

# TATTLER<sup>®</sup>



## *Spa Guide 2022*

IN ASSOCIATION WITH  
Healing  Holidays

## HIDDEN DEPTHS

*A roster of wellness coaches awaits guests at Anantara Dhigu*



### *For escapism: Anantara Dhigu*

The crystal-clear lagoon surrounding Anantara Dhigu is seemingly limitless, whether you're paddling shore-side, curling your toes in powder-soft sand, floating above manta rays and baby reef-sharks in a private snorkel session, or skimming above the glassy surface – where wake-boarding, paddle boarding and surfing are just for starters. When you're finished, the world-class Anantara spa awaits, its glass-floored, open-air cabanas hoisted on stilts. Treatments here range from a Thai massage to Ayurvedic practices. Try the Sundari Healing Ritual at sunset, and suddenly the world seems right again. Also on hand is an impressive roster of wellness masters, including brilliant resident nutritionist Kelly Manning, who conducts an in-depth lifestyle consultation before drawing up a tailor-made plan and hooking you up to an immune-boosting vitamin drip. Glow-getters can, quite literally, envelop themselves in 24-carat gold during a Cleopatra collagen facial. But even the spiritually sceptic should experience this combination of powerful vibrations and dazzling light. It truly transports you to another realm.

*From £655, half board (anantara.com).*

*The overwater spa at Kagi Maldives Spa Island*



### *For spiritual healing: Kagi Maldives Spa Island*

If you're aching to slip away to island luxury for some R&R without distraction, you'll be tempted by the newly unveiled Kagi Maldives Spa Island. This chic 50-villa resort is a 15-minute seaplane journey from Velana international airport and the kind of place where any traces of stress soon fade. At the circular overwater spa, start the day with sunrise yoga; then luxuriate in an alfresco bath, soaking up views of the glimmering ocean as it shifts from deepest cobalt to teal. Treatments include Ayurvedic-inspired rituals – try the signature massage with heated herbal poultices – or for an emotional cleanse, opt for crystal and Tibetan singing-bowl sound healing, designed to unblock each of the seven chakras. One of the main draws here is the entrancing underwater world. Gliding among sea turtles, rays, reef sharks and an array of colourful fish is just as soothing for the soul as an afternoon atop the treatment table.

*From £625, including breakfast (kagimaldives.com).*

*Soneva Soul is a haven of Ayurvedic treatments at the wellness flagship Soneva Jani*





## For privacy: Naladhu Private Island

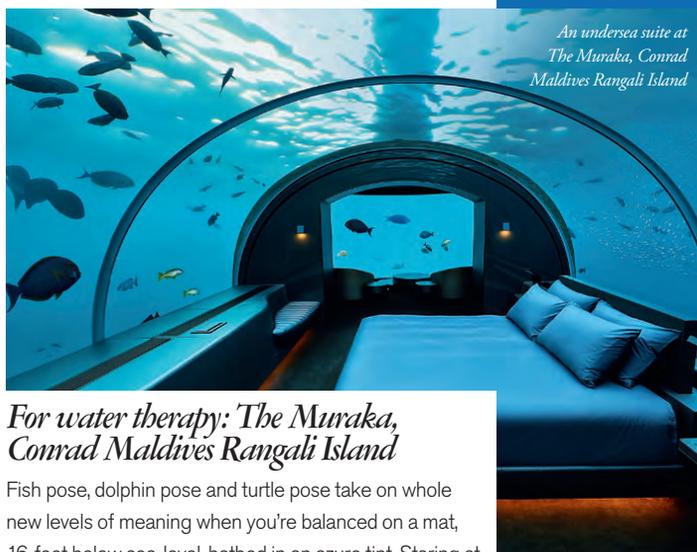
Hop on a speedboat at Velana airport and, a mere 35 minutes later, you're gently tipped into tropical heaven. With only 20 elegant beach houses – each boasting its own pool and a personal house master to attend to your every need – this select sanctuary pushes exclusivity to all-new heights. Everything here is utterly bespoke; so, should you be seeking a post-sun scrub-down in the cool of your cabana, or some jetlag-remedying reflexology on your private beach, the charming spa therapists will happily oblige. Over at the Living Room restaurant, there are no menus or fixed timings; instead, guests are encouraged to order whatever takes their fancy. Otherwise, you can dine on a secluded beach, toes in the sand, attended by your personal chef and sommelier. Or whizz across to Naladhu's sister islands, a stone's throw away: Baan Huraa, the overwater Thai restaurant that sits in the lagoon, is a must-try. From £1,225, half board ([naladhu.com](http://naladhu.com)).



