

Nadhuv  
PRIVATE ISLAND  
MALDIVES

# beru



YOUR OWN LITTLE  
ISLAND PARADISE



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YOUR STAY!

JANUARY | FEBRUARY | MARCH



# WELCOME

We are delighted that you chose to spend your holiday with us at Naladhu Private Island. Dining at Naladhu has always been an elegant affair, and now it is even more indulgent. With our no-menu concept, guests are invited to design their own menu for every meal. Evening barbecues are more relaxed, yet fiery and flair. The team is excited to help you create everlasting memories and ensure you enjoy all that the island has to offer. Swim in the crystal-clear lagoon. Snorkel with nurse sharks. Dine on a nearby sandbank or on a floating platform in the middle of the sea. Allow us to tailor-create your once-in-a-lifetime escape. We wish you a wonderful stay in our private sanctuary. Should you need any assistance, please do not hesitate to reach out to me directly.

We wish you a wonderful stay in our resort.

FATHIMATH SHAAZLEEN – *Resort Manager*

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## MEET... Our Cultural Guru, Shuaib Ibrahim!

Originally from Hdh. Nolvivaran, Shuaib grew up in a family of musicians. With his father being a pioneer of music on the island, he was always surrounded by music and art. My father often plays Boduberu at home and at gatherings and that is how I fell in love with traditional music. Every time I watched him play the Boduberu, I got this adrenaline rush. The feeling is hard to explain, but I am sure any Maldivian can relate to what I am saying!" shares Shuaib.

Following in his father's footsteps, a passion that ignited as a hobby quickly turned into something more. Shuaib participated in the second season of the Voice of the Maldives, where he competed against some of the top singers in the Maldives and placed in the top six. It is my biggest accomplishment so far, and I take great pride in it, said Shuaib with the biggest smile.

With tourism being a crucial part of the Maldivian economy, Shuaib started his career in the hospitality industry 11 years ago. He started as a housekeeping attendant at Anantara Dhigu where he met Javid, the legendary Cultural Guru, whom this unique position was inspired by Javid's inspiration, paired with his love for music, Shuaib decided to embark on his journey as the Cultural Guru at Naladhu Private Island.



# IN THE WORDS OF...

Serenity, privacy and lush greenery are just the beginning of what one could experience during their stay at Naladhu Private Island Maldives. But what else would make your stay on the island one to remember? Here are some insider tips from our Kuwaanus



“There’s no better place to go diving than in the Maldives. Even for first timers, it’s the best place to take the first leap – or in this case, dive. The marine life here is simply stunning and it’s easy to get hooked on this newly found passion. From black tip sharks (*don’t worry, they’re friendly*) to a kaleidoscope of fishes, there’s so much to see on your journey to find Nemo!” – **Ibrahim a.k.a. Ibbe**



“Have you tried having breakfast at night? As funny as that sounds, at The Living Room, you can! We really mean it when we say you can have breakfast all day. The Living Room has a ‘no menu’ concept and our guests can preorder anything they feel like for the day. If you’re having a hard time deciding what to have, fret not! A special menu is always there to give you a kickstart.” – **Eugenii**



“Far from the rush and steeped in tranquillity, Naladhu Private Island Maldives is the perfect place to observe the night sky. Fix your gaze on the horizon and witness the moonrise – an enchanting and peaceful moment different from the drama of sunset. As darkness falls lay out on the outdoor deck to stargaze and observe the twinkling constellations. If you’re lucky, you might even catch some meteor showers. Don’t worry about waking up early — breakfast is served throughout the day, so you can fully unwind and enjoy the relaxed pace of the island.” – **Mohamed**



“Being a Kuwaanu at Naladhu Private Island Maldives is a wonderful experience for anyone who has the passion for the job. And I think this passion translates into our guests’ experience as they can expect the warm smiles the moment they step off the boat. Not to carry my own basket, but as a Kuwaanu, we often go the distance to ensure our guests leave the island with amazing stories to tell from one of their most unforgettable vacations. From an Instagrammable floating breakfast to family dinner overlooking the stunning sunset (*and everything in between*), we are always a dial away to help craft those special moments.” – **Ameen**



“Here at Naladhu Private Island Maldives, we are like one big family, and this includes our guests. The relationship that we have with our guests is beyond just a butler – it’s a bond that continues on even after they’ve departed. I’ve had guests sending me messages to ask about my daughter back home and it’s really a warm feeling.” – **Aslam**

“What are memories without some stunning photos to show off? In Naladhu Private Island Maldives and its surrounding islands, there are many spots that are great for photos or to simply enjoy the moment. In the middle of the island sits a swing that would take you back to your childhood. Hidden in a corner as you walk past house number one towards Baan Huraa, is my favourite spot to watch the sunrise. I can spend the morning sitting in the swinging chair just watching the sun come up while enjoying the calming sounds of the sea. Do you have a favourite spot on the island so far?” – **Sulvaan**



# DINING EXPERIENCES



## THE LIVING ROOM

Enjoy breakfast overlooking the lagoon – at any time of day. At Naladhu, cuisine is fresh, seasonal, and tailored to your preferences. Sample bold new flavours from around the globe and relish a modern twist on old favourites. At The Living Room, the glass-walled wine cellar takes centre stage, stocked with some of the rarest vintages. Allow our sommelier to pair the perfect varietal to each course. Bon appetit!

**Breakfast:** All day

**Lunch:** 12:30 pm – 6:00 pm

**Dinner:** 6:00 pm – 12:00 am

### Wine & Dine on Naladhu Beach

Chef's special 3- or 5- course set menu paired with wine.

USD 250 net per person (3-course)

USD 350 net per person (5-course)

### Whisky Fest

Taste a variety of premium whiskies.

Daily from 11:00 am – 11:00 pm

USD 169 net per person

### Maldivian Beach Barbecue

Feast on grilled prime cuts and local seafood set right on the beach.

