



pullman
HOTELS AND RESORTS

MALDIVES MAAMUTAA



DIVE ALL IN!

EXPERIENCE A WORLD OF REWARDS,
UNIQUE BENEFITS AND
EXCLUSIVE MEMBER RATES



SCAN TO BECOME A MEMBER
OF ALL - ACCOR LIVE LIMITLESS

All
ACCOR • LIVE LIMITLESS

EXPERIENCE A WORLD OF REWARDS



Save up to 10% on bookings in more than 3,000 hotels.

UNIQUE BENEFITS



Be rewarded time and time again for your stays, outings, and visits to our restaurants and bars.

EXCLUSIVE MEMBER RATES



Make the most of your points. Whether it's stays, experiences or partners - the choice is yours!

DIVE ALL IN!

Enjoy rewards
when you stay and dine.

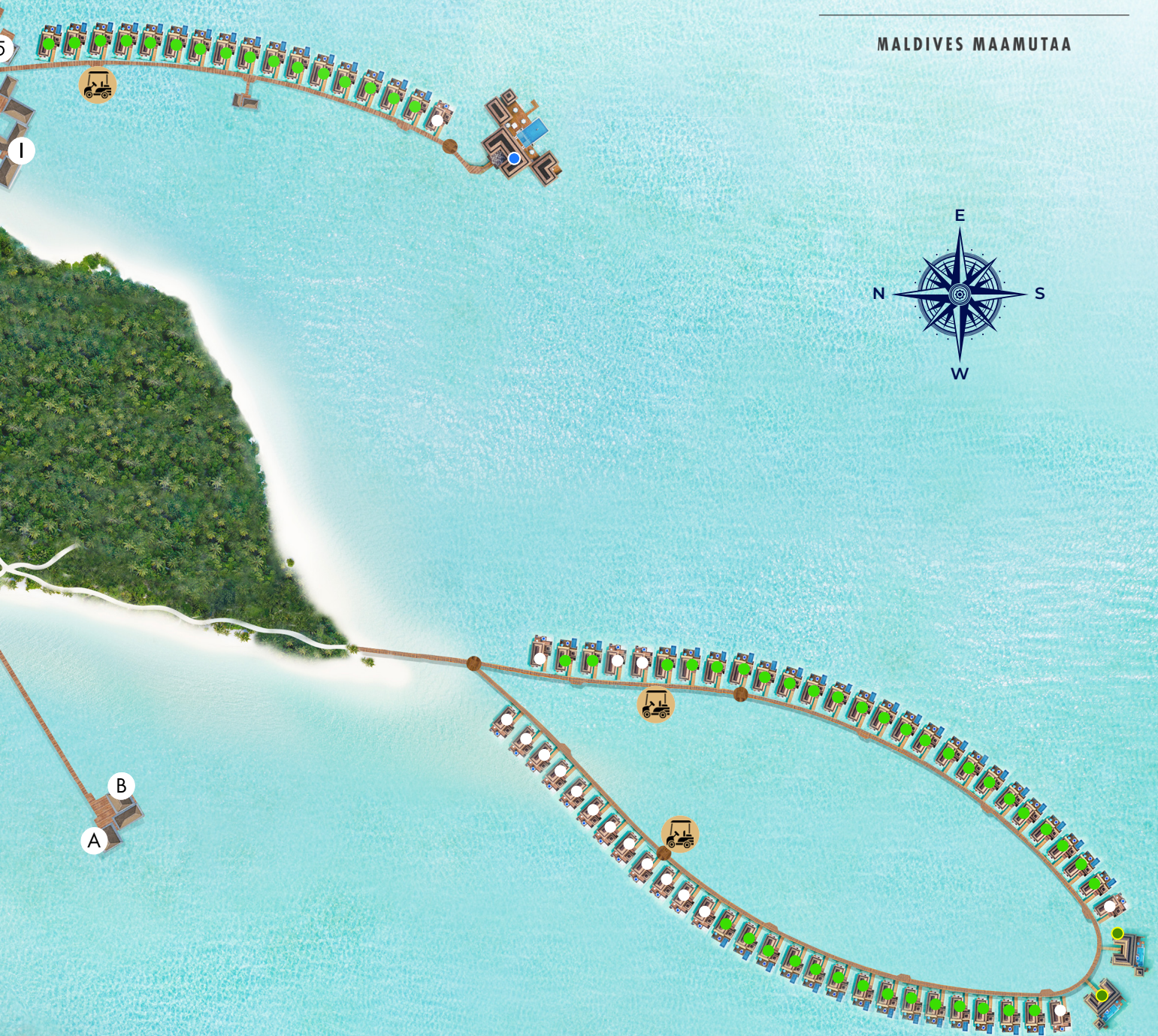
Join ALL - Accor Live Limitless Now.



Depending on the number of nights stayed or points earned, your status is upgraded, unlocking even more benefits.



