

# BERU



Naladhu  
PRIVATE ISLAND  
MALDIVES



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## 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 is even more indulgent. Guests are invited to design their own menu for every meal with our no-menu concept. Evening barbecues are more relaxed, yet fiery with flair. The team and are 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.

MICHAEL PARKER – *Complex General Manager* –



## INTIMATE DINING

### BBQ UNDER THE STARS ON NALADHU BEACH

Gazing out at the most incredible ocean view, unwind and surrender yourself in a uniquely crafted BBQ under the stars on a beachside, with the local cuisine of variety of seafood. Embrace the art of naturally gazing at the stars with the natural aqua sounds of waves all around.

Every Sundays at 6.30 pm to 10.00 pm  
USD 250 net per person with Glass of Champagne  
(USD 200 net per person supplement for HB & FB)  
USD 200 net per person supplement for HB & FB  
(USD 150 net pp food only)  
Entertainments by resident Duo band  
\* Advance reservations required

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### NALADHU CINEMA UNDER THE STARS

Illuminate and embrace the well spent movie night at the coconut groove with the incredible amalgamation of chefs special secrete menu which is beyond your imagination. Join us in this evening to make your stay more memorable and to satisfy your taste buds with this promising choices.

Every Thursdays at 7.00 pm to 9.00 pm  
Chef's special Set menu with free flow of Champagne & soft beverages  
USD 300 net per person (USD 200 supplement for HB & FB)  
\* Advance reservations required

*All prices are in US dollars and inclusive of 10% service charge and 16% GST.*



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## SPA AND WELLNESS WELLBEING

### EPIGENETIC TEST & ANALYSIS

- Single Adult or Kids Test & Consultation
- Couple's Test & Consultation

USD150/USD110  
USD 270

Dig deeper into your genetic data. Undergo an epigenetic hair test, through a bio profiler, which provides information about your body's levels of nutrients, vitamins, minerals, essential amino acids, fatty acids, antioxidants, and contaminants. Discover which daily nutritional and environmental factors are impacting your body's cells and learn through a personalized reading with our Balance Wellness Consultant how to reverse your epigenetic expression and live a healthier more resilient life.

*Inclusive of: test, report\* and analysis with Wellness Consultant.*

### ULTIMATE SLEEP INDULGENCE

*In Villa Treatment*

(90 minutes) USD 855 per couple

An evening ritual to enhance your sleep, comfortably performed in your villa. Begins with a deeply relaxing Naladhu Healing Massage. Long stroke, flowing movements and therapeutic techniques are implemented for instant relaxation; followed by a face cleansing ritual and nourishing mini facial to prepare your skin and mind for sleep. Wake up with a refreshed mind and body. Use Morning to Night spa giftset to continue your nightly ritual Includes: In villa treatment, Naladhu Healing massage, Mini Nourishing Facial Spa gift.

## BEAUTY

### ESSENCE OF NALADHU

(90 minutes) USD330

This signature experience encapsulates the essence of Naladhu Island, an exclusive intimate retreat enriched with luxurious gems. Your spa journey begins with a gentle body exfoliation, brightening tone and improving texture. Further indulge in a deeply relaxing, yet revitalising healing massage. Using an aromatic blend perfectly complemented to enhance stress relief, reduce tension, and fatigue. Includes: Invigorating Body Scrub & Body Massage

### CELESTIAL BLACK DIAMOND NON-SURGICAL LIFT FACIAL

(90 minutes) USD300

#### Lift, Firm, Tighten

Our most comprehensive anti-wrinkle facial, this luxurious experience harnesses 111SKIN's most potent collection – the Intensive Collection – to encourage a youthful, sculpted and visibly firmer appearance. The multimasking treatment reduces pigmentation for brighter and more balanced-looking skin.

### THE GENTLEMAN'S DE-PUFFING CRYO FACIAL

(60 minutes) USD250

#### Regenerate, Oxygenate, Energize

This treatment is designed to detoxify and reduce puffiness. Brighten by increasing oxygen flow. Energising treatment to make skin appear firmer and luminescent. Perfect for tired skin to help counteract pollution. The relaxing Cryo Globes massage will sculpt and contour the face.



## MEET OUR WELLNESS EXPERTS

### PRANATHI BOLLAPRAGADA

*Resident Nutritionist and Wellness Consultant*

Pranathi is an expert in nutrition and certified in Behavior Changing Skills Coach. She believes in integration; hence she found a balance of integrating modern clinical approach with ancient wisdom principals of Ayurveda and Holistic Nutrition. Over the years she has developed a magnificent hands-on experience to cater the individual needs through nutrition counselling, behavior change therapy, workshop and other consultations using technology such as epigenetic test and body analysis machine. Pranathi and our other wellness experts are available throughout the week in complimentary Wellness and Spa workshop.

