

INTERCONTINENTAL MALDIVES MAAMUNAGAU RESORT LAUNCHES 'BLUE MIND ESCAPES' PACKAGE INSPIRED BY EXPERTISE FROM THE MANTA TRUST



Based on specialist research from The Manta Trust, guests at InterContinental Maldives can now experience a stay tailored around the benefits of 'Blue Mind Theory'. Highlights include overwater meditation, snorkelling with Manta Rays, specially crafted spa treatments and dinner on the beach.

High Res Images: [Intercontinental Maldives Maamunagau Resort](#)

December 2025... // Surrounded by the crystal-clear waters of the Raa Atoll, [InterContinental Maldives Maamunagau Resort](#) introduces its experiential interpretation of **Blue Mind Theory** with a new, tailored package. Rooted in science, the concept denotes that being near, in, on, or under water can make people feel happier, calmer, and more connected to their surroundings. The resulting induced meditative state enhances creativity and reduces stress levels. In a survey conducted in the UK, by the Ocean Conservation Trust, 94% of participants reported a positive impact on their wellbeing as a result of interacting with the ocean.

InterContinental Maldives Maamunagau Resort not only offers direct access to one of the most beautiful marine environments in the world, but also curates wellness, adventure, and relaxation experiences that align deeply with these restorative principles. Set within the Maldives' largest natural lagoon, the colourful coral house reef teems with black tip sharks, turtles, and manta rays. As a key partner of the [Manta Trust](#), InterContinental Maldives invites guests to experience the serenity and awe of swimming with majestic manta rays in their natural habitat, as well as offering expert guidance on their conservation and protection.

The ongoing partnership offers insight into how Blue Mind Theory manifests in practice. Working closely with experts, including Meral Hafeez, Project Manager at The Manta Trust, InterContinental Maldives is able to gain insight into the wellbeing effects of witnessing Manta Rays in their natural environment for the first time. Meral notes that *"time seems to slow down, fear is replaced with wonder, and what you're left with is a palpable sense of joy. I think much of this stems from this sense of grandeur the sea evokes - you're constantly humbled by the immensity and power of it all. Feeling a sense of awe also increases our sense of well-being and makes us feel more connected to the world around us."*

Using the specialist knowledge of Meral and her team at The Manta Trust, InterContinental Maldives has shaped a package around the Blue Mind Theory which includes overwater meditation, guided yoga



sessions by the sea, crafted spa treatments at [AVI Spa](#), snorkelling sessions with The Manta Trust, and an unforgettable dinner under the stars on the beach.

Held at dawn and dusk, guided yoga and meditation sessions on the resort's tranquil decks foster mindfulness while embracing the gentle rhythms of the sea. The sound of lapping waves enhances focus and reduces cortisol levels, aligning perfectly with the Blue Mind Theory's core benefits. AVI Spa's treatments are crafted to mirror the ebb and flow of the ocean. Therapies use marine elements and water-based techniques to induce relaxation, support circadian balance, and lower anxiety – creating a physiological response associated with Blue Mind's restorative effects. Guests can opt for a once-in-a-lifetime opportunity with a five-course dinner and champagne set on a secluded sandbank in the middle of the Indian Ocean for ultimate luxury away from it all. The remote resort is the perfect spot for practising Blue Mind Theory, supplemented by the expert guidance of The Manta Trust.

*For Residences, rates start from **USD 4,745++ per night** with a variety of inclusions.*

For more information, please visit www.maldives.intercontinental.com or email reservations.icmaldives@ihg.com.

For Residence information, please visit <https://maldives.intercontinental.com/special-offer/exclusive-residence-offer>.

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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 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 adult-only enclave, along with a myriad of recreational adventures for families and couples alike, are also available.

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