- | | | |
|-----------------------------|------------------------------------|-------------------------|
| A Arrival Jetty | G Pullman Fit-Gym | 1 Phat Chameleon |
| B Diving Center | H Kids Playground | 2 Mélange |
| C The Junction | I Spa by Phytomer | 3 The HUB |
| D Water Sport Center | J Juliet - Dining Pavillion | 4 Saffron Affair |
| E The Migili Room | K Romeo - Dining Pavillion | 5 Souq Oven |
| F Skillz | L Tennis Court | 6 Sol Rising |



- | | | | |
|---|---------------------------------|--|---|
|  | Four-Bedroom Ocean Pool Retreat |  | Family Pool Villa |
|  | Aqua Villa |  | Family Villa |
|  | Two-Bedroom Ocean Pool Villa |  | Beach Pool Villa |
|  | Ocean Pool Suite |  | Beach Villa |
|  | Ocean Pool Villa |  | Buggy shuttle service 07:00hrs and every 20 minutes Buggy Shuttle service every 20 Minutes |
|  | Ocean Villa | | |
|  | Two-Bedroom Beach Pool Villa | | |

Buggy shuttle service starts at 07:00hrs and ends at 23:00hrs
Buggy Shuttle service is available every 20 Minutes



RESORT GUIDE

BUGGY SERVICE

Buggy shuttle service is available around the resort every 20 minute from 7am to 11pm. Buggy sheds are found around the resort. Buggy service is available upon request only after 11pm.

PULLMAN SPA BY PHYTOMER

9am to 9pm

Advance reservation is required

SKILLZ

9am to 10pm

Bicycle rental, karaoke, board games, video games and more

PLAYGROUND

9am to 6pm

Kid's Club for 4 to 12 year-olds

PULLMANFIT

Fitness Center, open 24/7

DIVE CENTER

8.30am to 6pm

Collect your snorkeling equipment from here

WATERSPORTS

Motorized and non motorized

8.30am to 12.30pm & 1.30pm to 6pm

ESSENCE BOUTIQUE

9am to 12noon & 2pm to 8pm

PHOTO STUDIO

10am to 6pm

DINING

MELANGE:

Lively all day dining, buffet and live stations

Breakfast: 7am to 10.30am

Lunch: 12.30pm to 3pm

Dinner: 6.30pm to 10pm

Steak Night every Monday

Seafood Night every Friday

PHAT CHAMELEON:

Garden dining, serving elevated vegetarian & vegan fare

Dinner only: 6.30pm to 10pm

*Advance reservation is required.

Closed on Mondays and Fridays.

SOUQ OVEN:

The flavors of the Mediterranean shores and the earthy terroir of the Italian country side melded together.

Lunch: 12.30pm to 3pm

Dinner: 6.30pm to 10pm

*Advance reservation is required

SOL RISING:

Power active breakfast: 7am to 9.30am

Lounge & Bar: 10am to 11pm

THE HUB:

Bar: 10am to 11pm

Food & Snacks: 11am to 6pm

SAFFRON AFFAIR:

Sunset Bar, Shishas & Tapas

Bar: 2pm to 1am

Tapas: 4pm to 9pm



RESORT MAP



RESORT BROCHURE



SPA BY PHYTOMER



DIVE & WATER-SPORTS
CENTRE

SET THE SCENE FOR UNFORGETTABLE EXPERIENCES

Welcome to Pullman Maldives Maamutaa, where the stunning natural settings of our island will allow you to unlock your potential. Explore Maamutaa island and live unique experiences that will inspire your mind and body. Check into an underwater bedroom, push your boundaries with a beach workout, followed by a cool-down swim with turtles, or simply delight in a culinary journey, where the wide selection of all-inclusive offerings will take your breath away. Because at Pullman Maldives we are more than just a place to sleep.

We hope you have a pleasant stay.

Pullman Maldives Maamutaa team



While you're here don't forget to stay connected with us and share your #pullmanmaldivesmoments in our social media channels

To know more details about your all inclusive benefits, any reservations or assistance during your stay, don't forget to dial "0" to connect with our Pullman island hosts / Pullman touch team.





BREAKFAST

MÉLANGE

All day dining restaurant featuring Arabic, French, Asian, Maldivian & Indian cuisines.

- Regional Favourites • Healthy Corner • Live Stations • Tropical Fruits • Crêpe Station • Fresh Bakes • Immunity Boosters •
- Single Origin • Coffees • Herbal Teas • Smoothies • Juices •

SOL RISING

Overwater bar offering Pullman healthy breakfast and snacks.

- Energy Boosters • Age Defence • Super Foods • Yoghurt • Seeds • Grains • Nuts • Balanced Breakfast (Proteins, Carbs, Fibre) • Energy Juice • Healthy Shots • Cold Pressed Juices •

LUNCH

MÉLANGE

All day dining restaurant featuring Arabic, Italian, French, Asian, Maldivian & Indian cuisines.

- Daily Delicacies • Hot & Cold Salads • Pizzas • Live Stations • Roast Station • Smoked & Grilled Corner • Ice Creams & Sorbets • Desserts • Juices • Liquor • Wine • Beers • Cocktails • Mocktails •

SOUQ OVEN

Italian favorites with exclusive views of the Indian Ocean, and over 80 international wines from Vinoteca by Pullman.

- Bruchettas • Soups • Pastas • Pizzas • Grilled fish • Desserts • Liquor • Wine • Beers • Cocktails • Mocktails

DINNER

MÉLANGE

All-day dining fare featuring the best of the world on your plate. You'll find Arabic, Italian, French, Asian and Indian favorites while discovering Maldivian cuisine.

- Daily Delicacies • Hot & Cold Salads • Pizzas • Sushi • Live Station • Roast Station • Smoked & Grilled Corner • Ice Creams • Sorbets • Desserts • Juices • Liquor • Wine • Beers • Cocktails • Mocktails

PHAT CHAMELEON

A vegan and vegetarian dining experience unlike any other, set within the resort's culinary garden where we source most of our fresh herbs from, Phat Chameleon's philosophy is centered on sustainable, organic and innovative cuisine.

