dining – under and perched over the ocean, on a powdery beach and boasting a rooftop panorama. Immerse in our exotic destination with the freshest seafood, tropical sunset cocktails and authentic flavours.

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.



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

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.



CINEMA UNDER THE STARS

Recline under a tranquil Maldivian sky and enjoy classic movies on a big screen under the stars. Indulge on gourmet snacks to watch Casablanca or nachos with guacamole for Don Quixote. And don't forget the popcorn!

Price: USD 400++ per couple



CULINARY DELIGHTS

SKY

With azure waters as the backdrop, enjoy tapas paired with refreshing juices and craft cocktails. Sunset Sessions with live music everyday except Sunday and Wednesday. Include the In-house DUO band Jo/MA in Sky bar.

Live Music: 5.30 pm – 7.00 pm
8.30 pm – 10.00 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
Closed on Sundays

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*)

FIRE

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

Dinner: 6.30 pm – 10.00 pm
Open daily

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

PLATES

Gourmet Breakfast: 7.30 am – 11.00 am

Dinner Theme Nights: 6.30 pm – 10.00 pm
(every Sunday, Wednesday and Friday)

Sunday: Asian Theme Nights
Included in half board and full board

Wednesday: Lobster and Champagne Dinner (245++ pp)
HB/FB credit applicable.

Friday: Family style BBQ (195++ pp)
HB/FB credit applicable.

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

OCEAN DISCOVERIES

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 snorkeling, 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.



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)



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



MEET OUR EXPERT...



PREM PEMATHILAKA

Orchid Guru at Anantara Kihavah Maldives Villas



Hailing from Kalutara, Sri Lanka, Prem Pemathilaka is the Orchid Guru at Anantara Kihavah Maldives Villas with more than 38 years of knowledge and expertise in landscaping and Orchid cultivation. He has been passionate about horticulture for years and considers it as his greatest hobby.

Prem joined as the Orchid Guru at Anantara Kihavah Maldives Villas in 2015 and has been tending to all the magnificent ornamental plants throughout the island ever since. The Nala Orchid Garden, one of the stunning green spaces in the resort homes about 1,200 blooms of 25 different orchid varieties such as Cattelya, Dandrobium, Mokara, and more. There are also about 2,000 orchids scattered around the resort with some attached around the palm trees that line the lush pathways of the island, all of which the orchid guru propagated himself.

Apart from tending to the Orchids with daily watering, fertilising, and treatment, Prem's most fascinating approach in plant care is his use of sound science wherein he talks to the Orchids to produce sound vibrations believed to have a positive effect on plant growth and guests are encouraged to try this.

Guests can enjoy a guided tour of the Orchid garden with Prem, who is always happy to share his wealth of knowledge about the different orchid varieties found at the resort and provide tips on how to grow and treat them.

TRY AFTERNOON TEA AT NALA ORCHID GARDEN

Translated from the Dhivehi word meaning "beautiful", Nala presents a delightful setting in which to indulge in an elegant afternoon tea with the choice of refined Maldivian or English sweets, accompanied by the finest, tea, coffee, or champagne.

Enveloped by over 1000 blooms and alluring scents of 25 different orchid species, indulge in an ethereal dining experience with loved ones in the heart of the island.

Please ask your Villa Host for more information or to book your experience.





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*



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)



E-FOIL

Lesson/Ride (30 minutes) USD 250++
(minimum age 16 years to participate)



