Serenity spa

At Milaidhoo Maldives, wellbeing feels effortless and natural. Life slows with the rhythm of the ocean, inviting you to exhale and reconnect to the essential. On our small island, wellness is not a routine but a way of being – simple, unhurried and deeply personal, inspired by the island's beauty and a quiet sense of balance.

Every inner journey unfolds into a story uniquely your own.

A chapter in *wellbeing* with JONATHAN DUNGOG



Resident Holistic *Wellbeing* Specialist

JONATHAN DUNGOG

Jonathan is a multidisciplinary wellness practitioner specialising in mindful movement, functional training and therapeutic recovery. His approach blends strength, mobility and restorative practices to support balance, resilience, and lasting vitality.

Through personalised sessions in yoga, functional movement, myostretch therapy, deep tissue work and sound healing, Jonathan creates transformative wellbeing experiences that reconnect body and mind, leaving guests aligned, renewed and revitalised.



Specialisations
Yoga and Conscious Movement · Functional Training · Myostretch and Recovery Therapy · Sound Healing · Therapeutic Bodywork

Personal Wellbeing Discovery Session

15-Minute Complimentary Consultation
Begin your wellbeing journey with a personal conversation. This complimentary, no-obligation session offers the opportunity to meet with Jonathan, our resident holistic wellbeing specialist and explore your individual wellness goals. With warmth and compassion, he will guide you towards the most suitable consultations, treatments and therapeutic experiences to support and enrich your journey.

60-Minute
Couple USD 155 | Single USD 90

Bespoke Yoga

A deeply calming, personalised practice designed to slow the pace and invite stillness. Gentle, supported postures are held longer to release tension, address individual needs or injuries, quiet the mind and restore balance.

Available styles: Ashtanga Yoga, Yin-Yang Yoga, Mat Pilates, Dance Yoga

Aqua Yoga – In Villa

A gentle yet effective movement session conducted in chest-deep water. Modified yoga postures work in harmony with the water's natural buoyancy and resistance, enhancing flexibility, reducing joint impact and creating a sense of lightness and ease.

Available styles: Aqua HIIT, Aqua Aerobics, Aqua Zumba, Aqua Dance

Floating Sound Bath - In Villa

A unique immersive experience combining sound healing with the sensation of weightless floating. Resting on supported floating surfaces, guests are enveloped by the soothing vibrations of singing bowls as sound waves travel through the water and body, encouraging deep relaxation and inner balance.

All prices are quoted in United States Dollars (USD), inclusive of a 10% service charge and 17% government tax.
For reservations and further information, your island host will be delighted to assist you.

Archedaway Cupping Therapy

A targeted treatment using specialised cups and red light therapy to release tension, stimulate circulation and promote detoxification. This therapeutic approach helps ease muscle tightness, enhances energy flow and supports deep relaxation, leaving the body revitalised and balanced.

60-Minute | USD 250
90-Minute | USD 290

M2T Blade Therapy

An advanced Instrument-Assisted Soft Tissue Mobilisation (IASTM) using the Maldives' first heated M2T blade. This innovative therapy combines the precision of a heated blade with targeted techniques to release muscle tension, improve fascial mobility and address soft-tissue adhesions, delivering enhanced comfort and effectiveness.

60-Minute | USD 250
90-Minute | USD 290

Kinesiology Taping

A supportive therapeutic technique using specialised kinesiology tape to assist muscle and joint function. Helps alleviate discomfort, reduce swelling, support recovery and enhance physical performance.

45-Minute | USD 110

Personalised Fitness Programme

Tailored one-on-one sessions designed around your individual wellness goals. Our fitness coach supports strength building, focus and sustainable wellbeing, helping you maintain balance throughout your stay.

60-Minute | USD 105
3 sessions | USD 250
5 sessions | USD 385