

FOR IMMEDIATE RELEASE

THE NAUTILUS MALDIVES USHERS IN THE NEW YEAR WITH EXCLUSIVE STRESS-RELIEF TREATMENTS BY EXPERTS FROM ANANDA IN THE HIMALAYAS

Maldives, 30th October 2024 – The Nautilus Maldives kicks off the new year with the exciting launch of its Masters for Masters calendar, featuring a series of world-class events throughout 2025. The Nautilus's guests are invited to begin their year with a journey of inner calm, renewed energy, and stress relief. From 22nd to 31st January 2025, The Nautilus will welcome two senior therapists from its long-standing partner, Ananda in the Himalayas, the world's most renowned holistic wellness retreat.

After the holiday season, often filled with travel, social gatherings, and heightened expectations, many people feel physically and mentally drained. Coupled with the goals and resolutions that mark the start of the new year, managing stress becomes crucial for maintaining focus and commitment. To address this need, The Nautilus is offering an exclusive residency focused on stress management therapies, blending Ananda's expertise with The Nautilus's signature timeless hospitality concept. This sanctuary of deep restoration allows guests to experience a taste of Ananda's comprehensive stress management programmes, typically spanning 7 to 21 nights at Ananda, designed to foster a healthy lifestyle, reduce stress, and create lasting positive changes.

Led by esteemed Ananda practitioners, Mr. Sandeep Dhamada and Ms. Laxmi Gupta, the residency includes transformative treatments such as Tibetan Ku Nye Massage, Grounding Aromatherapy, and Reflexology, all designed to enhance balance and tranquillity. As part of the programme, guests will receive a follow-up online consultation with Ananda's Ayurvedic physician to ensure the continuity of their personalised wellness journey. For a more immersive experience, guests can enjoy teasers of Ananda's signature Ayurvedic cuisine anytime, anywhere on the island, with dishes that feature anti-inflammatory ingredients and flavours to support overall wellbeing.

With only 26 houses and residences, complemented by exceptional facilities and spa amenities, The Nautilus is nestled within the UNESCO Biosphere Reserve of Baa Atoll, surrounded by pristine white-sand beaches, vibrant coral reefs, and the clear waters of the Indian Ocean. This private island sanctuary offers an unparalleled ultra-luxury experience, making it the ultimate destination for relaxation, rejuvenation, and renewal.



Ananda is a multi award winning luxury wellness retreat nestled in the Himalayan foothills of Northern India, set on a 100-acre Maharaja's Palace Estate and surrounded by serene Sal forests. Integrating traditional Ayurveda, yoga, and Vedanta with international wellness practices, fitness, and wholesome organic cuisine. Wellness programmes at Ananda have stood the test of time, making the brand one of the most acclaimed and respected voices in the world of wellness. For the third consecutive year, Ananda and The Nautilus continue their partnership, enhancing and extending wellness offerings for The Nautilus's guests seeking a rejuvenated start to the new year.

Stress Management Treatments Offered by Ananda at The Nautilus:

Stress Release (60/90 mins)

Unlike conventional stress-relief massages, invigorating pure essential oils of orange, peppermint, and eucalyptus are used to stimulate and manipulate the superficial layers of the muscles against the bone. This full-body massage relaxes the body, increases circulation, removes metabolic waste products, opens the respiratory tract, and helps the recipient achieve a feeling of connectedness.

Grounding Aromatherapy (90 Mins)

Carefully blended essential oils of rose, sandalwood, and vetiver are applied to the lymphatic pressure points of the body to support and enhance physical, psychological, and spiritual well-being, resulting in a truly holistic experience.

Tibetan Ku Nye Massage (90 Mins)

A Tibetan body massage designed to balance the five elements and restore a harmonious flow of energy and vitality throughout the body. This treatment uses a blend of five essential oils selected to align with the five elements and is beautifully combined with Tibetan techniques such as cupping, kneading, and acupressure with hot Himalayan crystal salt poultices. The aim of this treatment is to restore the nervous system and stimulate a free flow of energy within the body.

Reflexology (60 Mins)

Reflexologists apply pressure to the soles of the feet with their fingers to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to regain its own healthy balance. Contrary to popular myth, reflexology does not need to be painful to be effective; reflex points are gently stimulated to restore energy flow throughout the body, where even the slightest touch can have a marked effect on a person's overall wellbeing.

