









Milaidhoo
MALDIVES

FOR IMMEDIATE RELEASE

Forget New Year, New You: Start 2027 with a Reset at Milaidhoo Maldives

A three-day wellbeing experience invites guests to slow down, recharge and welcome the new year feeling refreshed and reconnected.

Milaidhoo Maldives, 23 November 2026 - A new year often comes with a long list of resolutions and plans to do things differently. But what if, instead of trying to become a new version of yourself, you simply took a little time to feel good again? This January, Milaidhoo Maldives invites guests to start 2027 differently, with a chance to slow down, switch off and reconnect with themselves on a beautiful Maldivian island, in the heart of the UNESCO Biosphere Reserve of the Baa Atoll.

Surrounded by the Indian Ocean and the lush greenery of the island, Milaidhoo offers a naturally calming setting where life moves at a gentler pace. Mornings begin with the sound of the ocean, days unfold without hurry and there is plenty of time to enjoy the simple things. It is a place where wellbeing comes naturally, whether through a spa treatment, a walk along the beach or simply taking a moment to do nothing at all.

At the heart of this experience is the Reset Journey, a three-day wellbeing programme created to help guests leave behind the stresses of everyday life and begin the year feeling lighter, refreshed and more balanced.

The journey is divided into three stages.

1. Reset & Release starts with a personal wellness consultation, followed by a sound bath and vibrational healing session and an Ocean Grounding Ritual.
2. Detox & Move focuses on the body, combining a welcome wellness ritual, detox steam session, purifying massage and a mindful movement and yoga flow.
3. On the final day, Restore & Reconnect brings everything together with a revitalising facial, breathwork meditation and a personal consultation, including simple stretching and breathing exercises to continue at home.

"*Sometimes, we all need to take a step back and give ourselves a little time to recharge. With the Reset Journey, we wanted to create something that goes beyond traditional spa treatments. Each experience has been chosen to help guests slow down, reconnect with themselves and find a sense of balance. We hope that they leave Milaidhoo not only feeling refreshed but also taking home a few simple practices that they can continue to enjoy in their everyday lives*," says Jessica Lim, Spa Manager at Milaidhoo Maldives.

Priced at USD 495 net per person, the experience also includes a bespoke farewell gift,
so guests can take a little reminder of their time on the island home with them.

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More than a spa programme, the Reset Journey is an invitation to make space for yourself at the start of a new year. At Milaidhoo, there is no pressure to do more or be more. Sometimes, a few days surrounded by nature, the ocean and a slower way of life are exactly what you need.

A New Year.
A New Chapter in Your Wellbeing Story.

Explore Wellbeing at Milaidhoo

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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 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 VERSA HOSPITALITY | https://www.versahospitality.com/
Versa Hospitality is the evolution of a five-decade legacy, transforming naturally beautiful places into exceptional destinations people dream of. We've crafted places you can't wait to visit – and created feelings you want to return to.

As the parent company of the new lifestyle-led brand Niva, which unites six Maldivian and Seychelles properties, Versa also oversees four acclaimed standalone Maldives resorts: Baros, Milaidhoo, Huvafen Fushi and Kandolhu. Guided by instinct, heritage and care, Versa creates destinations defined by character, connection and the memories they inspire. Our philosophy is simple: reveal the true character of every place, nurture its spirit and craft experiences that leave a lasting mark on people and the world around them. The name Versa was inspired not for what it means, but for what it represents: the universal quality that ties the group's Maldivian legacy to the places it has yet to shape.

For more information please contact:
Priscilla Guranna, Cluster Director of Marketing & PR
priscilla.guranna@milaidhoo.com I +960 730 2915
milaidhoo.com

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