

MIAVANA

MIAVANA
BY TIME + TIDE

Island Wellness



ISLAND WELLNESS

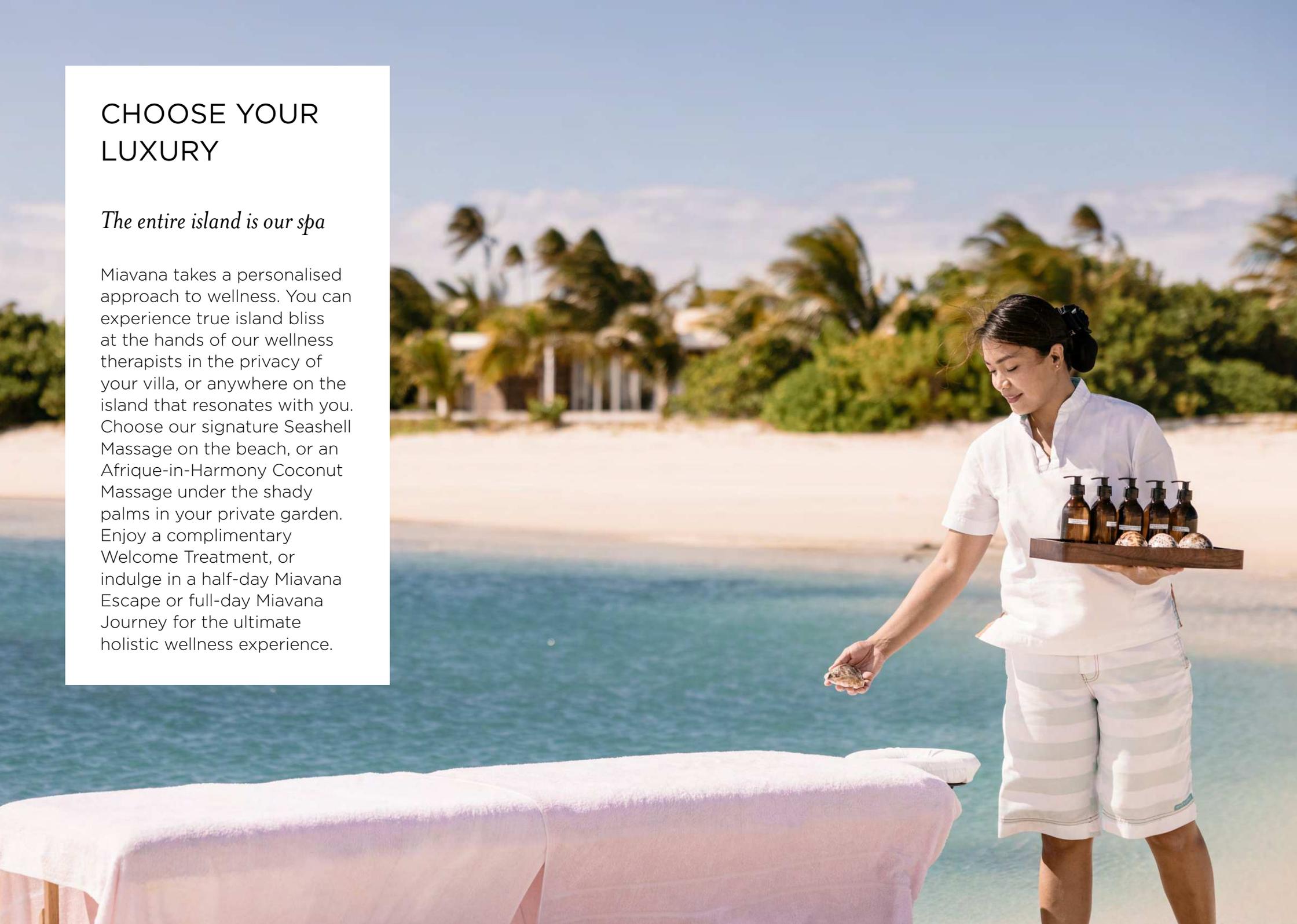
*Let the healing properties of
nature seep into your skin*

With nothing but the sound of the ocean, the rustling of leaves in the faint sea breeze, and the smells of Madagascan botanicals, take the opportunity to fully reset your body, mind, and soul. Rejuvenate with soothing spa treatments, restore yourself with yoga classes, regenerate in our ocean-view Gym, or simply relax into the barefoot ease of Miavana, where life is measured in the rise and fall of the tides.

