



# *Sustainability and Wellness*

Sustainability is in every thought and every touch in Amilla Maldives. We celebrate various eating and wellness lifestyles and the health of the environment, both locally and globally.

## **WELLNESS YOUR WAY (WYW)**

At Amilla, we cater to different dietary lifestyles to ensure that dining at Amilla is effortless, regardless of food preferences or dietary restrictions. Every restaurant at Amilla offers guests unique Wellness Your Way 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 restaurant including vegan 'meat' and zero carb pasta.

## **WELLNESS LAB**

Located at Javvu Spa, our bespoke wellness lab produces a range of Homemade@Amilla probiotic sodas, including eight flavours of Kombucha, homemade chemical-free tonic water and range of bitters.

## **DHIVEHI BEYS AT JAVVU SPA**

Our unique spa offerings include treatments using traditional Maldivian medicine practices. Known as 'Dhivehi Beys', these local herbal medicines with healing secrets that have been handed down through generations were integrated into treatments at Javvu Spa.

## **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, lip and muscle balms 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 help energise and center guests during their time at Amilla. With Bollywood dancing classes, yoga and other activities to get moving each day, or a walking meditation in our jungle meditation path. While on your getaway, escape into a tranquil multi-sensorial environment at Javvu Spa with the Sensora light therapy. Infusing magical lights with intriguing colors and soothing vibrations, the Sensora light therapy is clinically proven to refresh the mind and body through sensory stimulation and the use of an advanced color-light system.

# *Vote for the Planet at Amilla*

We are committed to minimising the impact on the delicate environment that surrounds us. As an Earth-Check Silver certified resort, we have various initiatives in place to make a 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 our own yoghurts, jams, pickles and sauces. Our beverage team creates many probiotic sodas, homemade tonic water and plant-based milks are made right on the island.

## **HOMEgrown@AMILLA**

Our large, naturally lush island offers both space to play and to grow. Blessed with gardens of nutritious soil, we produce a variety of herbs, vegetables, mushrooms and fruit for use in our kitchens for food preparation. This homegrown bounty dramatically reduces plastic packaging and provides the highest levels of nutrients. Amilla also has its own chicken and duck farm, Cluckingham Palace, where guests can collect fresh eggs for breakfast daily.

## **ETHICAL SOURCING**

Our commitment to the environment extends beyond the shores of paradise. We work with supply partners to source produce from farmers who also care for the planet. The resort's ethical meat program ensures that animal products supplied to the resort are antibiotic free, hormone free and raised on the natural food sources.

## **OCEAN BOUND PLASTICS**

We have converted many of the materials 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's resident Marine Biologist maintains our house reef and beaches. They host weekly Marine biology activities for guests and champions our Mini Marine Biology program that see our little guests learning about seven key topics to graduate as a Mini Marine Biologist.

## **THE UN (UNDO THE HARM IN THE WORLD)**

Amilla's waste management centre ensures that waste items produced by the resort are sorted for recycling, composting or disposal. The UN features 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 recycled paper.

## **THE NUT**

Our naturally lush island has plenty of coconut trees. To fully utilise the bounty that these native trees offer we have our own coconut processing facility. The Nut produces 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.