- Selection of Soups • Hot & Cold Salads • Live cooking • From the garden to the table • Desserts • Liquor • Wines • Beers • Cocktails • Mocktails • Organic Beverages

SOUQ OVEN

The flavors of Italy, from the Mediterranean shores to the earthy terroir of the country side meld together for an elegant over-water culinary experience, elevated by a selection of 80 international wines from Vinoteca by Pullman.

- Italian Cuisine • Pasta and Risotto • Seafood • Cheese • Fresh Produce • Wines • Liquor • Beers • Cocktails • Mocktails • Organic Beverages •

DURING THE DAY

THE HUB

Bites on Wheels • All-day pool bar fare • Snacks • Ice-creams • Tapas • Mocktails • Fresh juices • Soft drinks • Alcoholic beverages

SAFFRON AFFAIR

Mocktails • Cocktails • Wines • Shisha complimentary from 3pm - 5pm • Tapas from 4pm - 9pm

SOL RISING

Mocktails • Cocktails • Wines • High Tea from 4pm - 5pm • Selection of canapés and sweets • Coffee and your choice of teas from the Dilmah tea bar

IN-VILLA MINI BAR

Replenished twice per day upon request • Soft Drinks • Bottled Juice • Liquor • Beers • Wines • Chocolates • Snacks



ACTIVITIES & RECREATION

- Kids Playground (from 4 to 12 years)
- Skillz - Teens only area
- Beach Volleyball
- Snorkeling equipment
- Diving immersion trial at main pool daily
- 1 hour daily of non-motorized water sports: SUP / Windsurfing / Kayak
- 24/7 access to Pullman Fit
- Aerobics
- Zumba Classes
- Yoga & Meditation Classes
- Pullman Fit Trail
- Tennis Court

LONG STAY BENEFITS - PER PERSON

5 - 7 NIGHTS

Inclusive of **ONE (1)** excursion

- Guided Snorkeling at the House Reef
- Sunset Fishing
- Sunset Cruise



Inclusive of **ONE (1)** of the following activities:

- 30-minute massage at The Pullman Spa (1 voucher)
- 15-minute Jet Ski Ride (1 voucher)
- One tank dive for certified divers (1 voucher)
- 1 Bottle of Champagne & Canapés for two (2 vouchers)
- 3 Days - Bicycle Rental per person (1 voucher)
- 7 Days - Bicycle Rental per person (2 vouchers)

8+ NIGHTS

Inclusive of **TWO (2)** excursions

- Guided Snorkelling at the House Reef
- Sunset Fishing
- Sunset Cruise



Inclusive of **TWO (2)** of the following activities:

- 30-minute massage at The Pullman Spa (1 voucher)
- 15-minute Jet Ski Ride (1 voucher)
- One tank dive for certified divers (1 voucher)
- 1 Bottle of Champagne & Canapés for two (2 vouchers)
- 3 Days - Bicycle Rental per person (1 voucher)
- 7 Days - Bicycle Rental per person (2 vouchers)

TERMS & CONDITIONS

LONG STAY BENEFITS

- *Applicable to 12 years old and above*
- *Non transferable: each benefit is per person and can't be transferred to another person*
- *Benefits are cumulative (example: stay 13 nights benefit from 3 excursions and 3 activities per person, etc.)*
- *Excursions must be booked upon arrival and are subject to availability and weather conditions.*

DIVING

- *A valid diving license is required according to Maldives Regulation*
- *A diving insurance is mandatory in order to participate in any diving activity*
- *If required, the diving center can provide a chargeable short term dive insurance*

OTHER BENEFITS

- *Laundry: complimentary 6 pieces per person upon arrival*

THE MOST GENEROUS ALL-INCLUSIVE



**NEVER
STAY
HUNGRY**

At Pullman Maldives, we serve you up a fresh take on 'eatertainment'. There are no set rules or limitations, thanks to the all-inclusive benefits, which means you can enjoy unlimited meals in our restaurants, combined with a wide selection of 80 international wines curated just for you!

Sample local dishes, street-food-inspired bites, and pop-up craft beverages from every corner of the resort within any of our 3 restaurants and 3 bars. Everything on offer is designed to fuel your performance - wherever and whenever you need it.

Home of the first vegan and vegetarian restaurant in the Maldives set in our organic veggie garden, combined with an international a la minute restaurant plus an Italian and Levantine cuisine, you'll never run out of options!





PHAT CHAMELEON

Set in our organic veggie garden and surrounded by nature, be prepared to have a unique dining experience that involves all your senses. With a combination of colors, flavors, and textures Phat Chameleon is the first organic, vegan and vegetarian restaurant in the Maldives with a la carte and live cooking delights. Get ready to try this truly original culinary concept - a vegetarian restaurant for non-vegetarians!

Opening hours:
Closed every Mondays and Fridays
Dinner: 6.30pm - 10pm



SOUQ OVEN

The flavors of Italy, from the Mediterranean shores to the earthy terroir of the country side meld together for an elegant over-water culinary experience, elevated by a selection of 80 international wines from Vinoteca by Pullman.

Opening hours:
Every day Lunch: 12.30pm - 3pm
Dinner: 6.30pm - 10pm



SOL RISING

Set just a few steps outside Souq Oven, this over-water bar is the perfect place to kick start your day with morning yoga or simply grab a snack and chill out by the pool with stunning views of the ocean.

