

Anantara Maia wellness journey

To retreat health & wellbeing



ANANTARA

WELLNESS

Wellness programme elements

At the heart of each retreat lies a thoughtfully curated selection of elements designed to support your personal journey toward balance, vitality, and peace of mind.



WELLNESS CONSULTATION

Your journey begins with a personalised Wellness Consultation to assess your lifestyle, diet, exercise habits, and wellness goals. This personalized session sets the foundation for a meaningful and effective short retreat experience, which are both manageable and achievable for you.

WELLNESS CUISINE

Wellness cuisine features to nourish your body with delicious, low inflammatory meals made from fresh, herbal infusions and local ingredients. Our cuisine is low in allergens and glycemic load crafted to energize, heal, and satisfy.

WELLNESS THERAPIES

We offer experience healing wellness traditions from Thailand, India, Tibet, Indonesia, and indigenous. These therapeutic modalities work in harmony to restore your body's natural rhythms and promote deep relaxation.

WELLNESS MOVEMENTS

Movement is a cornerstone of holistic wellness, promoting mindful movement sessions such as yoga, breathwork, or gentle fitness. Each practice is tailored to suit your fitness level, encouraging physical vitality and emotional clarity.

Morning	8:00 am - 9:30 am	Morning Exercise (Yoga/Gym) Breakfast (Plant-based/Healthy)
Mid Morning	11:00 am	Mid-Morning Activity (Water Activity/At Leisure/Island Discovery)
Afternoon	13:00 pm	Lunch (Plant-based/Healthy)
Early Evening	15:00 pm	Wellness Therapy/Spa Treatment
Mid Evening	5:00 pm - 6:00 pm	Evening Exercise Bath/Sunset
Evening	7:00 pm	Dinner (Plant-based/Healthy)

Choose from 3 to 5-night programmes

DE-STRESS, SWITCH OFF & UNWIND PROGRAMME

Modern life can leave us overwhelmed and disconnected. This programme invites you to pause, breathe, and reconnect with what truly matters. Release physical tension, quiet your busy mind, and immerse yourself in nature's healing rhythms. You'll return home feeling recharged, emotionally balanced, and mentally clear—with a renewed sense of presence and peace.

DETOX AND RE BOOT PROGRAMME

Every day, our bodies absorb toxins from the environment, food, and stress. This gentle yet powerful programme supports your body's natural detoxification process through mindful movement, clean nutrition, and targeted wellness therapies. Strengthen your immune system, rebalance digestion, and reset from within—emerging lighter, clearer, and more energised.

REJUVENATE & REVITALISE PROGRAMME

Exposure to stress, sun, and modern living can dull the body's natural glow. This programme is designed to reawaken your inner vitality and radiance. Through nourishing treatments, skin-brightening rituals, and uplifting movement, we help restore your natural glow from the inside out leaving you refreshed, revitalised, and glowing with renewed energy.

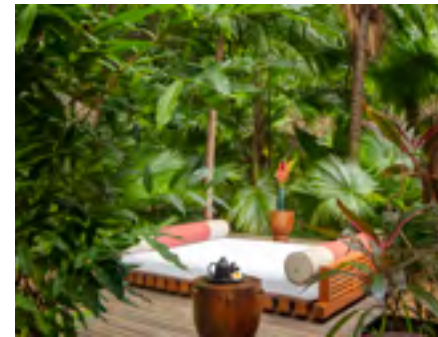


Welcome to Anantara Maia wellness retreats

A PERSONALIZED JOURNEY TO HEALTH AND WELLBEING

At the heart of our wellness philosophy is personalization. We understand that each guest is unique, and your path to wellbeing should reflect your individual needs and goals. Whether you wish to adjust the timing, swap a treatment, focus more on movement or stillness, or add meaningful rituals, our team is here to co-create your experience.

Simply speak with your Villa Host or our Spa & Wellness team, and we will thoughtfully tailor your programme to ensure a truly rejuvenating and transformative journey.



RETREAT INCLUSIONS

(Complimentary, Based on Your Programme and Duration)

- Personalised Wellness Consultation
- Daily Morning Group Yoga
- Daily Fitness & Leisure Activities (e.g. Aqua, Nature Walks)
- Floating or Beach Breakfast
- Garden Discovery Walk
- Sunset Wellness Ritual
- In-villa Bath Ritual
- Designer Dining Candlelight Ambience (Venue included)

You may select the treatments and experiences that align with your retreat goals. Our team will guide you in crafting the perfect sequence based on your chosen theme:

De-stress, Switch Off & Unwind / Detox & Reboot / Rejuvenate & Revitalise

INCLUDED

Retreat pricing will vary based on: the number of nights (3 to 5) the wellness programme you select, the number and type of treatments & experiences included. We believe in flexibility, and so pricing is tailored based on your chosen path. Our Spa & Wellness team will provide a full breakdown and assist in building your ideal programme.

