

Dear Guests,

May has been an exciting month at Amilla with leaps and bounds being made in our unique Wellness programs. We have also been working hard at creating an exciting program for the summer months with programs for kids, teens and big kids alike.

We have also just received an exciting delivery! The first shipment of the hard wood timber to start our jetty replacement project. This project has already begun and will make our jetties flip flop free!

Shukuriyaa,  
Jason



### WELLNESS GETS BETTER

June will see the launch of our new in house Wellness Programs. We have designed these programs to be flexible, to work around your holiday time and time with loved ones. The programs are based on 7 days to wellness but can be tailored to 5 days and add on days if you want more. With five different programs to choose from; Movement, Mindfulness, Active De-Stress, Detox and Acrobatics there is something for everyone. The program include a food consultation and eating plan tailored to our unique Wellness Your Way menus as well as a detox turndown bath on the first and last day of the program. There are a host of activities included each day from Javvu spa treatments to fitness training, meditation and snorkelling. Our in house performers come to the party with workshops on aerial skills, pole dancing and fire dancing.



### ETHICAL AMILLA

Our new Executive Chef, Kaviraj Doolum, has worked with our Sustainability and Wellness Manager, Victoria Kruse to introduce a wonderful new range of [Ethically sourced](#), humanely raised, Free Range, Hormone and Antibiotic free range of meat products to Amilla's kitchens. We have partnered with selected farmers and suppliers to bring you, our guests, the best quality and flavoured meats. All sourced from farmers who care about their animals and let them live as nature intended, in green pastures and clean waters. Happy animals make for tastier and more tender meats and go a long way to making the world a better place.





## SUMMER IN THE MALDIVES

We know you are all keen to get away on your long summer holidays so we here at Amilla have put together an action packed summer. We have revamped our kids programs to add more activities and education around sustainability. We have added a teens program to keep the older one happy, including things like DJ lessons, fire dancing workshops (without the flames of course) and many fitness options to keep the teens busy.

We have beefed our football camp to occur twice daily, morning and evening. Our watersports partners have joined in the party with special offer to learn to water ski, wake board or sail. LUX tennis is onsite with special tennis packages. We are delighted to announce that tennis pro Phillipp Davydenko will be at Amilla late June and will host tennis clinics as well as being available for private lessons.

We will have a host of resident performers, Fire dancing Jonas, Aerialist/fitness trainer Natasha, Carmen Porcar a singer and DJ as well as Polza band to bring us Jazz style tunes.

Check out our [Summer in Maldives](#) website for all details and upcoming announcements of more surprises.



## A BETTER START TO THE DAY

Chef Doolum has made his presence felt in the best of ways by revamping breakfast at Fresh restaurant. He has expanded the hot section to include a variety of healthful porridges and quinoa dishes. The cold buffet has had even more Wellness your Way options for those seeking to enhance immunity. These include a selection of 5 different composed sugar free wellness bowls featuring acai, chia, buckwheat and fruits bursting with polyphenols and vitamins.



## WALKING THE PLANK ONCE AGAIN

Our water villa jetty timber replacement program has started from the end down. The new hardwood timber arrived, along with our brand new landscaping vehicle, and the team are busy laying down the planks. The water villas are also undergoing interior maintenance with interior painting, wood refinishing, bathroom tile replacements and other small touches. This refresh is due to be finished late August and is mostly internal works so noise will not affect your summer vacation.

## UNTIL NEXT TIME

With wellness at the forefront of peoples minds in these most challenging of times Amilla is committed to a program of ongoing improvements in our health and fitness programs. This also includes a focus on bringing into our kitchens the best possible ingredients and offerings into our Wellness Your Way program.

We look forward to seeing you here soon for a well-deserved break.

Warm regards,  
Jason Kruse  
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