

MARCH, 4 - 8, 2022

5 DAYS, 4 NIGHTS

MALDIVES - BODY FLOW & RESTORE

(WELLNESS TRAVEL EXPERIENCE)



Wellness Travel with Sisters Traveling Solo

Our wellness-centered trips are geared towards the woman looking to break away from her four walls, reset, refresh, and refocus. Each trip will focus on a set of wellness centered, including but not limited to hiking, meditation, pampering, food & digital detoxing, and relaxation. If you are seeking to visit tourist attractions, or tour areas outside of our selected wellness site, our traditional or cultural trips will be a better option for you. The ideal wellness traveler is someone looking to regroup, and self reflect.

Country Overview

[CLICK HERE TO BOOK TRIP!](#)

Located just south of the Indian subcontinent, the Maldives are a gorgeous chain of islands in the Indian Ocean-Arabian Sea area consisting of 26 atolls. Travel to the Maldives and see why the islands have become so popular in recent decades (especially as a honeymoon destination) and why Maldives travel is always an unforgettable experience. The Maldives are well-known as a world-class diving destination with crystal blue waters teeming with a diverse array of ocean life. There are also plenty of private bungalows and resorts abutting the islands' white, sandy beaches, though in recent years cottages and apartments in the Maldives' major towns have become more prevalent.



Male, Maldives (4 nights)

The island capital of the Maldives teems with high rises and narrow streets, all ringed by seawalls. Shopaholics can savor Male's flavors in the local markets, which are packed with fresh produce, and along Chaandhanee Magu, the spot for local souvenirs, such as carved wooden dhonis, miniature replicas of the boats dotting area waters.

The golden-domed Friday Mosque presides over the landscape, while the underwater riches of the atolls lure scuba enthusiasts from around the globe.



General Information:

CURRENCY:	Rufiyaa (MVR)
CURRENT EXCHANGE RATE:	1 USD = 15.45 MVR
AIRPORT CODE(S):	VIA (Male)
PASSPORT REQUIREMENTS:	6 months passport validity. With 1 empty page per entry (source US State Department)
VISA REQUIRED?	Yes. (for US Citizens) Visa must be obtained before trip departure per Sisters Travel Solo trip policy. Obtain Your Visa All other Country residents check www.visahunter.com
VACCINE(S) REQUIRED FOR ENTRY?	None (source US State Department)
HISTORICAL WEATHER TEMPERATURE	72°F - 83°F

Tentative Itinerary



DAY 1 - ARRIVAL

Upon arrival to Male (VIA), you will head to the speed boat for transfer to our resort. After check in, enjoy the rest of the afternoon relaxing from a long flight.

Resort Check-In: 3 PM local time.

Meal(s) Included:
Welcome Dinner

All meals are included in trip cost. See "what's included" section for more details.

DAY 2 - YOGA, MEDITATION, & SPA

Our first yoga session will consist of a yoga practice known as hatha. A gentle flowing session that combines held asanas and breath control. Increase muscle tone, core strength, and flexibility. We will follow our yoga session with meditation for peace and rejuvenation.

At your leisure, head over to the spa for your first spa session; energizing and recharging scrub.

Meal(s) Included:
Breakfast, Lunch, Dinner



DAY 3 - BODY ALIGNMENT, KAYAKING, & SPA

Embrace the early morning sun salutations, a practice that focuses on alignment and breathing, energize your body and your mind as you stretch and strengthen all your muscle groups.

Later this afternoon, grab a partner and hop on one of glass bottom kayaks and explore the crystal blue waters of the Maldives.

And at your leisure, head over to the spa for your second spa session; Abhyanga. Your Abhyanga massage is performed with warm oils blended with medicinal herbs. It is truly a healing massage combination using very light and long strokes. But the oil is the central component of the treatment.

Meal(s) Included:
Breakfast, Lunch, Dinner





DAY 5 - YOGA, MEDITATION, SPA, PRIVATE MOVIE

Our final morning starts with a yoga and meditation session on the beach.

