

Wellness Trendz

International
a lifestyle publication

Winter 2021

Azerbaijan

Health And Wellness

Baden-Baden

Spa Town

Retreat Palm Dubai

Wellness Holiday

Thailand

Destination Wellness



Image : Baros Maldives

A woman's profile is shown in a three-quarter view, looking towards the left. Her hair is styled in a classic, voluminous manner. Inside her head, a detailed image of the Svatopluk Thermal Spa in Mariánské Lázně is visible, showing its ornate Baroque architecture with yellow walls, arched windows, and a large central dome. The woman's hand is resting near her chin, suggesting a state of relaxation or contemplation.

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We welcome all the readers to Wellness Trendz International. The publication brings the relaxation and harmony in your life with everything possible to calm you and bring a certain ease in your life by providing information about the best of Spas and Wellness Resorts from across the globe. Plus find all the healthy options available in terms of food and other lifestyle choices. Therefore, the mantra of Wellness Trendz International is relaxation, purification and regeneration.

In this issue, we have focused on Baden-Baden in Germany and Thailand are must read. The feature to be not missed is on Azerbaijan giving a chance to enjoy the unique health and wellness experiences.

We have also featured some of the top Spas and Spa Resorts of the region in this issue. Do not miss the features on Kulm Spa St. Moritz and Hotel Royal San Remo. We have featured The Retreat Palm Dubai, a holistic wellness Resort. Special feature is on Sofitel Spa at Sofitel Dubai The Palm. The article on Royal Hotel San Remo is a must read. Some of the top resort in the enchanting Maldives like Atmosphere Kanifushi which is the family Heaven, Baros Maldives, the Maldives Icon and Milaidhoo Maldives as it prepares to celebrate the festive season.

So have fun with good health and enjoy yourself.

Rachel Reeds
Editor

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Regeneration

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Azerbaijan

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Azerbaijan is a country brimming with captivating experiences for travellers as its rich cultural and historical heritage as well as its diverse natural landscapes allow it to develop some very original offerings. Among the gems of Azerbaijan are its health and wellness experiences.

To start with, the Naftalan oil of Azerbaijan has long been famous for its healing properties. In fact, people travelled long distances to Naftalan along the Great Silk Road to find a cure for various ailments. The city is still a frequently-visited health and wellness destination in Azerbaijan for its rare oil that has exceptional therapeutic qualities thanks to its unique chemical composition. Harboring anaesthetic, anti-inflammatory, antiseptic and other properties, the oil is a remedy for over 70 diseases, including multiple skin, muscle and joint conditions, as well as gynaecology and neurology problems. What is more, Naftalan has recently enhanced its travel experiences with cycling paths and an Oil Museum pavilion where a Tourism Information Centre and wayfinding signs assist visitors to this miraculous city.

Curative oil is not the only phenomenal health remedy in Azerbaijan. Gabala, located in the north-western part of the country, is one of Azerbaijan's best resort towns. Besides opportunities for hiking, skiing and other thrilling outdoor activities, 3 of the more than 30 hot and cold mineral water springs in the Greater Caucasus Mountains are found here. Containing rich concentrations of minerals and organic substances, these springs are used in modern treatments at local health and wellness resorts designed to help visitors reset their body and soul. One such centre is the Chenot Palace Health Wellness Hotel, which provides exclusive hospitality and world-class wellness packages tailored to individual needs upon request.

Another region well-known for natural hot springs is Lankaran in the south of Azerbaijan, bordered by the Caspian Sea coastline and lush Talish Mountains with their scenic landscapes. The Lankaran

Springs Wellness Hotel, one of the most popular sanatoriums of Azerbaijan, offers various types of balneotherapy based on the healing power of dozens of thermal sources on the hotel's territory. It is also possible to have Charcot douche, mud therapy, massages and various other relaxing treatments at this resort.

Another must-have experience awaits at Duzdag in Nakhchivan. Here is located the modern Duzdag Physiotherapy Centre where experienced physicians and physiotherapists welcome guests both in underground tunnels and a well-equipped resort above ground. About 130 million tonnes of pure natural salt are thought to be stored in this mountain, which allows special treatments in salt caves to be offered to help alleviate both allergies and pulmonary disorders.

Along with oil baths, mineral springs and salt treatments, Azerbaijan also has an enormous collection of mud volcanoes, whose mud is used in therapies at multiple health centres too. The most popular collection of them is located a 1.5-hour drive from Baku, where the foundations of a Mud Volcanoes Tourism Complex were recently laid that is planned to be launched next year. Besides providing a unique visit to the mud volcanoes' extraordinary moon-like landscape, this complex will also offer therapeutic mud baths along with interesting activities like quad biking, a workshop for children, zip lining as well as an exhibition hall and a café.

A distinguishing feature of this country is that you can find many wellness experiences no matter which direction you travel in. Travellers can find cures for their problem through mineral waters in the north or south, or choose to have a relaxing treatment session accompanied by oil baths in the western part of Azerbaijan. Either way, they will be treated to a great detox of mind and soul while restoring their physical strength and enjoying picturesque landscapes along with the other great features of this beautiful country.



