



Olhuveli
Beach & Spa Resort

Awaken The Body And Soul

– New Ayurveda Retreat Programme In The Maldives -



For those wanting to rejuvenate the body and mind, there is no better place in which to forget about the strains of modern life than in the Maldives. An archipelago of tiny islands located in the heart of the Indian Ocean, the Maldives is a world-famous spa destination, taking influence from the therapies of its neighbouring countries of India, Thailand and Bali. What's more, guests at [Olhuveli Beach & Spa Resort](#) and [Vilu Reef Beach & Spa Resort](#) are now able to completely submerge themselves in the ancient culture of the Indian subcontinent, with a choice of brand-new ayurveda retreats.

The ayurveda retreats take place at the resorts' luxurious Sun Spas, which are located in tranquil gardens, brimming with the sound of birdsong and rustling coconut palms. Ayurveda is an ancient system of traditional medicine, aimed at eliminating toxins and promoting natural health. Influenced by Hinduism and Buddhism, the practice uses a framework of five elements to heal and balance the body and mind; earth, water, fire, air and aether, which in Sanskrit means space.

Guests have the choice to take either a three, five or seven-day retreat, incorporating Shirodhara ('third eye') treatments, Indian head massage, dosha (energy) massages and facials, marma (vital point) massage, herb and spice scrubs and flower baths. In addition, invigorating Thai massage and yoga are available, both of which aid the elimination of toxins and restore health and wellbeing from the inside. After their therapies guests can take time to enjoy the Sun Spa's hydrotherapy areas, which employ cold plunge pools, water jets, steaming mineral baths, saunas and steam rooms.

Best at Travel (www.bestattravel.co.uk / 020 7849 4100) offers seven nights at [Olhuveli Beach & Spa Resort](#) from **£1,369 per person (saving £200 per person)**, while seven nights at [Vilu Reef Beach & Spa Resort](#) start from **£1,429 per person (saving £150 per person)**. Valid for selected departures in November, the price includes flights from Gatwick with Emirates, accommodation in a deluxe room or a garden villa on a half-board basis, resort speedboat or seaplane transfers, taxes and surcharges.

Located on the tip of South Malé Atoll, Olhuveli offers a selection of restaurants and bars, two infinity pools, a tennis court and an excellent watersports centre, with one of the only registered kite-surfing schools in the Maldives. Situated an exciting 35-minute seaplane transfer from Malé, within the remote South Nilandhe Atoll, Vilu Reef is a beautiful 'Robinson Crusoe' style retreat blessed with pristine beaches, an abundant green interior and a beautiful protected lagoon.

The Ayurveda Retreats start from **US\$250 per person** for three-days. This is payable in resort and subject to a 10% service charge and 8% GST.

Jo Dey

E-mail - jo@citruspr.co.uk

Office - 01590 676 432

www.citruspr.co.uk

citruspr

Travel PR agency

Anchor House, Bath Road, Lyminster, Hampshire, SO41 3YJ