CHOOSE YOUR LUXURY

The entire island is our spa

Miavana takes a personalised approach to wellness. You can experience true island bliss at the hands of our wellness therapists in the privacy of your villa, or anywhere on the island that resonates with you. Choose our signature Seashell Massage on the beach, or an Afrique-in-Harmony Coconut Massage under the shady palms in your private garden. Enjoy a complimentary Welcome Treatment, or indulge in a half-day Miavana Escape or full-day Miavana Journey for the ultimate holistic wellness experience.





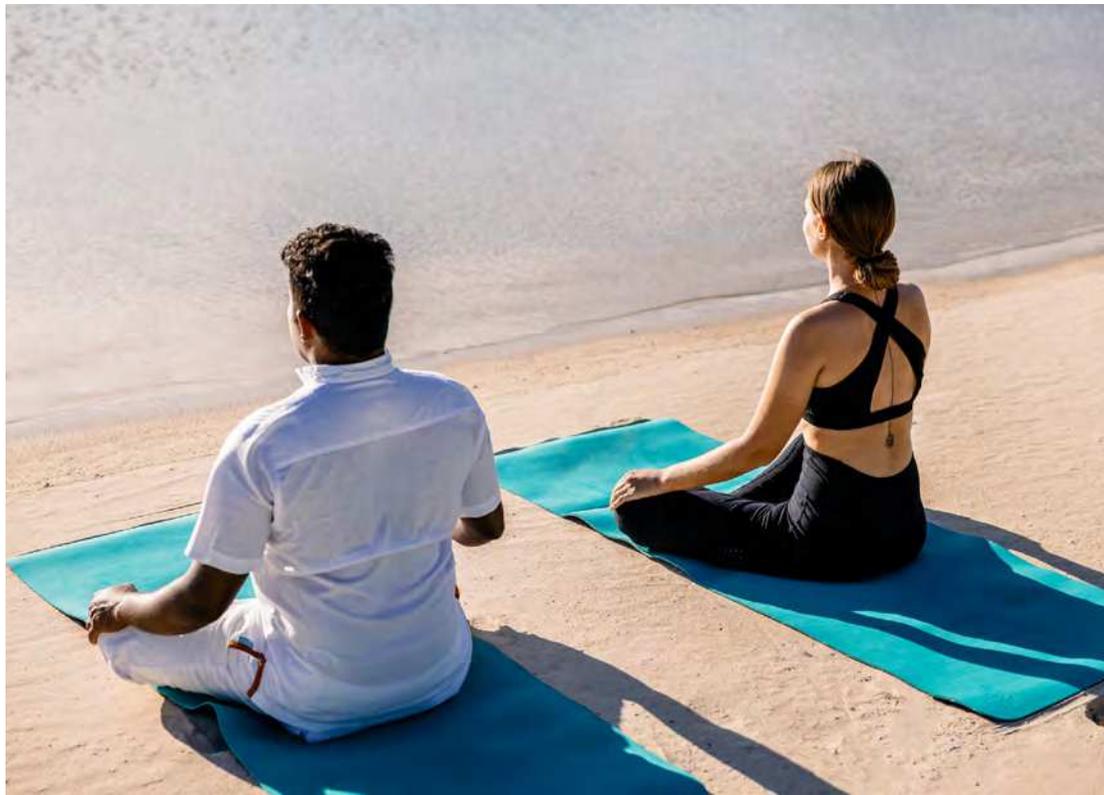
SPA TREATMENTS

Designed to stimulate the senses, Miavana's wellness menu covers a range of luxurious massages, body treatments, facials and finishing touches, as well as healing Aryurvedic therapies. Treatments are enhanced by organic products from Terres D'Afrique that harness the power of rare African botanicals, as well as hand-harvested ingredients from the island. Each treatment begins with a purifying foot ritual using refreshing Miavana sea sand and fresh lime to start your journey towards total relaxation.



YOGA

Welcome the day with a complimentary group yoga class, or opt for a one-on-one session anytime and anywhere on the island. Choose from Ashtanga or Power yoga, SUP or Aqua yoga, Sunrise or Sunset yoga; whether it's in the privacy of your villa, at the top of Toulou's Bar, or on the Helipad overlooking the Indian Ocean - the options are endless.





GYM

Visit our air-conditioned Gym for the most picturesque workout imaginable. Located next to the Activities Centre, you will find it equipped with everything from a treadmill to a rowing machine and bicycle, from weights to an adjustable bench and boxing bag, medicine balls to balance balls, power bands to resistance bands...everything you might need to stay fit on holiday.



