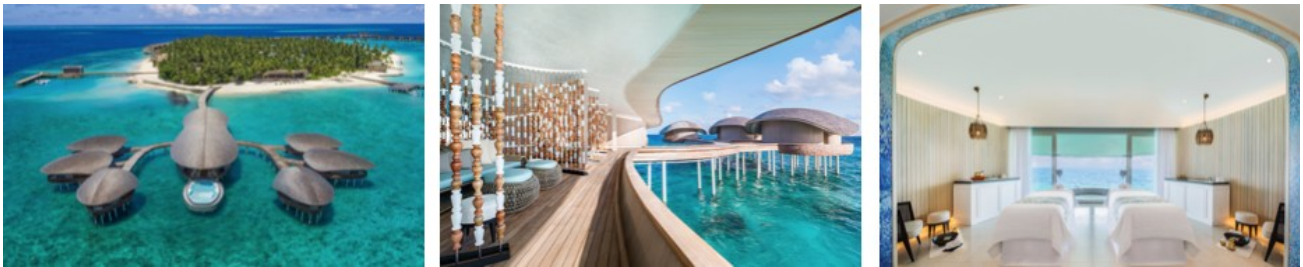




ST REGIS
MALDIVES • VOMMULI

**BESPOKE AYURVEDIC RETREATS: RESET BODY AND MIND AT THE ST. REGIS MALDIVES
THIS SPRING**

*Private island resort launches bespoke 'Ayurveda Wellness Voyages' for full holistic
wellbeing in paradise*



Abu Dhabi – March 2018: Private island resort [The St. Regis Maldives Vommuli Resort](#), has launched a series of Ayurvedic retreats, curated by its in-house Ayurveda doctor at its over-water Iridium Spa. Those embarking on the new *Wellness Voyages* will indulge in pure relaxation in the paradisiacal surroundings, while being given the tools to live a healthy and happy life once they return home.

Dr. Sudhi Suresh, who has been practising the ancient Indian medicinal system for over ten years, has developed three, five and seven-day retreats which are designed to promote good health through a mind-body connection.

Ayurvedic medicine is one of the world's oldest holistic healing systems, which was developed over 3,000 years ago in India, based on the belief that health and happiness is maintained through a balance in mind, body and spirit. As a complete way of life, it includes yoga, diet, herbal remedies and meditation to enhance the overall wellbeing of those who practise it.

Each retreat begins with a one-to-one private lifestyle consultation with the doctor. Lasting 30 minutes, the session includes a pulse diagnosis, a series of lifestyle-analysing questions and a questionnaire to complete. The doctor uses this information

to establish guests' body type in addition to the state of their physical and mental health, and creates a bespoke recommended lifestyle programme of diet and activity.

Following the assessment, guests will receive a specially recommended combination of spa treatments and private yoga sessions that have been tailored based on their individual requirements. The Ayurvedic rituals include massages, exfoliation and steam treatments to encourage good health and relaxation. The retreats include:

Navikarana (Renewal):

Three days: £640pp (\$890)

- One wellness consultation with the Ayurvedic doctor
- One 75-minute Abhyanga treatment (a four-handed massage with medicated herbal oils)
- Two two-hour treatments, based on the doctor's recommendations
- One private yoga session

Ashwasa (Recovery)

Five days: £1,060 (\$1475)

- Two wellness consultations with the Ayurvedic doctor
- One 75-minute Abhyanga treatment (a four-handed massage with medicated herbal oils)
- Four two-hour treatments, based on the doctor's recommendations
- Two private yoga sessions

Punarjanma (Rebirth)

Seven days: £1,530 (\$2,125)

- Two wellness consultations with the Ayurvedic doctor
- One 75-minute Abhyanga treatment (a four-handed massage with medicated herbal oils)
- Six two-hour treatments, based on the doctor's recommendations
- Three private yoga sessions

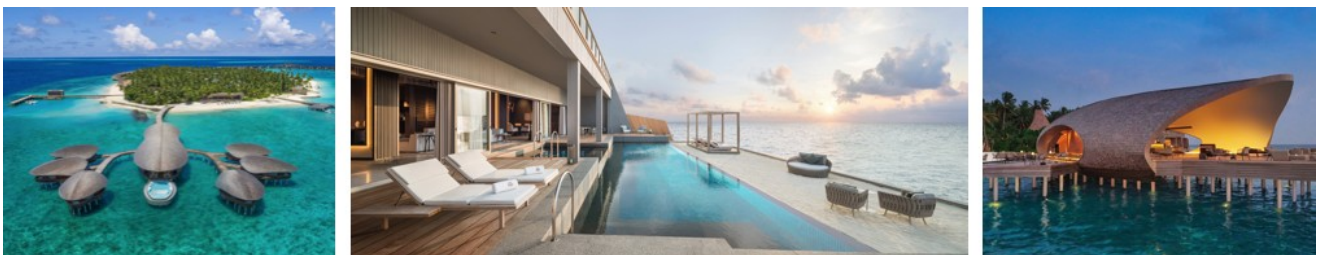
Dr. Sudhi Suresh obtained his Bachelor of Ayurvedic Medicine & Surgery at the K.V.G Ayurveda Medical College in India after following in the footsteps of both his father and his grandfather. He has worked at a range of top hotels worldwide, before joining The St. Regis Maldives when it opened in November 2016.

The unique lobster-shaped Iridium Spa at The St. Regis Maldives Vommuli Resort, perched above the clear waters of the secluded Dhaalu Atoll, offers spa heaven on a remote tropical island. It is the largest overwater spa in the Maldives, and is home to a hydrotherapy Blue Hole Pool, which uses heated seawater and an array of whirlpool jets to deliver curative physical and psychological benefits.

A stay at the The St. Regis Maldives Vommuli is from £1,127 (\$1,575) per night in a Garden Villa with Pool. Sea plane transfers from Male are \$665 return per person. To book visit www.stregismaldives.com

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About The St. Regis Vommuli Maldives Resort



The [St. Regis Maldives Vommuli Resort](http://www.stregismaldives.com), which opened in November 2016, is nestled on a private island in a secluded Maldivian atoll, amidst thriving marine life. Just 40 minutes from Male by seaplane, guests are transported into a newfound paradise in the Dhaalu Atoll.

The resort draws inspiration from nature itself. Designed by WOW Architects | Warner Wong Design (Singapore), the unusual contemporary design of The St. Regis Maldives draws inspiration from the natural setting of the resort. This is represented by the manta ray shaped lagoon villas, a signature bar in the shape of a whale shark, a lobster-inspired spa and a spiral shell shaped library.

There are six distinct dining venues, including an Asian specialty restaurant, a modern Italian restaurant that features a grand staircase, an underground wine cellar restaurant, a shack style restaurant, a signature overwater bar that rolls out stunning views of dramatic sunset, and a pop-up restaurant in the middle of the resort. Additionally, guests can also enjoy the Iridium Spa, which presents six overwater treatment rooms, including two that are dedicated to healing Ayurvedic treatments. Spa

guests can also enjoy a Blue Hole pool, which contains heated seawater with different water jets – a system with proven benefits to the body.