Shades of blue: the pool at Anantara Naladhu Private Island

## For zoning out: COMO Cocoa Island

Relaxation comes effortlessly at COMO's newest Maldivian sanctuary, a purist hideaway where caves and shipwrecks lure divers deep underwater, and guests bed down in villas shaped like dhoni boats with dark-wood, nautical interiors. By day, snorkel among parrotfish and baby sharks; golden hour means sunset cruises, dolphins leaping alongside, as the sky turns pink. The food here shines – a mix of local cuisine laced with Indian spices, fresh fish and the signature healthy menu, devised by COMO founder Christina Ong. (Think jicama summer rolls with chilli sauce, and quinoa crispbread with avocado and kale.) But the backbone is the spa: a sprawling space, with an open-air yoga studio and 360-degree ocean view. Start in the hydrotherapy pool to loosen tight muscles via powerful jets. Then slip beneath cool sheets for the speciality massage: a blend of eucalyptus-scented oil, long strokes and rocking that mimics the lapping of the lagoon waters. *Elegant Resorts* ([elegantresorts.co.uk](http://elegantresorts.co.uk)) offers seven nights from £8,965, including breakfast, flights and transfers. ▷



An undersea suite at The Muraka, Conrad Maldives Rangali Island

## For an Ayurvedic immersion: Soneva Jani

A short boat ride away from Fushi, you'll find Jani, Soneva's flagship wellness destination on Noonu Atoll. Head straight to the Ayurveda-inspired Soneva Soul, where a doctor will ensure that treatments throughout your stay are targeted to your body's needs. Offerings are both high-tech and holistic: the former includes a hyperbaric oxygen chamber to oxygenate blood cells, IV therapy and a cryotherapy room is in the works; the latter, sound- and crystal chakra-healing. Therapists work their magic inside and outdoors in the most serene environment. Retreat to your overwater villa, where a private pool offers uninterrupted views over the ocean, gluten-free and vegan treats appear daily in the fridge – and the roof retracts above the bed, so that you can sleep beneath the stars. *Healing Holidays* ([healingholidays.com](http://healingholidays.com)) offers five nights from £5,249, half board, including transfers.

## For water therapy: The Muraka, Conrad Maldives Rangali Island

Fish pose, dolphin pose and turtle pose take on whole new levels of meaning when you're balanced on a mat, 16-feet below sea-level, bathed in an azure tint. Staring at a kaleidoscope of magical marine life, this is underwater yoga without ever getting wet – something that can only be experienced at The Muraka, an ultra-luxurious three-bedroom overwater villa with a sub-aquatic suite. At this premium residence, every treatment can be tailored to fulfil your aqua-fantasy: morning yoga under a prism of watery sunbeams; afternoon facials staring up at angelfish; late-night massages in a mirage of moody blue, with such nocturnal creatures as octopus popping up in a haze of ultraviolet light. Just as transporting is the spa, complete with stilted treatment rooms, expert personal trainers and an organic restaurant where dishes are designed to make you feel like a brand-new human. From £7,225, including breakfast ([conradmaldives.com](http://conradmaldives.com)).

Villas at COMO Cocoa Island are built to mirror Maldivian dhoni boats

