



FOR IMMEDIATE RELEASE

THE NAUTILUS MALDIVES UNVEILS JUNE WELLNESS AWAKENING WITH A MONTH-LONG CELEBRATION OF HOLISTIC HEALING AND MINDFUL EXPERIENCES

Maldives, 13th May 2025 – The Nautilus Maldives, an ultra-luxury bohemian private island hideaway, launches June Wellness Awakening festival—a month-long invitation to reconnect with your inner rhythm and embrace well-being in its purest form. Set within the tranquil surroundings of the Baa Atoll UNESCO Biosphere Reserve, the resort's private island sanctuary becomes a canvas for spontaneous healing and soulful renewal.

At the heart of this seasonal celebration is The Wellness Reset, a deeply restorative detox experience crafted by the Solasta Spa to purify body, mind, and spirit. Available throughout June, this wellness escape can be completed over one, two, or three days at each guest's chosen pace, featuring breath-led detox yoga, a lymphatic drainage massage, and a signature Tao'an tea bath ritual. A brand-new addition to the Solasta Spa offering, this royal ritual draws on ancient Eastern traditions to encourage natural healing, inner clarity, and deep calm.

Throughout the month, The Nautilus will also host a curated calendar of wellness offerings in celebration of **Global Wellness Day on 14 June** and **International Yoga Day on 21 June**. Guests are invited to take part in massage workshops, guided meditations, beach and aerial yoga sessions, and sound healing rituals— each designed to restore presence and balance in gentle, meaningful ways.

Signature gatherings will mark the Full Moon and New Moon phases, while creative art sessions led by local Maldivian artists offer space for introspection and expression through art and storytelling. In collaboration with **Maison Caulières** and **Omorovicza**, guests are also invited to indulge in Solasta Spa treatments rooted in French sensoriality and Hungarian mineral-rich traditions — a refined union of nature and nurture. “At The Nautilus, we believe that true wellness begins with freedom — the freedom to pause, to feel, and to follow one's own rhythm. Our June Wellness Awakening is not a programme to follow, but a gentle space to rediscover what well-being means to you,” said Meena Grung, Solasta Spa Manager.



With just 26 houses and residences, The Nautilus offers one of the most bespoke private island experiences in the world. Thoughtfully designed with exceptional facilities and serene spa rituals, it embodies a rare form of ultra-luxury, defined by timeless freedom and deeply personalised moments. Here, wellness unfolds as an intuitive rhythm — felt, not forced. June Wellness Awakening is a gentle invitation to pause, to breathe, and simply be — by the ocean, in your own time, on your own terms.

To book, contact The Nautilus at hello@thenautilusmaldives.com or visit our website for more information [here](#).

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

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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 awaits at The Nautilus, from bespoke culinary adventures and underwater explorations to 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. The Nautilus Maldives was recognised among the top 5 Resorts in the Indian Ocean by *Condé Nast Traveler's* 2024 Readers' Choice Awards. Most recently, The Nautilus was named in the *Tatler Wedding Guide* 2025, the UK's leading luxury wedding publication.

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