



EMPOWER, ENERGISE, RELAX – INTERNATIONAL WOMEN’S DAY BLISS AWAITS AT INTERCONTINENTAL MALDIVES

Throughout March, celebrate International Women’s Day in style as this exceptional resort hosts a series of 3-day wellness escapes designed to help you rejuvenate your body and soul.

Maldives, March 2024: In celebration of International Women’s Day, a global celebration of the achievements and contributions of women throughout history, InterContinental Maldives Maamunagau Resort is excited to introduce a special 3-day package. Available throughout the month of March, guests are invited to embrace the theme of 'Empower, Energise, Relax' as they partake in a range of activities perfectly tailored to empower women, both physically and mentally. With a curated blend of invigorating activities and relaxing spa experiences on offer, this is the perfect chance to escape the ordinary.

Nestled in the heart of Raa Atoll, InterContinental Maldives Maamunagau Resort offers a private island paradise in the Maldives. Whether for honeymooners, families, or friends, the luxury resort provides Club InterContinental benefits to all guests. Surrounded by marine life and home to a unique manta ray sanctuary, the resort promises an unforgettable escape to reconnect with nature.

DAY 1: EMPOWER

The first day of your retreat is kickstarted with a 60-minute Power Yoga session in the incredible Yoga Pavilion. The talented instructor will take you through a series of stretches, with a heavy focus on building strength and flexibility through high-impact postures. Following this will be a 90-minute Warm Bamboo Massage at AVI Spa, which uses heated bamboo stalks to provide deep-tissue work, promoting circulation, sensory nerve perception, and bringing about a deep sense of relaxation.

DAY 2: ENERGISE

The intensity is taken up a notch on day two as guests are invited to engage in a 45-minute Kickboxing session at the Yoga Pavilion. This adrenaline fuelled activity is the perfect way to increase strength and improve cardiovascular health along with being a great core workout that targets your abs. Later, drift into a state of utter bliss as you indulge in a 75-minute Purifying Bath Soak and Thermal Suite experience at AVI Spa, cleansing and detoxifying your body with a combination of grapefruit essential oil and sea salts.

DAY 3: RELAX

Finish off your journey on day three as you unwind with a 60-minute Pilates session in the Yoga Pavilion. A low impact exercise comprising controlled movements, guests will learn the required techniques to enhance balance, core strength, and flexibility while focussing on the smaller and deeper muscles that support your structure. Conclude your retreat with a 75-minute Energising Gemstone Facial at AVI Spa, using the natural Gemstone collection for a transformative skincare experience that will help restore your glow.

InterContinental Maldives Maamunagau Resort invites all discerning travellers to seize this extraordinary opportunity to celebrate International Women's Day with the exclusive 'Empower, Energise, Relax' package. To add



even further to the allure, each guest will receive a wellness gift from Eminence to extend the blissful experience beyond the azure shores of the resort.

Elevate your wellbeing amidst the breathtaking Maldivian surroundings and embark on a transformative journey tailored to rejuvenate both body and spirit. Secure your reservation today by visiting www.maldives.intercontinental.com or emailing reservations.icmaldives@ihg.com and prepare to embark on a rejuvenating escape like no other.

ABOUT INTERCONTINENTAL MALDIVES MAAMUNAGAU RESORT

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 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.