Opening hours:
Power Active Breakfast: 7am - 9.30am
Every day 10am - 11pm



MELANGE

Live at breakfast, lunch, dinner, here you'll find your favorite dish recreated by the talented chefs at six a la minute stations. Be immersed in a culinary experience with a taste of Maldivian, French, Arabic, Italian, Chinese, Indian cuisines, and more. With different daily a la carte menus, Melange is your all-day dining option overlooking the pristine beach and even with an outdoor area by the pool.

Opening hours:
Everyday Breakfast: 7am - 10.30am
Lunch: 12.30pm - 3pm
Dinner: 6.30pm - 10pm



THE HUB

Here you can meet, eat, drink, work, relax and seamlessly connect. A destination in itself, this outdoor hot spot is the place for many inspiring get-togethers, events, and activities - day and night. Stop and come together over salads, burgers, and artisanal coffees at The Hub. After all, even adventurers need downtime.

Opening hours:
Every day 10am - 11pm
Food and Snacks: 11am - 6pm



SAFFRON AFFAIR

This over-water bar has the best front-row seat for stunning sunsets overhanging hammocks with friends or your loved ones. Here's the Island's best-kept secret.

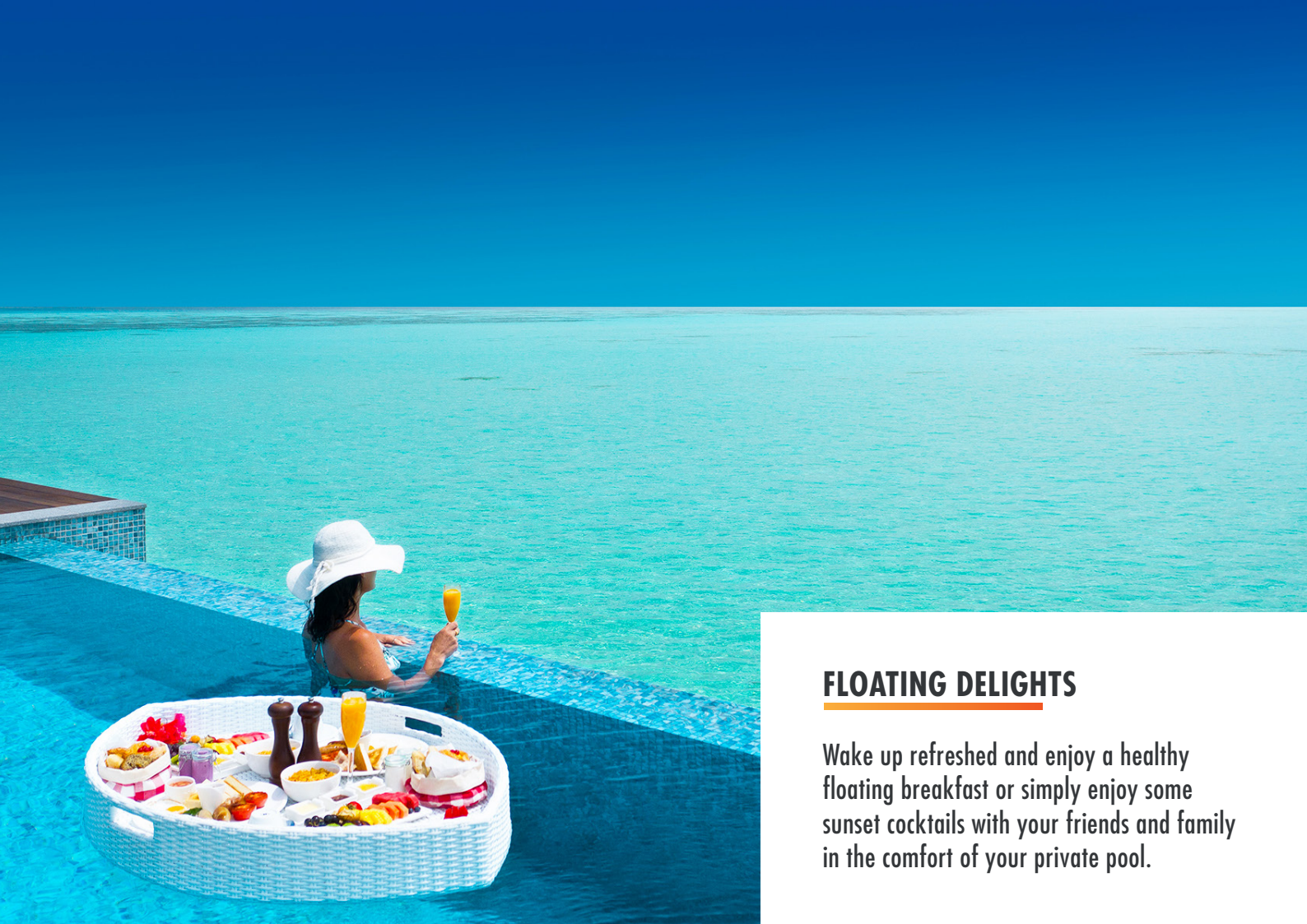
Opening hours:
Every day 2pm to lam
Tapas: 4pm - 9pm

TREAT YOURSELF

At Pullman Maldives we care about the little things, so here we have some options to treat yourself or your loved ones while you're here and make your stay a memorable one.

Booking & enquires: call 8818





FLOATING DELIGHTS

Wake up refreshed and enjoy a healthy floating breakfast or simply enjoy some sunset cocktails with your friends and family in the comfort of your private pool.



