



Milaidhoo

MALDIVES

FOR IMMEDIATE RELEASE

Milaidhoo Maldives Celebrates Earth Hour: Uniting Harmony and Sustainability with Holistic Spa Session and Music Therapy

Milaidhoo Maldives, 12th March, 2024 – In anticipation of Earth Hour, Milaidhoo, nestled in the heart of the Maldives' renowned Baa Atoll, a UNESCO Biosphere Reserve, gears up for a memorable evening dedicated to reflection, relaxation, and reconnection with the environment. On March 23, from 20:30 to 21:30, both guests and the Milaidhoo family will participate in a meaningful act of unity for our planet.

Highlighting the importance of mindfulness and sustainable living, Milaidhoo is hosting a unique session at the Serenity Spa. This session will be led by the resident expert yogi, Bharat Patra. From 20:30, guests will embark on a journey of self-awareness and tranquility under the guidance of Bharat, whose expertise in yoga and meditation promises to enrich the mind, body, and soul. The session will focus on the harmony between physical movement and breathing, inviting guests to immerse themselves in the calming flow of nature's rhythms. After this insightful session on breathing awareness, guests will enjoy a music therapy session designed to nurture the soul, featuring the therapeutic sounds of raga music. Known for its melodic intricacies and soothing rhythms, raga music is an ideal medium to achieving deep relaxation and mindfulness. Infused with the sounds of the ocean, this unique musical experience will create an atmosphere of serenity and peace, fostering a profound bond with oneself and the surrounding world.

For the Milaidhoo family, Earth Hour represents more than just a ceremonial event. As the island dims its lights at 20:30, it will highlight the critical issue of energy conservation. This act is part of Milaidhoo's ongoing commitment to environmental protection, demonstrating how even the smallest actions can lead to significant, sustainable impacts.

"Earth Hour is not just about switching off lights; it's an opportunity to initiate dialogue, practicing mindfulness, and stimulate actionable change," says David Castaño, General Manager of Milaidhoo Maldives. "Through our holistic wellbeing offering at Serenity Spa and our collective conservation efforts, we hope to inspire guests and the Milaidhoo family to form a closer bond with nature and adopt sustainable practices."

As the global community comes together to observe Earth Hour, Milaidhoo extends an invitation to all to partake in this significant event. Let's dim our lights, raise our awareness, and illuminate the way to a more sustainable and enlightened future for all.

For more information about Milaidhoo and to explore the personal service it offers, visit www.milaidhoo.com.

HOW

Milaidhoo can easily be reached by a 30-minute seaplane flight from the international airport in Male' or a 15-minute domestic flight to Dharavandhoo domestic airport in Baa Atoll, followed by a 15-minute speedboat ride to the private island resort.





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ABOUT MILAIDHOO MALDIVES

Milaidhoo is a pristine island paradise proudly rooted in local island traditions. This boutique luxury resort features 50 contemporary Maldivian-style pool villas, custom-made and made for comfort designed by a renowned Maldivian architect. Each guest is assigned an Island Host to help create meaningful experiences and cater to the guest's 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 islands' heritage and is built in the shape of three traditional boats on pillars over a 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 re-invented luxury, where guests feel they belong, experiencing bare-foot informality within this tropical island's natural, lush setting. As an adults-focused 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.

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