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HOTELS WELLNESS

## Discover Wellness in Paradise at Kandima Maldives for an Extraordinary Vacation

A comprehensive guide to the signature wellness experiences and activities on offer at the active lifestyle destination

By GlobalSpa November 9, 2023



We all seek relaxation on a holiday, but who said you can't unwind while being active? Kandima Maldives has redefined the tropical getaway experience by infusing it with energy, adventure, and a zest for life. Surrounded by turquoise waters and framed by powdery white beaches, this idyllic paradise invites you to step out of your comfort zone and embrace a vacation where every moment is a chance to explore. Get ready to discover a holiday like no other, where relaxation is just one part of the exhilarating equation.



Kandima Maldives features 264 exquisitely designed studios, villas, and suites, making it ideal for all travellers, be it families, couples, or a group of adventure-seeking friends. Here, we explore the many offerings that make it a must-visit island destination for every type of traveller.

### Recharge your Mind, Body, and Soul at EsKaPe Spa

Wellness is at the heart of Kandima Maldives' experiential journey. Nestled in the island's lush tropical surroundings, EsKaPe Spa makes for the perfect spot for uninterrupted relaxation. Here, you can completely detach from the distractions of reality with a range of rejuvenating experiences, including exfoliating treatments, healing massages, access to an on-site steam room, a tranquil plunge pool, and much more.



A highlight at the spa is the 'Maldivian Ocean Massage', a one-of-a-kind sensory journey fusing a traditional Maldivian massage with the serene embrace of the ocean's gentle waves. Another standout therapy we highly recommend is the 'EsKaPe Detox', a fusion treatment which has been designed to provide a detoxifying experience, leaving you re-mineralised and free from all toxins. The therapy begins with a dry brush exfoliation, followed by a detoxifying seaweed wrap and a soothing long-stroke massage. Alternatively, you can immerse yourself in the 'Sea Coconut Secret', a treatment inspired by the cherished Maldivian coconut, which is known for its nourishing qualities. This experience starts off with a luxurious foot ritual to pamper your feet, followed by a gentle exfoliation for radiant skin.

### Elevate your Fitness Journey

A vacation is not an excuse to take a break from your fitness routine—on the contrary, it can be a great opportunity to try out new ways of active living. If you are a fitness enthusiast and are seeking novel experiences, consider signing up for family fitness sessions such as beach boot camp, aqua yoga, and aerial yoga at the yoga pavilion, which are guided by dedicated instructors and experienced yogis. Kandima Maldives also features a state-of-the-art fitness centre, BURN. You can even head to the Sports Arena, which includes a private net tennis, badminton, and beach volleyball courts, as well as a full-blown football field. And if you

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private pool, tennis, basketball, and beach volleyball courts, as well as a fully equipped gym. And if you simply wish to go on a morning run or a leisurely evening stroll, the island's beach offers an idyllic backdrop to keep you company.



Want to slow down and focus on your well-being? You can attend the guided yoga and meditation sessions at the property, which are led by an in-house wellness specialist. These sessions encompass mindfulness, enhancing sleep, and relaxation techniques, catering to both adults and children.

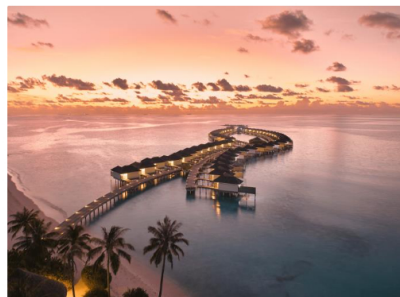
#### Explore the Diverse Elements of an Active Lifestyle

Whether you want to dive into the property's marine experiences or test out the island's culinary landscape, there's no room for boredom at Kandima Maldives. Want to explore the vast vistas of the Indian Ocean? You can join the Aquaholics team on exciting turtle quests, snorkelling or diving adventures in the vibrant open sea, and enchanting sunset cruises with playful dolphins. That's not all. You can also indulge in the exhilaration of water sports like jet skiing, parasailing, and more.

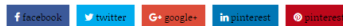


Just because you're on an island, it doesn't mean your dining options are limited. You can choose from ten extraordinary restaurants and bars at Kandima Maldives, which feature diverse cuisines that cater to every type of foodie. As you create memories with your loved ones, head to the hidden end of the island, Kakuni Point, to witness a truly breath-taking sunset.

So, whether you seek peace or excitement, this island destination promises an unforgettable experience where the boundaries between paradise and wellness blur into one beautiful reality. Discover Kandima Maldives, where the pursuit of wellness is as extraordinary as the destination itself.



[To know more, click here](#)

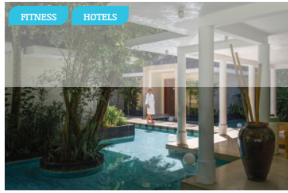


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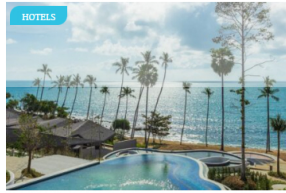


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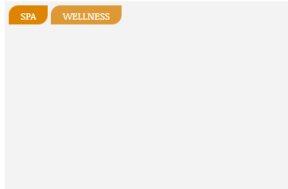


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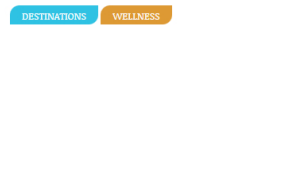


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