PRIVATE DINING

A special occasion has to be celebrated in a special way! From a private dinner under the stars, to a romantic dinner in Romeo & Juliet or even a special dinner set up in your private deck, we are here to help you live a memorable experience.



FLOATING BREAKFAST

Start the day with our popular floating breakfast, served in the privacy of your own pool with the mesmerizing views of the Indian Ocean.

\$175++

Rates subject to service charge and applicable taxes.

Booking is required 24 hours prior. The above mentioned price is applicable for 2 adults. Experiences are subject to weather conditions. Specific wines can be ordered on extra charge. For more information and menu personalization, please contact IVD by dialing 8818 from your villa phone.



ROMEO & JULIET

Discover curated culinary experiences with your loved one in a unique way at our private dining venues.

TASTE OF INDIA

\$250++

JOURNEY TO MALDIVES

\$350++

BBQ FROM LAND & SEA

\$350++

LOBSTER DINNER EXPERIENCE

\$500++

Rates subject to service charge and applicable taxes.

Booking is required 24 hours prior. The above mentioned price is applicable for 2 adults. Experiences are subject to weather conditions. Specific wines can be ordered on extra charge. For more information and menu personalization, please contact IVD by dialing 8818 from your villa phone.

SPORTS & ACTIVITIES

The four pillars - sleep, sport, spa and food at Pullman Maldives. Connecting with your healthiest selves is at the beating pulse of everything we do.

With unique surroundings and abundance of space, we capitalize upon the outdoors, bringing you closer to nature, and ensuring exercise is more appealing than a run of a mill gym. With a fit trail - our island jogging track-. Combined with non-motorized water-sports and the unique beach workout, at Pullman Maldives we offer a transformative fitness holiday like no other, promising that you will leave feeling rejuvenated. Here are some of the activities you can enjoy during your stay.





ALL-INCLUSIVE ACTIVITIES 2024

| TIME | MONDAY | TUESDAY | WEDNESDAY | |
|--------------------|---|---------------------------------------|--|--|
| 6 - 7 AM | Sunrise Yoga at Sol Rising | | Sunrise Yoga at Sol Rising | |
| 6.30 - 7.30 AM | | Floating Yoga at Sol Rising | | |
| 10 - 10.30 AM | Aqua Gym at Mélange Pool | | Mindfulness Meditation at Romeo / Juliet | |
| 10-11.00 AM | Aerial Yoga at Panorama \$50++ | | Aerial Yoga at Panorama \$50++ | |
| 2.30 PM | Advance Guided House-reef Snorkeling \$50++ | | | |
| 3 PM | Shisha Happy Hour | | | |
| | Fun Time at Skillz | | | |
| | | Beginner Snorkeling 3 – 4 PM \$50++ | | |
| 4 – 4.45 PM | | | Super Stretch @ Migili Room | |
| 4 - 5 PM | | | Volleyball Match at Mélange Beach | |
| 4 - 6.30 PM | | Chill Out | | |
| 5 - 6.30 PM | | Sunset Fishing \$80++ | | |
| 5.30 - 6.30 PM | Zumba at Mélange Deck | Sunset Yoga at Mélange Beach | | |
| | | Sunset Cruise \$80++ | | |
| 6.30 - 10 PM | Steak Night at Mélange | | | |
| | Live Music at The Hub | | | |
| 8.30 PM | | | | |
| 09.30 PM -00.30 AM | | | | |

On request:
#** Redeemable against All inclusive voucher
#Complimentary Snorkeling Equipment available at the Dive Center
#Complimentary use of Kayak and Stand Up Paddle board at the water sports center
#Complimentary use of Windsurf (only for experienced sailors)
#Complimentary Diving immersion Trail at the main pool
All activities are subject to availability and weather conditions (Extension #0) for bookings
Fitness activities are limited to a maximum of 6 participants (Extension #0) for bookings
All prices are per person and in USD Dollars

#To F



RESORT I

- Fun & Fitness
- SUVADIVA Dive & Water Sports Center
- Musical Entertainment & Culinary

| THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|-----------------------------|--|
| | | Sunrise Yoga at Sol Rising | Sunrise Yoga at Sol Rising |
| | Floating Yoga at Sol Rising | | |
| Aqua Gym at Mélange Pool | Mindfulness Meditation at Romeo / Juliet | Aqua Gym at Mélange Pool | Mindfulness Meditation at Romeo / Juliet |
| Aerial Yoga at Panorama \$50++ | | | Aerial Yoga at Panorama \$50++ |
| Advance Guided House-reef Snorkeling \$50++ | | | |
| Hour at Saffron Affair 3 - 5 PM | | | |
| | Art of Painting at Playground 3 - 4 PM | Fun Time at Skillz | |
| | | | Pool Party with DJ at The HUB 3- 5PM |
| | | Super Stretch @ Migili Room | |
| | | | Volleyball Match at Mélange Beach |
| out Vibes at Saffron Affair | | | |
| et Fishing \$80++ | | Sunset Fishing \$80++ | |
| Zumba at Mélange Deck | Sunset Yoga at Mélange Beach | Zumba at Mélange Deck | Sunset Yoga at Mélange Beach |
| et Cruise \$80++ | | Sunset Cruise \$80++ | |
| | Seafood Night at Mélange | | |
| UB | | | |
| | | | Cinema Under The Stars at Mélange Deck |
| Dance Beats at Saffron Affair | | | |

Find out more activities & excursions offered, scan the QR codes below:



BROCHURE



SPA BY PHYTOMER



DIVE & WATER-SPORTS CENTER





PULLMAN FIT (GYM)

Stay on top of your game while having fun regardless of your location or time zone. Our holistic approach to wellbeing focuses on the four pillars of health: sleep, food, sport and spa - while our 7/24 fitness facilities keep your lifestyle on track.

