



milaidhoo island
MALDIVES

story of a small island



PRESS RELEASE

Milaidhoo Introduces Mood Dining to the Maldives

Baa Atoll, The Maldives. 25 March 2017: As part of its philosophy to offer its guests authentic and meaningful experiences, newly launched Milaidhoo Island Maldives has introduced a new, innovative concept: 'mood dining'.

The five different 'moods' guests can choose from are: 'Deep Sleep'; 'Getting into the Milaidhoo Mood'; 'Sunrise Awakening'; 'Curious Adventures' and 'Sunset Chill'. Each 'mood' consists of a curated menu, offered at a specific location on the island, which has been designed to change a person's mood. Some of these dining offerings are paired with spa treatments, special baths and meditation to enhance the experience.

The theory behind mood dining is that certain foods can affect body chemistry and can therefore alter a person's mood, for instance, creating a burst of energy, uplifting emotions or causing drowsiness and the desire to sleep. The location of the meal also helps shape the mood, with options of dining on deserted islands, sandbanks in the middle of the ocean, on a beach or simply on the private deck of the guest's own villa.

Perhaps unsurprisingly given the high levels of sleep deprivation in the modern world, the most popular mood dining option to date is the 'Deep Sleep' mood, which addresses both physical and mental hurdles that prevent a good night's sleep. It begins with a peaceful spa treatment in the early evening to physically relax the body. This is followed by a light dinner served in the guest's villa with a menu designed to encourage sleep, using foods that contain naturally occurring substances that can bring on sleep. After the dinner Milaidhoo's resident yogi leads the guests in a private moonlight meditation session on the deck of their villa to calm and slow the mind. The evening ends with a scented candlelit bath, because the drop in body temperature after a bath triggers the body's need to sleep.

A complete contrast to the deep sleep mood is the 'Sunrise Awakening' mood which includes a breakfast menu featuring dishes that are known to be energy boosting for a good start to the day – as well as a bottle of Salmon Billecart champagne for extra indulgence. The location is either on the private deck of the guest's villa or on the beach to ensure exposure to the mood-lifting serotonin that the body produces in bright sunlight. This is associated with boosting mood and helping a person feel calm and focused.

The 'getting into the Milaidhoo mood' programme features a menu is designed to calm and promote a relaxed mind set; the perfect way to ease into a holiday. Dishes are selected for richness in vitamins, omega 3 and nutrients to help guests switch off from a fast paced life style and settle into a glorious relaxed, island mode. It begins with a 60-minute spa treatment at the resort's over-water Serenity Spa followed by the meal which can be enjoyed anywhere on the island that takes the guest's fancy.

Maldivian-owned Milaidhoo Island Maldives opened in November 2016 and is proudly rooted in the local island traditions, curating a bespoke selection of experiences to showcase the destination. Set over 13 acres in the Baa Atoll's beautiful UNESCO Biosphere Reserve, each of Milaidhoo's 50 private villas have been designed by a local Maldivian architect and each thatched-roof villa features generous private pools and is serviced by Island Hosts. The villas are just a short, barefoot stroll away to three world-class restaurants, incredible watersports, fitness, spa, yoga and world-class diving.

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For more information: www.milaidhoo.com or join us socially:   

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