LOVE OUR REEF HELP US PROTECT IT

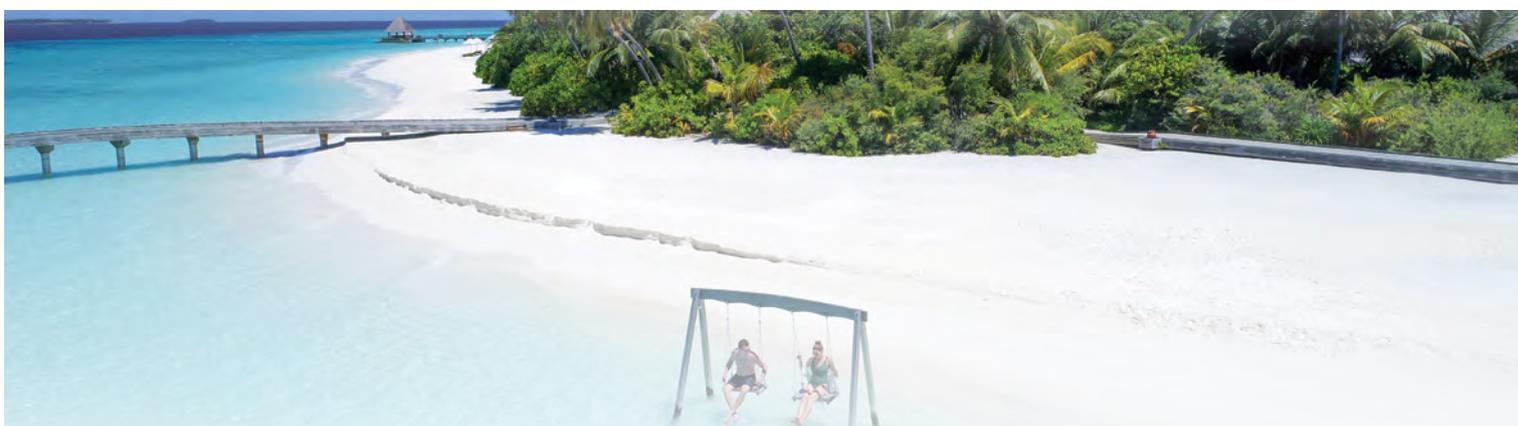
Immersing guests in the spirit of giving back, Anantara Kihavah invites you to donate USD 1 per night for our Dollar for Deeds programme. The resort will match the donations dollar for dollar during their stay to raise funds to support initiatives focusing on protecting our flourishing reefs, reducing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



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.



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.



CELL WELLBEING EPIGENETIC ANALYSIS

Dig deeper into your genetic data. Undergo an epigenetic hair test, through a bio profiler, which provides information about your body's levels of nutrients, vitamins, minerals, essential amino acids, fatty acids, antioxidants, and contaminants. Discover which daily nutritional and environmental factors are impacting your body's cells and learn through a personalised reading with our Balance Wellness Consultant on how to reverse your epigenetic expression and live a healthier more resilient life.

USD 195++ per person / USD 350++ couple



NUTRITION & WELLNESS CONSULTATIONS

KELLY MANNING

Naturopath, Nutritional Therapist, Wellness Consultant

Providing one-on-one wellness consultations, naturopathy, nutritional guidance, Kelly is an experienced and qualified Nutritional Therapist, Naturopath and Wellness Consultant with over ten years therapeutic experience.

You are invited to a complimentary 30-minute naturopathic and wellness consultation with Kelly. Please avail this invitation through your Villa Host.

**Consultation is available through an online platform or in person subject to availability.*



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

VISITING WELLNESS PRACTITIONER

VINOD NARAYANAN

Sound Healing Practitioner and Ayurvedic Healer

Saturday 10 September 2022 – Sunday 30 April 2023

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 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.

ACCESS BAR THERAPY 90 mins / USD 350++

An energy healing process accessing the 32 bars points in your brain to release the electromagnetic or polarity of the thoughts, feeling, emotions, ideas, beliefs, considerations and decisions. Effective in creating a sense of deep relaxation, ease of sleep, releasing trauma, reducing overwhelm, decreasing negative and limiting thought patterns to improve overall wellbeing, inner peace, happiness and gratitude.

ABDOMINAL DETOX THERAPY 60 mins / USD 280++ 90 mins / USD 350++

A blend of Chi Nei Tsang, diaphragmatic release and Vagus Nerve re-setting techniques. It removes the physical, emotional, Energetic stagnations at various deeper levels. Detoxification of internal organs & clarity of mind and good digestion.

HIMALAYAN SOUND HEALING MASSAGE 60 mins / USD 280++ 90 mins / USD 350++ SHIRODARA UPGRADE USD 50++

In the Himalayas, sound is used as a powerful tool for healing, meditation and self-transformation. Unwind to the vibrations of a Tibetan singing bowl as an oil massage brings deep levels of relaxation and release. * Upgrade your experience with the Shirodara, as Tibetan singing bowls calm, warm medicated oil is poured on the forehead or third eye, to eliminate stress and insomnia by balancing the pineal gland.

DETOXIFYING CUPPING MASSAGE 90 mins / USD 350++

It is a combination massage with manual and silicone cups and hot stones. A highly effective detox treatment without leaving any marks on the skin nor used any fire and deep pain.

