



Sustainability and Wellness

Amilla Maldives Resort and Residences is a unique approach to our guest's wellness lifestyles as well and the health of the environment, both locally and globally. This commitment is demonstrated by being the only resort in the Maldives that boasts a Sustainability and Wellness Mentor on site.

Wellness Your Way (WYW)

Wellness means different things to different people. While traditionally in resorts, wellness has been focused on spa and meditation. While this is still an important part of many of our guests are committed to following path to health through eating as well. At Amilla Maldives we aim to support our guest's eating lifestyles so that dining at Amilla is effortless regardless of food preferences.

Each and every menu and dining experience at Amilla offers guests unique WYW menu options that cater for vegan/vegetarian, gluten free, dairy free and low carb/keto/paleo lifestyles. These menus offer a wide selection of dishes for each outlet and dining preference including vegan "meat" and zero carb pasta.

Wellness Lab

Located at Emperor Beach Club is our bespoke Wellness Lab. This lab produces the resorts range of Homemade@Amilla probiotic sodas, including 8 flavours of Kombucha as well as homemade chemical free tonic water and our range of bitters.

Free Ice Cream at Amilla includes Vegan, Dairy Free and Low carb options

Dhivehi Beys at Javvu Spa

Our unique spa offering includes treatments utilising the traditional Maldivian medicine practice, Dhivehi Beys. This knowledge that has been handed down through generations has been entrusted to the team at Javvu Spa and integrated into treatments.

Alchemy Bar

Located at Javvu spa is our Alchemy bar. This space features complimentary weekly scheduled activities for guests to learn how to make organic deodorant, bathtub teas and more. Private sessions are also available to learn how to make soap, lip balm and other exciting treats, all natural all the time.

Movement and Mindfulness

We offer a plethora of options to energise and centre guests during their important vacation time at Amilla. With Bollywood dancing classes, yoga and more to get moving each day or walking meditation in our jungle meditation path. The resort also offers Sensora, a light and sound therapy experiences, one of a kind in the Maldives.

Vote for the Planet at Amilla

The delicate environment in which we live has a commitment from Amilla Maldives Resort and Residences to limit our impact in any ways we can. This vow has been publicly recognised with the resort being awarded Silver level certification by Earthcheck. Here are some ways that we are making difference.

Homemade@Amilla

Nothing tastes better than home cooked food and nothing is better for reducing packaging waste and air miles while ensuring food and drink is chemical free and vitamin rich. At Amilla we make all our own yoghurts, jams, pickles and many sauces. Our beverage team creates many probiotic sodas, homemade tonic water and all plant-based milks are made right on the island.

Homegrown@Amilla

Our large, naturally lush island offers both space to play and to grow. Our vast edible gardens produce a variety of herbs, vegetables, mushrooms and fruit for use in our kitchens. As well as providing the highest levels of nutrients this homegrown bounty dramatically reduces plastic packaging waste. Amilla also boasts its own chicken and duck farm, Cluckingham Palace, where guests can collect their eggs for breakfast daily.

Ethical Sourcing

Our commitment to the environment extends beyond the shores of paradise. We work with our supply partners to source produce from farmers who also care for the planet. The resorts Ethical Meat program saw all supplier reviewed to ensure that animal products are antibiotic free, hormone free and raised on the natural food sources.

Sustainability means questioning the norm every day

Ocean Bound Plastics

We have converted many of the material used to make items like laundry bags, beach bags and even the bags that hold adaptors and the like to fabric made from plastics that would have ended up polluting our oceans. These plastics are collected from river ways, creating jobs for informal workers, before being spun into usable material.

Marine Biology

Amilla Maldives directly employs a full time Marine Biologist to assist in maintaining our house reef and beaches. They host a weekly Marine biology task for guests and champion our Mini Marine Biology program that see our little Amilla guests learning about 7 key topics to graduate as a Mini Marine Biologist.

The UN (UNdo the Harm in the World)

Amilla's waste management centre ensures that all waste items produced by the resort are sorted for recycling, composting or disposal. The UN boasts a composting machine that turns our kitchen waste (that isn't eaten up by our farm animals) into usable compost to grow food. We also crush glass for use in building projects, compact cardboard and prepare plastics for recycling. Used paper is utilised on the resort by our activities team to make homemade paper.

The Nut

Our naturally lush island boasts more than 2500 coconut trees. To fully utilise the bounty that these native trees offer we are building our own coconut processing facility. The Nut will produce all coconut milk and cream for the resort as well as cold pressed oil, coir rope and many many other useable products. Once again reducing imports and packaging waste.