Every Tuesday, 6:30 pm – 10:00 pm

USD 165 net per person

### Meat & Wine

Enjoy a selection of dry-aged cuts paired with exquisite wines.

Every Thursday, 6:30 pm – 7:30 pm

USD 250 net per person (for food and wine)

USD 150 net per person (for food only)

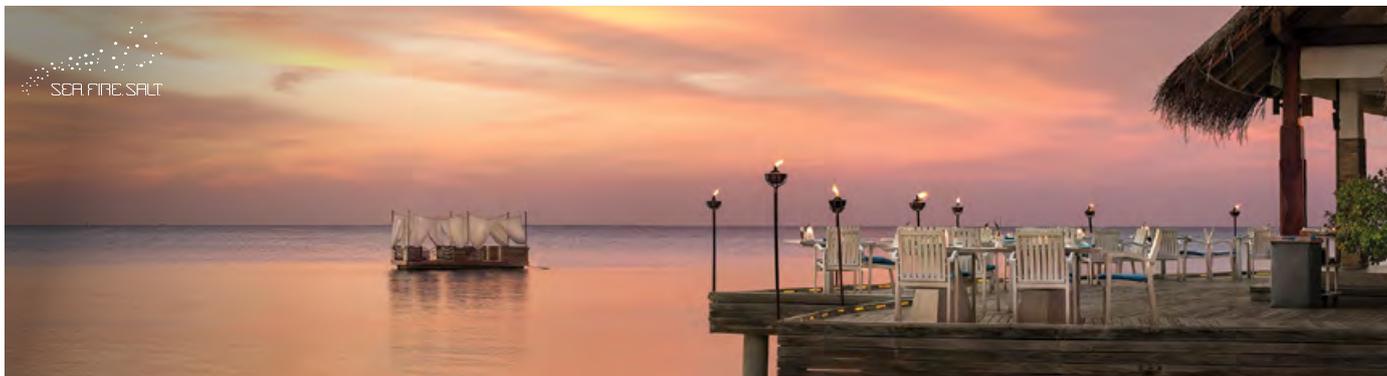
## TOQUE TALKS

The recipe for success, like good food, is best created from scratch. This holds true for Chef Ibrahim Youssry's culinary journey, who at only 29 years old helms the kitchen of The Living Room at Naladhu Private Island Maldives. Hailing from Alexandria, Egypt, Chef Youssry was raised by a father who served as Head Chef at the royal residence in Montaza Palace. He could have easily become a protégé, but his father was determined to let Chef Youssry carve his own path giving him the space to grow independently and start from the ground up.

At 12, he worked in a fish market to immerse himself in a fast-paced environment before his foray into the kitchen. "Growing up, my summers were spent assisting the vendors with their fresh catch, cleaning, descaling, and filleting fish. It was often unforgiving and demanding, but it helped me develop resilience for the realities of working as a chef," Chef Youssry reminisce. But it was a visit to his father's kitchen during the dinner rush sparked his culinary journey. The frenetic energy of preparing dish after dish with grace under pressure became a fascinating scene for the young Chef Youssry. "It created a deep impression witnessing how my father managed his team with ease and how much thought and care it took to create a wonderful meal," he exclaims.

In 2013, he started his career as a Line Chef and then quickly rose to the ranks, serving in five-star hotels such as Domina Coral Bay, Creek Hotel & Residences El Gouna and the Frantzén Kitchen in Hong Kong. Now Chef Youssry embraces the challenge of bringing the "No-menu" concept to life unleashing his creativity and cooking to impress. "Working in The Living Room is the most exciting part of my career so far. With guests from around the world, you never know what to expect each day," Chef Youssry shares.





## SEA.FIRE.SALT.

Turquoise lagoon, stunning sunset, and the occasional visit from Nikki, our resident makana, Sea.Fire.Salt. promises nothing but a memorable dining experience over prime-aged cuts and fresh catch from the Maldivian waters – especially with the right company. Paired with the right selection of fine wine and a hint of sea breeze, there's no reason to not wine, dine and be merry.

No meat? No problem! Our chefs are always ready to put their creative hats on and cook up a vegetarian storm.

**Dinner:** 6:30 pm – 10:00 pm

### Steak and Wine

Join us at the wine cellar for a curated 6-course menu paired with exquisite wines  
Every Sunday, 6:30 pm – 10:00 pm  
USD 180 net per person



## FUSHI CAFÉ

Can't decide what to have for breakfast? We got you!

Start your day with a lavish buffet breakfast at Fushi Café featuring a selection of fresh tropical fruits and juices, homemade breads and pastries, European cold cuts and cheeses, and made-to-order eggs cooked by our chef at the cooking station. Don't forget to grab a Nutella crepe from the live station while you're there!

By night, the spread transforms into a feast fit for a king! Start from your classic favourites to pizza, seafood and meat, and not to be missed, mouth-watering desserts. Dine indoors or al fresco under the starlit Maldivian sky.

**Breakfast:** 7:00 am – 11:00 am

**Dinner:** 6:30 pm – 10:00 pm

### Mexican Fiesta

Vibrant flavours await as you treat yourself to an array of Mexican fare. Every Tuesday, 6:30 pm – 10:00 pm  
USD 120 net per person *(Included in half-board and full-board meal plans)*

### Maldivian Night

Immerse yourself in the local culture while you feast on an authentic Maldivian spread, with live Boduberu cultural performance. Every Thursday, 6:30 pm – 10:00 pm  
USD 120 net per person *(Included in half-board and full-board meal plans)*

### Street Foods of Asia

Whet your appetite with flavourful delicacies. Every Saturday, 6:30 pm – 10:00 pm  
USD 120 net per person *(Included in half-board and full-board meal plans)*



## AQUA BAR

Mamma mia, here we go again!

On another Italian affair that is. At Aqua Bar, vibrant Italian flavours take reign by the pool, set right by the beach with endless lagoon views. The ambiance changes throughout the day, with poolside refreshments and light meals served all afternoon. Munch on specialty pizzas, fresh from the wood fire oven. And don't forget to stop by our ice-cream hut with a variety of flavours and ingenious toppings. Staying true to the Italian affair, we recommend the tiramisu ice-cream or a scoop of vanilla for an affogato!

