



austral*asia
potovalna agencija

Harmony
in Health

A NEW YEAR,
A NEW YOU

I will
Relax, Replenish
& Rise IN 2024

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Harmony In health

Each year, we aim to be a healthier, more balanced version of ourselves. We pursue our passions, face our challenges and create resolutions for the months ahead. Our travel specialists understand that there is a balance between feasts and fitness, rejuvenation as well as relaxation. Our hand-picked portfolio ensures options for all travellers seeking transformation for New Year and beyond.

The Indian Ocean is well known as a destination for healing; a true sanctuary for the soul. With an array of wellbeing options, choice can be overwhelming, so we have curated a list of accommodation, activities and experiences that highlight and elevate guests' journeys.

We welcome you to a world of wellness in the Indian Ocean.



Wellness Villas

ACCOMMODATION

This year, I will...
live, love & laugh in luxury.

The style, design and position of a property establish the essence of one's holiday. In the world of wellness, connection to nature is paramount for transformation. Guest experience is enhanced with thoughtful touches, healing elements and effortless flow between indoor and outdoor living areas. We have selected properties within our portfolio that elevate guests' wellbeing journey when travelling with us.



JOALI BEING, MALDIVES
3 Bedroom Wellbeing Beach Residence

The intentional design of the Wellbeing Beach Residence encourages guests to integrate wellness into daily life when staying at **JOALI Being**. The 105 sqm infinity pool seamlessly connects to the beach, giving guests options for outdoor activity while absorbing some vitamin D!

Favourite Feature
Dedicated fitness and wellbeing cabanas.

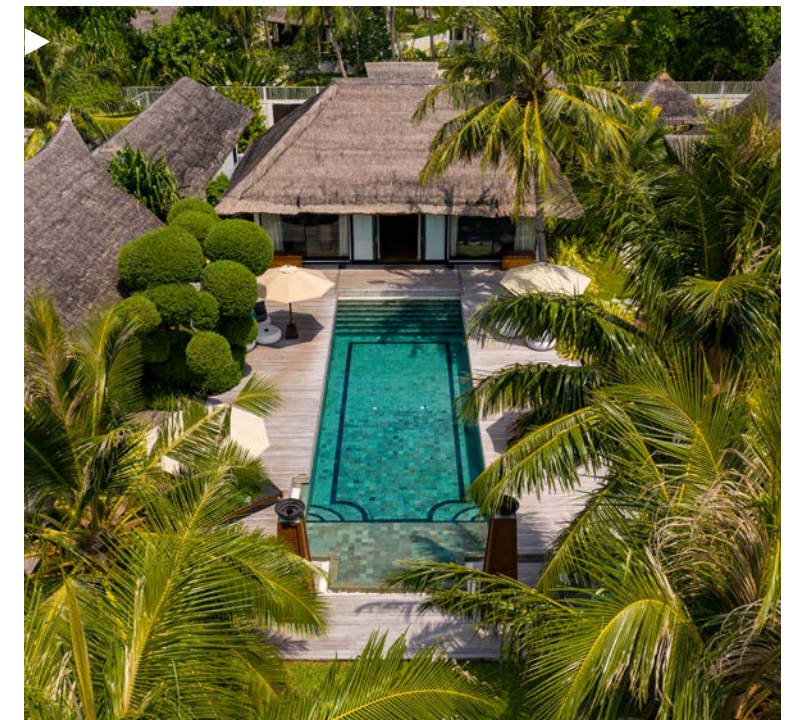
SPECIAL OFFER
Travel Period: 11/05/2024 - 10/10/2024
Minimum Stay: 4 Nights
From: USD 13,993

OZEN RESERVE BOLIFUSHI, MALDIVES
The Royal Reserve

The Royal Reserve welcomes guests to a world of refined elegance. A serene yet indulgent sanctuary with charming comforts and luxury amenities ensure guests' utmost relaxation. The 10-seater dining pavilion provides a private chef to tailor-make menus, suited to each wellness journey while on the island.

Favourite Feature
Private spa treatment room, with a dedicated spa therapist.

SPECIAL OFFER
Travel Period: 12/04/2024 - 31/10/2024
Minimum Stay: 4 Nights
Rates on request



SONEVA FUSHI, MALDIVES
Private Reserve

Guests immerse themselves in nature when staying in the Private Reserve, nestled in the jungle. Relax and play in the swimming pool, dine alfresco on the upper deck and slide into the ocean without leaving this exclusive island escape.

Favourite Feature
Private gym and steam room.

SPECIAL OFFER
Travel Period: 11/05/2024 - 10/10/2024
Minimum Stay: 4 Nights
From: USD 17,377



AMILLA MALDIVES RESORT & RESIDENCES
Amilla Estate

A lavish yet laid-back luxury atmosphere welcomes guests to the Amilla Estate. Hosting groups of up to 14 people, the exclusive villa offers a rooftop bar, cinema room as well access to a secluded beach. The fully equipped kitchen and outdoor BBQ area welcome healthy meals overlooking the Indian Ocean.

Favourite Feature
Private gym and spa, fitness essentials and yoga mats.