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## VISITING PRACTITIONER

### AZUSA SEGAWA

Originally from Japan, Azusa is a Wellness Practitioner specializing in Chi Nei Tsang (*Taoist abdominal massage, Internal organs therapy*). She has 14 years of experience in 5-Star Wellness Resorts. To support her practice, Azusa has undertaken Vipassana meditation retreats since 2003 and attended many Buddhist teachings by His Holiness the Dalai Lama and Dzongsar Jamyang Khyentse Rinpoche in Delhi and Dharamsala, India. She has also studied Reiki (Master Level IIIA), Thai massage, Reflexology and Yoga. Azusa Segawa shares her global expertise and passion for cultural wellness practices with guests, offering personalized treatments in energizing abdominal massages, re-discovered Reiki healing, and traditional Thai massage body work in combination with Chi Nei Tsang. Through treatments designed to rebalance energy systems and stimulate physical healing, Asuza's residency brings the best of Thai, Indian and Chinese practices to the heart of the Maldives.



## COMPLIMENTARY WELLNESS AND SPA WORKSHOPS

MONDAY	8.00 am Flow Yoga at Yoga Pavilion	9.00 am Guided Smoothie Session at Fushi Café	3.00 pm Epigenetic Workshop at Veli Spa
TUESDAY	8.00 am Flow at Yoga Pavilion	4.00 pm Sound Healing at Boxing Ring	
WEDNESDAY	8.00 am Lets-role Wrestling-Fit Workout at Boxing Ring	9.00 am Guided Smoothie Session at Fushi Café	3.00 pm Nutrition & Nourishment Workshop at Veli Spa
THURSDAY	8.00 am Flow at Yoga Pavilion	3.00 pm Happy Little Masters at Kids Club	5.00 pm Stretching at Yoga Pavilion
FRIDAY	8.00 am Pranayama at Yoga Pavilion	4.00 pm Sound Healing at Boxing Ring	
SATURDAY	8.00 am Tai Chi at Yoga Pavilion	4.00 pm Yoga Workshop at Yoga Pavilion	
SUNDAY	8.00 am Qi Gong at Yoga Pavilion	5.00 pm Active Stretching at Yoga Pavilion	

### WORKSHOPS

#### Women's Day Workshop (available on Wednesday 8 March 2023)

On the occasion of Women's day on 8th March Specifically designed and dedicated for women's to understand various factors which contribute to a lead a healthy lifestyle, this includes a detailed talk and demo with our aesthetic facial therapist to enhance the external beauty and alongside with our Nutritionist to amplify the beauty from within with the help of healthy dietary and lifestyle choices

#### Guided Smoothie Session

We invite you to attend the session conducted by our Resident Nutritionist who guides you through the healthy selection of smoothies according your wellbeing goals

#### Nutrition & Nourishment

Join us in a transformational journey towards making you a best version of yourself by getting awareness towards basics on Nutrition which is to be followed on day-to-day basis in order to stay healthy on a longer run

#### Epigenetics Workshop

Join us in understanding the epigenetic test. Cell Wellbeing offers epigenetic testing via hair bulb analysis and provides a thorough 37-page nutrition report for the guest.

#### Happy Little Masters

Join us in a kid's workshop where we seed them with the lifestyle changes in a fun way, starts with mild stretching and kid's anatomy, followed by rainbow eating habits with our wellness experts.

### FITNESS EXPERIENCE

#### Active Stretching

Witness the magnificent Sunset at Indian ocean along to stretch your body with our guided stretching session which stretching helps increase your range of motion in the joints, improves blood circulation and posture and alleviates muscular tension throughout the body

#### Wrestling-Fit Workout

Join us, in an activity which is a combination involves body workout, weightlifting, stretching to enhance flexibility and have a toned body.

### HOLISTIC EXPERIENCE

#### Qi Gong

A system of coordinated body posture movement with breathing meditation

#### Sound Healing

Train the brain to move to the theta brain wave frequencies that induce deep meditative and peace full state.

#### Tai Chi

On a physical level, Tai Chi improves strength, flexibility, aerobic conditioning and balance. It's been proven to improve cardiovascular fitness, lower blood pressure, prevent falls and help people who have arthritis.

### YOGA & MEDITATION

#### Yoga Flow

Using relaxation techniques, poses, stretches and breathing exercises to establish a positive flow for your day

#### Hatha Yoga

An energizing sequence with focus on stamina, strength, and breath Mats provided in Villa

#### Pranayama

The practice of breath regulation involves breathing exercises and patterns. Mats provided in Villa

#### Yoga Workshop

In this session, we will assist you to come to a correct alignment show you some modifications to practice yoga in a safe manner.

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## JULIA KERANOVIC RESIDENT TENNIS DIRECTOR

At age 25, Swedish born Julia Keranovic has spent 14 years as a coach and sparring partner in her 18-year-old tennis career. She ranks in the top 25 singles and 14 in doubles in Sweden. While her current focus is on coaching and sparring, Julia still participates in ITF Futures Tournaments. Age is just a number when it comes to training as she conducts sparring sessions with competition players of different ages and levels, including top WTA players.

Fluent in Swedish and Serbian, and of course English, Julia is very sociable and outgoing. She loves meeting new people and interact with others – you can be sure to have a ball while training with Julia!

### TENNIS PROGRAMME

#### Private Lesson (60 mins)

Work on the different aspects of the game and focus on cardio, technique, strategy or just have a fun hit with our LUX Tennis Pro.