Atmosphere Kanifushi

Family Heaven

Families can escape to their very own slice of paradise with 30 spectacular new beach villas at Atmosphere Kanifushi – which has been awarded by World Travel Awards the second year in a row for its stellar multi-generational holiday experience.

Atmosphere Kanifushi wins the 'Leading Family Resort in the Maldives' award by World Travel Awards for the second year in a row. Off the beaten track, Atmosphere Kanifushi is located at the secluded Lhaviyani Atoll. This classic five-star island resort is accessible by a 35-minute seaplane ride from Malé International Airport.

Already a much sought-after hideaway for families seeking some tropical bliss, Atmosphere Kanifushi heightens the stay with additional villa categories to choose from. The two new categories are Kanifushi Grand Pool Villa and Kanifushi Residence. Hidden beneath gently swaying palm trees, these villas are conveniently located at the centre of the island's unique two-kilometre-long beach.

Kanifushi Residence

Kanifushi Residence fits the bill for ultimate family bonding. The ten exclusive residences come with three bedrooms: a master bedroom,

kids bedroom and an attached nanny's bedroom. There is also a living cum dining room with a pantry and an entertainment room.

Outside, guests have a standout 115 sqm free form swimming pool just steps away from the white, sandy beach and aquamarine waters beyond. The pool is a sheer delight with its elevated sofa seating, semi-submerged sun loungers and a shallow kids area. Features like a spacious wooden deck with table seating and a cosy Maldivian swing make this a perfectly chilled out spot.

Kanifushi Grand Pool Villa

Designed to delight, the twenty new Kanifushi Grand Pool Villas are ideal for both families and couples. These one-bedroom island homes (241 sqm) with open-air bathrooms and luxurious amenities, always offer inspiring ocean views.

The veranda opens onto a tranquil garden area – where families and couples can enjoy quality time at a 42 sqm lap pool and deck. Shaded table seating and a gazebo with a Maldivian swing enhance the sun-soaked poolside vibe.





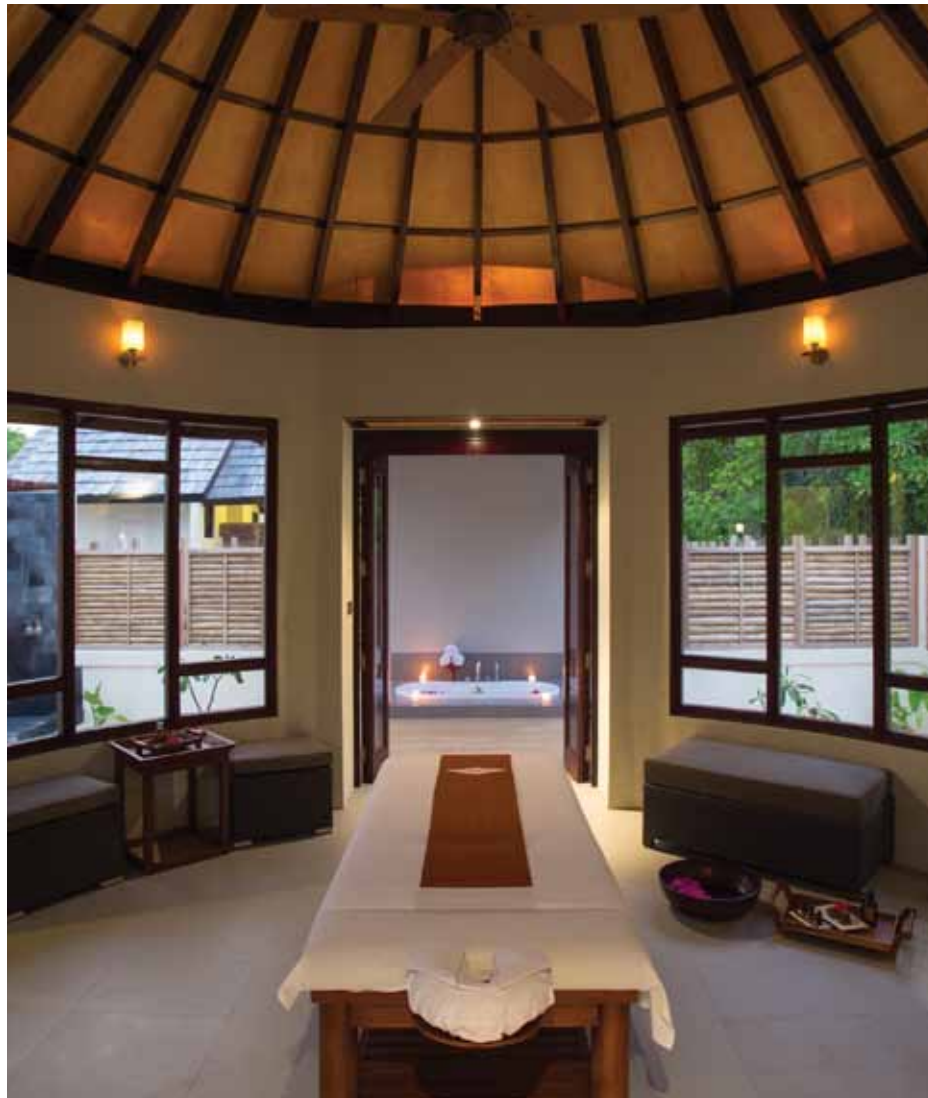
ATMOSPHERE KANIFUSHI ULTIMATE INDULGENCE SPA