SPECIAL OFFER
Travel Period: 15/04/2024 - 31/07/2024
Minimum Stay: 4 Nights
From: USD 8,093



THE NAUTILUS OCEAN & BEACH HOUSES, MALDIVES
The Nautilus Mansion

The Nautilus Mansion is a three bedroom beachfront residence that offers the perfect balance for mind, body and soul. Upon the beach and beyond expectation, the exclusive villa redefines bohemian luxury - offering guests absolute freedom and solitude.

Favourite Feature
A private fitness room that can be converted into a yoga studio.

SPECIAL OFFER
Travel Period: 01/05/2024 - 30/09/2024
Minimum Stay: 4 Nights
From: USD 12,625

MILAIHOO MALDIVES
2 bedroom Ocean Residence with Private Pool

Suspended on villas over the ocean, the 2 bedroom residence welcomes guests to the ultimate relaxation station. Sun loungers and a private freshwater infinity pool with steps down into the lagoon are an invitation for both down time and exploration.

Favourite Feature
A private gym concealed under the roof for workouts, private yoga and meditation sessions.

SPECIAL OFFER
Travel Period: 11/05/2024 - 31/07/2024
Minimum Stay: 4 Nights
From: USD 6,329



A close-up photograph of a hand pouring tea from a glass teapot into a glass teacup. The teapot is tilted, and a stream of clear tea is being poured into the cup. The teacup has a built-in strainer. The background is a soft, out-of-focus green. The overall mood is calm and focused on the tea-making process.

*Wellness &
Gastronomy*
GREEN CUISINE

I will...
find balance between body
and mind.

The bridge between wellness and gastronomy shares a common path to optimum health. One's culinary lifestyle can enhance one's wellbeing, boosting the immune system with fresh, organic ingredients; an abundant resource at each of the following resorts.



COMO MAALIFUSHI



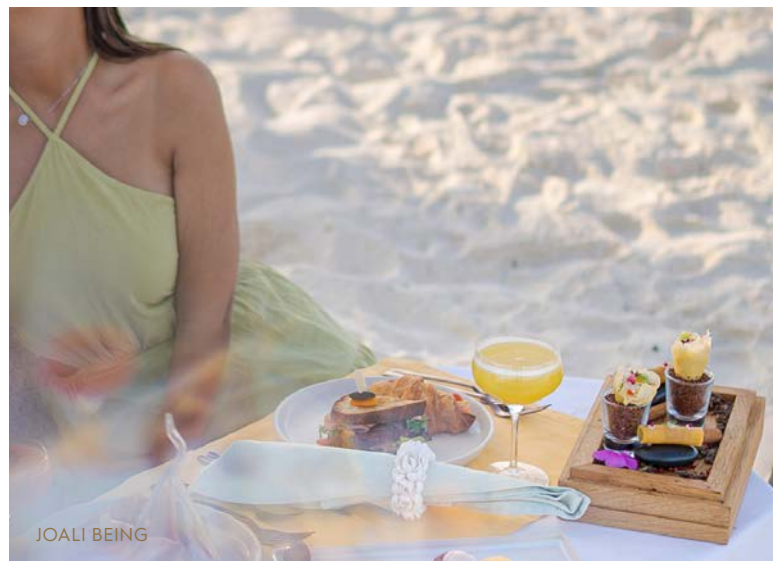
SONEVA JANI



NAUTILUS BEACH & OCEAN HOUSES



JOALI BEING



JOALI BEING

Consciously curated, the COMO Shambhala Cuisine at **COMO Maalifushi, Maldives** comprises raw, steamed or grilled organic ingredients rich in living enzymes, vitamins and sea minerals. The resulting dishes help to boost concentration, and energy as well as balance blood sugar levels. COMO Shambhala Cuisine is served at Madi, in-room dining, and private dining located at nearby uninhabited islands.



NAUTILUS BEACH & OCEAN HOUSES

Located in the Wellbeing Village on **Velaa Private Island, Maldives** health conscious restaurant, Fai, delights in venue and menu. Organic, intentional and extremely tasty dishes are served with an expert nutritionist on hand to assist in creating personalised menus for respective wellness packages.



NAUTILUS BEACH & OCEAN HOUSES

The SAI Tea Lounge at **JOALI Being, Maldives** invites guests to delve into a world of flavour, tradition and health benefits. Guests can experience the healing wisdom of Ayurveda with the Masala Chai tea, amongst others. The resort also masters the art of chocolate making; cacao has a high nutritional profile making it a "superfood" loaded with minerals, vitamins, and antioxidants.

Nutritional Consulting with Private Tasting at **Soneva Jani, Maldives** Soneva Soul is one of many innovative modalities to achieve long-term wellness. Guests can discover a balanced blend of health and flavour with a customised four-week meal plan specifically designed by the in-house doctor, addressing each individual's health concerns.

At The **Nautilus Beach & Ocean Houses, Maldives**, visitors may savour gourmet Ayurvedic cuisine curated by Ananda Himalayas' executive chef, Diwaker Balodi. The menu incorporates the fundamental food tastes of sweet, sour, salty, pungent, and bitter combined with protein, fat, and carbohydrates; all essentials to a balanced diet.