KIDS SPA & YOGA

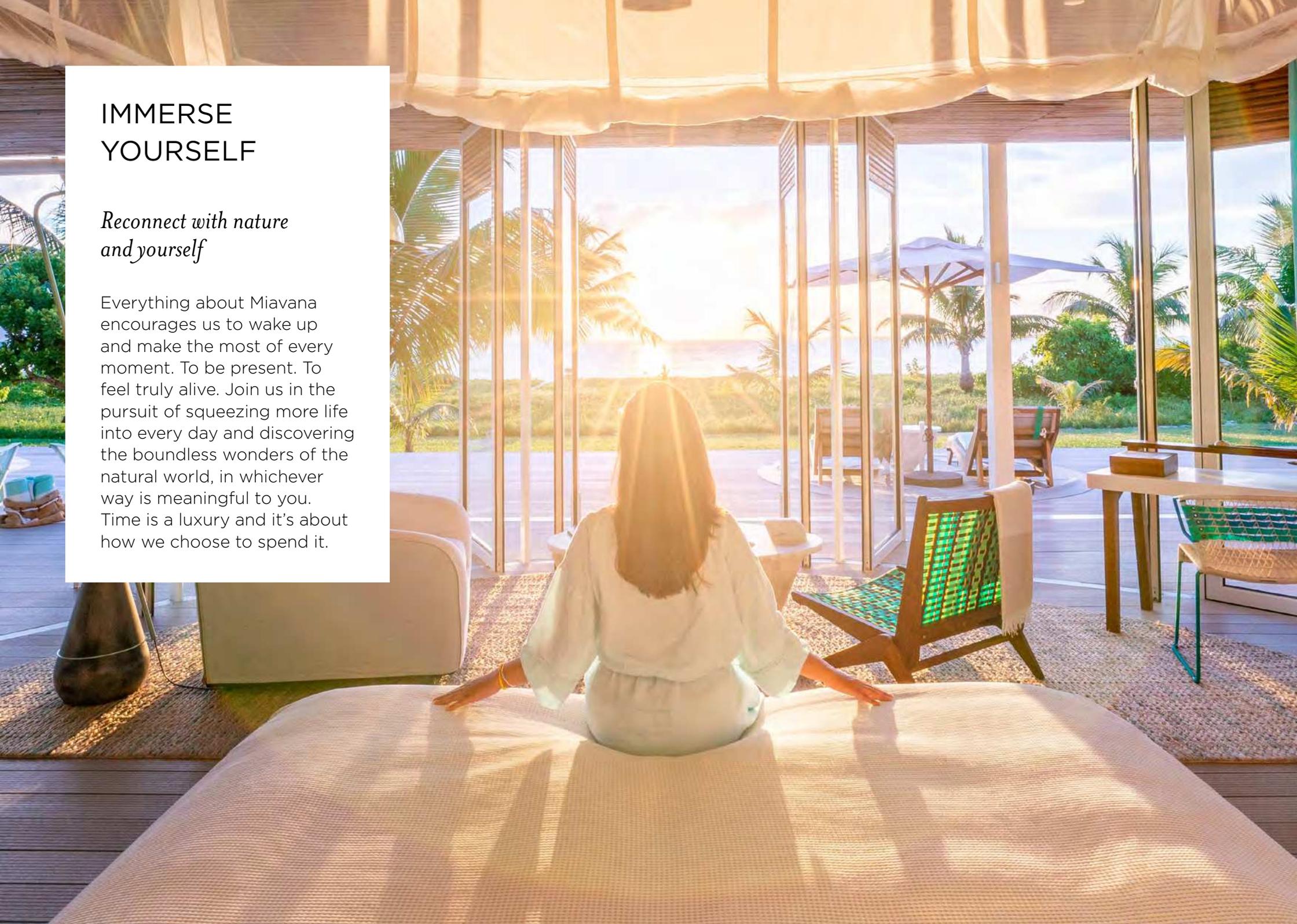
Wellness is for everyone on Miavana. Spoil your little one with a luxurious spa treatment that will leave them feeling relaxed after a day of island activities. Or, introduce your child to the benefits of yoga, with an easy-going, fun class experimenting with a range of poses for kids, like tree pose, mountain pose, and child's pose, as well as breathing exercises that can be used daily for the rest of one's life.



IMMERSE YOURSELF

*Reconnect with nature
and yourself*

Everything about Miavana encourages us to wake up and make the most of every moment. To be present. To feel truly alive. Join us in the pursuit of squeezing more life into every day and discovering the boundless wonders of the natural world, in whichever way is meaningful to you. Time is a luxury and it's about how we choose to spend it.



MIAVANA

ISLAND SANCTUARY

BY TIME+TIDE



*Time and tide wait for no man,
start your journey today.*

+27 60 642 4004
travel@miavana.com
www.miavana.com

v20220425