

Maldives Wellness & Spa Week: Yoga, Rejuvenation and Gourmet

Prepared by TourGrids

Destination
Maldives

Duration
7 Nights 8 Days

Starting from
Rs. 2,10,000 / person

ITINERARY ROUTE

✓ Resort Island · 7N

<https://tourgrids.com/packages/maldives/maldives-7-nights-8-days-package-807>

Overview

A curated 7 nights / 8 days Maldives tour package designed for couples and solo travelers seeking deep relaxation, mindful movement and world-class island cuisine. This Maldives Honeymoon tour package blends daily yoga & meditation, personalized spa & Ayurvedic therapies, guided marine experiences and gourmet healthy dining to create the ultimate Maldives Honeymoon package.

Highlights:

- Daily Sunrise & Sunset Yoga sessions in a beachfront pavilion
- Personalized spa & Ayurvedic consultations with signature treatments
- Guided snorkeling & dolphin cruise to explore vibrant coral reefs
- Private sandbank yoga & candlelit gourmet beach dinner
- Healthy cooking masterclass showcasing Maldivian flavors

This 7 and 8 Maldives Honeymoon tour package emphasizes wellness, privacy and sustainable resort practices. Ideal for honeymooners and wellness seekers.

✓ **What's Included**

- ✓ 7 nights accommodation on Resort Island (beach villa or overwater villa options)
- ✓ Daily breakfast and 4 gourmet wellness-focused meals (as per meal plan)
- ✓ Return airport transfers (speedboat or seaplane) as specified
- ✓ Daily yoga classes (sunrise & sunset) and group meditation sessions
- ✓ One spa & Ayurvedic consultation plus 3 pre-booked spa treatments (signature rituals)
- ✓ Guided house reef snorkeling and sunset dolphin cruise
- ✓ Healthy gourmet cooking class and one private candlelit beach dinner
- ✓ Wellness workshop and access to fitness & wellness facilities
- ✓ Local island visit (half-day) and one private sandbank session
- ✓ Complimentary Wi-Fi, welcome drink and wellness amenity kit
- ✓ All activities subject to resort schedule and weather.

✗ **Not Included**

- ✗ International airfare
- ✗ Optional activities not listed in inclusions (scuba diving, premium excursions)
- ✗ Travel insurance (recommended)
- ✗ Visa fees, government taxes or portorage beyond the package scope
- ✗ Additional spa treatments beyond included sessions
- ✗ Personal expenses, gratuities and speciality dining or upgrades
- ✗ Note: Price variations may apply during peak seasons and festival dates.

Day-by-Day Itinerary

Day

1

Arrival, Welcome & Sunset Session

Arrive at Velana International Airport (Malé) where you'll be greeted and transferred to the resort by speedboat or seaplane (transfer time varies). Complete check-in and enjoy a welcome drink. Unpack and relax—your villa or overwater suite will be prepared with a wellness welcome kit. Join an optional gentle sunset yoga session on the beach to unwind after travel.

Tip: Keep flight details handy for smooth transfers. Seaplane transfers may operate only during daylight hours.

Day

2

Sunrise Yoga, Spa Consult & House Reef Snorkel

Begin with a sunrise Vinyasa or Hatha session tailored to your level. After a nutritious breakfast featuring wellness-forward options, you'll have a one-on-one spa & Ayurvedic consultation to craft a personalized treatment plan for the week. After lunch enjoy a guided house reef snorkeling session to meet colorful reef fish and healthy corals.

Important: Reef-friendly sunscreen is recommended and often provided by the resort.

Day

3

Pranayama, Meditation & Dolphin Cruise

Start the morning with Pranayama and guided meditation focusing on breathwork and stress release. Mid-morning is free for rest or optional activities (kayaking/paddleboarding). In the late afternoon, embark on a sunset dolphin cruise—a serene way to enjoy pods of spinner dolphins and a tropical sunset.

Note: Dolphin sightings are common but not guaranteed; cruises follow responsible wildlife viewing guidelines.