Every restaurant at **Amilla Maldives Resort and Residences** offers guests unique Wellness Your Way menu options that cater for a variety of healthy lifestyles, from vegan, to gluten free, keto and more. The Wellness Lab, located at Javvu Spa, provides the restaurants with Kombucha, homemade chemical free tonic and bitters.

Junior Menu

A PAMPERED PARADISE

I will...
grow healthy and strong.

It is important to plant the seed of self-care in young minds; ensuring a long term relationship with one's wellbeing. The below properties offer fun, age appropriate treatments for younger explorers, ensuring they have a space to relax and replenish energy for their next island expedition.

RAFFLES SEYCHELLES

Raffles Seychelles provides spa treatments for every age and interest. Kids can feel as equally pampered as their parents: with a choice between: Kids Chocolate Scrub, Tropical Scrub, Kids Massage.

SIX SENSES KANUHURA, MALDIVES

Foot Mapping, Neck Back & Shoulder, Pretty Hands & Feet and Fun Facials welcome junior travellers to the world of wellness when staying at Six Senses.



VAKKARU MALDIVES

Vakkaru Spa offers kids wellness journeys through ayurvedic treatments; building healthy, life-long habits. Treatments are designed to boost the immune system, increase appetite, strengthen the body, and more!



AMILLA RESORT & RESIDENCES MALDIVES

Kids are encouraged to embrace wellbeing with options of Mini Spa Sessions. Mini Coconut Scrubs, Yoga, or Mani and Pedi's leave young wellbeing warriors feeling fresh and fabulous.

VELAA PRIVATE ISLAND, MALDIVES

Green tea glow rituals, facials, feet treats and sugar body scrubs invite the younger travellers to the spa. Simple rituals, soft massages and organic products encourage self-care for years to come islands.



ONE&ONLY REETHI RAH, MALDIVES

With exclusive treatments specifically tailored to younger skin, 12 - 16 year old guests have the option to kick back and relax. An 'Active Flow Mini Massage' or a 'Youth as We Know it Facial' introduces skin-care techniques to teens.





Ayurveda
SEEKING BALANCE

I will...
seek harmony in health.

Ayurveda is built on the foundations of balance in diet, herbal treatment and yogic breathing. Guests seek its holistic and wholesome approach to health, reflected in the ethos of each of the following properties.



The Ayurvedic menu at **Vakkaru Maldives** includes immune boosting therapies, Chakra sessions and full-body massages as options to enhance health and longevity. Each treatment begins with a personal consultation from the resort's resident Ayurvedic Doctor, prescribing therapies according to each guest.

Conrad Maldives Rangali Island offers a range of Ayurvedic treatments, from the stress-relieving Shirodhara, Ayurvedic Massage as well as a combination of Shirodhara and Abhyanga that results in a deep healing experience.

Ayurvedic remedies are combined with vitamin therapy, energy work, mindfulness and yoga at **Soneva Fushi, Maldives** Soneva Soul. This transformative wellness way combines ancient knowledge and new-age modalities; each treatment based upon an individual's needs.



SONEVA FUSHI



VAKKARU MALDIVES



VAKKARU MALDIVES

On arrival at **JOALI Being, Maldives** guests meet with an Ayurvedic therapist who utilises a bioresonance machine to assess their lifestyle. This helps dictate the wellness regime that will be implemented during a guests' stay; taking nutrition, movement and spa therapies into account.

