

PRESCRIPTION, PARADISE

Fairmont Maldives Sirru Fen Fushi Launch Wellness Experiences Rooted in Nature



As the trend for ‘nature prescriptions’ and ecotherapy’ continue to rise*, Fairmont Maldives Sirru Fen Fushi launch an array of immersive wellness and fitness experiences rooted in its idyllic island environment; from alfresco spa treatments in the new Jungle Tented Villas and ocean meditation sessions, to mindful art lessons and anti-gravity yoga.

Set in the secluded wilderness of the resort’s inland jungle, the luxury Tented Jungle Villas at Fairmont Maldives take the serenity of the spa outdoors. With only sounds of the jungle canopy for company, guests can indulge in Ayurvedic rituals that draw from the waters of the Indian Ocean, and herbs from the Maldivian gardens. Soak under swaying palms in the outdoor roll-top tub, or bathe on the sun-dappled deck, surrounded by the island’s verdant flora and fauna.

For those looking to find their zen through mindful movement, private, outdoor yoga sessions are offered beside the resort’s infinity pool - the largest in the Maldives - and overlooking the Indian Ocean in the Overwater Villas. New for summer, Fairmont Maldives has also launched anti-gravity yoga sessions; this challenging workout brings together a unique blend of stretching, breathing techniques, meditation, gymnastics and aerial arts, where a soft parachute-silk hammock is suspended from the ceiling to support the body as guests move from one position to the next.

With creativity at its core, travellers can also take part in mindful art sessions with the resort’s resident artist, drawing inspiration from tropical island surroundings to paint, sculpt or draw using natural materials such as wood and coconuts, either in the Art Studio or on the sugar-white sand beach. Once guests have created their masterpiece, they can sail to an uninhabited island for an intimate castaway picnic, enjoy a sunset fishing experience aboard a traditional Maldivian dhoni or snorkel the pristine coral reef with a marine biologist; surrounded by manta rays, turtles, and pods of bottlenose and spinner dolphins.

For true tranquillity, the Willow Stream Spa at Fairmont Maldives offers luxury treatments and wellness experiences in both indoor and outdoor treatment areas. Relaxation-seekers can indulge in aromatherapy, peaceful garden meditation or guided stretching sessions to unwind overlooking the calming azure blue ocean, before enjoying a fresh herbal tea in the Seaview relaxation lounges and taking a dip in the spa’s serenity pool, where varying water temperatures work to enhance guests’ holistic journey.

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