Day

4

Wellness Workshop & Healthy Gourmet Masterclass

Attend a half-day wellness workshop covering mindful eating, sleep hygiene and stress management techniques. Afterward, join the resort's chef for a healthy Maldivian gourmet cooking class, learning light, flavorful dishes using local ingredients. Evening free for relaxation or a short massage.

Tip: The cooking class is interactive—vegetarian and dietary preferences can be accommodated if informed in advance.

Day

5

Personalized Wellness Day or Adventure

This flexible day is yours: choose a tailored wellness program (private yoga, Ayurvedic treatment, hydrotherapy) or opt for adventure—guided scuba diving, an island-hopping excursion or a private sandbank picnic with a yoga session. Spa appointments are recommended to book in advance to secure preferred times.

Note: Diving requires certification for some sites; introductory dives or snorkel alternatives are available.

Day

6

Full Spa & Detox Rituals

Dedicate the day to deep relaxation with a curated detox ritual: body scrub, full-body massage, herbal steam, and a restorative facial. Complement treatments with a guided restorative yoga session and lounge time in the relaxation pavilion. Evening option: a soothing sound-healing session.

Important: Communicate any medical conditions to the spa therapist prior to treatments.

Day

7

Local Island Visit & Private Gourmet Beach Dinner

Experience Maldivian culture with a half-day local island visit—walk local streets, visit a market and meet artisans (respect local customs). Return to the resort for a sunset break, then enjoy a private candlelit gourmet beach dinner featuring a multi-course tasting menu crafted by the resort chef.

Note: Dress modestly during local island visits; modest attire is required and should be followed out of respect.

Day

8

Farewell Yoga, Check-out & Departure

Enjoy a final sunrise yoga or gentle stretching session and a relaxed healthy breakfast. Check out of your villa and transfer to Velana International Airport (Malé) for your onward flight. Depart rejuvenated and rested.

Tip: Confirm transfer timing with the resort the evening before to ensure timely arrival at the airport.

🔍 Frequently Asked Questions

❓ **When is the best time to visit the Maldives and what's the weather like?**

The best time to visit the Maldives is during the dry season from November to April, with peak conditions from December to March. During this period, expect clear skies, calm seas, and excellent underwater visibility for snorkeling and diving. Temperatures remain tropical year-round (26-32°C). The wet season (May-October) brings occasional tropical showers and livelier seas, but it's also the best time for surfing and manta ray encounters, especially in Baa Atoll. This period offers better value with fewer crowds. Note that the Maldives has no 'winter' or snow - it's tropical throughout the year. The country is 30 minutes behind Indian Standard Time, which is helpful for planning transfers and activities.

❓ **How do I reach the Maldives from India and what are the transportation options?**

The easiest way to reach the Maldives from India is by direct flights to Velana International Airport (MLE) near Malé. Multiple airlines operate direct flights from Mumbai, Delhi, Bengaluru, Kochi, Chennai, and Thiruvananthapuram, with flight times ranging from 2-3.5 hours. Once in the Maldives, transportation options include speedboats (10-120 minutes to resorts), scenic seaplanes (daytime only to distant atolls), domestic flights to regional airports followed by speedboat transfers, and budget-friendly public ferries for local islands. Within Malé and Hulhumalé, taxis are available. Most resort transfers are pre-arranged and included in packages, so confirm your transfer method when booking accommodation.

❓ **Do Indian citizens need a visa to visit the Maldives?**

Indian citizens receive a free 30-day visa on arrival in the Maldives - no advance application required. You'll need a valid passport with at least 6 months validity, confirmed accommodation booking, return flight tickets, and sufficient funds for your stay. The immigration process is straightforward at Velana International Airport. Ensure you have your hotel confirmation or guesthouse booking details readily available, as immigration may ask for these. If you plan to stay longer than 30 days, you'll need to apply for an extension through Maldivian immigration authorities. The visa allows for tourism purposes only, and you cannot work on a tourist visa.