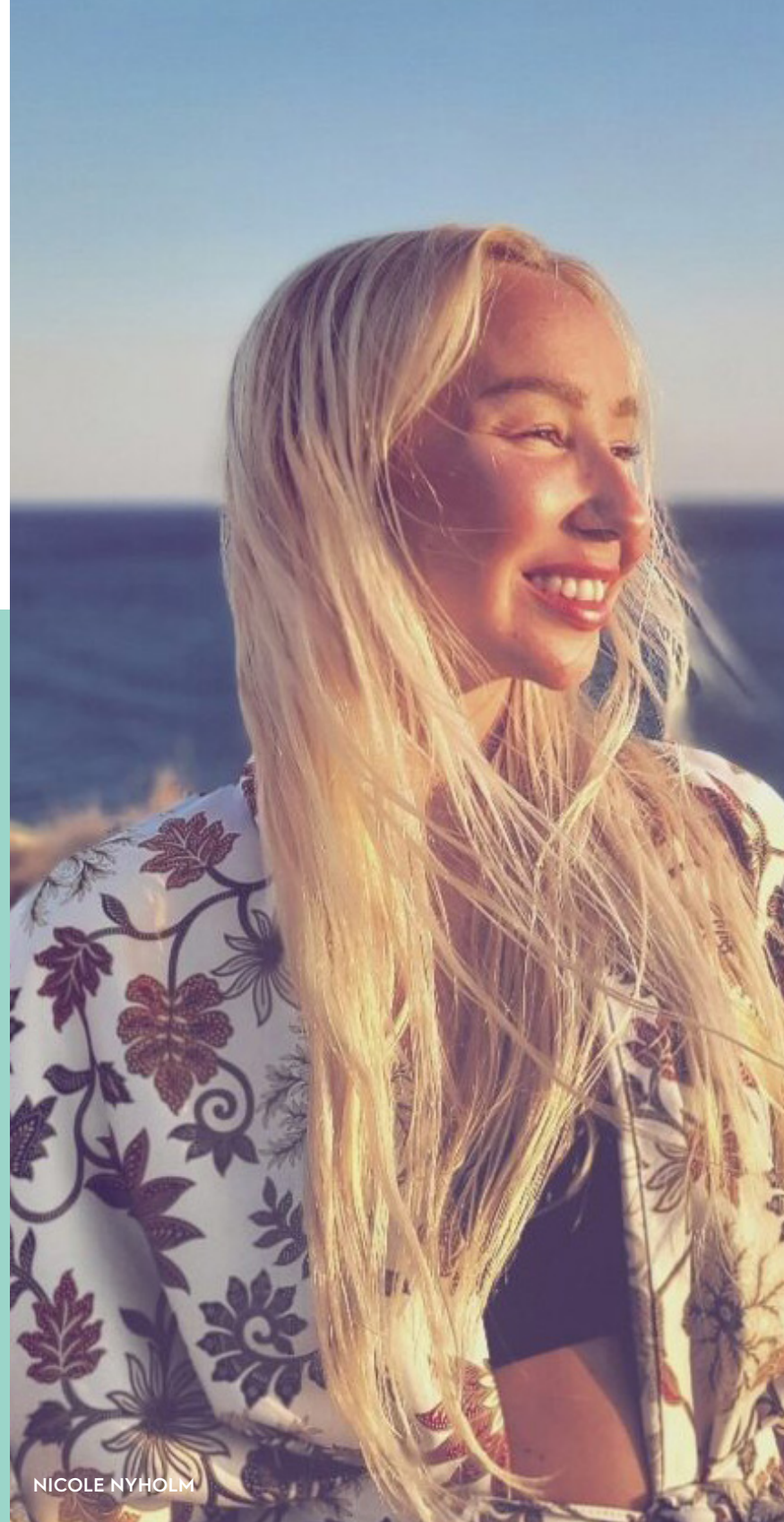
Tradition meets science at **Velaa Private Island, Maldives** Wellbeing Village, with yogic breathing techniques, diet and herbal treatments combined to deliver optimum results. The resort boasts its own brand of Ayurvedic products that can be taken home as souvenirs of the Indian Ocean.

Six Senses Zil Payson, Seychelle's nurturing treatments range from Kati Vasti to a combination of Abhyanga and Shirodhara, delivering a deeply healing Ayurvedic experience.

Visiting Practitioners

I will...
be mindful and present.

MANY RESORTS SCHEDULE VISITING PRACTITIONERS AND SPECIALISTS THROUGHOUT THE YEAR TO ENHANCE GUESTS' EXPERIENCES. FROM REIKI MASTERS TO YOGA TEACHERS, PAIN MANAGEMENT THERAPISTS AND NUTRITIONISTS, THE INDIAN OCEAN INVITES THE WISE TO SHARE THEIR KNOWLEDGE.



NICOLE NYHOLM



SONEVA FUSHI, MALDIVES

23 January - 19 February 2024

Nicole Nyholm graces the shores of **Soneva Fushi** with the transformative power of Reiki, yoga and meditation. She travels internationally, hosting workshops that combine both inner and physical journeys to strengthen body and mind.

NIYAMA PRIVATE ISLANDS, MALDIVES

Now - 15 April 2024

Guests can embark on a yoga retreat to stretch bodies and mind with Emily Moak; practising self-awareness, authenticity and mindfulness.

COMO MAALIFUSHI, MALDIVES

Now - 15 February 2024

Kim Kosters uses her wealth of experience in pain management using a range of massage techniques, movement classes and physiotherapy to release and reduce pain.



EMILY MOAK



DR RACHEL WOO

JOALI BEING, MALDIVES

Now - 31 May 2024

Experienced in Traditional Chinese Medicine, Dr Rachel Woo blends ancient wisdom with advanced science to prevent illness, strengthen immunity and relieve pain.



KIM KOSTERS

OZEN RESERVE BOLIFUSHI, MALDIVES

13 January - 28 February 2024

The creator of 'The Mind & Body Wellbeing Experience', Paul Emery, shares his holistic expertise to help individuals achieve confidence and inner wellness.

TOP 5:

Yoga

Guests can stretch their bodies and minds upon the beach, within open-air yoga pavilions or on rooftops at each of the various resorts below. Sessions can be a private affair or a shared group experience, leaning into cultivating both mindfulness and flexibility in paradise.

I will...

be strong,
balanced
and mindful.