**Lunch:** 12:00 pm – 4:00 pm

**Dinner:** 7:00 pm – 10:00 pm

**Drinks:** 10:00 am – 12:00 am

### Aqua Beach BBQ

5-course menu with live BBQ station on the beach. Every Wednesday, 6:30 pm – 10:00 pm  
USD 165 net per person

### Winemaker's Dinner at Aqua Beach

5-course menu with specially curated wine pairing. Please connect with our team to learn more about the next dinner. USD 200 net per person

### Italian Wine Dinner at the Mezzanine

6-course degustation menu paired with Italian wines. Every Monday, 7:00 pm – 10:00 pm  
USD 150 net per person

### Wine Pairing Dinner at the Mezzanine

4-course menu complimented by fine wines. Daily from 6:30 pm – 10:00 pm  
USD 200 net per person

## ORIGAMI

Are you a sushi connoisseur? We know we are! And now you can enjoy your favourite Japanese fare in an island setting.

Satisfy your cravings with fresh sashimi and sushi creations, highlighting local catches of yellowfin tuna. Sink your teeth into juicy Hokkaido scallops straight from the robata grill, or signature dishes such as thinly sliced seabass garnished with yuzu, truffle oil and salmon roe. Our personal favourite: the Wagyu Gunkan, a wagyu beef sushi with daikon and black truffle.

Go “ooh” and “ahh” as the chef brings his tricks to the Teppanyaki table with a selection of wagyu beef or Alaskan king crab, sliced, diced, sizzled and served before you.

**Dinner:** 6:30 pm – 10:00 pm

**Teppanyaki:** 6:30 pm and 8:30 pm slots (*Advance reservation is required*)

### Veli Beach BBQ

5-course menu with live BBQ station on the beach.

Every Saturday, 6:30 pm – 10:00 pm

USD 165 net per person

**Origami Wine Cellar Dinner** – Joiner's table (*Up to six persons*)

5-course Japanese set menu with wine pairing.

Daily from 7:00 pm – 9:00 pm

USD 260 net per person



## CUMIN

Traverse the Indian Ocean in search of new South Asian flavours, where spices from India meets the Maldivian novelties and the deliciously complex flavours of Sri Lanka.

At Cumin, we take your taste buds on a journey across the Indian Ocean, utilising the bounty of the waters that surround us and fresh herbs and spices from the chef's garden. Dine in a beautiful beach setting kissed by sea breezes and explore our personal favourites like butter chicken and naan to comfort your soul. Local curry prepared using freshly caught tuna and some kottu with flavours that take you on a roller coaster ride simply makes your stay on the sunny side of life an unforgettable one.

**Breakfast:** 7:00 am – 11:00 am

**Dinner:** 6:30 pm – 10:00 pm

### Kebab Night

Every Friday, 6:30 pm – 10:00 pm

USD 99 net per person

### Chef's Special Tasting Menu

A South Asian tasting menu featuring, Indian, Sri Lankan and Maldivian favourites.

Daily from 6:30 pm – 10:00 pm

USD 99 net per person



## DHONI BAR

Soak up the sun in a casual poolside setting with all-day refreshments of iced coffees, smoothies and mocktails, as well as an array of international options to whet your appetite.

As the sun sets, Dhoni Bar transforms into the perfect spot for sundowner while you groove to the music with our resident DJ. Sip on our signature cocktails as you treat your taste buds to tantalizing tapas and ease your way into the evening.

While you are there, don't forget to check out the extensive collection of gin featuring 76 brands from all over the world.

**Lunch:** 12:00 pm – 4:00 pm

**Dinner:** 6:30 pm – 10:00 pm

**Bar:** 10:00 am – 12:00 am

### Dhoni Bar Weekend Brunch and Pool Party

Every Friday, Saturday and Sunday

12:00 pm – 4:00 pm (*Adults only*)

USD 50 net per person (*food only*)

USD 100 net per person (*food and free-flow of rosé*)

USD 130 net per person (*food and free-flow of Champagne*)

### Dhoni Gin Fest

Take a sip on our vast variety of premium gins and gin cocktails.

Daily from 4:00 pm – 8:00 pm (*Adults only*)

USD 69 net per person



## BAAN HURAA

Sawasdee!

Let's embark on a journey to explore authentic Thai cuisine, with dishes fit for a family feast just as they do in Thailand. Choose from an array of delicacies from across the kingdom – spice up your palate with sour spicy salads from the Northeast, piping hot coconut curries from the South, beloved dishes from the Central Plains accompanied by fragrant jasmine rice that takes you back to the land of smiles. You can always count on the traditional desserts such as our all-time favourite sticky rice and mango or bananas poached in coconut milk to sweeten your experience.

Walk out over the lagoon and into a traditional teak house on stilts, magically lit with a sunset glow and warm greetings from our Baan Huraa team who come from various regions of Thailand.

**Dinner:** 6:30 pm – 10:00 pm



## GULHIFUSHI

Live out your castaway fantasies by jaunting over to the picnic island, just a short pontoon ride away. Surrounded by the house reef, it is home to a variety of marine life awaiting to be explored.

Savour an array of mouthwatering treats to fuel your tropical adventure. Swing by the food truck to grab some classic street eats such as burritos, quesadillas, fries and more. Recharge after hours of swimming and snorkelling or simply indulge while soaking up the sun and feel refreshed with a collection of cocktails at Tiki Bar.

**Lunch:** 12:00 pm – 4:00 pm

**Bar:** 10:00 am – 5:00 pm

### Ribs and Reggae

Sink your teeth into fall-off-the-bone ribs and enjoy a casual beach diner to the lively tunes of our resident DJ.