MARMA TOUCH AND THAI YOGA STRETCH 90 mins / USD 300++

Marma points are the areas where the body parts are connected to stimulate and increase the energy flow. The treatment is incorporated with the Thai yoga-style stretches that carry the stimulating energy to all blockages of the body parts to give a deep relaxation and ease of pain and discomfort.

SHIATSU MASSAGE WITH MARMA TOUCH 60 mins / USD 250++ 90 mins / USD 300++

Shiatsu works on the meridian lines of the body to increase energy flow. Marma junctures, meanwhile, are stimulated with a hot compress to balance the Prana.

PERSONALISED HEALING MASSAGE 60 mins / USD 250++ 90 mins / USD 300++

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

TRADITIONAL AYURVEDIC TREATMENT 60 mins / USD 250++ 90 mins / USD 300++

Your journey begins with a consultation to determine your dosha and according herbs and oils for treatment. Relax into a scalp massage followed by a full body massage. A hot compress and Ayurvedic body scrub leave you quietly reinvigorated.

WELLNESS HEALING RETREAT

The wellness healing retreat is a specialized wellness experience to achieve a complete balance of emotional well-being as a holistic approach to healthier living. Personalised your wellness healing retreat journey to boost your immunity and empower your inner self with the best of the international ayurvedic healer practitioner. Each package consists of two daily sessions, a morning 60-minute yoga and meditation on every alternative day and an afternoon 90-minute treatment of your choice.

Three-Day Retreat
USD 1,050++

Five-Day Retreat
USD 1,750++

Seven-Day Retreat
USD 2,450++

TENG ROMA HAIR SALON

Teng Roma Hair Salon offers trendy styles, cuts and treatments to match individual personalities. Your ritual begins with a consultation to determine which products and treatments are best suited to your hair type. Expert make-up services are also available to help you prep for every occasion.

Pop into Anantara Spa and visit our Senior Stylist and Make-Up Artist, June Trinidad, for more information.

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++



VITAMIN IV PACKAGES

MYER'S COCKTAIL

Hydration + Energising + Strengthening

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

USD 190

ADD-ON NUTRIENTS

Enhance your Vitamin IV therapies with the following powerful add-on nutrients. Pick and choose:

Alpha Lipoic Acid + Collagen

Has strong antioxidant properties, to reduce inflammation and skin aging, promote healthy nerve function, lower heart disease risk factors, and slow the progression of memory loss disorders.

USD 65

Selenium

Is an essential mineral that vital to your health as its acts as powerful antioxidant to maintain the health of thyroid hormone metabolism and DNA synthesis and protecting the body from oxidative damage and infection. It also improves the sleeping quality.

USD 50

Zinc

Zinc is a mineral that is essential for many of the body's normal functions and systems, including the immune system, increase energy level, skin repair, wound healing, blood clotting, thyroid function, and the senses of taste and smell. Zinc also supports normal growth and development during pregnancy, childhood, and adolescence.

USD 50

Vitamin B Complex (B1, B6, B12)

One of the most important play roles for cellular energy production and excellent support of the healthy functioning of the nervous system, kidneys, liver & heart. It highly contains antioxidant and improve the blood circulation and increase red blood cells.

USD 50

Magnesium

Is a mineral that's crucial to the body's function. Magnesium helps keep blood pressure normal, support nerves and muscle functions, bones strong, and the heart rhythm steady.

USD 50

Glutathione

An antioxidant that plays several important roles in the body such as tissue building and repair, skin glowing, detoxification, and the production of enzymes and hormones. It also plays a key role in the immune system.

USD 50

Saline 500ml

Replenish lost fluids, flush wounds, deliver medications, electrolyte balancing and hangover.

USD 50



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.



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 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)

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 organise fun games and various exercises to learn the basics of tennis.

Complimentary, for 2 to 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, for 2 to 8 players



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.

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.

