

# Press Release

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FUSHIFARU  
maldives

## Fushifaru Maldives Celebrates 7th Anniversary with “Super 7” Wellness Extravaganza



Fushifaru is set to celebrate its 7th anniversary on 24<sup>th</sup> October 2024 with a vibrant “Super 7” theme, centred around wellness and rejuvenation. This special milestone event will be hosted by local fitness and wellness expert, Train with Kai, and will feature a dynamic three-day programme designed to invigorate both body and mind. The team has also prepared exquisite lunch and dinner menus to balance the dietary requirements according to Kai’s fitness programme.

The “Super 7” celebration, taking place from 21<sup>st</sup> to 23<sup>th</sup> October, promises an immersive wellness experience, blending physical activities with mindful relaxation. Each day begins with energising sunrise sessions on the pristine beach, where guests can partake in yoga, meditation, and Pilates, enhanced by refreshing pre-workout shots like lemon-ginger, turmeric-orange, and apple-ginger-celery blends.

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The mornings continue with a variety of fitness activities, including a Beach Boxing Session and a Beach Fun Bootcamp, designed to challenge and invigorate participants against the stunning backdrop of Fushifaru. To further enhance recovery and relaxation, the programme includes exclusive Ice Bath sessions at Heylhi Spa. These 15-minute recovery treatments are carefully crafted to soothe muscles and refresh the senses, making them the perfect complement to the day's activities.

As the sun sets, guests are invited to unwind with serene yoga and breathwork sessions on the Sandbank, where they can enjoy warm herbal teas while being surrounded by the natural beauty of the Maldives. These evening rituals are designed to promote deep relaxation and mental clarity, offering a tranquil end to each day.

"We are thrilled to mark this significant anniversary with a celebration that truly reflects the spirit of Fushifaru. Our 'Super 7' programme is a testament to our dedication to holistic well-being, offering guests an unforgettable experience that nurtures both body and soul," said Mr. Ahmed Siaar, General Manager of Fushifaru Maldives.

This anniversary event is more than just a celebration; it is an invitation to reconnect with oneself, surrounded by the serene beauty of Fushifaru's natural environment. Guests are encouraged to join in this unique blend of relaxation and revitalisation, where every moment is crafted to enhance well-being.

For more information about Fushifaru Maldives and its services and experiences, please visit [www.fushifaru.com](https://www.fushifaru.com) or contact [reservations@fushifaru.com](mailto:reservations@fushifaru.com)



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## Note to Editors:

On the far North East border of Lhaviyani Atoll, sits the new exquisite little island of Fushifaru Maldives, only a 35-minute breath-taking seaplane flight away from Velana International Airport. Nestled between a national Marine Protected Area and three of the Maldives' most iconic dive sites, Fushifaru Maldives is a boutique and intimate resort with an endless promise of adventure, excitement, discovery, and serenity all in one diverse landscape.

Merging quintessential Maldivian design with modern aesthetics, Fushifaru Maldives' 63 beach and water villas exude a sense of cosiness yet luxurious in space and amenities. Each of the spectacular villas feature open-air bathrooms with indoor and outdoor showers, double vanity, daybeds, private verandas with dining areas and breath-taking views of the surrounding crystal clear lagoon, with their own plunge pool for some villas.

Dining experiences feature regional and international flavours to suit every taste and dietary requirement. Scrumptious breakfast buffets and palate pleasing international cuisine are offered at Korakali, while surf and turf can be savoured at Raakani on the beach and interactive dining experience can be enjoyed at Teppanyaki.

Signature cocktails and detox tails are complemented by the best sunset views on the island whilst lounging by the pool at Fanihandhi Bar. A range of international dishes and snacks can be served straight to the privacy of Villa 24 hours. A range of private dining experiences such as Handhu platform dining, floating breakfast and pool dining are also available on request.

Fushifaru Maldives, Lhaviyani Atoll, Republic of Maldives

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Above the Waterline - To up the adventure, a fully equipped gym overlooks the Indian Ocean, a multi-sports court hosts regular matches between Residents and guests, a kid's club, to the water with jet skis, kayaks and catamarans. - Island visits include the largest tuna canning factory in the Maldives and partake in numerous social and sustainable activities.

Below the Waterline - Fushifaru Kan'du, a national Marine Protected Area home to three iconic dive sites including the renowned Fushifaru Thila is teeming with marine life, unique cave formations and a marine cleaning station, sits right beside the resort. A true haven for diving enthusiasts and snorkelers alike.

An extraordinary experience of weddings, picnics and desert island getaways are available at the resort's own private sandbank – only a few meters away in a crystal-clear turquoise lagoon.

For more information about Fushifaru Maldives, please visit: [www.fushifaru.com](https://www.fushifaru.com).

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