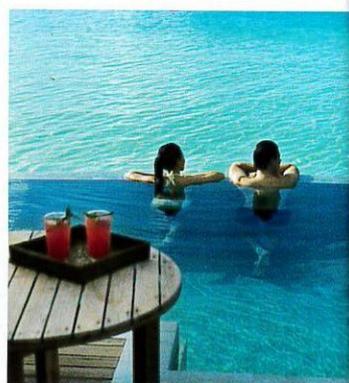


Anantara Veli Maldives Resort

MALDIVES



With a more laid-back vibe than its northern neighbour, the South Malé Atoll is home to a string of wild, untamed islands — only a handful are inhabited, on the eastern edge of the atoll. On one of these — a private island a 35-minute speedboat ride from Malé International Airport — Anantara Veli Resort sprawls amid jungle above a turquoise lagoon shared by sister resorts Anantara Dhigu Resort and Naladhu Maldives.

Watersports here include snorkelling, surfing, diving and, most recently, freediving — a pared-back sport that allows divers to get closer to wildlife, sans equipment, by moving faster and more easily through the water. On solid ground, there's the opportunity to take part in yoga and meditation by the ocean-side pavilion, step up the pace with a game of tennis or badminton or gather a group together for volleyball and beach games.

At Sundari Ayurvedic Spa, glass-fronted spa cabins allow guests to gaze at their tropical surroundings while therapists work their magic. After a consultation with the resident ayurvedic doctor to discover their *dosha* (mind-body type),

guests can embark on a bespoke treatment plan aimed at restoring balance and good health. Therapies range from *pizhichil* — where a gentle flow of warm oil is poured over the body — to *udwarthanam*, a dry massage using skin-smoothing herbal powder, and *pinda swedana*, which incorporates hot herbal pouches to open energy channels and nourish underlying tissues. For those guests who need to detox or de-stress from the demands of their busy life, a combination of ayurvedic treatments, diet and mindfulness practices can be arranged. A palm-shaded relaxation garden is home to hot and cold plunge pools, while indoor and outdoor showers, a steam room and sauna complete the picture. There's also a room devoted to manicures, pedicures and beauty treatments.

Cuisine from across the globe is on the menu at restaurants in the three resorts — all available to Anantara Veli Maldives guests. This ranges from authentic Thai flavours at Baan Huraa and modern Japanese at Origami to Italian fare, fresh seafood and fine-dining options.

NEED TO KNOW

KEY TREATMENTS

- *Abhyanga* (body massage with warm herbal oil)
- *Shirodhara* (warm oil poured on to the 'third eye' on the forehead)
- 3-7 day ayurvedic programmes: muscular tension; weight-loss; mobility; headaches; high blood pressure

KEY FACILITIES

- 5 treatment rooms, 2 dedicated to ayurvedic therapies
- Indoor and outdoor showers
- Steam room and sauna
- Hot and cold plunge pools in the relaxation garden
- Manicure, pedicure and beauty salon
- Option of using over-water spa facility at Anantara Dhigu Resort

GET IN TOUCH

veli-maldives.anantara.com
T: +960 664 4100
E: velimaldives@anantara.com

Don't miss // A free 30-minute consultation with an ayurvedic doctor to discover your optimum dosha, treatment, diet and exercise plan