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Anantara Maia Seychelles Villas Unveils an Integrated Wellness Journey Rooted in Personalisation, Holistic Healing and Plant-Based Nutrition



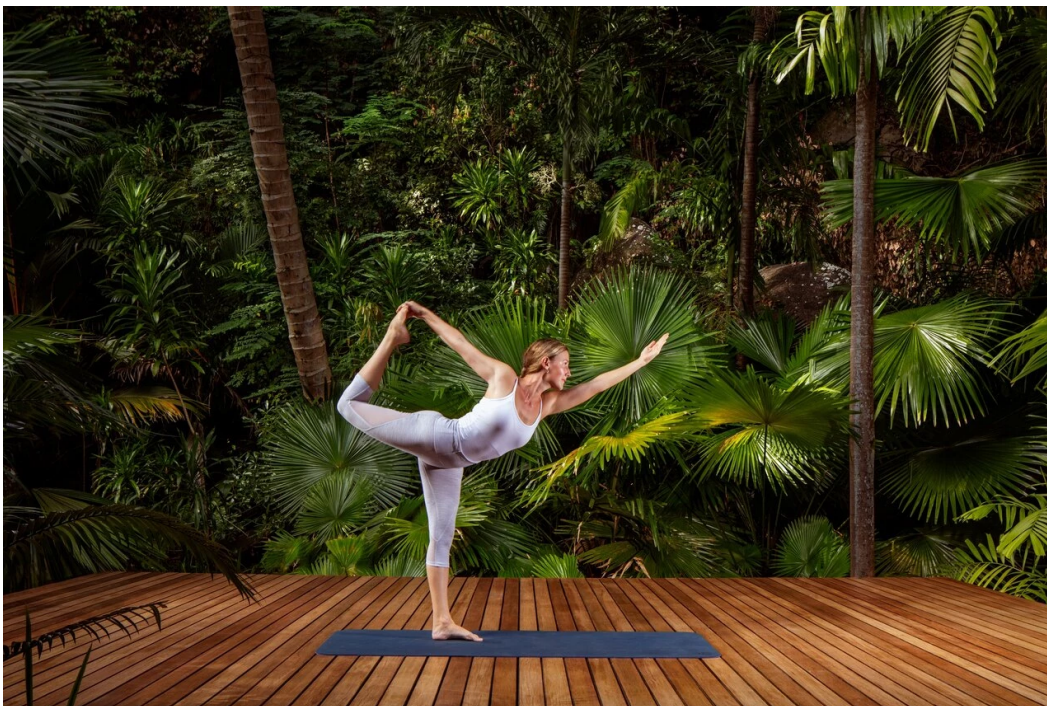
Anantara Maia Seychelles Villas introduces a comprehensive wellness journey that brings together personalised programmes, holistic therapies, mindful movement, and a dedicated plant-based culinary approach, all delivered through the Anantara Spa.

Set on a private peninsula overlooking Anse Louis, the resort's wellness concept is built on a single guiding principle: personalisation. Each guest begins their experience with an in-depth consultation, allowing the wellness team to tailor every aspect of the journey, from treatments and movement to nutrition and daily rituals.

A Structured Yet Flexible Approach to Wellbeing

The wellness experience at Anantara Maia is designed as a fully immersive retreat, available in curated three- to five-night programmes. These programmes combine four core elements: consultation, cuisine, therapies, and movement, creating a balanced and achievable path towards physical and emotional wellbeing.

Daily schedules integrate mindful practices such as yoga, breathwork, and gentle fitness sessions alongside therapeutic spa treatments and wellness-focused dining. Guests move seamlessly through a rhythm of activity and relaxation, from morning movement sessions to evening rituals designed to promote deeper rest and recovery.



Three Distinct Wellness Pathways

Guests can choose from three specialised programmes, each addressing a different aspect of modern wellbeing:

De-Stress, Switch Off & Unwind focuses on releasing tension and restoring mental clarity through grounding rituals, yoga practices, and treatments such as Shirodhara, sound bowl meditation, and magnesium therapies.

Detox & Reboot supports the body's natural cleansing processes through targeted nutrition, detox therapies, and movement, including aqua yoga and herbal compress treatments, complemented by detox-focused culinary experiences.

Rejuvenate & Revitalise is designed to restore vitality and radiance, combining restorative yoga, advanced spa therapies, and experiences such as guided snorkelling and holistic rituals to re-energise both body and mind.