Every Friday, 6:30 pm – 10:00 pm  
USD 165 net per person

# AROUND THE WORLD WITH THE STARS

## Culinary masterpieces await as Anantara Veli Maldives Resort unveils a stellar cast of Michelin legends to plate up at the adults-only paradise.

Kick-starting the new year, Chef Benjamin Wilkinson is set to prepare a menu that's a feast for the eyes and tastebuds. The British chef has built an impressive career working at renowned restaurants such as The Cottage in the Woods, Midsummer House and Savelberg before bringing his wealth of experience to The Pass, where he serves as Head Chef of the one-Michelin-starred restaurant at South Lodge in West Sussex, United Kingdom. Renowned for his ability to seamlessly blend classic techniques with a modern twist, Chef Ben's dishes celebrate his passion for seasonal food.

February follows with Chef Michelle Goh and Chef Pongcharn 'Top' Russell, the dynamic duo behind the one-Michelin-starred Mia Restaurant in Bangkok, Thailand. Sarawak-born Chef Michelle honed her pastry skills under renowned chefs Anna Polyviou and Jason Atherton. At 29, she became the youngest female Malaysian chef to earn a Michelin star. Chef Top's foray into the kitchen began when he relocated to the UK at age 15 and proceeded to train under notable chefs Jun Tanaka and Pierre Gagnaire. Noted for their creative approach in fusing European flavours with Asian ingredients, together they will cook up a memorable meal guaranteed to impress.

In March, witness a choreography of flavours as Chef Melvin Chou takes over the kitchen. With a culinary career spanning the USA, Australia, Japan and the United Kingdom, Chef Melvin's passion for the farm-to-table philosophy is deeply influenced by his time working alongside the acclaimed Chef Dan Hunter. He currently helms the one-Michelin-starred terra Tokyo Italian in Singapore, a contemporary omakase restaurant that melds Japanese and Italian cuisines.

Seize the chance to experience their masterful creations in this unforgettable culinary journey!

**Chef Benjamin Wilkinson**  
Cooking Class: Wednesday 8 January  
Dinner: Thursday 9 January



**Chef Michelle Goh and Chef Pongcharn 'Top' Russell**  
Cooking Class: Wednesday 26 February  
Dinner: Thursday 27 February

**Chef Melvin Chou**  
Cooking Class: Wednesday 12 March  
Dinner: Thursday 13 March





## COCKTAILS & CONVERSATIONS

There's more to cocktail making than just shaking and stirring; it's an art form that bridges storytelling with flavours. A mixologist is the mastermind in translating these ideas and feelings, pouring them neatly into a drink – at Anantara Dhigu Maldives Resort's brand new The Yellow Fin Club, Don Nuwan Renuka Fonseka is the mastermind.

Quick on his feet and sharp in his senses, resident mixologist, Don continuously pushes the boundaries of his craft when shaking up the sea-inspired cocktails at the adult-only bar. Join us as we get to know him and delve into the mind of a mixologist.

### What moment made you want to work behind the bar?

My favourite bartender, Tomek Malek, a world-champion flair bartender from Poland, did a bar takeover at the t-Lounge & Bar by Dilmah in Colombo, Sri Lanka. He demonstrated a fire flair and crafted a unique cocktail with butter and whisky. It could have been my first time seeing a skilled bartender craft a complex cocktail with precision and flair, or perhaps it was the joy I felt witnessing the creation of a drink that brought people together and enhanced their experience. It highlighted the unique blend of creativity, technique and social interaction involved in mixology, which made me realise that I want to be a part of that world.

### What makes a perfect cocktail?

A perfect cocktail is all about balance – harmonising the sweet, sour, bitter and strong elements to create a well-rounded flavour profile. Ultimately, a perfect cocktail does not only meet the standards, but also caters to the preferences of the person enjoying it.

### What are the challenges of being a mixologist?

Maintaining consistency and quality under pressure, especially during busy shifts. It requires a lot of focus and precision. Additionally, staying up to date with industry trends and continuously innovating can be demanding, but it is also a crucial part of the job that keeps it interesting.

If you could only have one cocktail for the rest of your life, what would it be? A classic dry martini. Its elegance and simplicity appeal to me and the balance between gin and vermouth creates a timeless flavour profile. Whether served straight up or with a twist, it's a versatile choice that can be enjoyed in a variety of settings. A perfectly made martini embodies the essence of great mixology.

### What do you enjoy doing outside of work?

I like exploring local food markets and trying out new recipes. Experimenting with different ingredients and flavours helps keep my creativity fresh and inspires new ideas for cocktails. I also love hiking and spending time outdoors to help me relax and recharge after a busy shift. Both activities not only provide a great balance to my work life, but also enhance my appreciation for diverse flavours and experiences.

### DRINKS MASTER MENU DEGUSTATION

Embark on a tasting journey of sea-inspired cocktails. Sip and savour your way through crafted drinks as you bask in the glow of the sunset.

Every Sunday, 4:00 pm – 6:00 pm  
USD 40 per person (for three cocktails)  
USD 70 per person (for five cocktails)

### PRIVATE MIXOLOGY CLASS

Dive deep into the art of cocktails guided by Don, our resident mixologist. Uncover expert tips and tricks for concocting the perfect drink and learn how to put your own unique flair into your creations.

USD 30 per person





## SPA AND WELLNESS FIND THE ULTIMATE RELAXATION AND REJUVENATION IN PARADISE

Your guide to spice up the wellness journey

Vacation is more than just a break from the daily routine; it's a chance to recharge, reconnect and rejuvenate. The Maldives is a sanctuary for everyone seeking an idyllic blend of luxury, nature and wellness. On your much-deserved time off, it's important to strike the balance between relaxing and keeping in shape.

The landscape of wellness is undergoing transformational change focusing on holistic wellbeing and a personalised approach towards integrating mind, body and spirit with proactive measures enhancing overall health and happiness. Here are some tips on how you can enliven your holiday with nourishing spa treatments and invigorating activities.

