

A serene spa treatment room with two massage tables, a thatched roof, and a view of the ocean at sunset. The room features light-colored wood paneling, a wooden deck floor, and large glass doors leading to the water. A small table with a lamp and a vase of flowers is positioned between the tables. The sun is low on the horizon, creating a warm, golden glow.

WELLNESS JOURNEYS



WELLBEING JOURNEY

Offered for one, three or five days, the first specially-designed programme, the Wellbeing Journey, encourages gentle restoration of the body and mind through wholesome, healing activities.

Daily individualised spa rituals during the Wellbeing Journey are targeting the weary traveller, overworked and overstretched, seeking the ultimate retreat. You may select from the most rejuvenating treatments offered by the Cheval Blanc Spa.

In addition to daily spa treatments, you are invited to partake in a gentle daily fitness activity. The Maison offers Sunrise Yoga with its own yoga master, a serene session overlooking the pristine waters of the Indian Ocean. Further, Pilates courses aimed to increase flexibility and mobility targets core muscles that have contracted due to stress or immobility from work.

To round this cycle of wellbeing, the Maison's chefs are available to create a tailor-made daily menu of healthful and inspiring meals, designed individually, to address specific lifestyle needs.

FAMILY WELLBEING JOURNEY

Always advocating family unity, Cheval Blanc Randheli has cleverly designed a Family Wellbeing Journey, the first of its kind in the Maldives.

An all-encompassing healthful and stimulating programme brings your family together for a daily sport activity.

Following these daily sports adventures, a blast of friendly-competition is sparked on the beach or in the Maison's lush gardens as the recreation team designs festive fitness challenges such as Family Team Training or a Beach Obstacle course.

After a day of movement and stimulation, you are invited to partake in one-of-a-kind spa and relaxation rituals. Each spa treatment aims to provide an interactive wellness education for all.

To ignite family-bonding and encourage teamwork, the Maison's chefs host private in-kitchen lessons. From dough-throwing competitions and giant clouds of flour created in a Pizza Workshop to a Father-Son Barbecue Stand-off, these culinary experiences inspire creativity whilst teaching about healthful food choices.





DETOX AND FITNESS JOURNEY

Designed for modern society's search for results, Cheval Blanc's Detox & Fitness Journey focuses on de-stressing and restoration of youthful health through diverse spa, fitness or sport and culinary practices.

This day-by-day personalised programme includes curing spa rituals that, when combined, may provide you with a sought-out, noticeable body detox.

Daily fitness classes are vital to the Detox & Fitness programme. Composed of high intensity workouts to increase body tone, stamina and boost metabolism, the Maison offers a wealth of private or group classes to truly push the body's limits. Inviting you to bring the workout outdoors and enjoy the beautiful Maldivian landscape, private coaches teach exhilarating Wakeboarding or Windsurfing Lessons.

To ensure the body can extend the benefits of the purifying spa treatments, the chefs at Cheval Blanc Randheli will devise a daily menu featuring inspired courses adhering to a high-protein, low glycemic index model.

CONTACT

A team of dedicated Ambassadeurs is at your disposal to design your one-of-a-kind Wellness Journey.

Cheval Blanc Randheli

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