



FOR IMMEDIATE RELEASE

A JOURNEY WITHIN: ANANDA IN THE HIMALAYAS RETURNS TO THE NAUTILUS MALDIVES FOR A SOULFUL HEALING RESIDENCY THIS AUGUST

Maldives, 1st April 2025 – At The Nautilus Maldives, wellness is more than a retreat – it is a deeply personal journey of realignment, restoration, and renewal. From 11th to 18th August 2025, The Nautilus welcomes back the globally acclaimed wellness experts from its esteemed partner, Ananda in the Himalayas, for an exclusive residency: “Holistic Healing for Balancing Energies.”

Rooted in the timeless principles of Ayurveda and energy healing, this immersive retreat invites seekers of well-being to recalibrate their inner rhythm. Guided by expert practitioners from Ananda in the Himalayas – the multi-award-winning, world-renowned holistic wellness retreat – the experience draws upon elemental balance to restore vitality, emotional harmony, and a profound sense of inner peace.

Guests will be in the care of Ms Sunita Kumari and Mr Sandarbh, each bringing a wealth of knowledge that blends Ayurvedic tradition with contemporary therapeutic insight. With over nine years of international experience, Sunita is renowned for her intuitive ability to enhance circulation, revitalise the body, and support long-term resilience. As a senior trainer at Ananda, she curates bespoke programmes that address the complexities of modern life, while honouring ancient healing philosophies. Sandarbh brings a serene presence and a personalised approach to each treatment, gently encouraging the body's natural rhythm to restore itself. His thoughtful techniques foster a deep sense of calm and release, guiding guests into a state of profound rest and renewal.

This intimate residency invites guests to experience Ananda's signature energy-balancing therapies, including Manipura and Kundalini Back Massage, the harmonising Tibetan Ku Nye Massage, and Ananda Moksha – a ritual of release inspired by the concept of liberation and the unimpeded flow of prana. To ensure the journey continues with intention, each guest will receive a complimentary follow-up consultation with Ananda's Ayurvedic physician, offering personalised guidance to support everyday life and wellbeing throughout the year. For those wishing to deepen their journey, curated glimpses of Ananda's Ayurvedic cuisine will be available anytime, anywhere across the island.



With just 26 private houses and residences, The Nautilus is a haven of freedom set within the UNESCO Biosphere Reserve of Baa Atoll. Surrounded by ivory sands, vibrant coral reefs, and the tranquil waters of the Indian Ocean, this island sanctuary offers a space to breathe, to realign, and to simply be. Thoughtfully designed boho-chic interiors, exceptional spa rituals, and unscripted moments of stillness come together to create a true retreat for the soul.

Curated Treatments by Ananda's Expert Practitioners at The Nautilus:

Manipura Massage (85 mins)

Manipura means “*beautiful, shining jewel*” in Sanskrit. It refers to the solar plexus (navel) chakra, our centre of fire and sun energy that ignites our health and vitality. This transformative treatment is designed to stimulate and balance the solar ‘sun’ vitality within us through reflexology and Marma massage, lymphatic drainage, and the application of Himalayan herb poultices applied to the 10 petals of the solar plexus. This unique body ritual combines a Himalayan crystal scrub to purify, detox, and stimulate the lymphatic system with various techniques to harness and restore the energy of the body.

Kundalini Back Massage (85 mins)

Kundalini – a female goddess of awareness in the form of a coiled snake – is the dormant energy present at the base of the spine. When awakened, this powerful force travels up the spine to the third eye, leading to increased energy and spiritual enlightenment. This treatment begins with a Himalayan crystal scrub to purify, detox, and stimulate the lymphatic system, and also cleanse the energy body. This is followed by a back massage which is deeply soothing and relaxing, balancing the whole nervous system owing to the synergistic use of an essential oil blend combined with ancient techniques of massage and chakra healing.

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 in the body. A blend of five essential oils, chosen to balance the elements, is combined with traditional Tibetan techniques of cupping, kneading, and acupressure using 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.

Shiatsu (60/90 mins)

Ananda Shiatsu is a full-body pressure point experience involving the application of pressure with the thumbs, palms, elbows, and knees to specific points or areas on the body to maintain physical and mental wellbeing. Shiatsu is known for reducing stress, improving circulation, and boosting the immune system. It is also believed to have sedative effects and may alleviate insomnia. In a broader sense, Shiatsu is thought to enhance physical vitality and emotional wellbeing.

Deep Tissue Massage (85 mins)

Deep tissue massages involve an understanding of the different layers of the body and the ability to work with the tissues in these layers to relax, lengthen, and release holding patterns in the most effective and energy-efficient way possible. They are especially recommended for most forms of chronic muscle tension and are generally effective for individuals who experience overall body tension due to stress or overexertion.

Ananda Moksha (90 min)



The holistic therapy is inspired by the concept of *Moksha*, which signifies a liberation of the senses and a release for the free flow of *prana*, or energy. This treatment has been customised to work on different levels of the human body and consciousness to create a sense of overall physical, mental, and emotional wellbeing. Ananda Moksha is a full-body massage which uses traditional Ayurvedic therapeutic techniques practised for thousands of years in India. It begins with a traditional oil application using long strokes across the entire body, followed by the release of pressure points, thereby stimulating the musculoskeletal system and leaving you with increased energy and a heightened sense of vitality. This immediately eliminates sluggishness and simultaneously helps to ease discomfort, blockages, aches, and pain. The therapy continues with slow release along the spine, followed by abdominal circulation, and ends with relaxation, toning, and easing of muscle tension in the shoulders, neck, head, and scalp. The therapy works on the physical system, but its effects go deep into the recesses of the mind and emotions. The result is a feeling of complete rest, repair, and rejuvenation.

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

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

To reserve your place at the “Holistic Healing for Balancing Energies” retreat, please contact The Nautilus at hello@thenautilusmaldives.com.

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

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Notes to editors:

The Team

Ms Sunita Kumari

With over nine years of experience in wellness, Sunita has helped people worldwide through her expertise in both international and Ayurvedic therapies. Her deep knowledge enables her to manage and relieve aches, restore vitality, and improve strength and immunity. Her approach incorporates international techniques designed to nourish the bones and muscles, enhance blood circulation, and detoxify tissues. As a trainer at Ananda in the Himalayas for the past four years, Sunita has developed and curated therapeutic programmes to meet the evolving needs of modern wellness. Skilled in working with a variety of health conditions, she creates customised, results-driven treatment plans tailored to each individual's unique needs. Passionate about promoting health and well-being, Sunita takes a holistic approach to supporting her clients in achieving profound healing and revitalisation.

Mr Sandarbh

Sandarbh is a highly skilled wellness therapist trained in both international and Ayurvedic therapies at Ananda in the Himalayas. His holistic approach and positive energy make him a truly dedicated practitioner. Specialising in a range of therapeutic techniques, Sandarbh excels at relieving aches, restoring vitality, and enhancing strength and immunity. He is committed to providing personalised care, thoughtfully tailoring each treatment to address the unique health concerns of his guests, ensuring a deeply relaxing and rejuvenating experience. Passionate about the healing power of massage, Sandarbh believes it is essential for overall well-being. He takes the time to create a serene and comfortable environment, listens to each person's needs, and encourages the body's natural capacity to restore balance. Dedicated to helping his clients experience the full benefits of regular massage, he focuses on 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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