### GET TLC FROM THE SEA

It's no secret that the sea possesses healing effects. Exposure to saltwater eases body aches, calms the nervous system and improves immunity. That's why we feel our best being on the beach. Harness the benefits of the ocean by immersing yourself in a marine-inspired treatment with the Anantara Ocean Essence Rituals. Your spa journey begins with an exfoliation using green caviar that rehydrates your skin while hyaluronic acid and probiotic formulas stimulate collagen synthesis, enhance skin tone and prevent trans-epidermal water loss. A warm Rhassoul body mask then wraps the body to nourish and hydrate. The body will be drizzled with pure green caviar treatment oil and massaged with the opulent 24-karat gold hot stone, releasing deep muscle tension through controlled heat. Your journey concludes with our signature precious drops of gold, leaving your body captivated in decadence.

### YOU ARE WHAT YOU EAT

With massively growing health issues caused by poor lifestyle habits and choices, new studies are conducted to find practical ways to improve overall wellbeing. More than ever it is crucial to change our diet to foods rich in nutrients, such as fruits, vegetables and seafood. Discover which types of food are ideal for your nutritional needs through a consultation with our Balance Wellness Consultant to design an individualised plan for a healthy, balanced and fulfilling life.

### NATURE MEETS NURTURE

Did you know that connecting with nature offers restorative benefits? Immerse in the tranquillity of the island and practice mindfulness with the ancient practice of sound healing. Combined with the rhythmic lullaby of ocean waves and soft vibrations of Tibetan singing bowls and gongs access deep levels of relaxation and transport yourself to a state of calm. During a sound healing session, the resonant tones help to clear blockages, reduce stress and enhance your overall sense of peace. It's an ideal way to conclude your wellness journey, leaving you feeling deeply rejuvenated and centred.



# REVITALISE YOUR LIFE

## DR. PRATIBHA PANT

### Wellness Practitioner

Hailing from India, Dr. Pratibha is our dedicated in-house wellness practitioner, bringing a wealth of experience in Naturopathy, Yogic Science and Ayurveda. Along with a strong Ayurveda background, her expertise extends to pain and stress management, traditional Chinese medicine, holistic nutrition, modern holistic techniques, various aspects of yoga, Reiki healing, Tibetan sound healing, Kundalini and Chakras healing, tarot reading, hypnotherapy and Cognitive Behavioural Therapy.

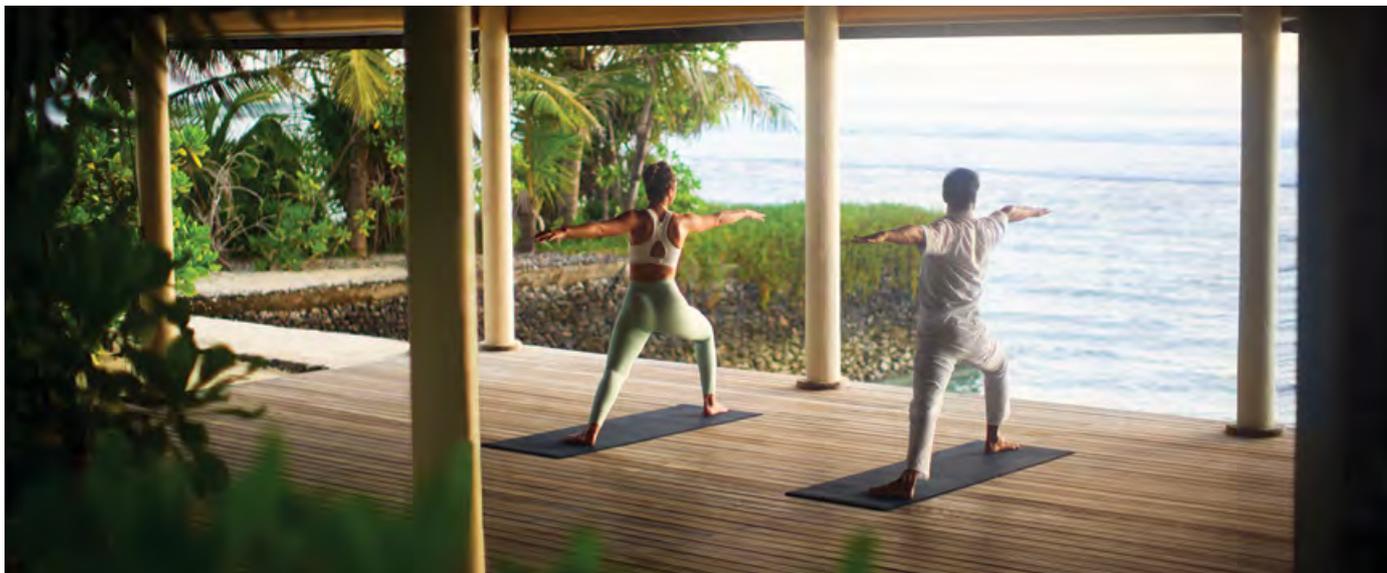
“By blending traditional yogic healing with modern scientific methods, I guide my clients in overcoming physical, emotional and mental blockages, fostering personal and spiritual growth. Together, we break free from old habits and pain, embracing a life filled with abundance and joy,” Pratibha elaborates on her approach to address the root cause of an individual’s challenge.

Discover true balance between mind, body and soul with a complimentary consultation at Balance Wellness by Anantara. Meet with Dr. Pratibha to tailor your nutritional and wellness needs and find a healthy path to balance your life.



## WELLNESS ACTIVITIES AND WORKSHOP SCHEDULE

Booking is not required. The time schedule might change without prior notice. Time schedules are subject to change without prior notice. For further information, please contact Anantara Spa at ext. 3045 or on the Anantara app.