Situated in the Lhaviyani Atoll and just 30-minutes via a scenic Sea Plane transfer from the International Airport, Atmosphere Kanifushi is home to 162 detached villas and suites, where you can enjoy access to the pristine white beaches and beautiful turquoise lagoon surrounding the island. The Resort's 'Atmosphere Kanifushi Plan', the Premium All-Inclusive Plan offers a Hassle-Free safe Holiday - including dining, accommodation, activities and water sports all in one package along with one of the longest uninterrupted stretch of beach in the Maldives.

Surrounded by tall palm trees and a lush garden overlooking the Indian Ocean is the tranquil Akiri Spa by Mandara. The Akiri Spa by Mandara boasts of a spacious relaxation lounge and a spa complex of 6 double treatments rooms – all amidst lush landscaped gardens and views of the eastern coast of the island. The spa also has a sauna, steam room, and a jacuzzi. Akiri spa also includes a special hair & beauty salon within the spa complex.

Its holistically focused spa menu features a range of treatments fusing spa traditions from India, Bali, Hawaii, and Thailand.



Guests can choose from a host of nourishing spa treatments, such as Ayurveda therapies, signature 'Mandara' body and facial treatments, and body scrubs. These special scrubs are prepared daily using natural ingredients from the island.

Their team of multinational, highly-skilled therapists provide bespoke treatments with care and personalized service for a truly indulgent experience. One of the most famous spa packages at Akiri is their signature 'Ultimate Indulgence' SPA Package.

The Ultimate Indulgence SPA Package

A holistic wellness package with Aromatherapy Floral Footbath, Lavender Body Wash, choice of Traditional Body Scrubs, Aromatherapy Floral Bath, Mandara Massage, ELEMIS Taster Facial and a relaxing Foot Massage. The famous Mandara Massage is not to be missed, never to be forgotten. This signature massage is performed by two therapists working together, is a unique blend of five different massage styles – Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The synchronisation of the two therapists makes this 2hrs 30 mins massage a sublime experience.

Baden-Baden

The elegant spa & culture town in the Black Forest

In Baden-Baden, the city's rich history blends seamlessly with a highly contemporary lifestyle. Over the centuries, Baden-Baden has evolved into an enchanting destination, offering a spectacularly diverse range of opportunities for relaxation and excitement. Located in the Black Forest, Baden-Baden is an oasis for spa and wellness, but also a great destination for culture lovers, art enthusiasts and foodies.

Baden-Baden is well known as a health and spa destination thanks to its curative thermal water that bubbles upwards from twelve springs. For guests and locals who are seeking wellbeing, the city's two thermal baths offer soothing recreation in the warm thermal waters as well as high quality wellness and beauty treatments. Baden-Baden is also home to a variety of spa- and wellness hotels including the Villa Stéphanie, part of the five-star superior Brenners Park-Hotel & Spa. This luxury health resort is a mansion solely devoted to the individual's spa experience. A holistic approach focusing on beauty, detox & nutrition, emotional balance and medical care make the Villa Stéphanie special.



In Baden-Baden, being “properly treated” has a long tradition. Whether it is preventative or rehabilitation medicine or a medical check-up, the well-being of the whole person is at the forefront of every treatment. The clinics and medical spas of Baden-Baden are equipped with all the latest technology.

It has been known for thousands of years that sea salt has a healing effect, especially on the respiratory tract. The newly renovated Salina salt cave in Baden-Baden, which celebrates its reopening in April, offers exactly this effect of Dead Sea and Himalayan salt.