Opening hours: 24 hours daily

Some of our equipments:

- Treadmills
- Cross trainer
- Upright bike
- Recumbent bike
- Smith machine
- Seated row machine
- Multi-press machine
- Leg extension and curl
- Back extension machine
- Weights from 2.5kgs to 25kgs
- Dumbbells from 2.5kgs to 25kgs
- Olymic barbell
- Medicine Balls
- Terra core
- Yoga mats and floor mats

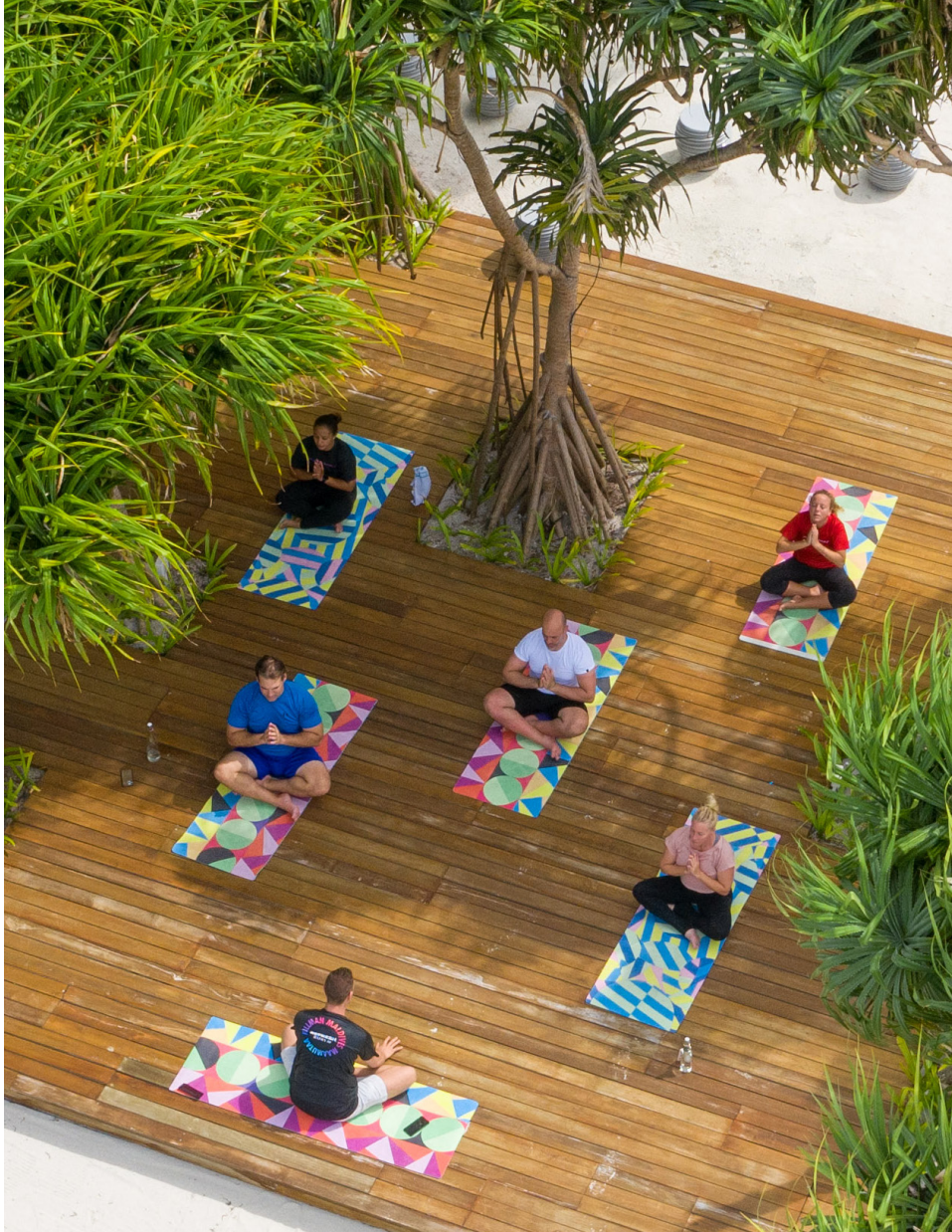
YOGA & MEDITATION

Rejuvenate your mind, body and soul with Sunrise and Sunset yoga at Pullman Maldives Maamutaa. Relax and enrich your senses with calmness and the subtle sea breeze.

Reduce insomnia and stress while also mitigating the chances of arthritis, carpal tunnel syndrome, backaches and other chronic disorders.

Our trained and certified Yoga Masters will help you any of the following specialties: Vinyasa Yoga, Hatha Yoga, Area Yoga, Floating Yoga, Mindfulness Meditation and Chakra Meditation.

Private Yoga and Meditation on request
Yoga - 60 minutes
Meditation - 30 minutes



AERIAL YOGA

Transport yourself outside of time while hanging in the air and centering your mind. In this class, you'll use a Hammock to hang yourself in the air while stretching into yoga poses and decompressing your spine.