Child (up to 12 years old) USD 180 per child  
Adult USD 200 per person

*Additional player at USD 40 per person*

**Beat the Pro (60 mins)** USD 200 per person  
Challenge our LUX Tennis Pro in a full match. If you manage to win one set, you will receive the session for free!

#### Kids Tennis Clinic (60 mins)

Open to children ages five to twelve years old. All levels are welcome including first timers. The tennis coach will organize fun games and various exercises to learn the basics of tennis. Every Wednesday, from 7.00 pm – 8.00 pm  
*Complimentary, minimum 2 and maximum 4 for children*

#### Adult Tennis Clinic (60 mins)

Open to all levels, discover some challenging and innovative training methods. Learn new techniques and sharpen your strategy on the tennis court. Every Thursday, from 11.00 am – 12.00 noon  
*Complimentary, minimum 2 and maximum 4 for players*



An international tennis management company providing personalised services, Lux Tennis focuses on understanding all clients' needs to ensure a lifetime experience on the court, based on quality coaching and a tailored made programme; from beginners to high performance. Lux Tennis also oversees a repertoire of professional-level tennis coaches who are coaching private clients, VIPs and celebrities, individually and at luxury resorts worldwide.

*Please note that 100% cancellation fee applies when a session is cancelled less than 3 hours prior. For more information or to make a reservation, please contact the reception or book directly with our LUX Tennis Professional or your Villa Host.*

## RECREATION EXPERIENCES



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### RAY SNORKELING

Experience one of the most amazing snorkeling spots in South Male Atoll. Encounter here Pink Whip Rays, Nurse Sharks, an abundance of tropical fish and the occasional Black tip reef shark too.

Time: Trip is 2 hours

Price: Adult: USD 275 / Child: 205 (3-11years)



### FLYBOARD

Learn to fly like Iron Man. This is an adrenaline pumping fun experience you cant miss. Anyone can try from the age of 10. It is done in the calm waters of the lagoon, and we will teach you in a 30 mins session.

Time: 30 mins

Price: USD 270



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### TROPICSURF

Ideally located in the heart of South Male’s surf scene, Anantara Dhigu resort is a few minutes away from a variety of breaks which cater to all surfing levels and abilities from peeling, playful rights to down-the-line left barrels. The peak surf season is from April to October when the winds are from the west and swell is from the southeast. From November to March, we organise trips to North Male Atoll where waves are stronger, however swell is less consistent.

For those wanting to stretch their legs a little further afield we offer half day trips to the famous North Male’ breaks too. During the off season from November to March we can still find some good waves at Honkey’s which offers shelter from the prevailing North East winds at this time. These trips are a 5 hour round trip which includes three hours of surfing time and a transit time of one hour each way via speedboat.

TropicSurf operates exclusively from Anantara Dhigu and offers expert guidance, water safety and coaching tips. One of the advantages of surfing from our resorts is the wide range of experiences on offer, which cater

### FUN RIDES

A thrill for adults.  
15 minutes USD 75 per person

*Visit Tropicurf’s surf shack at Dhigu resort to learn more about their offered programs or dial ext. 3232.*

to any level, from beginner to advanced surfers. For first timers our surf gurus will teach you the basics of surfing within the safety of the lagoon. This flat water lagoon session is offered all year round and is for first time learners, both young and old before moving into learning in the waves. In the lagoon session we teach, ocean awareness, safety, board control and the take off technical in the waveless calm waters of the lagoon.

Within a 10 minute boat ride from the resort we have a dreamy beginner wave named “Henrys”, perfect for those looking to catch their first wave.

Additionally to surfing, TropicSurf has stand-up paddleboards for rental allowing guests to paddle around the crystal clear lagoon granting great views of the sea life underneath. Whether it be sunrise, during the day or sunset it is a great way too unwind and take in the beauty of Anantara Dhigu/Veli.

### SURFING

Learn the basics of surfing with a lagoon lesson.  
USD 115 net per person

### STAND UP PADDLEBOARD

USD 77 net for two-hour rental  
USD 205 net for daily rental

## RECREATIONAL WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11.30 am Water Polo at Aqua Pool	11.30 am VDO Games Challenge at Aqua Bar	11.30 am Darts Game at Aqua Pool	11.00 am Adults’ tennis clinic at Tennis Court	11.30 am Table Tennis Near Boxing Ring	11.30 am VDO Games Challenge at Aqua Bar	11.30 am Water Gymnastic at Aqua Pool
4.30 pm Beach Football at Aqua Beach	4.30 pm Beach Volleyball at Volley Court	4.30 pm Sunset jogging at Aqua Beach	11.30 am Water Polo Aqua Pool	12.00 noon Stand up paddle lesson at Arrival Jetty	4.30 pm Beach Volleyball at Volley Court	4.30 pm Guest vs Team members Football Match at Marina Court
		7.00 pm Kids tennis clinic at Tennis Court	4.30 pm Beach Football at Aqua Beach	4.30 pm Guest vs Team members Beach Volleyball Match at Volley court		7.00 pm Camping on the Beach at Aquafanatics
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