



Milaidhoo

MALDIVES

FOR IMMEDIATE RELEASE

Milaidhoo Maldives Welcomes Thai Wellness Practitioner Naphat Theechanthuek for a Holistic Healing Residency

An intimate wellness journey inspired by authentic Thai healing traditions.

Milaidhoo Maldives, 2nd April 2026 - Milaidhoo Maldives is delighted to welcome visiting Thai wellness practitioner Naphat Theechanthuek for a special residency at the island's serene spa from 11th to 30th April 2026.

With more than two decades of experience in luxury wellness and holistic healing, Naphat brings a deeply intuitive approach to her practice. Her treatments blend time-honoured Thai bodywork with energy-based therapies, creating experiences that nurture balance, release tension and restore harmony between body, mind and spirit.

During her residency, guests will be invited to discover a thoughtfully curated collection of therapies inspired by ancient Thai healing wisdom. These signature rituals combine traditional Thai massage with Himalayan crystal salt stone therapy, herbal compress treatments, Tok-Sen rhythmic tapping therapy, reflexology and the soothing vibrations of crystal singing bowls.

Every experience begins with a personal consultation, allowing Naphat to tailor each treatment to the guest's individual needs, whether seeking deep muscular release, energetic alignment, deep relaxation or a moment of mindful reconnection.

Among the highlights of the residency is the Thai Energy Balancing Ritual, an immersive therapy that weaves together Thai massage, Tok-Sen tapping, Himalayan salt stones and the resonant vibrations of crystal bowls to help restore the body's natural energy flow.

Guests may also experience Crystal Resonance Sound Healing, a deeply meditative session designed to calm the nervous system and invite a profound sense of stillness through harmonic sound vibrations.

Set within the peaceful natural beauty of Milaidhoo Maldives, this visiting practitioner residency offers a rare opportunity to experience authentic Thai healing traditions in one of the world's most tranquil island settings.

Naphat's residency will run from 11th to 30th April 2026 and advance reservations are recommended.

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HOW

Milaidhoo can easily be reached by a 35-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.

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





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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.

ABOUT UNIVERSAL RESORTS: <https://www.universalresorts.com/>

For over half a century, Universal Resorts has curated unforgettable Maldivian stays, elevating the experiences of discerning travellers while championing the vibrant local community. As a family-owned enterprise with a deep-rooted passion for the Maldives, it aims to continually redefine the standards of travel in this extraordinary destination.

Universal Resorts' portfolio of eight distinctly natural-island resorts caters to every desire, from relaxed luxury to adventurous escapes.

The dedicated team ensures seamless service and flawless execution, so guests experience the Maldives as it should be.

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