MONDAY	8:00 am Tranquility Meditation at Yoga Pavilion	11:30 am Wellbeing Workshop at Yoga Pavilion	5:00 pm Sound Healing at Boxing Ring
TUESDAY	8:00 am Hatha Yoga at Yoga Pavilion	11:30 am Golf Driving Range Practice at Golf Studio	5:00 pm Art of Four Limbs at Boxing Ring
WEDNESDAY	8:00 am Fitness First at Boxing Ring	11:30 am Holistic Healing Workshop at Yoga Pavilion	5:00 pm Strength Workout at Boxing Ring
THURSDAY	8:00 am Bliss Yoga at Yoga Pavilion	11:30 am Golf Driving Range Practice at Golf Studio	5:00 pm Holistic Healing Workshop at Yoga Pavilion
FRIDAY	8:00 am Ashtanga Yoga at Yoga Pavilion	11:30 am Pranayama at Yoga Pavilion	5:00 pm Balance Workout at Boxing Ring
SATURDAY	8:00 am Strength Workout at Boxing Ring	11:30 am Meet the Masters of Wellness at Yoga Pavilion	5:00 pm Sound Healing at Yoga Pavilion
SUNDAY	8:00 am Sun Salutation at Yoga Pavilion	11:30 am Mindful Healing Workshop at Yoga Pavilion	5:00 pm Art of Four Limbs at Boxing Ring

# HOME REMEDY

## Sleep Enhancement

It's midnight, and you find yourself wide awake scrolling through social media, instead of winding down to sleep. Many of us take for granted the importance of getting a good night's sleep often prioritising screen time over rest resulting in sleeping fitfully.

Sleep is an essential function for recharging our bodies and achieving optimal well-being. Getting the right amount and quality helps lower the risk of heart disease, regulate our metabolism and enhance our psychological state.

If you're struggling to hit the hay, here's a recipe for an effective sleep tonic to ease you into slumber.

### INGREDIENTS

250 ml oat milk  
1 pinch cinnamon  
1 pinch nutmeg  
1 pinch turmeric  
1 tbsp poppy seed  
1 tbsp ashwagandha extract (*optional*)  
Honey to taste (*optional*)

### METHOD

- In a small pot, heat the oat milk.
- Add the cinnamon, turmeric and nutmeg. Keep stirring constantly.
- Add the ashwagandha extract and honey for taste and stir.
- Find a cosy place to enjoy your drink.



## TEE OFF IN PARADISE AT THE GOLF STUDIO IN ANANTARA VELI

Feel the rush of a swing and develop your short-game skills at the newly unveiled Golf Studio in Anantara Veli. Be transported to the verdant course of a golfing range while enjoying your tropical vacation.

Here are ways you can enjoy and elevate your performance on virtual greens.

### Swing Into Action

Experience realistic scenarios and play rounds of golf in challenging terrains and all-weather conditions as you tee off comfortably indoors.

### Calculate the Perfect Stroke

With its intuitive technology, the golf simulator can analyse your performance such as your launch angle and club speed to pinpoint your strengths and weaknesses and refine your next move with precision.

### Take Control of Ball Flight

Many factors affect how a ball travels. Set up the ideal shot by mastering your target line, clubface path, and swing speed, then send your ball soaring wherever you want it to go like a pro!

*For more information and inquiries, please connect with your Villa Host or dial '0'.*



# AQUAFANATICS

## WOW EXPLORER

Discover the hidden gem of the Maldives on a thrilling shipwreck exploration in Vaavu. The journey also includes a visit to a pristine sandbank and the opportunity to swim with the gentle nurse sharks of Vaavu Atoll.

Trip duration: 5 hours  
Adult: USD 395  
Child: USD 295 (3 to 11 years old)  
*Minimum 6 adult guests are required.*

## DOLPHIN SNORKELLING

Swim with dolphins and have the chance of a close encounter at Dolphin Lagoon, where pods of spinner dolphins are often spotted. Please note that these creatures are considered wildlife and sightings are not guaranteed. The ability to swim is required for this activity.

Trip duration: 2 hours  
Adult: USD 205  
Child: USD 155 (3 to 11 years old)  
*Minimum 4 adult guests are required.*

## BIG GAME FISHING

Embark on an adventure across the open sea in pursuit of a prized catch. The journey to the fishing grounds takes about 10 minutes on our modern boats. Fishing occurs in the open sea, not far from the outer reef, where you will have the opportunity to reel in wahoo, sailfish, trevally and many other big-game species.

Half-day (4 hours): USD 1,400  
Full-day (8 hours): USD 2,050

## JETSURF

Feel the adrenaline rush of exploring the lagoon on an electric surfboat. Catch the waves or cruise along flat waters in a motorised surfboard.

30-minute experience: USD 205  
*Minimum age requirement is 10 years old.*



# TROPICSURF

Set amidst a span of blue and near world-class waves, Anantara Dhigu Maldives Resort and Anantara Veli Maldives Resort beckon surf enthusiasts of all levels to ride the best waves throughout the year.

January to March is the best time for those starting to learn the ropes and immerse in the thrill of surfing. With smaller swells than the peak season from April to October, this period allows beginners to practice with ease. For first-timers and young surfers, the lagoon lesson is an ideal introduction to surfing, guided by seasoned coaches who will help you improve your skills. Set in the calm, flat waters, this session focuses on ocean safety, board control and the fundamentals of surfing. It provides a fun and safe environment that builds confidence before tackling the waves.

Adventurous surfers can venture to the North Malé Atoll, home to some of the most iconic breaks in the Maldives. During the off-season,

surfers can still find some good waves at Honkey's, which offers shelter from the prevailing Northeast winds at this time. TropicSurf organises half-day excursions, which include three hours of surfing time and a one-hour speedboat journey each way.

For those seeking a more laidback experience, TropicSurf offers stand-up paddleboards for rental, allowing guests to roam the crystal-clear lagoon and spot vibrant sea life underneath. Take in the stunning vistas during sunrise, sunset or any time of the day for a peaceful and immersive experience.

Whether you're catching your first wave or exploring legendary surf breaks, Anantara Dhigu Maldives Resort and Anantara Veli Maldives Resort are ideal destinations for the ultimate surf holiday.

