



FOR IMMEDIATE RELEASE

## THE NAUTILUS MALDIVES ANNOUNCES 2024 COLLABORATION WITH ANANDA IN THE HIMALAYAS

The Nautilus, a five-star ultra-luxury private island hideaway in the Maldives, will host two senior practitioners from the world's most renowned holistic wellness retreat, Ananda in the Himalayas from 16th to 26th August 2024. Combining Ananda's specialist Ayurvedic knowledge with The Nautilus's timeless hospitality offering, this residency will provide the ultimate restorative wellness experience.

Located on the Baa Atoll in the heart of the UNESCO Biosphere Reserve in the Indian Ocean, The Nautilus is renowned for its completely bespoke experience, tailoring holidays to individual needs and providing an unscripted and timeless offering. With this, the Ananda treatments will be available to guests at any time of day and will be provided in the overwater Solasta Spa's glass-floored private treatment pavilions or in the comfort of guest's houses and residences.

The two practitioners, Mr Sandeep Dhamada and Ms Krishna Karki, are some of Ananda's most accomplished and expert holistic therapists. As a follow-up to these speciality treatments, The Nautilus guests will benefit from an online consultation with an Ayurvedic physician so that the holistic benefits of the treatments will continue after their stay at The Nautilus. Ananda's gourmet Ayurvedic cuisine is available to consume anywhere on the island, incorporating anti-inflammatory properties, with fundamental food tastes carefully combined with macronutrients.

With just 26 beach and oceanside houses and residences and an extensive range of facilities and spa amenities, the private island is surrounded by the natural beauty of Hanifaru Bay, one of the largest manta feeding hotspots in the world, with white sandy beaches, pristine waters and coral reefs. This extraordinary, tranquil location combined with an unmatched ultra-luxury five-star experience make The Nautilus the perfect private island resort to relax, reset and recharge.

Ananda in the Himalayas is one of the world's leading luxury wellness retreats, aligning with the rejuvenating spirit of The Nautilus. Nestled in the Himalayan foothills, the birthplace of Ayurveda, Yoga and meditation, Ananda integrates these ancient practices with therapy and Oriental medicine. The partnership first launched in 2022 and this year's iteration enhances the already extensive wellness offering with a series of curated experiences for guests looking to rebalance their body, soul and mind.



## Specialty Treatments Offered by Ananda at The Nautilus:

- **Ananda Touch with Reflexology (90 Mins)**  
A rhythmic flowing massage with rose-scented oils that release tension and stress combined with the stimulation of reflex points on the feet, restoring energy flow to the whole body and creating balance within the body and mind.
- **Indian Head Massage with Reflexology (90 Mins)**  
This ancient experience relaxes, tones, and eases muscle tension in the neck, head, scalp and shoulders. It also aids in the elimination of toxins by stimulating circulation, followed by a massage on the feet with the application of pressure on the soles, restoring healthy energy flow throughout.
- **Indian Head Massage with Shiatsu (90 Mins)**  
A traditional massage which provides deep relaxation in neck, head, scalp, and shoulders, guiding toxins out while leaving you feeling revitalized. This is followed by Shiatsu – a full body pressure point experience improving circulation and boosting the immune system.
- **Himalayan Honey and Rose Facial with Foot Massage (90 mins)**  
This stimulating and refreshing facial uses a blend of sandalwood and rose essential oils. Pure organic honey harvested from the Himalayas is massaged into the skin and a mask of cooling cucumber is applied. While the mask hydrates your skin, enjoy a soothing foot massage where reflex points are stimulated.
- **Ananda Moksha (90 Mins)**  
Ananda Moksha is a full body massage which uses traditional Ayurvedic therapeutic techniques used for thousands of years in India. The holistic therapy is inspired by the concept of Moksha which signifies a liberation of the senses and a release for free flow of Prana or energy.

To learn more about the Ananda Wellness Residency at The Nautilus, visit

[www.thenautilusmaldives.com/ananda-wellness-residency](http://www.thenautilusmaldives.com/ananda-wellness-residency).

To secure your wellness getaway contact The Nautilus at [hello@thenautilusmaldives.com](mailto:hello@thenautilusmaldives.com) to reserve your ultra-luxe bohemian summer escape. For more information visit

[www.thenautilusmaldives.com](http://www.thenautilusmaldives.com).

High-resolution photos can be downloaded at [the link](#).

-End-

### Notes to editors:

#### The Team

Mr. Sandeep Dhamada

Sandeep has over 17 years of experience healing people from all around the globe with his expertise in wellness. He works on a variety of health conditions and creates a customized, outcome driven treatment plan to address individual health needs. His in-depth knowledge of international and Ayurvedic treatments enables him to relieve chronic aches and pains by nourishing the bones and muscles, increasing blood circulation, and eliminating toxins from the tissues. As a senior trainer at Ananda in the Himalayas for the last 8 years, Sandeep has developed and curated innovative therapies to meet the demands of modern healing.



Ms. Krishna Karki

Krishna is a dedicated wellness therapist with an expert certification as an international and Ayurveda wellness therapist from the Ananda Spa Institute. She is a gifted therapist with a passion towards healing people. Her high sense of self awareness, empathy, observation, and focus combine to make her an intuitive therapist. She specializes in various international therapies to restore vitality and improve strength and immunity. She is also a trained Chi Nei Tsang practitioner where she works on releasing emotional blockages through abdominal massage.



#### ABOUT THE NAUTILUS MALDIVES

Located in the Baa Atoll – a UNESCO World Biosphere Reserve – and surrounded by the natural beauty of Hanifaru Bay, The Nautilus is an ultra-luxe bohemian hideaway in the Maldives, boasting just 26 beach and ocean houses and residences. The private island resort provides guests with the freedom to create the holiday they desire. Each house and residence benefits from a full butler service with a dedicated House Master, taking bespoke luxury to a new level and catering to each guest's individual needs in creating a programme of unique experiences. A huge selection of activities for all ages ranges from bespoke culinary adventures to underwater adventures and private yacht cruises. The resort features three restaurants and two bars, as well as the Solasta Spa that provides bespoke wellness programmes; a range of treatments; and yoga, fitness and meditation classes.

Created by a Maldivian hospitality visionary who was instrumental in developing numerous award-winning resorts, The Nautilus is the benchmark for ultra-luxury, not just in the Maldives but worldwide. His legacy is carried forward through the bohemian philosophy of the island by the next generation of the family.

The Nautilus was named Best Resort in the Indian Ocean in *Condé Nast Traveller's* Readers' Choice Awards 2020 and amongst the top three Best Resorts in the World. It was also listed in *Condé Nast Traveller's* highly prestigious The Gold List 2021 and *Condé Nast Traveller Middle East's* The Gold List 2021, and recognised as Best Private Island Retreat in *Tatler's* Travel Awards 2021. Most recently, The Nautilus Maldives was named by *Condé Nast Traveller's* 2022 Readers' Choice Awards as one of the top resorts in the Indian Ocean and has also been recognised by TripAdvisor as one of the top 10% of hotels worldwide in the 2023 Travellers' Choice awards.

For more information, please contact:

Anastasiya Babenko

Assistant Director of Marketing Communications

[anastasiya@thenautilusmaldives.com](mailto:anastasiya@thenautilusmaldives.com)

+960 730 9802