CONRAD MALDIVES
RANGALI ISLAND



JOALI BEING, MALDIVES



SIX SENSES ZIL PAYSON,
SEYCHELLES



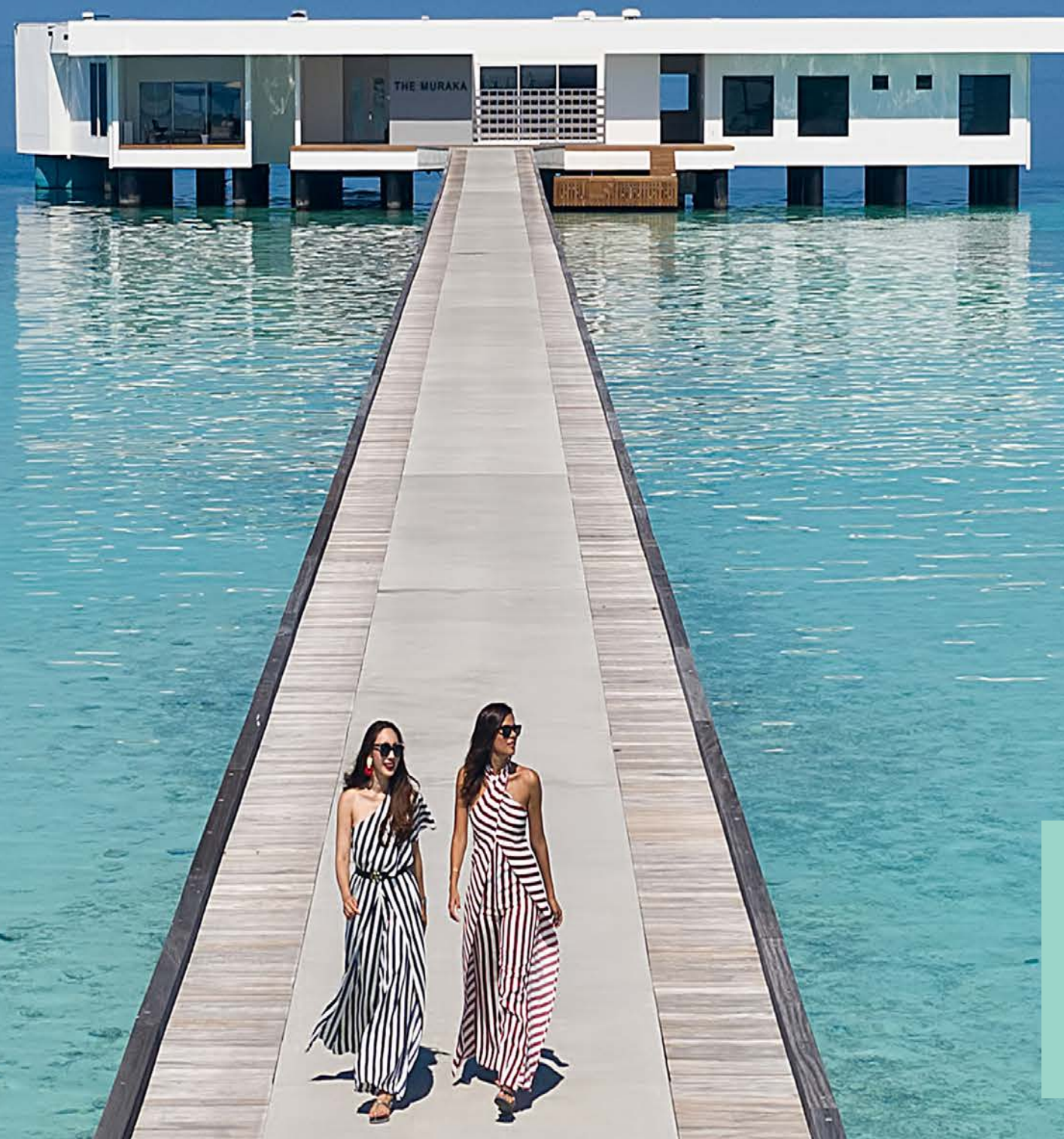
OZEN RESERVE BOLIFUSHI,
MALDIVES



THE NAUTILUS OCEAN &
BEACH HOUSES, MALDIVES

CONRAD MALDIVES RANGALI ISLAND

*Enlightenment
begins here*



Guests will leave **Conrad Maldives Rangali Island** literally glowing with vitality. With the spa accessed by a bridge out to sea, one almost feels as if crossing over the path to enlightenment. A range of rituals, wellness experiences and treatments have been crafted to strengthen, soothe and satisfy one's body and mind.



Rest

THE MURAKA

The Muraka offers a constant connection to nature with a contemporary design that seamlessly blends indoor-outdoor living spaces. The two-level residence gives guests the option of above water entertainment with an extensive deck and infinity pool, while the master bedroom is submerged 16 ft below sea level. Guests can book private spa treatments in the master bedroom, surrounded by the wonders of the underwater world.

GUESTS: 6 adults
Rates on request



Replenish

The fresh garden-to-table dining initiative 'Eco-licious: Fresh & Healthy Eats,' is an innovative pop-up restaurant nestled within a vibrant garden. Every Monday from 18:30, guests are invited to embark on a flavourful and thought provoking journey of sustainable gastronomy.