# PRESERVING PARADISE: OUR COMMITMENT TO SUSTAINABILITY

Breathtaking yet fragile, the natural beauty of the Maldives is its greatest asset sought-after by many. At Anantara Maldives, we recognise our vital role in maintaining the delicate balance of protecting this paradise and providing enriching guest experiences.

Discover the highlights of our sustainability journey and learn about the milestones of our three guiding pillars: People, Planet, and Value Chain.



## PEOPLE: EMPOWERING A SUSTAINABLE COMMUNITY

Sustainability begins with our people who share the same belief. Our Green Committee, composed of team members and resort leaders, oversees all initiatives and weaves sustainability into the fabric of resort operations.

Fostering local culture, immerse in the rich heritage of the Maldives with authentic experiences that give you a glimpse of real island life. Learn from our **Cultural Insiders** as they share the vibrant customs of the Maldives. Follow the beat of the BoduBeru and savour the flavours of Dhivehi cuisine on **Maldivian Night** happening every Thursday at Fushi Café in Anantara Dhigu Maldives Resort. From handcrafted bath products to delicacies, discover eco-conscious Maldivian brands produced by small-scale artisans through the **'Buy Local, Buy Organic'** programme.

## PLANET: OUR PASSION FOR MARINE CONSERVATION

With rising habitat loss, warming sea temperatures and unpredictable weather patterns, sustainability is not just a passing trend; it's a necessity. As stewards of the environment, we are committed to promoting a harmonious co-existence with nature.

Following the devastating coral bleaching event of 2016, we took a proactive step in protecting our oceans with the **HARP (Holistic Approach to Reef Protection)** project, since then we've made several strides in marine preservation. Our coral nurseries have expanded increasing coral farming capacity from 500 to **2,000 coral fragments** grown annually. Our **seagrass research** has identified and protected key seagrass species, vital for maintaining a healthy ecosystem.

We are proud to partner with the **Olive Ridley Project** and **Marine Savers** to protect and conserve the sea turtle population. In the past years, we rescued five sea turtles trapped in ghost nets and rehabilitated them back into their habitat. With a special permit for protected species from the Environmental Protection Agency (EPA), we actively study and monitor nesting population of sea turtles. Occasionally, sea turtles nest on the beaches of Gulhifushi Island and Naladhu Private Island Maldives providing a rare chance to witness baby sea turtles hatching.

To further our commitment, we've partnered with the Citizen Scientist Photo ID Program, a non-invasive technique that uses photos to identify and track marine animals by their unique body patterns. By joining as a citizen scientist, you can help gather data on sea turtles, sharks, manta rays, and whale sharks. Your photos from snorkeling or diving contribute to research on animal movements, behavior, population sizes, and the effects of human activities like poaching. Together, we can make a difference in understanding and protecting marine life.

## VALUE CHAIN: INNOVATING FOR A SUSTAINABLE FUTURE

Being eco-friendly is a way of life embedded in all the details at Anantara Maldives. From the solar energy that powers the resorts to our self-sufficient water production, it reflects our aim to reduce our waste and carbon footprint.

We achieved a significant milestone in water conservation reducing our consumption by approximately **5,160 cubic meters per year**. Additionally, treated water from our on-site Sewage Treatment Plant (STP) is repurposed for irrigation. The on-site biogas digester processes **1,000 kg of organic waste daily** into renewable energy effectively preventing approximately 1,747.87 tonnes of CO2 emissions annually.

To curb plastic pollution, we've successfully eliminated single-use plastics opting for sustainable alternatives like wooden key cards, refillable toiletries and compostable packaging. In collaboration with **Parley for the Oceans**, we launched a **Plastic Innovation Challenge**, exploring new ways to recycle plastic waste into useful products, such as sustainable furniture made from post-consumer plastic.

To further our strategy, we've launched a **Zero Food Waste Campaign**. This includes introducing smaller plate sizes and organising No-Bin Day every Monday, during which all bins are removed from the canteen to encourage team members to finish the food on their plates. Additionally, our Sustainable Seafood Policy supports the local community by sourcing sustainable stocks buying local catch and Marine Stewardship Council (MSC) certified seafood only.

## ENGAGING OUR GUESTS: A SHARED RESPONSIBILITY

Going beyond luxury, we aim to inspire environmental stewardship in every guest. Programs such as **Marine Biology Talks**, **Nature Walks** and the **Dhoni Kids Club** are avenues that stir curiosity and open the discussion on conservation. Connect with us during **Sustainability Talks** and learn about the green initiatives the resort has put in place and how you can make a difference during and after your stay.

## LOOKING AHEAD: THE JOURNEY CONTINUES

The work we've done over the past years has been groundbreaking, but the journey doesn't end here. We remain steadfast in our vision of a sustainable future as we continue to explore the possibilities of sustainability.

Join us on this journey and be part of our sustainability story. Together we can make a difference in building a paradise with a purpose and conserve this legacy for future generations.



## BE A CORAL GARDENER FOR A DAY

### DID YOU KNOW CORAL REEFS PRODUCE HALF OF THE WORLD'S OXYGEN?

An enchanting kingdom drawing adventurers to explore its richness, coral reefs play a vital role in supporting marine biodiversity. For all its splendour, it is one of the most vulnerable ecosystems threatened by climate change.

How can we protect and restore the majesty of our oceans? Join our resident marine biologist in planting corals to help rebuild the habitat of our aquatic friends. Collect and tie broken coral fragments to ropes and attach them to the coral nurseries, where they will grow until they reach maturity and at that point, they can be transplanted onto the house reef.

Follow the growth of your “baby corals” by receiving photo updates every six months. Come and join us in protecting our underwater wonders!



