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OUTRIGGER Resorts & Hotels Elevates Wellness Travel in 2026 With Immersive New Programs in the Maldives

*Movement, mindfulness and hands-on rituals anchor a renewed wellness focus
at OUTRIGGER Maldives Maafushivaru Resort*



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Highlights

- OUTRIGGER unveils elevated wellness programming at its Maldives resort for 2026
- A refined focus on movement, mindfulness and tactile rituals defines the guest experience
- Signature offerings include aerial yoga, bungee fit and immersive sound healing
- Navasana Spa emerges as the resort's immersive wellness centerpiece
- Two bespoke, multi-night wellness journeys offer a personalized path to restoration
- An intimate private island with just 81 villas invites unrushed, restorative travel

MALDIVES - As wellness continues to shape how travelers plan and prioritize their journeys in 2026, [OUTRIGGER Resorts & Hotels](#) is redefining the restorative island escape with the launch of expanded, immersive wellness programming at [OUTRIGGER Maldives Maafushivaru Resort](#).

Set on a private island in the South Ari Atoll, the boutique resort reflects OUTRIGGER's lifestyle-led approach to hospitality at a time when travelers are seeking a more restorative 2026. Anchored by Navasana Spa as a central wellness hub, the enhanced offerings invite guests to embrace a "new year, new me" mindset through movement, mindfulness and island-inspired rituals.

“OUTRIGGER is about creating space for guests to slow down and feel grounded in their surroundings,” said John Allanson, General Manager of OUTRIGGER Maldives Maafushivaru Resort. “Here in the Maldives, the natural rhythm of island life guides the experience, and our expanded wellness offerings allow guests to engage with that rhythm in a way that feels personal and intentional.”

A Resort-Centered Wellness Experience

At OUTRIGGER Maldives Maafushivaru, wellness extends beyond the spa and into the fabric of the resort experience. Navasana Spa now offers a curated mix of dynamic fitness and mindful practices designed to support both energy and restoration.

A dedicated fitness and yoga studio hosts aerial yoga, sunrise yoga with panoramic island views, bungee fit, rebound training and TRX suspension, alongside chakra healing, sound healing and full moon meditation sessions held in calming oceanfront settings. Hammocks, mats and sound bowls create a space that encourages both movement and introspection.

Wellness-forward dining highlights fresh tropical fruits and island-sourced ingredients, with flexible menus designed to accommodate a range of dietary preferences and wellness goals.

Hands-On Wellness at The Alchemy Bar

A new highlight of the resort’s wellness expansion is The Alchemy Bar, an interactive space that invites guests to engage directly in self-care rituals. Workshops include coconut oil cooking, herbal poultice making, candle crafting and organic soap creation, offering a tactile, memorable layer to the wellness experience.

Guests can also explore a curated selection of herbal teas, bath and sleep kits and aromatic candles, allowing wellness practices to extend beyond the stay.

Personalized Wellness Journeys

For guests seeking a more structured approach, OUTRIGGER Maldives Maafushivaru introduces two multi-night wellness programs, available in three-, five- or seven-night formats.

- **Holistic Fitness Package**

Designed for guests focused on motivation and movement, this program blends personalized fitness sessions with Pilates-based exercises and flexibility training, tailored to individual goals and preferences.

- **Healing Retreat Package**

Beginning with a wellness consultation and screening, this program emphasizes gentle, supportive practices including daily yoga, therapeutic sound healing and targeted treatments that encourage emotional balance and deep relaxation.

Wellness in the Heart of the Maldives

With just 81 modern and sleek villas, OUTRIGGER Maldives Maafushivaru offers the privacy and calm ideal for wellness-focused travel. The island’s lush interior, turquoise lagoon and thriving house reef provide a natural backdrop for sunrise meditation, aerial yoga or quiet moments of quiet reflection. Guests can further enhance their stay through PADI-certified diving, silent sunset cruises and reef exploration, all aligned with the resort’s restorative ethos.

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ABOUT OUTRIGGER RESORTS & HOTELS

For more than 75 years, OUTRIGGER has charted a journey of discovery – expanding from Hawai‘i to premier resort destinations including Fiji, Mauritius, Thailand and the Maldives. The privately held hospitality company invites guests to ‘Come Be Here’ with authentic Signature Experiences and the [OUTRIGGER DISCOVERY loyalty program](#) – a member of the award-winning Global Hotel Alliance (GHA). OUTRIGGER’s multi-branded portfolio includes OUTRIGGER Resorts, Hawaii Vacation Condos by OUTRIGGER®, The Kapalua Villas Maui and OUTRIGGER Honua Kai Resort & Spa while also managing select properties from top international hotel brands including Embassy Suites by Hilton®. Find out more at [OUTRIGGER.com](#) or visit [@OUTRIGGERResorts](#) on [Facebook](#) and [Instagram](#).

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