As an alternative, the Mandhoo Spa Restaurant sits on stilts above the ocean. Organic ingredients energize and nourish the body, with their associated cuisines designed to affect the body, mind and spirit in different ways.

Rejuvenate

Conrad Maldives Rangali Island is home to two award winning spas, The Over Water Spa on Rangali Island and the Spa Retreat, 100m off the tip of Rangali-Finolhu Island. Highlights of the Spa Retreat include steam rooms, sauna, baths and an Ayurvedic treatment room. The resort also dedicates a deep focus to Crystal Healing, offering an indepth menu of treatments using precious gemstones and essential oils to elevate one's experience.

Recommended Ritual

The Gem of Health session invites guests to surrender to an ancient mineral salt bath with amethyst crystals, followed by a body scrub involving a blend of herbs, plants and spices combined with Moroccan rhassoul clay blend to exfoliate as well as stimulate circulation.



Rise

The 24-hour fitness centre at **Conrad Rangali Maldives** leaves no excuse for procrastinators, as well as an onsite watersports centre for the more aquatically inclined. Bootcamps and circuits are led by trained fitness professionals, complimentary beach volleyball is at one's disposal for social or competitive games and a flood-lit tennis court welcomes evening recreation.



An aerial photograph of a luxurious beach house in the Maldives. The house features a large, curved wooden deck that surrounds a private, oval-shaped swimming pool. The pool's water is a deep, clear turquoise. The house's roof is made of thick, natural thatch, giving it a traditional yet modern appearance. On the deck, there are several outdoor furniture sets, including white tables with orange and red cushions, and a small round table with two red chairs. The house is built on a small island, with the surrounding water being a vibrant blue-green color. The overall atmosphere is one of serene luxury and tropical escape.

THE NAUTILUS OCEAN & BEACH HOUSES, MALDIVES

An island sanctuary

Guests can anticipate a world of freedom, impromptu adventure and barefoot luxury at **The Nautilus Maldives**. The resort guarantees all the comforts of home, enveloped in extravagance. An island escape where style flirts with soul, guests are invited to surrender to serenity, in style.



Rest

THE NAUTILUS RETREAT

The Nautilus Retreat sits on stilts over the lagoon, boasting a wide, curved sundeck and sleek temperature controlled infinity pool; the quintessential Maldivian dream. This two-bedroom villa offers brilliant sea views and an en-suite bathroom from each room, while the central living and dining room welcome socialising and quality time together.

Guests: 6
 Minimum Stay: 4 Nights
 Travel Period: 01/05/2024 - 30/09/2024
 FROM: USD 6,334



Replenish

Each of the restaurants at **The Nautilus, Maldives** offer high-quality vegetarian, vegan, and entirely plant-based dishes. They have also partnered with Ananda in the Himalayas to provide creative, healthy cuisine based on Ayurvedic principles. The menu curated is tailored to each individual, ensuring maximum results as well as flavour.

Pure olive-oil and Turkish Teas enhance the Mediterranean menu at Zeytoun, Osaco serves Teppinyaki beneath the stars and free-flowing, healthy gourmet canapés are served at Naiboli poolside bar.

Rejuvenate

Three glass-bottomed, over-water treatment pavilions at The Nautilus Solasta spa await at any hour. Perhaps welcome the experience to in-villa with a private treatment session.

Pure olive-oil and Turkish Teas enhance the Mediterranean menu at Zeytoun, Osaco serves Teppinyaki beneath the stars and free-flowing, healthy gourmet canapés are served at Naiboli poolside bar.

Recommended Ritual

The French art of living infuses with the ultra-luxe bohemian spirit of **The Nautilus Maldives**, resulting in a multi-sensory spa experience. A luxury yacht ride delivers guests to a secluded sandbank; where guests will be pampered in paradise.



Rise

A padel court offers the perfect combination of fitness and fun, upon the beach with the backdrop of the Indian Ocean. The resort considers outdoor sports good for the soul, with beach volleyball and beach futsal available; keeping active while connected to the elements.



JOALI BEING, MALDIVES

The joy of weightlessness

Wellbeing is reflected in every aspect of **JOALI Being**, from the architecture and artisan interior design to special inclusions, such as customised Wellbeing Bar setups, meditative musical instruments and wellbeing games. Inspiration comes from the earth itself, influencing the culinary experiences, immersive programmes and recreational activities. Guests are welcomed and encouraged to embrace the art of self-Improvement, in paradise.



Replenish

Food is an art form at **JOALI Being**, with locally harvested and sustainably sourced ingredients serving up Earth-to-Table dishes. Guests may request personalised nutrition sessions and co-created menu recommendations during their stay. Award-winning FLOW encompasses three health conscious venues: B'Well, Su and Plantae. Dining at each during their stay will provide a holistic and healthy culinary experience. Guests can also sign up for cooking classes, taking the art of conscious cuisine home.



Rise

Wellness is nurtured from a young age with Kidult, the resort's Multigenerational Family Playground. Experiences are designed around the Four Pillars; Mind, Skin, Microbiome and Energy - inspiring young hearts and minds through active engagement. The program weaves nature into each activity, maintaining connection through wellbeing workshops, sound healing and sensory playgrounds.