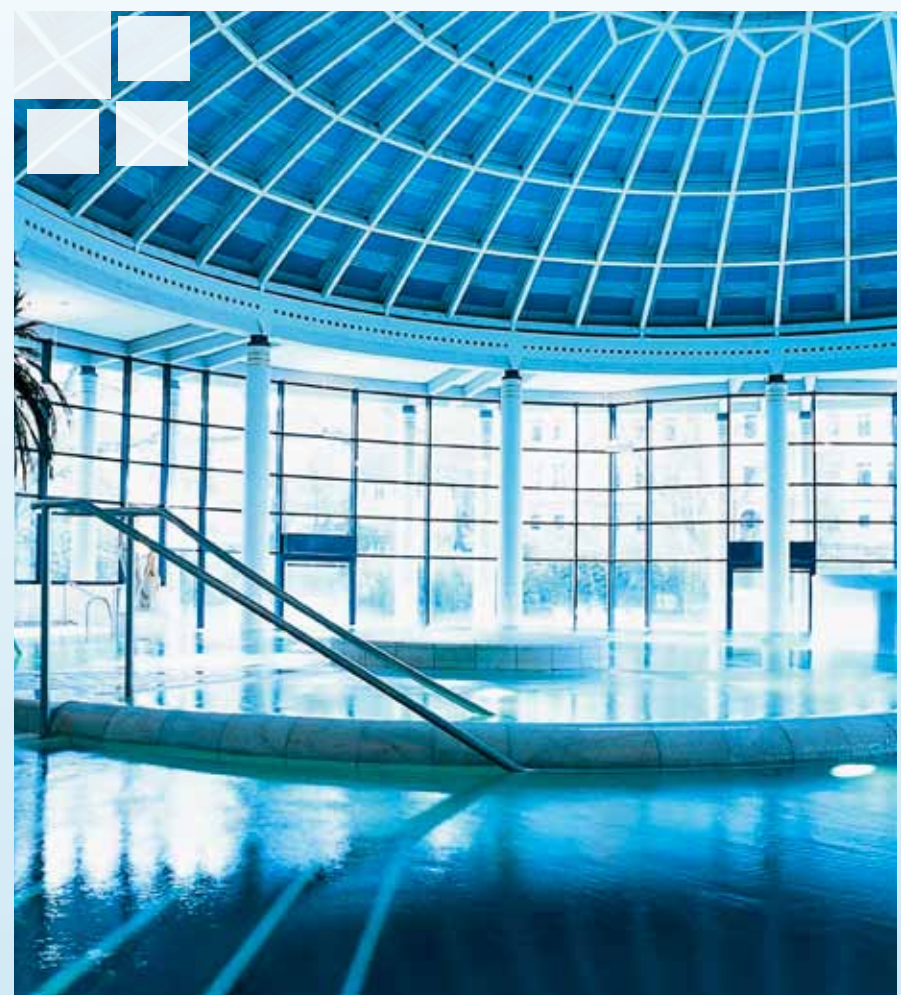
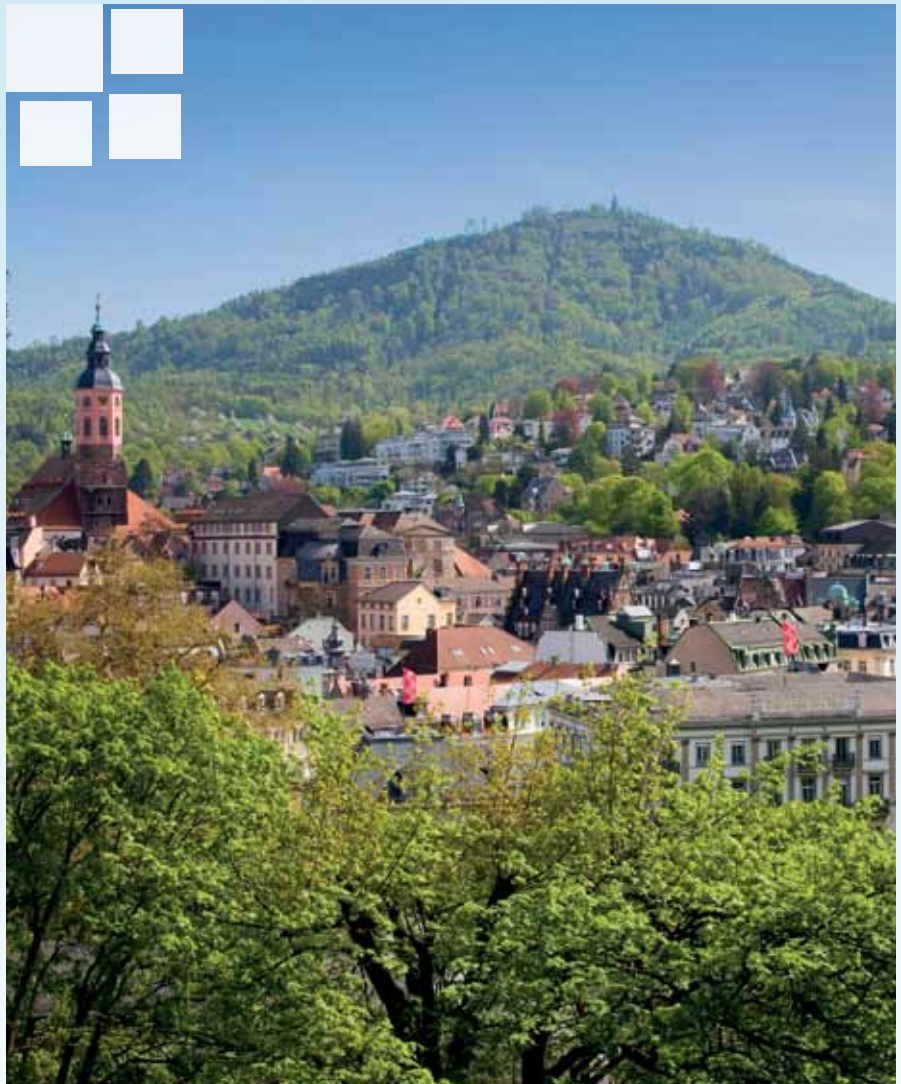
Apart from wellness seekers, also shopping enthusiasts will love their time in Baden-Baden and enjoy the plenty high-class shopping opportunities. Numerous exquisite boutiques invite visitors to luxurious shopping in the picturesque streets and shopping boulevards in the neo-baroque old town. Guests looking for luxury-brand products, international labels and individual antiques, jewelry and presents will adore roaming through Baden-Baden.