COUPLES & FRIENDS OFFER

When booking together with a partner or friends, enjoy 10% off your wellness retreat.

DAILY WELLNESS CUISINE:

Breakfast, Lunch, and Dinner - Plant-based & Wellness options are available.



De-stress, switch off & unwind programme 3 or 5-night

STARTING FROM SCR 19,770 TO 34,380 PER PERSON

- Beach Barefoot Grounding Walk at Sunrise/Sunset
- Herbal Tea & Enjoy Nature
- Daily Wellness Cuisine
- Sleep Support Set (Pillow Mist, Calming Tea)

FITNESS:

- 1x 60-min Private Gentle Yoga or Stretching
- 1x 60-min Guided Yoga Nidra (yogic sleep meditation)
- 1x 60-min Hata yoga on the beach
- 2x 60-min Group yoga

TREATMENTS:

- 1x 60-min Head, Neck & Shoulder Release Massage for mental tension
- 1x 60-min Sound Bowl Meditation
- 1x 60-min Shirodhara
- 1x 60-min Foot Reflexology
- 1x 90-min Magnesium Restore & Rebalance

EXPERIENCES:

- Floating Breakfast for villas (Wellness menu)
- Sunset Wellness Ritual - Herbal mocktail on the beach
- Spice Spoon (Wellness Cooking Class)
- Magnesium Bath Ritual in Villa
- Designer Dining Candlelight Setup Under the Stars in The Spa (Food & Drink Excluding)

Detox and re boot programme 3 or 5-night

STARTING FROM SCR 21,460 TO 37,845 PER PERSON

- Water Activity or Light Movement
- Detox Juice (Beetroot, Cucumber, Moringa, Ginger)
- Daily Wellness Cuisine
- Mini Detox Face Mist or Fresh Aloe Vera to Refresh Skin Before Sleep

FITNESS:

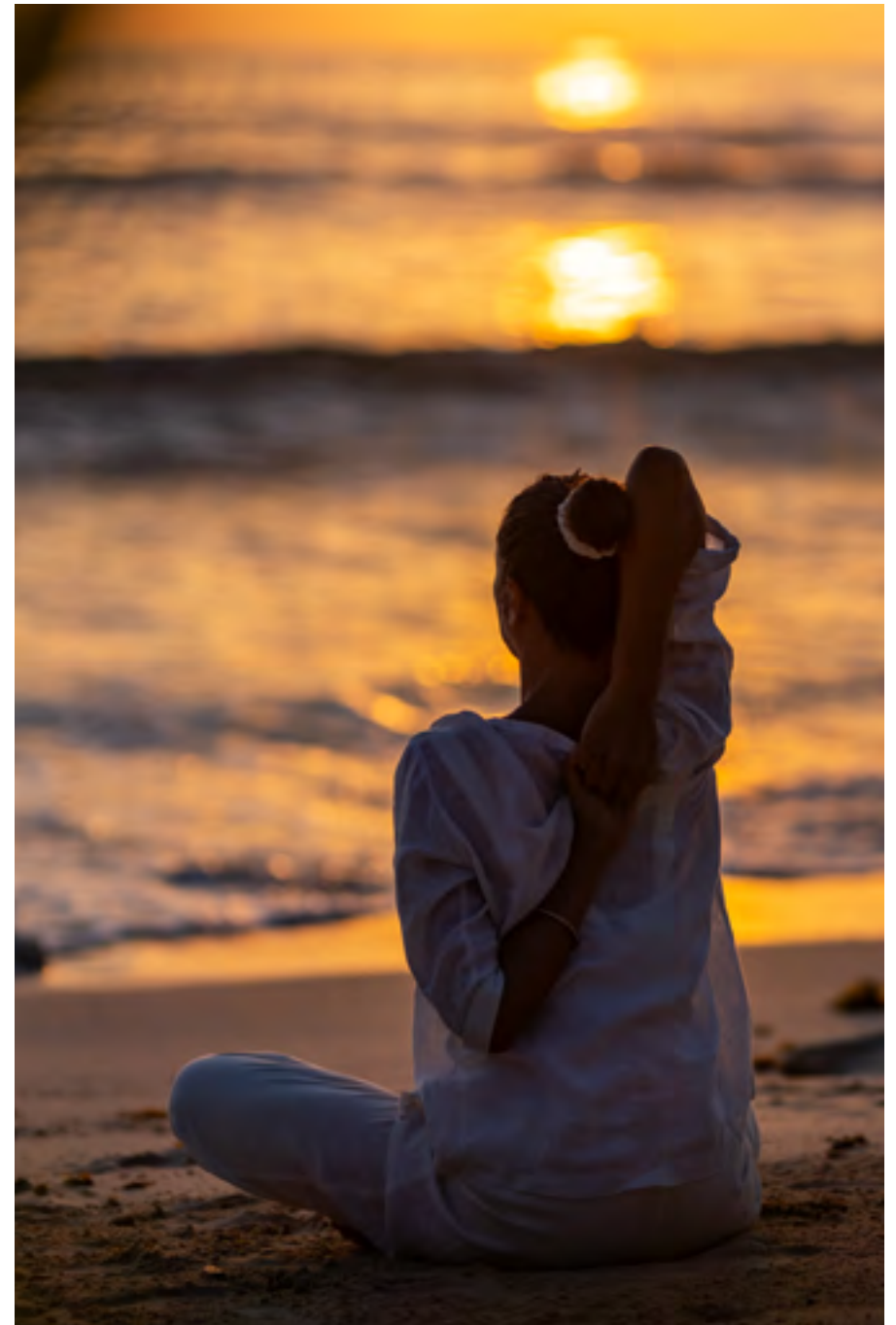
- 1x 60-min Private Detox Yoga or Stretching
- 1x 60-min Aqua Sound Yoga
- 1x 60-min Hata yoga on the beach
- 2x 60-min Group yoga

