



# Milaidhoo

MALDIVES

FOR IMMEDIATE RELEASE

## Milaidhoo Maldives Marks Mental Health Awareness Month with Heartfelt Island Experiences for Guests and Team

Milaidhoo Maldives, 3<sup>rd</sup> May 2026 - This May 2026, Milaidhoo Maldives gently turns the spotlight toward what matters most - mental wellbeing. In honour of Mental Health Awareness Month, the island introduces a meaningful series of experiences designed not only for its guests but equally for its cherished Milaidhoo Family. Rooted in care, connection and quiet joy, this thoughtfully curated week-long programme reflects a deep belief: when minds are nurtured, everything else flows.

Surrounded by the natural calm of the Baa Atoll UNESCO Biosphere Reserve, Milaidhoo becomes a sanctuary for reflection and renewal. Mental wellness is woven into daily life, found in unhurried mornings, in genuine conversations and in the supportive spirit shared among the team. This month, that philosophy comes alive through a thoughtfully curated calendar that celebrates presence, balance and human connection which reflects the spirit of the island.

At the heart of this initiative is a sincere expression of appreciation for the Milaidhoo team, the people whose warmth and dedication shape every guest experience. Mental Health Awareness Month is an opportunity to pause and to give back to them with experiences that uplift, energise and inspire.

Guests are warmly invited to take part, creating a shared journey where wellbeing becomes a collective experience rather than an individual pursuit.

### Programme Highlights:

11<sup>th</sup> May 2026 – *Aqua Tai Chi* at Compass Pool (06.00 - 07.00)

Soft sunrise movements guide the mind into stillness, blending breath with the gentle rhythm of water.

12<sup>th</sup> May 2026 – *Soulful Salad-Making with the Chef* at the Chef's Table (12.30 - 13.30)

A nourishing, mindful culinary moment celebrating the connection between food and emotional wellbeing.

13<sup>th</sup> May 2026 – *Wellness in a Glass with Nikhil* at Compass Pool Bar

A creative exploration of mood-boosting elixirs designed to refresh both body and mind.

14<sup>th</sup> May 2026 – *Underwater Unwind with Martina* (16.00 - 17.00)

A unique sensory escape beneath the surface, encouraging calm, focus and gentle release.

15<sup>th</sup> May 2026 – *Ice Bath Therapy with Jessica & Jonathan* at the Football Ground (15.00 - 16.00)

An invigorating practice supporting resilience, clarity and mental strength.

16<sup>th</sup> May 2026 – *Mindful Breathing* at Yoga Pavilion (19.00 - 20.00)

Guided breathwork to ease stress, quiet the mind and restore inner balance.

17<sup>th</sup> May 2026 – *Mindful Aqua Yoga* at Compass Pool (06.00-07.00)

A serene floating practice bringing lightness, presence and gentle closure to the week.

Through these experiences, Milaidhoo Maldives invites both guests and the family members to slow down, reconnect and care for their mental wellbeing in a setting where every detail is designed with intention and heart.





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Discover more about the spirit of Milaidhoo Maldives and begin planning your island escape - [Story of a Small Island](#)

## 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 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.

For more information please contact:

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