For families, couples or friends, for younger or older guests: there is no boredom in Baden-Baden. Throughout the whole year there is a variety of events in and around the town. From international horse races to vintage car meetings, food and music festivals, summer concerts, operas and many more.

Nature lovers find numerous well-maintained parks and gardens in the “green city of short distances”, where exotic varieties of flowering plants and trees are growing. The car-free city center as well as the “Lichtentaler Allee”, a 2 km long green parkway, invite for relaxing walks or romantic horse carriage rides. And as the home to Germany’s largest municipal forest, Baden-Baden is the ideal starting point to explore the surrounding mountains and enjoy outdoor activities such as hiking, mountain biking and paragliding. Baden-Baden is the gateway to the Black Forest Panoramic Route which impresses with a beautiful nature and breath-taking views over the mountains and the Rhine Valley. Furthermore, Baden-Baden is the perfect starting point for many different day trips. For example, to the castle in Heidelberg or Germany’s biggest theme park, the Europa-Park. It offers more than 120 attractions and shows and is fun for the entire family. The theme park can be reached in less than an hour from Baden-Baden.

Baden-Baden, the elegant spa- and culture town, offers a variety of wellness, cultural and culinary highlights in a spectacular natural setting on the foothills of the Black Forest. Best of all, almost everything is within walking distance and no car is needed while being in Baden-Baden.

For more information:
Baden-Baden Tourism Board
info@baden-baden.com
www.baden-baden.de/en





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A unique and prestigious setting with 147 years of history for an unforgettable stay

The Royal Hotel Sanremo is an exclusive 5-star hotel rich in history and tradition, just the ideal choice for guests seeking luxury, intimacy and relaxation. Inaugurated in 1872, it has been home to famous European royalty, celebrities and discerning travellers worldwide and is still the place to stay on the charming Italian Riviera of Flowers offering guests a perfect blend of timeless elegance, modern comforts, warm hospitality and personalised service.

Only 45 minutes from Nice International airport and 25 minutes from Monte-Carlo, it enjoys a unique location in its own subtropical park with a scenic heated sea-water swimming-pool with children's section designed by the famous architect Gio Ponti and splendid views of the Mediterranean Sea, only moments from the sandy beach and the centre of town with its Casino and shopping area.

It features 127 individually decorated rooms including exclusive suites, a spacious lobby with panoramic view, piano bar, smoking lounge, three restaurants serving excellent regional, Mediterranean and international cuisine to enjoy a refined gastronomic experience.

At guest's disposal also children's playroom and playground with entertainment programme in high season, sun terrace, tennis court, mini-golf, parking area and free use of a sandy beach opposite the hotel with bathing huts, umbrellas and sunbeds, from June to September.

A wide range of sports, outdoor activities and leisure opportunities in the town at walking distance and its fascinating surroundings nearby, blessed by a mild climate year-round.





The state-of-the-art Royal Wellness SPA, made up of two sections dry zone with high-end treatments for ladies and gentlemen signed "Mei SPA"; 7 treatment and massage rooms, performed by the qualified staff and "no prescription" wet zone including a hydromassage pool, emotional showers, Turkish bath, Vitarium and relaxation area, plus a fitness room to ensure a perfect remise en forme and to discover a new dimension of well-being in a stylish atmosphere

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THE RETREAT PALM DUBAI A BESPOKE WELLNESS HOLIDAY

The hotel offers six curated wellness retreat packages inclusive of pre-arrival consultation, welcome rituals, signature treatments, customized healthy meals, and more

The Retreat Palm Dubai MGallery by Sofitel, the first and only five-star wellness resort in the UAE, presents options for travellers who are looking for a unique holiday experience. Designed to provide holistic wellbeing benefits, the wellness retreats allow guests to de-stress and rejuvenate amidst a breathtaking landscape, and without leaving the modern comforts and conveniences that the city provide.

The hotel is offering six bespoke wellness retreats for holidaymakers to choose from, depending on what they aim to achieve at the end of their trips. The retreats named RENEW, RELAX, REVIVE, REVITALISE, RESHAPE, and REBUILD, range from three nights to up to 14 nights.

RENEW – The Detox and Cleanse Wellness Retreat – is designed to help eliminate the toxins and stresses of modern living and allows guests to embark on journey to restore their mental and physical wellbeing.

RELAX – The Yoga and Mindfulness Wellness Retreat – offers guided meditation sessions, a variety of revitalising yogic techniques, and other meditative activities to bring one's awareness into the present moment and restore the body's natural rhythm to help achieve inner calm.

REVIVE – The Emotional Wellness Retreat – is a therapeutic programme designed to improve all-around emotional wellbeing to enrich physical and mental balance. Using techniques such as mind and body therapy, healthy eating, and guidance from experienced life coaches, one will learn to control stress and rejuvenate the mind, body, and spirit.