Each programme is adaptable, allowing guests to refine their experience based on personal goals, preferences, and pace.

Wellness Cuisine as a Core Pillar

Nutrition plays a central role in the Anantara Maia wellness journey. The newly introduced plant-based wellness menu complements the retreat experience, offering dishes that are low in allergens and glycaemic load, while focusing on fresh, locally sourced ingredients and herbal infusions designed to nourish and restore.

The menu is structured around three pillars:

Vitality dishes such as the Tofu Bowl, Burghul Poke, and Mediterranean Green Bowl are designed to energise the body with nutrient-dense ingredients including avocado, legumes, and seasonal vegetables.

Health-Conscious options provide comforting yet balanced meals, including Tempeh and Vegetable Shepherd's Pie, Tofu Stir-Fry, and Vegetable Hot Pot, combining plant proteins with wholesome grains and fresh produce.

Guilt-Free Delight offers lighter dessert options, including Tapioca Bowl with tropical fruits, Kalamansi Chocolate Tarte, and Crispy Praline Banana Mousse, delivering indulgence without compromising nutritional balance.

Additional wellness-focused offerings include nutrient-rich breakfasts such as acai bowls, chia pudding, moringa porridge, and plant-based toasts, reinforcing a consistent nutritional philosophy throughout the guest journey.

Immersive Wellness Experiences Beyond the Spa

The wellness journey extends beyond treatments and cuisine to include a range of curated experiences designed to reconnect guests with nature and themselves. These include floating or beach breakfasts, sunset wellness rituals, in-villa bath experiences, and guided nature walks.

Signature experiences such as Designer Dining by Anantara allow guests to personalise their culinary moments in private settings across the resort, while wellness activities range from yoga

and non-motorised water sports to marine discovery programmes led by experts.

A Holistic Sanctuary in the Seychelles

At the centre of this offering is the Anantara Spa, where treatments draw from Eastern and Western traditions, incorporating techniques from Thailand, India, Tibet, Indonesia, and indigenous practices. Therapies are enhanced with local ingredients, including herbs and fruits, and delivered by expert practitioners in a setting designed to promote deep relaxation and restoration.

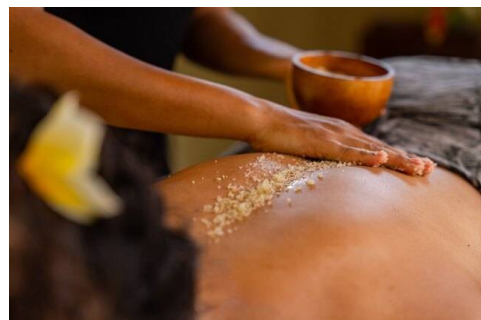
Commenting on the launch, **Gabriele Porru, Hotel Manager** of Anantara Maia Seychelles Villas, said:

“Today’s luxury traveller is increasingly seeking purpose-driven experiences that go beyond relaxation. At Anantara Maia, our wellness journey has been designed to respond to this shift, placing personalisation, holistic healing, and mindful nutrition at the centre of the guest experience. By integrating tailored wellness programmes with plant-based cuisine and immersive rituals, we offer a journey that is both restorative and sustainable, allowing guests to reconnect with themselves in a meaningful way.”

With every detail curated to support long-term wellbeing, Anantara Maia Seychelles Villas positions itself as a destination for guests seeking not only rest, but transformation.

About Anantara Maia Seychelles Villas

Anantara Maia Seychelles Villas is an exclusive luxury retreat set on a private peninsula on the southwest coast of Mahé. The resort features 30 private pool villas, each offering expansive ocean views, complete privacy, and dedicated Villa Host service. Combining personalised experiences, wellness-led programming, and bespoke dining, Anantara Maia delivers a highly tailored approach to luxury in the Seychelles.





About Anantara Hotels & Resorts

A luxury hospitality brand for modern travellers, Anantara Hotels & Resorts connects guests to genuine places, people and stories in some of the world's most extraordinary destinations. Each Anantara embraces the surroundings and culture of its destination, creating unforgettable memories for every guest since 2001. From city to sea and desert to jungle, Anantara delivers heartfelt, Thai-inspired hospitality at its over 50 hotels and resorts across Asia, Europe, Africa, the Middle East, and the Indian Ocean.

Anantara Hotels & Resorts is a [Minor Hotels](#) brand and recognises its guests through one unified loyalty programme, [Minor DISCOVERY](#), part of GHA DISCOVERY.

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