Rest

TWO BEDROOM WELLBEING BEACH RESIDENCE

Guests are welcomed by temple-like thatched structures, home to soaring ceilings and sand floors; mimicking the surrounding environment. Spacious indoor and outdoor living areas provide options for relaxation, with an open-to-sky terrace for al fresco dining beneath the stars. Fitness equipment is included to motivate movement from the comfort of one's villa; exclusive and elegant wellness experiences.

GUESTS: 5
 MINIMUM STAY: 4 nights
 TRAVEL PERIOD: 11/05/2024 - 10/10/2024
 FROM: USD 5,005



Rejuvenate

The resort offers some of the finest wellness facilities and unique transformational spaces. **Seda**, the sound therapy hall, promotes inner balance through harmony and vibration. The hydrotherapy hall, **Kaashi**, honours the tradition of healing through water. The **Ocean Sala** is home to an antigravity yoga pavilion, podologist centre and meditation deck, and **Aktar** Herbology Bar encourages healing through the power of herbs.

Recommended Ritual

The ultra-low temperatures in the ice grotto as well as the cryotherapy chamber aid with muscle relaxation, reduce inflammation and provide natural pain relief.



An aerial photograph of a tropical island. In the center, there is a small wooden cabin with a circular hot tub on its deck. The cabin is situated on a sandy patch surrounded by dense, lush green vegetation, including several palm trees. The overall scene is serene and idyllic, representing a wellness retreat.

AMILLA MALDIVES RESORT & RESIDENCES

In Harmony, with Purpose

With nature the ultimate source of healing, **Amilla Maldives Resort & Residences** has created a range of options for guests to fully immerse and surrender to their surroundings. Wellness Packages are offered between lengths of 3 days and 7 days, depending on the depth one wishes to dive into their health journey.



Replenish

Homegrown, homemade and holistic dishes are served throughout the dining venues at **Amilla Maldives Resort & Residences**. In understanding that wellness starts with nutrition, the resort ensures options to support and enhance healthy living. Fresh ingredients are sourced from their hydroponic garden, mushroom hut as well as coconut pressing facility. The Mystique Garden welcomes guests to participate through workshops and advent foraging; island grown produce for a feast of hand-plucked harvest.



Rise

Bollywood dance classes, yoga and art workshops are but a few of the options to keep bodies and minds stimulated. Alongside traditional yoga, power yoga, Tibetan yoga and Kundalini yoga are also offered, each highlighting different aspects of breathwork, endurance, meditation and wisdom.

Rest

PRIVATE BEACH RESIDENCE

A home-away-from-home exclusive villa welcomes guests to their wellness escape. Outdoor showers, hammocks, bicycles and a private pool and secluded beach encourage time in nature. The double-storey, four bedroom design allows for maximum space; various areas to relax and unwind indoors and out. A fully equipped kitchen ensures mindful meals are served; with a private chef available on request.