KIHAVAH TEENS FUN ACTIVITIES 2023

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.
- 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	Boduberu Challenge 11.00 am – 12.00 noon at Tennis Hut	Adventure Pirates Cruise** 4.30 pm – 5.30 pm at Sand Bank/Inhabitant Island USD 100++ per person
TUESDAY	Feel the Tropical Golf** 3.30 pm – 4.00 pm at Manzaru Pool Deck USD 30++ per person	Cinema Under the Stars** 7.00 pm at Dive Center Beach USD 85++ per person
WEDNESDAY	Kayak Racing 10.30 am – 12.00 noon at Dive center Beach	Treasure Hunt 3.00 pm – 4.30 pm at Recreation Center
THURSDAY	Teens Olympic fun 3.00 pm – 4.30 pm at Dive Center Beach	Beach Futsal 5.00 pm – 6.00 pm at Dive Center Beach
FRIDAY	Mini Triathlon 3.00 pm – 4.30 pm at Recreation center	Sunset Beach Volleyball 5.00 pm – 6.30 pm at Dive Center Beach
SATURDAY	Local Island Trip** 4.30 pm – 5.30 pm at Local Island USD 50++ per person	Sunset Beach Volleyball 5.45 pm – 6.30 pm at Dive Center Beach
SUNDAY	Learn a New Language (Dhivehi) 11.00 am – 12.00 noon at Tennis Hut	Fun Pool Games 3.30 pm – 5.00 pm at Manzaru Pool



THITHTHIBOLI



BABYSITTING

Our babysitting service can be booked 24 hours in advance and is available in-villa or at Thiththi Boli Kids Club. Kindly note that one dedicated babysitter is require for every child under 4 years requiring this service.

6.00 am – 12.00 midnight: USD 30++ per hour**

12.00 midnight – 6:00 am: USD 40++ per hour**

LITTLE CHEFS IN THE MAKING

Complimentary Classes with Kids Club

Sunday: Doughnut Decoration**

Tuesday: Cupcake Decoration**

Thursday: Pizza making**

Parental supervision is required for children under 4 years

ELEMENTS

Enjoy one of their many water sport experiences, from Seadarts to Jetskis, from snorkelling to Scuba diving. There's enough fun for everyone to enjoy!

KIDS CLUB ADVENTURES

Monday: Pirate Cruise USD 30++**

Tuesday: Dolphin Cruise USD 30++**

Thursday: Kids Beach Cinema USD 65++**

Saturday: Local Island Visit USD 30++**

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. Book via Kids Club 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 hrs. notice is required.



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, Shiela. 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.

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.

LIFESTYLE ACTIVITIES

DATE	TIME	ACTIVITIES	DURATION/PRICE	VENUE
MONDAY	7.00 am	Fit Run with Fit Team	45 mins	Recreation Centre
	4.00 pm	Badminton Fun Game with Recreation Team	60 mins	Recreation Centre
	5.00 pm	Group Sunset Yoga	45 mins	Manzaru Upstairs
TUESDAY	7.30 am	Group Sunrise Yoga	45 mins	Manzaru Upstairs
	11.00 am	Wellness Talk (<i>Sleep Promotion</i>)	460 mins	Anantara Spa
	11.00 am	Adult Tennis Clinic	45 mins	Recreation Centre
	5.00 pm	Beach Futsal	60 mins	Dive Centre Beach
WEDNESDAY	7.00 am	Fit Run with Fit Team	45 mins	Recreation Center
	7.00 am	Intuitive Dance Movement	45 mins	Manzaru Upstairs
	3.00 pm	Kids Tennis Clinic	45 mins	Recreation Center
	5.00 pm	Group Sunset Yoga	45 mins	Manzaru Upstairs
THURSDAY	7.30 am	Group Sunrise Yoga	45 mins	Manzaru Upstairs
	11.00 am	Sound Healing Workshop	45 mins	Anantara Spa
	4.00 pm	Petanque Challenge	60 mins	Recreation Center
	5.00 pm	Sunset Beach Volleyball	60 mins	Dive Centre Beach
FRIDAY	7.00 am	Fit Run with Fit Team	45 mins	Recreation Center
	11.00 am	Wellness Talk (<i>Gut and Immune Health</i>)	45 mins	Anantara Spa
	4.00 pm	Table Tennis Fun Game with Recreation Team	60 mins	Dive Centre Beach
	5.00 pm	Group Sunset Yoga	45 mins	Manzaru Upstairs
SATURDAY	7.30 am	Group Sunrise Yoga	45 mins	Manzaru Upstairs
	11.00 am	Active Stretch & Mobility	60 mins/USD 55++	Manzaru Upstairs
	3.00 pm	Table Tennis Game with Recreation Team	60 mins	Recreation Center
	5.00 pm	Intuitive Dance Movement	45 mins	Manzaru Upstairs
SUNDAY	7.00 am	Fit Run with Fit Team	45 mins	Manzaru Upstairs
	4.00 pm	Petanque Challenge with Recreation Team	45 mins	Manzaru Upstairs
	5.00 pm	Sunset Beach Volleyball	45 mins	Manzaru Upstairs