TREATMENTS:

- 1x 90-min Signature Massage
- 1x 60-min Deep Cleansing and Pore Refining Facial
- 1x 60-min Purifying Mud Wrap
- 1x 60-min Luk Pra Kob (Thai Herbal Compress)
- 1x 60-min Himalayan Thermal Therapy

EXPERIENCES:

- Beach Breakfast (Detox & Wellness menu Option)
- Garden Discovery Tour & Detox Drink Creation
- Spice Spoon (Plant Base Cooking Class)
- Detox Seaweed Bath in Villa
- Designer Dining on Helipad with magnificent views of the lush mountains (Food & Drink Excluding)





Rejuvenate & revitalise programme 3 or 5-night

STARTING FROM SCR 22,114 TO 37,990 PER PERSON

- Nature & Beach Photography Walk
- Ocean Paddle Boarding or Float Therapy
- Daily Wellness Cuisine
- Eye Mask, Deeper Sleep, and Relaxation

FITNESS:

- 1x 60-min Sunrise or Sunset Restorative Yoga
- 1x 60-min Sound and Yoga
- 1x 60-min Hata Yoga On the Beach
- 2x 60-min Group Yoga

TREATMENTS:

- 1x 90-min Maia Vichy Ritual
- 1x 60-min Rejuvenating Facial
- 1x 60-min Traditional Thai Massage
- 1x 75-min Hot Stone Massage
- 1x 60-min Crystal Chakra Balance Therapy

EXPERIENCES:

- Guided Private Snorkelling with WiseOceans
- Spice Spoon Creole Cooking Class
- Warmed Spiced Mud Bath
- Floating Sunset Aperitivo in Villa
- Closing Ritual with Island Blessing and Designer Dining on Tipti Island (Food & Drink Excluding)

Plant-based wellness menu

Nourish your body and mind with our vibrant, plant-based dishes crafted to support vitality, balance, and inner harmony. Rooted in nature, each meal is rich in nutrients, flavour, and mindful intention

All prices are in Seychelles Rupees and inclusive of taxes & service charge.



LEAN BREAD:

- Whole grain bread
- Sprout grain bread
- Sourdough
- Rye
- Flax bread

HEALTHY TREATS:

- **Acai bowl - 220**
Acai berries, orange juice, banana, berries, mango, sunflower seeds
- **Soya pudding - 220**
Soya milk, local honey, cashew nut mousse
- **Chia pudding - 180**
Chia seeds, açai honey and coconut milk
- **Moringa porridge - 215**
Hazelnut oil. Pumpkin seeds, activate coconut
- **Quinoa pancake - 275**
Flax seeds, almond milk, maple sirop, cinnamon vanilla, lemon juice, dates

NUTRITIOUS TOAST:

- **Avocado & Tomato - 290**
Whole grain bread with smashed ripe avocado, sliced cherry tomatoes, pink salt, black pepper, olive oil. fresh basil
- **Hummus & Roasted Veggies - 295**
Toasted baguette slices spread with creamy hummus, roasted red peppers, zucchini, and eggplant. paprika and fresh herbs
- **Roasted butternut and black lentils - 325**
Served on pumpernickel toast, pickled garlic and basil dressing
- **Beet & Walnut - 320**
Thinly, sliced roasted beets layered on bread with chopped walnuts, cashew spread, micro herbs

Plant-based wellness menu

VITALITY:

