



VELAA

PRIVATE ISLAND
MALDIVES

Private Moments

Velaa Energising Program Brings Health and Wellness to the Tropical Paradise



(Hong Kong, May 9, 2018) - Recognizing the rising importance of incorporating health and relaxation aspects in the travel experience, Velaa Private Island will offer the new Velaa Energising Program starting from June and available until September, bringing to guests a comprehensive journey of wellness and vitality in their paradise getaway.

The Velaa Energising Program comprises a combination of medical consultation using high-tech equipment to analyze the body's needs, healthy food and beverage options based on guests' body types, exercises, sports, meditations, yoga, signature spa treatments, Lipo HIFU, and fun activities to enjoy the stunning natural surroundings of Maldives.

The vision of this memorable lifestyle program is based on guests' personal needs and will consist of three elements: consultation – creating individual, comprehensive, and effective tailor-made wellness programs with help from a professional doctor, nutritionist, and fitness instructor; activity – achieving measurable goals and targets for the selected period starting at 7 days or personalized according to guests' length of stays; and post-stay – reviewing achieved goals and planning post-stay programs.

Guests who partake in the Velaa Energising Program will benefit both mentally and physically through rejuvenation and building muscle and body shape, while also cleansing the body and improving various aspects of their health by targeting Obesity indexes – BMI and PBF, Body Water Balance, and Visceral Fat Levels.

State-of-the-art facilities and services offered in the program include: Medical-Vita Check up and Fitness/Wellness Consultation, Yoga & Meditation, and the latest “Technogym” for Cardio Exercise, Strength Training, High Intensity Training, and other health-focused trainings. Guests may also take up tennis, squash, stand up paddling, kayaking, golf, or even embark on a romantic sunset cruise to end the day.

Velaa Private Island is also proud to launch a series of new initiatives including the HIFU Machine, Advanced Analysis InBody 770, multi-skilled female personal trainer, nutritional supplements, expanded healthy culinary options, and fitness equipments for a variety of exercise courses.

As healthy eating is a vital part of one's wellbeing, personalized food and beverage offers tailored by Velaa's resident nutritionist on an individual case basis will be provided to all guests taking advantage of this unique program.

Embracing a holistic approach to wellness, My Blend Spa by Clarins at Velaa Private Island also offers a selection of Asian-inspired therapies including Ayurveda, Yoga and Meditation to enhance and promote longevity. Guests may experience the innovative facilities whilst enjoying freshly prepared juices of champagne against the tranquil backdrop of the turquoise Indian Ocean.

For more information, please visit: www.velaaprivateisland.com

About Velaa Private Island

Located north from Malé, within the constellation of islands that form the Noonu Atoll, Velaa Private Island opens 20 December 2013, bringing new meaning to “private moments” in the Maldives. Resort design by Czech architect Petr Kolar is an elegant fusion of Maldivian culture with contemporary luxury, intimate with Maldivian nuances.

Velaa Private Island is the realization of founders Radka and Jiri Smejč’s quest to establish an exceptional private luxury retreat with service that goes beyond traditional resorts. Bathed by azure skies in the aquamarine waters of the Indian Ocean, the name Velaa means “Turtle Island” in the local language – named after generations of sea turtles that have flocked here to nest and hatch. Styling adopts a motif of the turtle, with the colors and patterns of turtle shell pervading the property. From a broader “bird’s eye view” which greets arrivals by seaplane, the island’s exclusive over-water villas are also constructed to resemble the head of a turtle, with the island forming the body.

Accommodation comprises 47 private villas fusing local materials with contemporary style – each with generous outdoor space and private swimming pools. Of these, 18 are built on stilts over water, with an exclusive Romantic Villa accessible only by boat, and each guest will ultimately feel that this is their own private island.

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