All prices are subject to 10% service charge and applicable government taxes. Please note that all activities with the USD symbol is a chargeable and bookable activity. All group activities are required minimum 2 participants. Cancellations of booked activities or private sessions less than 24 hours prior will be charged at 100% of the activity rate. If you wish to book an activity, please contact your villa host or a member of the Recreation Team.

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 4.30pm to 5.30pm (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.

PRIVATE FAMILY TREASURE HUNT

Embark on a private treasure hunt with your family and uncover the secrets of Kihavah. Captain Hook will guide you on this journey within and off the island. At each stop, you will discover different clues leading to the secret location where the treasure chest is hidden.

USD 65++ per person, minimum of 4 guests required for activity to be booked.

Subject to availability. 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 – 11.00 am	Stay and Play 10.00 am – 11.00 am	Stay and Play 10.00 am – 11.00 am	Stay and Play 10.00 am – 11.00 am	Stay and Play 10.00 am – 11.00 am	Stay and Play 10.00 am – 11.00 am	Stay and Play 10.00 am – 11.00 am
Activity Organic Garden Tour 11.00 am – 12.00 noon	Activity Pirate Ship Making 11.00 am – 12.00 noon	Activity Coconut Painting 11.00 am – 12.00 noon	Activity Finding Fishes 11.00 am – 12.00 noon	Activity Splash Fun 11.00 am – 12.00 noon	Activity Origami 11.00 am – 12.00 noon	Activity Guess What 11.00 am – 12.00 noon
Lunch Break ft. Henna Tattoo 12.00 noon – 2.00 pm	Lunch Break ft. Storytelling 12.00 noon – 2.00 pm	Lunch Break ft. Memory Game 12.00 noon – 2.00 pm	Lunch Break ft. Just Dance 12.00 noon – 2.00 pm	Lunch Break ft. Movie Time 12.00 noon – 2.00 pm	Lunch Break ft. Mario Kart 12.00 noon – 2.00 pm	Lunch Break ft. Uno Challenge 12.00 noon – 2.00 pm
Activity Leaf Tracing 2.00 pm – 2.30 pm	Activity Pirate Flag Making 2.00 pm – 2.30 pm	Activity Coconut Opening 2.00 pm – 2.30 pm	Activity Coffee Painting 2.00 pm – 2.30 pm	Activity Create Your Own Snake 2.00 pm – 2.30 pm	Activity Language Exchange 2.00 pm – 2.30 pm	Activity Dry Leaf Art 2.00 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 Bag Making 2.30 pm – 3.00 pm	Kihavah Master Chef Pizza Making** 2.30 pm – 3.30 pm	Activity Mini Theater 2.30 pm – 3.30 pm	Activity Magic Painting 2.30 pm – 3.30 pm
Activity Holiday Book Making 4.00 pm – 4.30 pm	Activity Pirate Cruise Preparation 4.00 pm – 4.30 pm	Activity Dolphin Cruise USD 30+** 4.00 pm – 5.00 pm	Activity Kids Tennis Clinic** 3.00 pm – 3.45 pm	Activity Scavenger Hunt 4.00 pm – 5.00 pm	Activity Shell Painting 4.00 pm – 4.30 pm	Activity Local Island Preparation 4.00 pm – 4.30 pm
Activity Tree Planting 4.30 pm – 5.30 pm	Activity Pirate Cruise USD 30+** 4.30 pm – 5.30 pm	Activity Spot the Difference 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 4.30 pm – 5.30 pm	Activity Local Island Visit USD 30+** 4.30 pm – 5.30 pm
<p>PARENTS NOTICE BOARD: Prices are subject to 10% service charge and 16% government taxes. 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 – 6.00 pm daily. 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. Book via Kids Club 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 hrs. notice is required. All prices are subject to 10% service charge and applicable government taxes.</p>				<p>Activity Beach Cinema USD 65+** 7.00 pm</p>		



- 1 Plates Restaurant
- 2 Manzaru Restaurant and Swimming Pool
- 3 Organic Garden
- 4 Gift 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