- **Tofu bowl - 625**

Rocket, spinach, orange segment, tofu, cherry tomato, pumpkin seeds and baby germs, avocado oil

- **Burghul poke - 600**

Avocado, mango, pickle chilly, kidney beans and tempeh glazed with sesame, pumpkin seeds, cucumber

- **Mediterranean green bowl - 645**

Kidney bean humus, apple, fig, activate almond, edamame, wild arugula, sundried tomatoes, broccoli, grilled zucchini

HEALTH-CONSCIOUS TONE:

- **Tempeh and Vegetable Shepherd's Pie - 650**

Hearty Tempeh base topped with mashed sweet cauliflower, baked to perfection

- **Tofu Stir-Fry - 580**

With Broccoli and wild rice Sautéed tofu with colorful vegetables in a ginger-garlic sauce, served over wild rice

- **Baked sweet potato - 470**

Topped with guacamole, Pico de Gallo, crunchy rocket and flex seeds

- **Vegetable and Tofu Hot Pot - 475**

A nourishing hot pot with seasonal vegetables, tofu, and a flavorful broth

GUILT-FREE DELIGHT:

- **Tapioca bowl - 325**

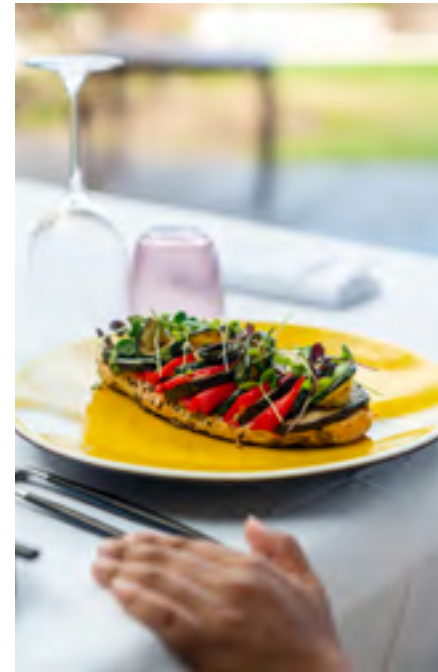
Passion pulp, papaya and mango cubes pumpkin seeds, agrume

- **Kalamansi chocolate tarte - 325**

Citrus ganache, sesame tulip, cocoa nibs, miso sauce

- **Crispy praline banana mousse - 325**

Vegan banana mousse, praline, gluten free sponge





Floating & beach breakfast

As part of your wellness journey, we recommend starting the day at your leisure with a floating breakfast in your private pool, or opting for a beachfront breakfast accompanied by the gentle ocean breeze.



DESIGNER *dining*

BY ANANTARA

With Designer Dining by Anantara, we invite you to picture the perfect celebration – whether for a proposal, anniversary or birthday – and we bring it to life. Choose from private settings around the resort and design your menu in collaboration with our Executive Chef and Sommelier for the evening.





SPICE SPOONS

BY ANANTARA

The resort offers a range of enriching activities designed for relaxation, discovery, and connection with nature. Guests can enjoy complimentary daily yoga sessions and non-motorised water sports such as kayaking, stand-up paddleboarding, and canoeing. For younger guests, thoughtfully curated experiences include spa baths, gentle massages, sparkly manicures, treasure hunts, cooking classes, and crab hunting adventures.



Sundowner & bath ritual

Enhance your end-of-day wellness with tailored experiences designed to help you fully unwind — whether in the privacy of your villa or at a serene spot around the resort. Our wellness team will be delighted to guide you.



Based on your length of stay

WE PROPOSE DAILY ACTIVITIES SUCH AS:

- Kayaking
- Stand-up Paddle
- House reef snorkeling
- Garden tours
- Yoga
- Fitness and gym
- Live entertainment
- Marine discovery activities organized by WiseOceans including group guided snorkel, ocean conversation, reef restoration demonstration, coral adoption opportunity

ADDITIONALLY, YOUR BEST MEMORIES WILL BE CREATED AROUND MAGICAL EXPERIENCES:

- Helicopter tour around our turquoise archipelago
- Private free dive instructor courses
- An unforgettable hiking adventure in our lush forest
- Guided island tour
- Diving with the rich fauna of Seychelles
- Mastering a local cooking class with Spice Spoons
- Sportive fishing day trip
- Island hope boat trip

Our team is entirely dedicated to ensuring you have Unforgettable Journey and experience with us.



Wellness and spa experience

Immerse in nourishing spa journeys inspired by Eastern and Western wisdom. Surrounded by nature, Anantara Spa offers restorative treatments infused with local herbs and fruits, tailored by expert therapists to relax, revive, and restore harmony.





ANANTARA

WELLNESS

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