AEROBIC DANCE

This high energy dancing exercise conducted at the gym, beach and pool deck is designed keeping you in mind.

With fast-beat music pumping up, get ready to have fun while doing a full body workout including squats, slow push-ups and jumping exercises.



FLOATING YOGA

With this combination of Hatha & Vinyasa Yoga, be prepared to strengthen your body and your mind on the water. Increasing flexibility, mental focus, cardiovascular conditioning, and calorie-burn and muscle development. It also improves sleep, reduces stress and anxiety.

Opening hours: 630am-730am
Tuesday and Friday





TENNIS COURT

The tennis court at Pullman Maldives Maamutaa is for everyone to smash and shine. Without any age restrictions, the tennis court is an ideal place for everyone to up their game. In case you want to improve your skills with our professional trainers, they'll be happy to help you pushing your boundaries upon request.

Opening hours: 6am to 10pm



BEACH VOLLEYBALL

Whatever it takes to win the game, be it a short serve, a long serve or a spike, do it with style and suave at our beach volleyball court. Play it when the sun is out at its best or on a lazy evening, and set a new record with every smash.

Opening hours: 4pm - 5pm
Wednesday and Sunday

KIDS & TEENAGERS

At Pullman Maldives we take the business of happiness seriously, that is why we have plenty of activities and adventures for families and the little ones.

The stunning setting surrounded by lush vegetation is perfect for parents wanting to enjoy the natural beauty of the island, but is also an exciting playground for kids, with a huge array of indoor and outdoor activities.

The little ones can go wild as they explore the island in a way only they know how. Think nature walks. Think treasure hunts. Think board games and educational activities. Imaginations are there to be stretched and memories to be made. And if you want to keep your ears, we won't mention the two karaoke rooms...





KIDS PLAYGROUND

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|------|---------------------|--------------------------|-----------------------|-----------------------|
| 9AM | Kidz Yoga | Kidz Fitness | Active Stretch | Active Stretch |
| 10AM | Paper Plate Craft | Make a Post Craft | Cotton Bud Painting | Cotton Bud Painting |
| 11AM | Balloon Painting | Sand Layer Bottle Making | Wool Mandala Making | Wool Mandala Making |
| 12PM | LUNCH | | | |
| 1PM | Leaf Art | Cotton Craft | Coconut Painting | Coconut Painting |
| 2PM | Coconut Painting | Recycle Art | Musical Chair | Musical Chair |
| 3PM | Cup Cake Decoration | Tic-Tac-Toe | Painting with Bubbles | Painting with Bubbles |
| 4PM | Kids Movie | Jewellery Making | Story Telling | Story Telling |
| 5PM | | Pool Fun | Splash Dance | Splash Dance |

UND ACTIVITIES

| THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------|------------------|---------------|----------------------|
| Kidz Yoga | Active Stretch | Kidz Yoga | Kidz Fitness |
| Coloring | Card Making | Dream Catcher | Paper Garland Making |
| Art & Craft | Jewellery Making | Drawing | Puppet Making |

UNCH BREAK

| | | | |
|-----------------------------|-----------------------|-------------------------|----------------------|
| aldivian Plam Origami | Spider Race | Henna Tattoo | Board Game |
| Wind Chime | Leaf Art | Crayon Art Drawing | Ring Toss Free Play |
| kies Decoration | Face Painting | Pizza Making | Pool Party |
| ing & Dance | Free Play | Sand Castle Competition | Wool Mandala Making |
| arden Visit and Island Tour | Playground Got Talent | Treasure Hunt | Beach Fun Activities |





SPA BY PHYTOMER

At Pullman Maldives we have a holistic approach to wellness and a restorative spa visit is an integral part of any stay. Because balance, physically and spiritually is of prime importance for reconnecting with your inner self.

Be prepared to relax and unwind with our sustainable and eco-friendly products from the sea and the land. Our over-water spa in the Maldives is where we bring guests as close to nature as one can get. To prioritize the wellbeing of your visit and safety, we are offering a limited menu of spa services and reducing the capacity of our treatment rooms.

Spa appointments fill up quickly and last-minute availability can't be guaranteed, so don't forget to book your treatment in advance upon arrival or simply give us a call at extension 8281 from multi-day spa journeys, to facial treatments, our signature Maamutaa massage and everything in between, add a visit to the spa to your "must do" list.

Opening hours: Everyday from 9am – 9pm

Bookings are essential: Extension 8281



SPA ALL-INCLUSIVE BENEFIT

PLEASE SELECT YOUR **30 MINUTES** TREATMENT OF CHOICE:

FOOT MASSAGE

SCALP MASSAGE

OR

BACK AND SHOULDER MASSAGE

Gentle massage and using light to medium pressure, this transformative relaxing massage is specially crafted to rejuvenate and soothe the mind, body and soul.

TERMS & CONDITIONS:

- This voucher may be redeemed daily from 9am to 3pm.
- Voucher is not allowed for time extensions on the 30-minute massage.
- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form.
- We require notification of cancellations for all treatments at least 4 hours prior to your appointment time.
- Any cancellations within 4 hours of the treatment or no show will incur a 100% penalty fee.
- All the treatments will be charged to your villa and will be on your account at the time of check out.
- Should you have any enquiry, please contact Spa reception at extension 8281.

YOU MAY CLAIM THIS EXPERIENCE WITH ONE (1) ACTIVITY VOUCHER PER PERSON



ENHANCE YOUR SPA EXPERIENCE

The following services are specially designed to seamlessly integrate into any of our signature treatments.