## RECREATIONAL WEEKLY ACTIVITIES

MONDAY	11:30 am 4:30 pm 7:00 pm	Water Polo at Aqua Pool Beach Football at Aqua Beach Table Games at Teens' Room
TUESDAY	11:30 am 4:30 pm 7:00 pm	Darts Game at Aqua Bar Beach Volleyball at Volley Court Karaoke Night at Teens' Room
WEDNESDAY	11:30 am 4:30 pm 7:00 pm	Water Gymnastics at Aqua Pool Badminton at Badminton Court FIFA 23 Challenge at Teen's Room
THURSDAY	11:30 am 4:30 pm 7:00 pm	Water Polo at Aqua Pool Beach Football at Aqua Beach Tables Games at Teens' Room
FRIDAY	11:30 am 4:30 pm 7:00 pm	Table Tennis at Teens' Room Foot Volley at Badminton Court Karaoke Night at Teens' Room
SATURDAY	11:30 am 4:30 pm 7:00 pm	Darts Game at Aqua Bar Beach Volleyball at Volleyball Court VR Games at Teen's Room
SUNDAY	11:30 am 4:30 pm 7:00 pm	Water Gymnastics at Aqua Pool Football Match at Marina Football Court Camping on the Beach at Aquafanatics





## KIDS ACTIVITIES

At Anantara Dhigu, families and the little VIP's are invited to engage with the destination through our kids activities.

Our kids programme is built around the young adventurers and features a daily programme of activities including sports, arts and crafts, cooking classes and more. The experience is based out of Dhoni Kids' Club, an exciting indoor-outdoor playspace with a climbing wall, a treehouse and two Dhoni boats packed with fun.



### MAKE IT MONDAY

- 9:30 am – 10:30 am Physical Fitness
- 11:00 am – 12:00 pm Water Games
- 12:30 pm – 1:00 pm Sushi Making Class\*  
*USD 25. Minimum 2 kids.*
- 1:30 pm – 2:30 pm Lunch Time
- 3:30 pm – 4:30 pm Mind Calming Activity
- 5:00 pm – 6:00 pm Beach Fun Game
- 7:00 pm – 9:00 pm Kids' Cinema\*

### TRY IT TUESDAY

- 9:30 am – 10:30 am Morning Stretching
- 11:00 am – 12:00 pm Design Your Own Tote Bag
- 12:30 pm – 1:00 pm Muffin Decoration\*  
*USD 25. Minimum 2 kids.*
- 1:30 pm – 2:30 pm Lunch Time
- 3:30 pm – 4:00 pm Discovering Marine Life  
*Coral Planting Demonstration*
- 5:00 pm – 6:00 pm Scavenger Hunt
- 6:30 pm – 7:30 pm Your Choice of Fun Games
- 8:00 pm – 9:00 pm Kids' Pajama Night

### WONDERFUL WEDNESDAY

- 9:30 am – 10:30 am Mind Relaxing Activity
- 11:00 am – 12:00 pm Water Games
- 12:30 pm – 1:00 pm Spring Roll Cooking Class\*  
*USD 25. Minimum 2 kids.*
- 1:30 pm – 2:30 pm Lunch Time
- 3:30 pm – 4:30 pm Card Games / Board Games
- 5:00 pm – 6:00 pm Beach Fun Games
- 6:30 pm – 7:30 pm Your Choice of Fun Games
- 8:00 pm – 9:00 pm Stargazing

### TRICKY THURSDAY

- 9:30 am – 10:30 am Fun Hula Hoop Games
- 11:00 am – 12:00 pm Tie Dye Shirt
- 12:30 pm – 1:00 pm Sushi Making Class\*  
*USD 25. Minimum 2 kids.*
- 1:30 pm – 2:30 pm Lunch Time
- 3:30 pm – 4:30 pm Jute Craft
- 5:00 pm – 6:00 pm Your Choice of Fun Games
- 7:00 pm – 9:00 pm Kids' Cinema\*

### FUN FRIDAY

- 9:30 am – 10:30 am Fun Science Experiments
- 11:00 am – 12:00 pm Canvas Board Painting
- 12:30 pm – 1:00 pm Pizza Cooking Class\*  
*USD 25. Minimum 2 kids.*
- 1:30 pm – 2:30 pm Lunch Time
- 3:30 pm – 4:30 pm DIY Dream Catcher Making
- 5:00 pm – 6:00 pm Sand Sculpture
- 6:30 pm – 7:30 pm Your Choice of Fun Games
- 8:00 pm – 9:00 pm Kids' Disco Night

### SPLASHY SATURDAY

- 9:30 am – 10:30 am Morning Stretching
- 10:00am – 11:30pm Glass Bottom Boat\*
- 12:30 pm – 1:00 pm Animal Shape Cookie Decoration\*  
*USD 25. Minimum 2 kids.*
- 1:30 pm – 2:30 pm Lunch Time
- 3:30 pm – 4:30 pm DIY Crafts
- 5:00 pm – 6:00 pm Beach Treasure Hunt
- 6:30 pm – 7:30 pm Your Choice of Fun Games
- 8:00 pm – 9:00 pm Kids' Camping

### SUPER SUNDAY

- 9:30 am – 10:30 am Mind Calming Exercise
- 11:00 am – 12:00 pm Water Games
- 12:30 pm – 1:00 pm Pizza Cooking Class\*  
*USD 25. Minimum 2 kids.*
- 1:30 pm – 2:30 pm Lunch Time
- 3:30 pm – 4:30 pm DIY Necklace Making
- 5:00 pm – 6:00 pm Beach Games
- 6:30 pm – 7:30 pm Your Choice of Fun Play
- 8:00 pm – 9:00 pm Kids' Karaoke Night



**Please note:**

- All activities are subject to change depending on weather conditions and number of children present.
- \*Advance booking is required.  
*Children must be between 4 and 11 years old.*

*For more details, please dial ext. 0 or visit Dhoni Kids' Club.*

# SUSTAINABILITY

## LOVE OUR REEF? HELP US PROTECT IT.

Immersing guests in the spirit of giving back, Naladhu invites you to donate USD 1 per night stay in the Dollars for Deeds programme. The resort will match guests' donations dollar for dollar during their stay to raise funds to support Coral Reef CPR by protecting our flourishing reefs, reducing our impact on the environment and promoting sustainability.