❓ **What are the local transportation options within the Maldives?**

Transportation in the Maldives is primarily water-based due to its scattered island geography. Speedboats are the most common option for resort transfers and inter-island travel, taking 10 minutes to 2 hours depending on distance. Seaplanes offer scenic transfers to distant atolls but operate only during daylight hours. Domestic flights connect to regional airports like Gan, Maafaru, and Hanimaadhoo, followed by speedboat connections. Public ferries provide budget-friendly inter-island transport but are less frequent and slower. Within Malé and Hulhumalé, taxis and buses are available. On resort islands and local islands, walking and bicycles are common due to their small size. Most resort transfers are pre-arranged, so coordinate with your accommodation.

❓ **What accommodation options are available and which areas should I stay in?**

The Maldives offers accommodation for every budget. Luxury resorts feature overwater villas and beachfront suites on private islands, with options like Conrad Maldives, Baros, and Gili Lankanfushi. Mid-range resorts like Kurumba and Meeru offer excellent value with good facilities. Budget travelers can stay in guesthouses on local islands like Maafushi, Fulidhoo, or Ukulhas, which offer cultural experiences and are significantly cheaper. North and South Malé Atolls provide quick speedboat access from the airport. Baa Atoll is perfect for manta ray encounters, while South Ari Atoll offers whale shark experiences. Choose based on your priorities: quick transfers (Malé Atolls), marine life (Baa/Ari), or budget (local islands). Book early for peak season (December–March).

❓ **What are the must-visit attractions and places in the Maldives?**

Top attractions include Malé City with its Grand Friday Mosque, Islamic Centre, and vibrant local markets. Hulhumalé offers family-friendly beaches and a relaxed atmosphere. Baa Atoll's Hanifaru Bay is a UNESCO Biosphere Reserve famous for seasonal manta ray aggregations (June–November). South Ari Atoll is renowned for year-round whale shark encounters. Addu Atoll lets you cross the Equator and explore WWII history. Vaadhoo Island occasionally displays bioluminescent 'Sea of Stars' phenomena. Don't miss house reef snorkeling, sunset dolphin cruises, private sandbank picnics, and island-hopping to experience local culture. Each resort typically has excellent house reefs for snorkeling, and many organize excursions to nearby attractions. The key is choosing your base atoll according to your interests.

🔗 What local food and cuisine should I try in the Maldives?

Maldivian cuisine centers around fresh seafood, coconut, and rice. Must-try dishes include Mas Huni (shredded tuna with coconut and chili, served with roshi flatbread), Garudhiya (clear tuna broth with rice and condiments), and Rihaakuru (rich tuna paste). Sample hedhikaa snacks like gulha (tuna dumplings), bajiya (curried pastries), and bis keemiya (vegetable rolls). Coconut and seafood curries range from mild to spicy. Resorts offer extensive international menus with vegetarian and Jain-friendly options. In Malé, try Seagull Café House for local flavors or Sala Thai for excellent Thai cuisine. Local islands provide authentic Maldivian experiences at lower prices. Fresh tropical fruits, coconut water, and locally-made ice cream are perfect for the tropical climate.

★ Traveller Reviews



Vinayak Rao

★★★★★ 5/5

Dreamy Honeymoon

Our honeymoon here was nothing short of a dream. Private beach dinners and romantic strolls made it picture-perfect.



Heena Verma

★★★★★ 5/5

Unbeatable Views

Waking up to such breathtaking views every day was surreal. The photographs don't even do it justice!



Nitin Mathur

★★★★★ 5/5

Best Vacation Ever!

This has honestly been the best vacation we've ever had! We fell in love with the islands, the view, the food, everything!



Sandeep Kaur

★★★★☆ 4/5

Traveling with Friends

Great place to travel with friends! We had a fantastic time trying out all the activities together.



Reema Joshi

★★★★★ 5/5

Incredible Marine Life

Every snorkeling session revealed stunning coral reefs and vibrant fish. A true marvel of nature!

⚡ Why Choose TourGrids?

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<https://tourgrids.com/packages/maldives/maldives-7-nights-8-days-package-807>