

A Romantic Retreat at The St. Regis Maldives Vommuli Resort

The Private Island Resort offers the perfect setting this Valentine's Day

Abu Dhabi, 23 January 2018: St. Regis Maldives Vommuli Island Resort, will host two internationally-acclaimed wellness experts for a full month.

Bettina and Michael Keller Schörnig will be practising at Iridium Spa, the wellness centre at the luxurious private island resort from January 30th until February 28th, 2018, bringing a full range of treatments.

Michael focuses on postural control and he will guide guests through the Quantum Keys, a set of simple techniques that he discovered which helps enhance self- and body-awareness, the key to a happier and healthier life.

Through the Somatic Release treatments, Michael will teach guests to skip old and restricting moving patterns in just one session. Practising this regularly will result in enhanced breathing and circulation, improved posture, and prevention of muscle fatigue and backache.

Bettina is an Anusara-inspired and certified yoga therapist, whose treatments are built on the traditional techniques of Hatha yoga combined with strong and dynamic sequences. The emphasis of the 'Power of Yoga' approach lies in aligning with the inner self to enable an optimal flow of energy throughout the body.

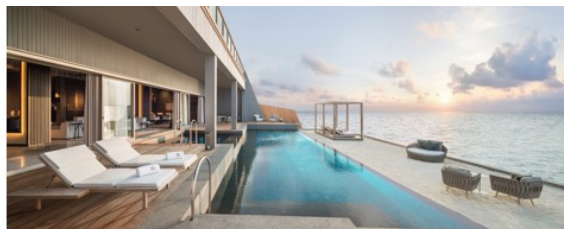
The range of treatments available at Iridium Spa can be tailor-made to suit personal preferences and are suitable for guests of all ages and levels.

Bettina and Michael established the Soma Institut in Switzerland, a centre for health and transformation, travelling once a year to share the benefits of their practice with guests at wellness destinations around the world.

For more information, please visit www.stregismaldives.com

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About The St. Regis Vommuli Maldives Resort





The [St. Regis Maldives Vommuli Resort](#), 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.

The St. Regis Maldives Resort have received the following awards since opening in November 2016:

Prix Versailles - Continental Special Prize Winner Exterior Hotels Africa and West Asia

World of Fine Wines - World's Best Wine List 2017 - 3 stars

World Travel Awards - Maldives Leading Luxury Island Resort 2017
Indian Ocean's Leading New Luxury Resort 2017
Indian Ocean's Leading Luxury Resort 2017

World Luxury Spa Awards - Best Luxury Boutique Spa Continent Winner
Best Luxury Wellness Spa Regional Winner

Wine Spectator - Restaurant Award Winner - Decanter 2 glass

Haute Grandeur - Best Pool Villa Resort - Indian Ocean

SBID International Design Award - Overall Winner

European Hospitality Awards - International Beach Resort of the Year

World Travel & Spa Awards - World's Leading Luxury New Resort 2017
World's Leading Luxury Island Resort 2017
World's Leading Luxury Resort Design 2017
Maldives' Best Resort Spa 2017
Indian Ocean's Best Resort Spa 2017
World's Best Spa Design 2017