Ananda Touch (30 Mins)

A nourishing blend of sunflower and wheat germ oil with a hint of rose is warmed and applied to the skin. Rhythmic, flowing movements over the back, neck, shoulders, and scalp release deep-seated tension and stress, relieve aches and pains, encourage deep breathing, calm the mind, and leave you feeling at one with your body.

To learn more about the 2025 Ananda Wellness Residency at The Nautilus, visit

<https://www.thenautilusmaldives.com/ananda-wellness-residency>

To secure your stress management retreat contact The Nautilus at

hello@thenautilusmaldives.com.



High-resolution photos can be downloaded [here](#).

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Notes to editors:

The Team

Mr Sandeep Dhamada

With over 17 years of experience in wellness, Sandeep has helped people worldwide with his expertise in both international and Ayurvedic therapies. His extensive knowledge enables him to manage and relieve aches, restore vitality, and improve strength and immunity. His approach integrates international techniques designed to nourish bones and muscles, enhance blood circulation, and detoxify tissues.

As a senior trainer at Ananda in the Himalayas for the past eight years, Sandeep has developed and curated therapeutic programmes to meet the evolving needs of modern wellness. Skilled in working with a variety of health conditions, he creates bespoke, results-driven treatment plans tailored to each person's requirements.

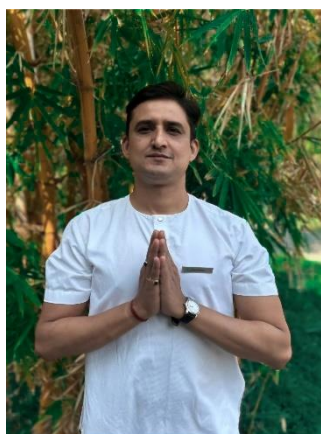
Passionate about promoting health and well-being, Sandeep's holistic approach supports his clients in achieving profound healing and revitalisation.

Ms Laxmi Gupta

Laxmi is a highly skilled wellness therapist trained in both international and Ayurvedic therapies at Ananda in the Himalayas. Her holistic approach and positive energy make her a truly dedicated practitioner.

Specialising in a range of therapeutic techniques, Laxmi excels at relieving aches, restoring vitality, and enhancing strength and immunity. She is committed to providing personalised care, thoughtfully tailoring each treatment to address her guests' unique health concerns, ensuring a deeply relaxing and rejuvenating experience.

Passionate about the healing power of massage, Laxmi believes it is essential for overall well-being. She takes the time to create a serene and comfortable environment, listening to each person's needs and encouraging the body's natural capacity to restore balance. Laxmi is dedicated to helping her clients experience the full benefits of regular massage, reducing stress and muscle tension to optimise wellness.



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 Traveler's* Readers' Choice Awards 2020 and amongst the top three Best Resorts in the World. It was also listed in *Condé Nast Traveler's* highly prestigious The Gold List 2021 and *Condé Nast Traveler Middle East's* The Gold List 2021 and recognised as Best Private Island Retreat in *Tatler's Travel Awards* 2021. The Nautilus Maldives was named by *Condé Nast Traveler'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 Travelers' Choice awards. The Nautilus Retreat was listed among the Maldives' Most Outrageous villas by *Travel+Leisure* Luxury Awards Asia Pacific 2024. Most recently, The Nautilus Maldives was recognised among the top 5 Resorts in the Indian Ocean by *Condé Nast Traveler's* 2024 Readers' Choice Awards.

ABOUT ANANDA IN THE HIMALAYAS

Ananda in the Himalayas is a multi-award-winning, world-renowned holistic wellness retreat situated peacefully on a ridge in the Himalayan foothills. It is located in the former Palace Estate of the Maharaja of Tehri-Garhwal, spanning across 100 acres of lush grounds and gardens. As the birthplace of Ayurveda, Yoga, and meditation, this spiritual destination embodies and facilitates wellness and enlightenment. The philosophy of Ananda revolves around Ayurveda, holistic wellness, yoga, meditation, emotional healing, spiritual awareness, and healthy cuisine. The heart of Ananda lies in its 25,000 square foot spa, offering beautifully designed therapy rooms with nature views, open-air yoga and meditation pavilions, an outdoor pool, a physiotherapy center, a gymnasium, and a range of Ayurvedic and international therapies for holistic cleansing of the body, mind, and soul. Ananda has recently been awarded the #1 Destination Spa position in the category Rest of the World by Condé Nast Traveller's Readers' Choice Awards 2024, UK.

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