REVITALISE – The Spa Wellness Retreat – is a blissful wellness package that takes guests on a delightful journey through timeless relaxation, with a selection of uplifting treatments designed to provide younger-looking skin, an overall healthier appearance, and a more relaxed outlook in life.

RESHAPE – The Fitness Retreat – aims to help achieve one's fitness goals and embrace the benefits of healthier living. Under direct supervision of experienced trainers, spa therapists, and nutritionists, this retreat's individually tailored daily fitness workouts and wellness sessions, complemented by a personalized nutrition plan, will guide guests towards optimal fitness and get them started on the road to attaining long-term results.

REBUILD – The Weight Management Wellness Retreat – is especially tailored to address both the mental and physical challenges of weight management. Through one-to-one exercise sessions with a personal trainer, supported by a balanced and nutritious meal plan, this retreat will help guests achieve their weight goals and guide them towards a healthier lifestyle that is easy to maintain over a long period of time.





The hotel's wellness retreat packages will take guests to a comprehensive wellness journey, which will commence even before checking-in. The wellness team will organize a pre-arrival consultation with a lead coach and pre-arrival nutrition assessment to create a personalized retreat for the duration of the stay.

For bookings and more information, visit theretreatpalmdubai.com
Call +971(0) 4 524 7777 or send a WhatsApp message to +971(0) 50 263 0765.

THE RETREAT PALM DUBAI MGALLERY BY SOFITEL

THE FIRST FIVE-STAR WELLNESS RESORT IN THE UAE

The hotel has been granted the new classification by Dubai Tourism



The Retreat Palm Dubai MGallery by Sofitel has been officially recognized as a five-star wellness resort by the Dubai Department of Tourism and Commerce Marketing (Dubai Tourism).

The region's first wellbeing resort receives the new classification, following a number of site visits to identify all classification and licensing procedures. Situated along Palm Jumeirah's East Crescent, the resort offers 255 rooms and design-led suites as well as four dining options which showcase an array of healthy cuisine. The world's first Rayya Wellness Centre housed within the property offers a variety of all-inclusive retreat packages that have been expertly designed for relaxation and rejuvenation to improve mind, body and spirit.

The hotel also recently launched Rayya Nutri, a comprehensive range of healthy meal plans developed by the team. Rayya Nutri meals are offered via delivery and come with a list of ingredients, alongside the nutritional facts of each dish.

Currently, The Retreat Palm Dubai MGallery by Sofitel offers bespoke wellness retreats, which include pre-arrival consultation with a lead coach and a pre-arrival detox nutrition assessment for

a personalized menu during the stay. Guests are welcomed with an aroma and colour therapy, that comes with an energy bracelet. The retreats are also comprised of signature treatments from Rayya Wellness; curated nutritious meals and detox juices; private sessions including tailor-made wellbeing and fitness activities like yoga and meditation classes; night-care sleep rituals; and access to the hotel's health amenities including the gym, sauna, steam bath, Jacuzzi, cold plunge pool, and oxygen therapy facilities.

On top of its in-house wellness products and services, The Retreat Palm Dubai also partnered with American Aesthetic Center Dubai to open a branch within the property. The premium aesthetic clinic will offer patients with the most advanced and innovative techniques for both surgical and non-surgical treatments like hair transplant, skin care procedures, and more.

The hotel also teamed up with Meraki Wellbeing Center, and Emotional Wellness Clinic to present more options to the guests. Meraki Wellbeing Center offers non-invasive, effective, and powerful result-oriented solutions based on holistic approaches involving the mind and body.
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Escape to Zanzibar

Discover the curative wonders of the earth

A serene experience for your face, hair, body and soul

Bringing an islandic touch and captivating scents of the crystal blue waters, Zanzibar Beauty Salon, a tranquil retreat, opens its doors in Al Wasl Road, Umm Suqeim Dubai.

Dedicated to revitalize your mind, body and soul, Zanzibar Beauty Salon is a sanctuary of serenity and holistic rituals exclusively curated to create a blissful journey of rejuvenating and reinvigorating all five senses for the ultimate wellbeing. With a harmonious Zanzibar-inspired ambience and interiors that reflect Bohemic, earthy tones, the salon aims to provide a refreshing experience with their exclusive range of renowned products and services.

Beauty, wellness and revival, Zanzibar Beauty Salon brings the true meaning of rejuvenation to life with ancient practices and renowned beauty traditions that were prevalent in Tanzania. Singo – a pre-wedding pampering ritual for brides, Hamamni baths – impressive Persian





bath-houses, are a few of the traditional practices in the region that connected people together.

At Zanzibar Beauty Salon, the team of qualified estheticians and therapists navigate the sensory experience for a reviving journey. Whether it's a relaxing getaway with a friend or a pampering treat, guests can indulge in tailor-made facials, spa treatments, manicure & pedicure, hair styling, body care and hammam baths, all that promise a true immersive experience.

With a choice of reinvigorating hammams, enliven your senses with a traditional Moroccan bathing ritual including steam in a spacious room and connected to a separate private relaxation room. An oasis of calm awaits with an intimate candle-lit ambience where guests can unwind and feel at home, complete with an authentic selection of teas. A treatment not to be missed alone in comfort or with your close friend.

