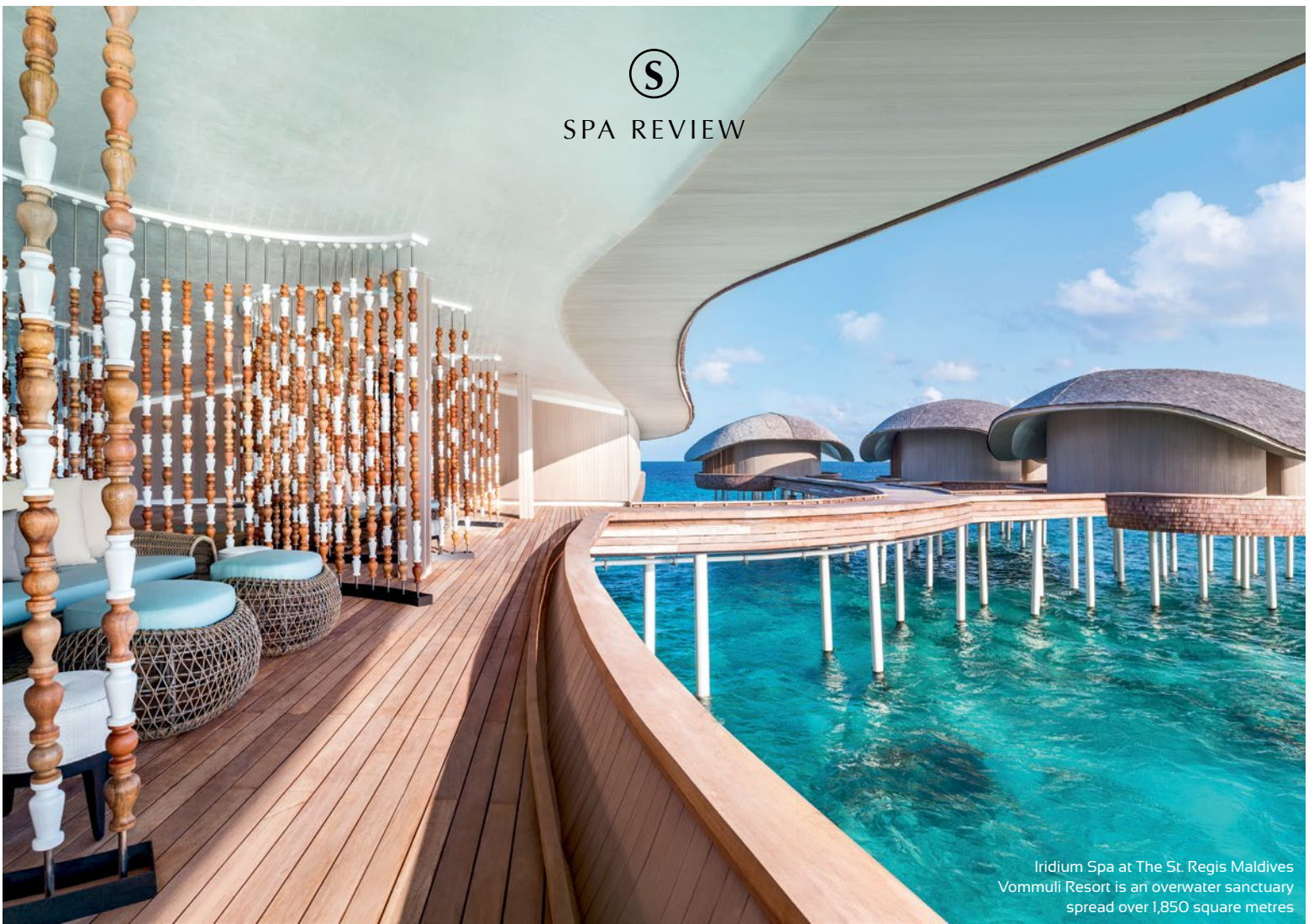




SPA REVIEW



Iridium Spa at The St. Regis Maldives Vommuli Resort is an overwater sanctuary spread over 1,850 square metres

BLUE LAGOON

Set over the brilliant waters of the Indian Ocean, Iridium Spa at The St. Regis Maldives Vommuli Resort offers wellness experiences that are as stunning as the views it affords

BY CHARUKESI RAMADURAI

The alluring blues of the Indian Ocean stretched out in front of me. But my eyes were drawn to the other shades of blue sparkling from the small pool between me and the sea. I was mesmerised by the Blue Hole Pool, the hydrotherapy pool at Iridium Spa at The St. Regis Maldives Vommuli Resort. At this infinity pool, which seems to dip right into the expansive ocean, the whirlpool jet sprays of heated seawater

beckoned with the promise of soothing both body and mind.

But first, the massage awaited. As I sipped on hot ginger tea in the sunlit lobby of the spa, the in-house Ayurveda physician Dr. Sudhi spoke to me about the facilities, before explaining the treatment I was to experience. He also asked about my specific requirements from the massage before handing me over to Devi, my Indonesian therapist.

Devi led me to the overwater pod that was to be my treatment room.

Like every other aspect of the resort, the spa too was dedicated to the theme of the sea surrounding it – the rooms perched on stilts over the ocean, and with large picture windows providing stunning views of the deep blues of the water touching the pale blues of the early evening sky. This seemed particularly fitting, given that the spa itself is named after Iris, the Greek goddess of the sea and sky, who often manifested herself in the form of a colourful rainbow.

I had signed up for the 'Iridium Signature Touch' treatment and was looking forward to an hour of unwinding through a combination of traditional Asian massage techniques. For half an hour, Devi pressed and kneaded, focussing on the set of tense muscles around my neck and shoulders. When she suddenly stopped to move away



SPA REVIEW



There are six couples treatment suites, two of which are dedicated to Ayurveda; and (below) the property has a Yoga & Meditation studio that looks out at the island's flora



from the table, I almost groaned in disappointment. But not for long.

Devi was back soon with a plump herbal poultice that she dipped in warm coconut oil before applying it on the sore spots all over my back. As the warmth and aroma of the oil seeped

into my skin, I felt myself slipping into a state of absolute stupor.

At the end of the hour, which came to a close with a restful head massage, Devi escorted me to the Blue Hole Pool, before sauntering off to fetch more herbal tea. It was everything I had expected it to be on first sight: exciting, relaxing and invigorating, all at the same time. The warm water in the jacuzzi pool frothed up in spray as I waded through it towards the edge, to look out on to the ocean. The sun was just beginning to descend, painting the sky with a palette of tropical sunset colours, all the way from rich orange to pale purple. And just when I thought it could not get any better, someone urged me to stand directly under the powerful jet sprays. The water fell on me with such force that it seemed like a mini massage in itself.

Just as the sun dipped into the water in the distant horizon and the entire area began to get cloaked in darkness, I finally made my way out

of the pool with great reluctance. Soaking in the delightful warmth of the Blue Hole Pool had been the perfect way to wrap up an utterly therapeutic massage session.

Located in a secluded, unexplored island within the Dhaalu Atoll in the south of Maldives, The St. Regis Maldives Vommuli Resort turned out to be my version of a Robinson Crusoe experience – with all the bells and whistles to be expected from this luxury brand. Iridium Spa is located at one end of this private island and is undoubtedly the crowning glory of the laid-back and pampered island life that this resort offers. 🌿

THE ST. REGIS MALDIVES VOMMULI RESORT

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