Serenity spa



A *Wellbeing* Journey at Milaidhoo Maldives

On our small island, wellbeing unfolds gently guided by nature and intention. Each journey is designed to restore balance, awaken vitality and reconnect you with what truly matters. Thoughtfully curated and deeply personal, these experiences invite you to move, breathe and heal at your own pace, opening a new chapter in your wellbeing journey.



Wellness journeys may be experienced over two days, subject to spa availability and schedule.



Holistic Wellbeing

Chakra Healing for Body and Mind Alignment
A deeply centring journey designed to restore energetic balance, mental clarity and emotional harmony. Through intentional healing practices, energy flows are gently realigned, encouraging deep relaxation and a profound sense of inner equilibrium, leaving you grounded, revitalised and whole.

- A complimentary 15-minute consultation
- A personalised Chakra Balancing experience (90 minutes)
- Cocoon Meditation with Sound Healing (30 minutes)

135 minutes | USD 375

Transformative Renewal

Reconnect and Restore
An invitation to turn inward and reconnect with your inner self. This restorative experience combines mindful touch and gentle movement to release tension, restore balance and awaken a lasting sense of vitality and calm.

- Reiki Energy Healing (30 minutes)
- Swedish Massage complemented by a Rainstick Sound Journey (60 minutes)
- Detoxifying Facial treatment (30 minutes)
- Private Restorative Yoga session (60 minutes)

180 minutes | USD 450

Foundation First

Strength Through Conscious Movement
A grounding and empowering experience focused on building strength, balance and mobility. Fluid movement and therapeutic touch work together to release tension, improve circulation and restore harmony, leaving you strong, steady and renewed.

- Aerial Yoga for Stretch and Strength (45 minutes)
- Personalised Fitness and Movement session (45 minutes)
- Tibetan Ku Nye Massage (90 minutes)

180 minutes | USD 450

Island Rituals

Restoration Meets Inner Vitality
Inspired by Maldivian traditions, this spa journey brings together coconut rituals, ocean elements and the calm of island life. Each experience is designed to help you slow down, reconnect and enjoy the natural beauty and spirit of the Maldives.

- Fresh Coconut Body Scrub with a Coconut Milk Bath (45 minutes)
- Warm Coconut Oil Massage with a heated sand compress (60 minutes)
- Facial Acupressure Point Massage (30 minutes)
- Sound Bath under the Maldivian Night Sky (45 minutes)

180 minutes | USD 485

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.

Move with Intention

Yoga (choose from Hatha, Dynamic, Vinyasa or Prenatal)
A mindful flow designed to strengthen the core, refine alignment and support coordinated, whole-body movement. Breath-led and grounding, each session nurtures joint health and inner balance.

60 minutes | USD 85
Complimentary group yoga sessions are available for all guests. Advance booking is recommended due to limited spaces.

Suspended in Freedom

Aerial Yoga
A dynamic and supportive practice using a soft, suspended hammock to deepen stretches, build strength and improve balance. Gentle on the joints, this experience offers a sense of lightness and effortless movement.

60 minutes | USD 90

Quieting the Mind

Meditation (choose from Yoga Nidra, Ajapa Japa or Trataka)
Guided through mindful breathing and gentle awareness, these practices release mental tension, restore emotional balance and invite deep presence.

60 minutes | USD 75

Wrapped in Calm

Cocoon Meditation
Suspended in a hammock, this restorative experience creates a cocoon of comfort and stillness, encouraging deep relaxation, clarity and complete unwinding.

60 minutes | USD 85

Breathing with the Ocean

Ocean of Calm
A soothing spa-breath experience combining slow, rhythmic pranayama, aromatherapy and guided relaxation. Ideal for restoring the nervous system and easing burnout, anxiety or sleep imbalance.

60 minutes | USD 75

Resonance & Release

Sound Bath Ritual
An immersive journey using singing bowls and harmonic frequencies. Vibrations gently move through the body, releasing tension and restoring energetic balance.

60 minutes | USD 85

Quieting the Mind

Reiki and Sound Healing
A gentle hands-on healing practice using universal life force energy to dissolve energetic blockages. Supports the body's natural healing ability while easing stress and emotional fatigue.

60 minutes | USD 155

Milaidhoo

MALDIVES

milaidhoo.com

SMALL LUXURY HOTELS OF THE WORLD

Forbes TRAVEL GUIDE GLOBAL PARTNER