

**INTERCONTINENTAL MALDIVES KICKS OFF  
WELLNESS PRACTITIONER PROGRAMME THIS SEPTEMBER**



**Maldives, July 2022:** Located within the serenity of beautiful Raa Atoll, InterContinental Maldives Maamunagau Resort kicks off its Wellness Practitioner Programme this September. Guests who follow a wellness-focused lifestyle or want to explore a new side of wellness are welcome to experience different practitioners and wellness gurus during their holiday. Over the final months of 2022 and throughout 2023 different practitioners will be residents at the resort, extending their wellness and wellbeing programmes in different fields, such as energy healing, singing bowl meditation and dry massage therapies.

Kicking off a season of well-being for body and mind, Dr Vihas Unni, a highly accomplished professional in naturopathy, yoga and acupuncture techniques, will be offering his treatments and healing paths to guests of InterContinental Maldives from September for a six months residency.

With more than 13 years in the field, he has developed unique styles of treatment and different approaches toward wellness and stress management. With his vast exposure to the realm of yoga, meditation and prana correction (breathing correction), he has developed strategies through which one can enhance the body's energy, vitality and inner peace. Naturally, Dr Vihas considers the individual's needs and lifestyle to establish the best fit of treatment for each guest.

The vital energy that circulates through our body has a profound influence on our health, mind, body and soul. With unique massage techniques like acumassage and chakra balancing an overall enhancement of energy level can be achieved and blockages in the energy flow in our bodies will be released. Further, he considers health as physical, mental, and spiritual wellbeing through various holistic approaches, encompassing short-term techniques that will, when practised regularly, lead to long-term benefits. Especially in times when many battle long-covid symptoms and suffer from fatigue and exhaustion, the holistic approach can result in great symptom relief.

Dr Vihas explains that the beautiful and serene nature at the InterContinental Maldives creates a perfect ambience to look within yourself and ease meditation and concentration. "As a Naturopathy and Yoga doctor, I believe as long as you closely associate to nature, nature itself

sends the vibrations to each cell of your body, thereby setting the unique harmony within your selves.”

The Naturopath will offer different lifestyle and wellness consultations, an array of yoga, meditation and prana correction classes as well as acupuncture treatments and massages. His treatments will all focus on balancing and releasing blockages to enhance energy flow and wellbeing.

### **ABOUT DR VIHAS UNNI**

Already at a young age, Unni Vihas’ life revolved around naturopathy, growing up in a family that addressed health conditions, using the traditional way of treatment through Naturopathy. He understood early to treat the body as a whole and learned how yoga, meditation and acupuncture can be used effectively to heal and improve one’s lifestyle without using school medicine but by observing and listening to the body instead.

### **HOW TO BOOK**

Dr Unni Vinhas be available for private and group sessions from 1 September 2022 to 28 February 2023. His session can be pre-booked or booked on the island, subject to availability. Acupuncture treatments start from USD 200++ and private yoga, meditation or prana correction sessions start from USD 125++.

Rates start from USD 952++ per night in a Water Pool Villa including breakfast for two in September. For more information, please visit [www.maldives.intercontinental.com](http://www.maldives.intercontinental.com) or contact us directly at [reservations.icmaldives@ihg.com](mailto:reservations.icmaldives@ihg.com). For real-time updates, follow us on Facebook at [facebook.com/intercontinentalmaldives](https://facebook.com/intercontinentalmaldives) and Instagram [@intercontinental\\_maldives](https://instagram.com/intercontinental_maldives).

All prices are quoted in USD, subject to a 10% Service Charge and 12% GST. USD 6 Green Tax per person, per night, applies for stays.

### **ABOUT**

InterContinental Maldives Maamunagau Resort is an exclusive destination getaway offering a unique opportunity for those looking to unwind and reconnect in an enviable island setting where exclusive privileges go hand in hand with the personal touch of our signature service at InterContinental Hotels & Resorts’ first and only all-Club InterContinental resort. Located in the Raa Atoll; 35 minutes by seaplane from the Velana International Airport, InterContinental Maldives Maamunagau Resort is an award-winning island escape offering beach, lagoon and overwater villas and residences with up to three bedrooms. Curated dining and wellness experiences, an extensive kids club as well as the Retreat, an adults only enclave, along with a myriad of recreational adventures for families and couples alike are also available.