Inaya Zanzibar, the salon's exclusive line of Zanzibarian products, boasts a variety of enriching products for the face including Neem and Macadamia Cleansing Oil, Papaya and Starfruit Body Butter and Vanilla and Coconut Lip Balm. Perfect for a personal treat, try the manicure and pedicure services with the trendiest colour selections. More than beauty, Zanzibar is a serene wellness escape that promises the head-to-toe feeling of pampering.

enquiries@zanzibarbeauty.com

Instagram: <https://www.instagram.com/zanzibarbeautysalon/>



AT HOME IN BAROS

THIS FESTIVE SEASON
RECONNECT AND
CELEBRATE AT THE
MALDIVES ICON





Visitors to Baros Maldives over the upcoming holiday season are in for a whole line up of festive treats. From new excursions and unparalleled culinary highlights to the freedom and space to feel “At Home in Baros,” this is sure to be a holiday season to remember.

What’s more, over and above the carefully curated programme, guests will be invited to embrace anything from botanical garden explorations, underwater adventures and unique spa journeys to exclusive culinary events.

For guests eager to discover the underwater world, the Dive and Marine centre has a plethora of options. Guests can explore the world-class and vibrant house reef day or night, embrace eco-conscious coral activities or travel to a nearby site for a dive unlike any other.

Those looking for a serious dose of R&R can head to the blissful Serenity Spa, where they can tailor-make their own spa journey for their stay over the festive season. Guests relish relaxing, grounding activities that range from sunrise yoga and cleansing rituals to nourishing treatments and a festive season spoil.

Culinary aficionados can delight in the array of Cooking Classes on offer this December that span everything from traditional Maldivian dishes to Thai favourites and a Chocolatier Master Class. In these classes, the award-winning Baros culinary team will share their best kept secrets so that guests can travel back home with new flavours to share.

Other gourmet experiences include starlit wine and dine evenings accompanied by the smooth sounds of Jazz and an unmissable event, our Seafood Market Galore, amongst many more; this festive season’s culinary offerings are sure to delight the senses of even the most discerning Baros guests.

On Christmas Eve, guests will be welcomed at a cocktail party, following which they have the choice of enjoying a gourmet themed dining experience at the celebrated Lighthouse Restaurant, or indulging at the acclaimed Baros Gala Dinner.

The festive programme will culminate in a memorable New Year’s celebration, where the Baros team will pamper guests with a splendour of food and drinks throughout the evening. Guests will enjoy the New Year countdown and firework spectacle to welcome in what will hopefully be a spectacular 2022!



SOFITEL DUBAI THE PALM **SPARKLE ALL THE WAY AT** **SOFITEL SPA**



Sofitel Dubai The Palm continues to be the destination for unforgettable memories with unbeatable offers. For AED700, guests can take advantage of the special festive season only peppermint treatment at Sofitel, designed to provide rejuvenation from within. Unwind with an invigorating 30-minute peppermint sugar scrub complemented with a 60-minute full body massage that will leave you looking and feeling revitalised including all-day access to indoor hydrotherapy pools, outdoor infinity pool, steam room and sauna at the Sofitel SPA.

Immerse yourself in the revitalising body treatments and soothing massages that the Sofitel SPA has to offer. For your comfort and privacy, the spa has separate zones for women and men – each with its own indoor pools, sauna, hammam and steam room. After a heat treatment, discover the refreshingly cool delights of the spa's ice fountain and uncover all the ways Sofitel SPA can breathe new life into your body and soul. As a festive treat, Sofitel is also indulging guests with a retail gift for their humble abode.

This offer is not applicable in conjunction with any other discount or promotions and is not available with HydraFacial and Beach Massages. A reservation is required and is subject to availability.

www.sofitel-dubai-thepalm.com



MILAIHOO
MALDIVES

FESTIVE
SEASON



MALDIVES



The story of festive celebrations at Milaidhoo this year will be all about good times, meaningful experiences, and spending quality time together as a couple, with loved ones or friends and of course, the Milaidhoo family members.

The Milaidhoo ethos and culture fully embraces Maldivian heritage, reflected in many elements of the island's architecture, services and guest experiences. With a true focus on the warmest in hospitality, gourmet cuisine prepared by an international culinary brigade, and exciting and memorable events sure to captivate all, there are a host of incredible festive moments planned for guests from 22nd December 2021 – 1st January 2022.

Reflecting the contemporary Maldives, this festive season will be filled with culinary experiences and Gala Events. The Christmas Eve Gala Dinner is sure to be one to remember, a sumptuous International and Maldivian feast with far-reaching views across the beautiful ocean. A few days later, the exquisite New Year's Eve Gala will be held, followed by a countdown party with a Maldivian live band at the Compass Pool Bar, and fireworks will herald the dawn of 2022.