GUESTS: 8
 MINIMUM STAY: 4 nights
 TRAVEL PERIOD: 15/04/2024 - 31/07/2024
 FROM: USD 6,740

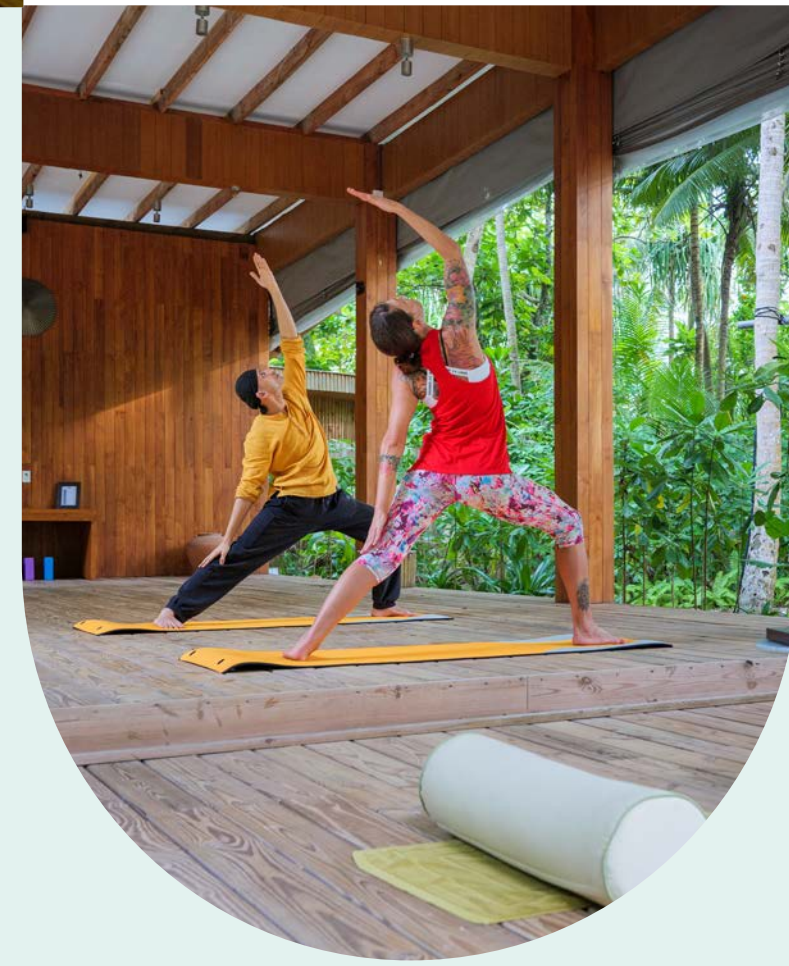


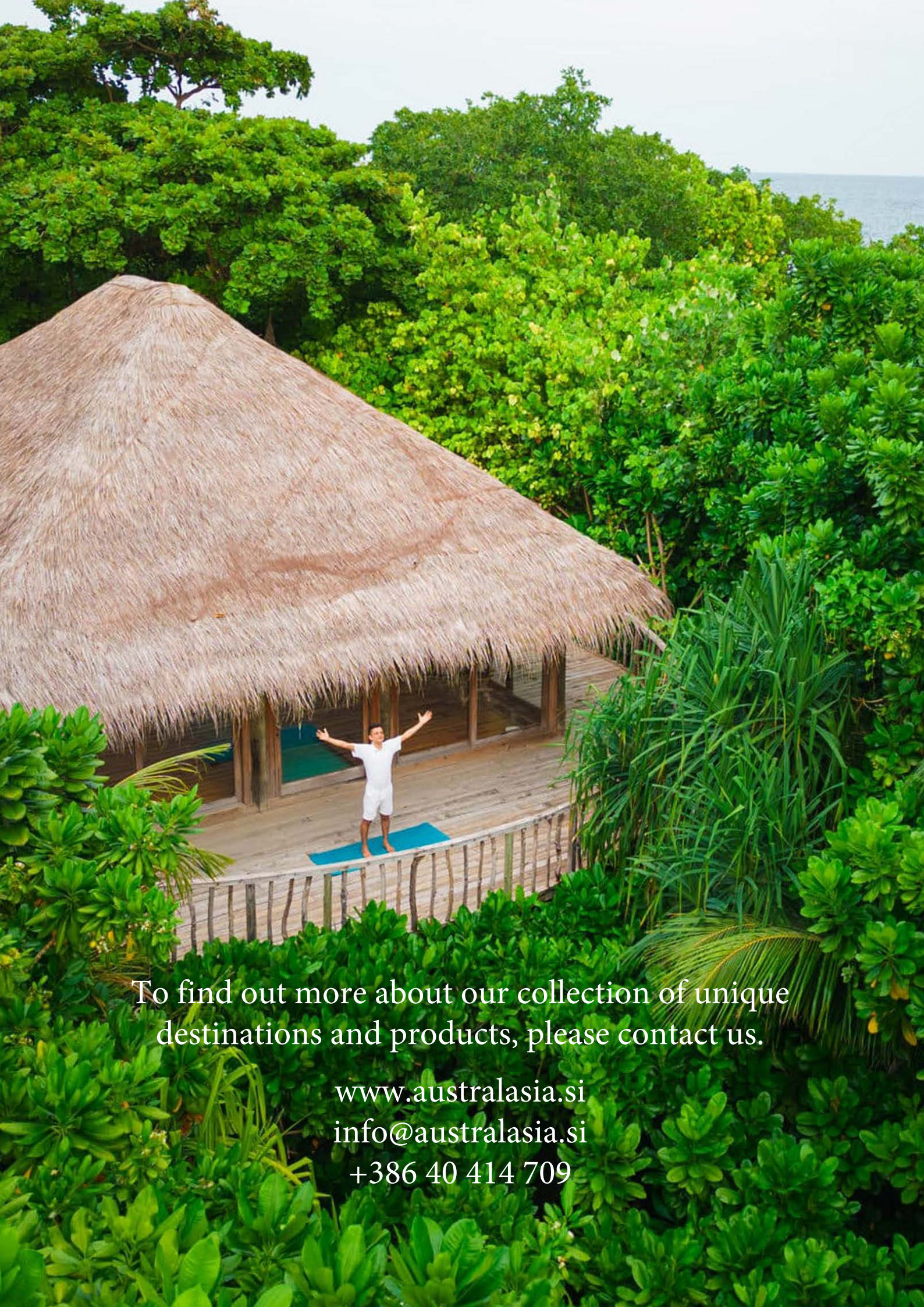
Rejuvenate

The Javvu Spa is a contemporary sanctuary surrounded by nature. Amilla's holistic approach to wellness goes beyond the ancient art of human touch to the use of light and sound therapy, nature, crystal healing and alchemy. It blends the modalities of movement and mindfulness, supported by nutrition and healing therapies which craft bespoke road-maps to wellness for each individual guest.

Recommended Ritual

Guests can learn to make magic at the Amilla Maldives Alchemy Bar. The space is an interactive laboratory in the Javvu Spa where modern herbalism and ancient knowledge of Maldivian medicine create a range of soaps, scrubs and balms.





To find out more about our collection of unique destinations and products, please contact us.

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