\$20++ PER ADDITIONAL SERVICE *included in the duration of your treatment*

COOLING EYE PATCH

Eases puffiness, lightens dark circles, soothes redness and reduces wrinkles

AFTER SUN MASSAGE OIL

Increase skin-healing effect and perfect for sunburn therapy

DETOXIFYING SELF-HEATING MARINE MUD

Detoxify congested areas with relaxing warmth from our all-natural mud

FRESH CUCUMBER FACE MASK

Refreshing and cooling natural ingredients to soothe, heal and hydrate dry withered skin

DEEP PRESSURE MASSAGE

Easing muscle tension, enhancing mobility, improving blood circulation, and reducing emotional stress

\$30++ PER ADDITIONAL SERVICE *excluded from the duration of your treatment*

EYE MASSAGE - 10 MIN

Instant quick relief from eyestrain and relaxation

WARM OIL HAIR TREATMENT - 10 MIN

A richly restorative treatment for dry, damaged or tired hair with gentle massage

HOT STONE - 10 MIN

Release pain and tension on your muscles, increasing blood flow

\$50++ PER ADDITIONAL SERVICE *excluded from the duration of your treatment*

COCONUT BODY SCRUB - 30 MIN

Gently exfoliates and nourishes skin leaving it with a glowing, soft finish and hydrated

COFFEE BODY SCRUB - 30 MIN

Reveal brighter looking skin with slough away dead skin cells and assist in increasing blood flow

SEASALT BODY SCRUB - 30 MIN

Reducing inflammation, remove toxins and repair tired skin, also relieve muscle aches and pains

MINI FACIAL - 30 MIN

Nourish your face skin with natural products such yogurt, milk, honey, brown sugar, oat and lemon

For a wonderful experience and more effective relaxation you can select the massage in SPA menu

\$60++ UPGRADE FOR 60 MINUTE MASSAGE
\$85++ UPGRADE FOR 75 MINUTE MASSAGE
\$110++ UPGRADE FOR 90 MINUTE MASSAGE

*Call Ext. 8281 to make your booking | *Price excludes taxes & service charges



PADI

★ ★ ★ ★ ★
**5 STAR
DIVE
CENTER**



**PULLMAN
SUVADIVA**
DIVING CENTER

DIVE CENTER

Our unique location make us one of the best places for diving in south Maldives and the Pullman Suvadiva Diving Center is the go-to place for any diving enthusiasts. As a 5* PADI dive center — we offer all the PADI courses from beginners to advanced.

Don't forget to visit the diving center to collect your snorkeling gear, join a marine life talk or book an excursion to have a unique experience in the Indian ocean with your family and friends.

We are only a call away to help you planning your next adventure.

Opening hours: Every day 8.30am - 6pm

Dive center: Extension 8253

PHOTO SHOOT

10 digital photos
at the swimming pool
\$100++



Rates subject to service charge and applicable taxes.
Booking is required 24 hours prior. Experiences are subject to weather conditions.
For more information, please contact Dive Center by dialing 8253 from your villa phone.



BECOME A CERTIFIED MERMAID

Discover our 4 different courses from beginner to advanced level and get your certification with us.



Booking is required 24 hours prior. Experiences are subject to weather conditions.
For more information, please contact Dive Center by dialing 8253 from your villa phone.

WATER-SPORTS CENTER

If you want to enjoy your complimentary non-motorized water-sports, as part of your all inclusive benefits, the water-sports center is where all the fun happens! Here you can also enjoy stunning sunset views at a catamaran sailing tour, push your boundaries with a windsurf course or even try the latest adrenaline hydro sport, the fly board... are you ready to have fun?

Don't forget to pass by or contact us, our instructors are ready to help you making the most out of Maamutaa lagoon.

Opening Hours:

Every day

8.30am – 12.30pm

1.30pm – 6pm

Water-sports Center: extension 8253 for more info







AQUA VILLA EXPERIENCE

*Only three underwater villas exist in the Maldives, and two are right here at Pullman.
Revel in the wonders of the ocean with an exclusive and unique culinary experience in the Aqua Villas*

UNDERWATER CANAPÉS

Enjoy an afternoon of canapés and champagne as you bask in beauty of the marine life as it passes by the window.

USD 500++ FOR 2 ADULTS

**Upgrade to the UNDERWATER EXPERIENCE
for USD 1,000++**

UNDERWATER EXPERIENCE

Upgrade to the Aqua Villa during your stay and be in awe of the life teeming beneath the waves.

USD 1,290++ FOR 2 ADULTS FOR 1 NIGHT

**Additional person supplement:
ADULT USD 650++ | CHILD USD 390++**

Rates are subject to service charge and applicable taxes. Booking 24 hours prior to your desired time is required and subject to availability. Experiences are subject to weather conditions. A list of wines may be ordered on extra charge, please inquire when you make your booking. For more information or to customize your menu, please contact In-Villa Dining at 8818 from your villa phone, or call the Junction.

EXPERIENCE YOUR OWN RESORT WITHIN A RESORT

The Four Bedroom Ocean Pool Retreat is a sprawling over water villa compound outfitted with modern high-tech amenities and luxe accommodations perfect for gathering your nearest and dearest for a funfilled, sun-drenched holiday.

Designed with the world's New Entrepreneurs in mind, it has everything you need to live your best life to the fullest in one of the most sought-after locations in the Maldives.





#pullmanmaldivesmoments

