

PRESS RELEASE

‘ME TIME’ AT MILAIDHOO ISLAND MALDIVES

Milaidhoo offers the perfect holiday for the solo traveller, with quality ‘me-time’ on a tropical island, having the chance to recover alone, away from all the stress of the past few months.

Spending time alone may sound little exciting but it is a recommended mind-enhancing experience and a rewarding way to get to know yourself again and treat yourself to a well-deserved break.

Milaidhoo has created activities to fill any solo traveller’s vacation time with meaningful, beneficial experiences and sensational culinary opportunities. As a solo traveller, you do exactly what you want to do without having to worry about anyone else. At Milaidhoo, you can live at your own pace, whether you choose to be adventurous and active, opt for a serene and relaxing solo retreat, or focus on widening your horizons and learning something new.

If you are an active and adventurous solo traveller, you can join a trip to Hanifaru Bay to snorkel with Manta Rays and even Whale Sharks. If you prefer to stay closer to the shore, you can join a complimentary House Reef Snorkelling Trip or Turtle Excursion.

To take full advantage of this tropical and unique destination, solo travellers can also learn about the lagoon’s coral reefs with a Marine Biologist and even plant coral to help the reefs grow. The underwater world around the resort is fascinating, a never-ending story.

For the solo traveller who just wants to relax, reflect and recharge, you can have a private Yoga and Meditation Session with Milaidhoo’s Resident Yogi on your villa deck or a 60 minute Jet Lag Massage.

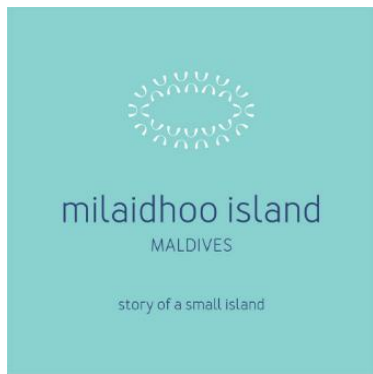
If you want to make the most out of your holiday as a solo traveller by learning something new to impress the folks at home, that’s possible too. You can take part in a Maldivian Cooking Class, focusing on the use of herbs and spices or attend a curated Wine Tasting with the resident sommelier.

Although Milaidhoo is a small island, the customised dining rivals the world’s best. You can dine in one of three restaurants or at any location on the island and even in total seclusion on a private sandbank or aboard a traditional Maldivian Dhoni. How about a private floating breakfast in the privacy of your villa pool or enjoying the conviviality of the bars, wine cellar and restaurants – the choice is yours.

The Resident Yogi is available to create a personalised Yoga Meditation and Breathing Programme. Also, a selection of complimentary, non-motorised water sports like SUPs, kayaks and surfboards is on offer. There is a chance to explore the diverse and international guest library at the island resort where books, from bestsellers to old classics, can be taken to the villa for the story lovers and seekers. Enjoying new impressions and experiences, winding down on the villa deck, reading a book while lounging on a spacious sunbed, signature swing, or the beach is to relish that moment of truly being oneself.

Solo travellers staying at Milaidhoo before 31st October 2021 can choose one complimentary activity from the following: Group Manta Ray Excursion, House Reef Snorkelling Trip or Turtle Excursion, a private Yoga and Meditation Session or a 60 minutes Jet Lag Massage, a Cooking Class, Wine Tasting or Coral Basket Planting.





HOW TO BOOK

Rates start from US\$ 1,217 per night in a Water Pool Villa, including half board. Booking for your perfect Solo Traveller Holiday is available only through www.milaidhoo.com or by e-mailing reservations@milaidhoo.com.

MILAI DHOO ISLAND MALDIVES

Milaidhoo Island Maldives is a pristine island paradise proudly rooted in local island traditions. The boutique luxury resort features 50 contemporary Maldivian style pool villas, custom-made and made for comfort designed by a renowned Maldivian architect. Every guest is assigned an Island Host to help create meaningful experiences and cater to their every need. Activities include over-water spa treatments, sunrise yoga classes and snorkelling excursions to view the incredible house reef.

Dining is a highlight with Milaidhoo being home to three world-class restaurants, including Ba'theli. This unique Maldivian restaurant reflects the heritage of the islands and is built in the shape of three traditional boats on pillars over the lagoon. The restaurant's innovative and delicious meals are steeped in Maldivian tradition, with each dish inspired by favourites of the ancient maritime Spice Route.

Milaidhoo is the authentic Maldives, a resort of reinvented luxury, where guests feel they belong, experiencing barefoot informality within the natural and lush setting of a tropical island. As an adults-only resort, Milaidhoo is child-free and tranquil where any dream can become a reality, from sunset dolphin cruises to sailing to a deserted sandbank for a private beach picnic.

For more information: www.milaidhoo.com or join us socially:



Milaidhoo Island Maldives
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