Keeping in theme with the gourmet focus, Head Chef Ziyen will share his knowledge of Maldivian cuisine in a series of curated group and private cooking classes. Guests are also invited to try out their cooking skills in the "Master Chef Competition"; the cook up will take place in a beach setting with guests showing off their cooking skills in a fun contest, preparing their best dishes to be sampled and judged by the Milaidhoo chefs. The Compass Pool Bar team will take guests on a spirit and wine journey around the world.

Activities and action will be plentiful, with excursions on-board fishing boats or Milaidhoo's luxury yacht, party nights on a sandbank and sporting events on the beach. There will also be heritage activities such as traditional Maldivian Cultural Shows.

Guests can be assured of a truly memorable festive season story at Milaidhoo.

Thailand

Destination Wellness



Thailand, as a travel destination, is well-known for its pristine shores and clear blue waters. Featuring some of the world's most famous island getaways, endless boutique accommodations, luxury resorts, first-class hospitality and all the latest technologies – it's not hard to see why Thailand is at the top of the list when it comes to wellness escapes.

World-renowned wellness retreats and services can be found dotted across Thailand's vast landscape. From the spectacular mountains and lush valleys of Northern Thailand to the palm-fringed islands of Southern Thailand, there is something to suit every desire, making Thailand the ultimate destination for those seeking to improve their health and wellness.

Looking for state-of-the-art medical treatment? Bangkok should be number on the list. Offering a wide array of procedures, treatments and services, including programmes, operations, dental, fertility treatments, as well as surgical procedures such as laser, cosmetic and cardiovascular. Popular treatments range from simple treatments including laser teeth whitening and bodytite liposuction, to more complex treatments such as hip

replacements, heart surgery and hair restoration. Whatever the desire, Thailand is fully equipped with highly experienced Doctors with international expertise, extensively reduced prices and shorter waiting times.

Thailand is also famous for its array of holistic wellness and healing offerings, resulting in a burgeoning rise of tourism solely for wellness purposes. Thailand provides a multitude of offerings, with many packages being able to be tailored personally to meet individual needs and desires. Thailand's wellness destinations, whether located in the hustle and bustle of Bangkok or on a remote private island, provide guests with services, amenities and treatments that help relax, rejuvenate and refresh the mind, body and soul. Thailand offers a range of holistic therapies from Eastern and Western traditions all aiming to promote wellness while focusing on the mind, body and spirit. Yoga, meditation, acupuncture, naturopathy, colon hydrotherapy, infrared sauna treatments and Reiki are just some of the offerings available at Thailand's specialized retreats and resorts.

In addition, Thailand is also fully equipped with a range of health and fitness retreats for those seeking a body overhaul and interested in learning the tricks to becoming the best version of themselves. Whether it be a boot camp with a view, a Muay Thai Camp with the highest caliber of trainers, or a week of clean eating or detoxing, Thailand has something for the beginners, the intermediates and the professionals alike.

Thailand, a land blessed by nature, year-round sunshine and smiling hospitality, is undoubtedly the ideal destination for those seeking to improve their health, both physically and mentally. Whether travelling alone or with a family, whether on a budget or looking to splurge, an endless array of health and wellness options awaits in the Land of Smiles.

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Kulm Spa

Relaxation,
Purification
and Regeneration



The philosophy of the Kulm Spa St. Moritz is based on a three-pillar concept – Relaxation, Detox/Purification and Regeneration – which can be enjoyed individually or in combination to cater to each individual guest's needs.

Calming spa treatments, such as the signature Kulm Massage, aromatherapy, manicures and pedicures, coe under the Relaxation theme, while Detox/Purification offers deep-reaching body treatments, such as wraps, and facials, and Regeneration is all about rejuvenating the body through nutrition, personal fitness sessions and lymphatic drainage treatments. All of the spa treatments focus on incorporating the five senses, with a view to transporting guests away from their fast-paced daily lives and returning them to inner harmony.

There is a large private spa suite for two people seeking to enjoy quality time together, such as a newly-married couple or a mother and daughter; in addition to use of their own steam bath, bio sauna, double water-jet bathtub, heated waterbed and lounge, these guests will receive Champagne and healthy nibbles. Spa treatments designed specifically for both men and teenagers are also available.

Most of the spa treatments in the Kulm Spa St. Moritz make use of organic products, some of them from the Alps. For example, Alpine lotions made from wild Alpine plants are used for massages and NIANCE, the genuine Swiss premium anti-aging brand, is applied during facials. Similarly, the interior of the Kulm Spa St. Moritz is reflecting its location, with walls clad in natural materials from the Engadine region, such as pale grey granite and larch and white spruce woods. The end result gives guests the feeling of being at one with the Kulm Spa St. Moritz natural environment.

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KULM HOTEL ST. MORITZ

★★★★★



kulm spa st. moritz

Based on the three-pillar concept of relaxation, detoxification and regeneration, the Kulm Spa St. Moritz offers a new dimension of wellness adapted to the individual needs of the guest.

Featuring a spectacular open-air swimming pool offering breath-taking views of the mountain scenery, a luxurious fitness area and a private spa suite for relaxing moments for two, your perfect stay is guaranteed at this state-of-the-art wellness facility.

Kulm Spa St. Moritz - experience your new self.



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