At your leisure, head over to the spa for your final spa session; Cleopatra 24 Carat Gold and Collagen Facial. Known as the 'queen of luxury' facials, this experience combines three result-driven treatments to improve skin elasticity, reverse skin damage, increase blood circulation, and regenerate natural collagen.

Later this evening we will enjoy a private movie on the beaches of our resort.

Meal(s) Included: Breakfast, Lunch, Dinner

DAY 6 - DEPART

On our final day, we will enjoy breakfast and then begin to depart back home via one of our group transfers. Hotel check out is 11 AM.

Airport Transfer: You will be transported back to the airport via speed boat

Meal(s) Included: Breakfast



What's Included:

[CLICK HERE TO BOOK TRIP!](#)

Overwater Bungalows (sunrise) - Villas suspended over crystal waters. Water villas in the Maldives are the quintessential experience. Indulge in lagoon living, waking up to the Indian ocean breeze, or peering through your glass viewing panel in the bathroom to gaze at colourful marine life. Bathe in a standalone tub with picture-perfect views of the waters.

Room includes - One King Bed, Steps into the lagoon and rinse shower, Sundeck with daybed, dining area and loungers, Standalone tub with framed lagoon views, minibar, Espresso machine, Yoga mats and beach essentials, and free Wi-Fi. An additional rollaway bed can be added, or the daybed setup as an extra bed at no additional charge.

3-Day Spa Treatment - Dedicate a little time to yourself on your wellness trip to unwind.

- **Day 1 Treatment** - Energizing and Recharging scrub. Create a canvas before absorbing the richness of the sun. Exfoliate any dull skin and target any concerns with our array of beauty products.
- **Day 2 Treatment** - Abhyanga massage is performed with warm oils blended with medicinal herbs. It is truly a healing massage combination using very light and long strokes. But the oil is the central component of the treatment.
- **Day 3 Treatment** - Cleopatra 24 Carat Gold and Collagen Facial. Known as the 'queen of luxury' facials, this experience combines three result-driven treatments to improve skin elasticity, reverse skin damage, increase blood circulation, and regenerate natural collagen.

Full Board Meal Plan - Breakfast, lunch and dinner included at our resort, and their sister property. Water is the only beverage included. Additional beverages are available, and will be charged to each guest as consumed.

Glass-Bottom Kayaks - Kayaking provides the perfect way to see the resort lagoons. No experience is required, and these workouts are great for muscle tone and core strength.

Private Group Movie - Cozy into oversized bean bags with sisters on the beach and watch a movie on the big screen under the bright stars of the Maldivian sky.

Private Yoga and Meditation Sessions - Enjoy both yoga and meditation all three mornings of your trip. Focus on alignment and breathing, as you energize your body and your mind.

Access to Sister Resort - Located across the bridge

Airport Transfers - 30-minute round trip speed boat transfers from Male airport to our villa.

Tours & Activities - Tours and activities as listed in the trip itinerary

STS Apparel - Each attendee will be receive our wellness swag bag

What's NOT Included: International flights, gratuity, travel visa, travel insurance, or any other cost not listed in "what's included" section.

Hello Sister!

Thank you for your interest in traveling with Sisters Traveling Solo LLC in 2022! Every time you book with us, you support a black woman-owned business.

You have been redirected to this document because we are currently finishing up the design of our brand new website. And to avoid doing double work, we are not adding the details for this trip to our existing website. The details for this trip can be found in this document and our trip registration form.

The travel world has changed, and we must change with it. After four years in business, it is time for an upgrade in how we do things. When newer brands can easily copy (and paste) what we are doing, it's time to move to the next level. ;-)

What's coming? We are building a brand new website to align with the successful travel companies in this industry. Our new website will be easier for you to navigate, it allows for a smoother and complete booking process (no more be redirected), and it will be secure.

We are also updating our policies and terms to better fit our company's changes and the new normal in travel. These policies and terms will also be presented and shared with you differently; no more super long submission forms and checkboxes; we will leave that for the "ultimate luxury" brands.

But for now, nothing has changed, so if you like to book this trip, please click "Book Now." We can't wait to meet you!

Cole Banks



[CLICK HERE TO BOOK TRIP!](#)