MANDARA SPA

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Mandara Spa at Adaaran Select Meedhupparu Recognised in Luxury Lifestyle Awards' TOP 100 Spas of the World 2026

The international recognition celebrates Mandara Spa's Asian healing heritage, the expertise of its therapists, and its long-standing partnership with Adaaran Resorts in the Maldives.

MALÉ, MALDIVES – Mandara Spa at Adaaran Select Meedhupparu has been recognised in the TOP 100 Spas of the World 2026 by Luxury Lifestyle Awards, acknowledging its commitment to traditional Asian spa therapies, professional treatment standards, and attentive guest service. The recognition celebrates the collective efforts of Mandara Spa and Adaaran Resorts in bringing a dedicated spa experience to one of the Maldives' established island destinations.

Situated within the tropical surroundings of Adaaran Select Meedhupparu, Mandara Spa offers a welcome retreat from the island's many recreational experiences. With treatments inspired by traditional Asian healing practices, the spa introduces guests to the benefits of therapeutic massage and professional body care, creating an opportunity to experience a quieter side of their Maldivian holiday.

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The Art of Asian Spa Therapy, the Mandara Way

Mandara Spa's treatment philosophy draws on Asia's rich healing traditions, where therapeutic touch combines skilled techniques with an understanding of the body. From the flowing strokes of traditional massage to the targeted application of pressure and stretching techniques practised across the region, these time-honoured methods reflect the diversity of Asian spa therapies. At the heart of this approach is the belief that the effectiveness of a treatment lies not only in the techniques themselves but also in the therapist's ability to apply them with precision, sensitivity, and care.

At Adaaran Select Meedhupparu, this philosophy is reflected in treatments that emphasise technique, comfort, and individual needs. Therapists draw on their professional training to adapt pressure, rhythm, and treatment methods according to each guest's preferences, creating an experience that balances traditional knowledge with contemporary spa service standards. The emphasis remains on the quality of the treatment itself, allowing guests to appreciate the skill behind each movement and the restorative benefits of time spent in the hands of an experienced therapist.

A Tropical Escape with a Restorative Side

Located in Raa Atoll, Adaaran Select Meedhupparu is surrounded by white sandy beaches, tropical vegetation, and the clear waters of the Indian Ocean. The resort offers a lively island experience, with opportunities for snorkelling, diving, water sports, and exploring the surrounding marine environment.

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Within this setting, Mandara Spa provides a complementary experience for guests who wish to balance their island activities with time dedicated to physical relaxation. Whether following an active day in the water or seeking a peaceful afternoon away from the beach, guests can turn to traditional spa treatments as part of their holiday experience.

At Adaaran Select Meedhupparu, the spa adds a different rhythm to the island experience. Away from the beaches and marine adventures, the treatment room becomes a place where guests can appreciate the precision of traditional massage techniques and the individual attention of skilled therapists. This balance between recreation and restorative spa therapy gives Mandara Spa a distinct role within the resort's hospitality offering.

A Partnership Built Around the Spa Experience

Mandara Spa's relationship with Adaaran Resorts reflects a shared commitment to delivering professional spa services within the Maldives' hospitality industry. By combining Mandara Spa's specialist expertise with the resort group's understanding of island tourism, the partnership supports a spa offering that complements the wider guest experience.

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As an international spa operator, Mandara Spa contributes its knowledge of treatment development, therapist training, spa operations, and service standards. These responsibilities extend beyond the treatment room, helping ensure that the spa operates consistently while responding to the needs and expectations of resort guests.

At Adaaran Select Meedhupparu, this collaboration brings an established approach to spa management into a destination known for its recreational appeal. The result is a spa experience that forms a natural part of the resort's hospitality offering, supported by the combined expertise of Mandara Spa and Adaaran Resorts.

Recognising the Hands Behind the Experience

Behind the recognition are the therapists and spa professionals whose skills and dedication shape each guest experience. Their understanding of traditional massage techniques, attention to detail, and ability to respond to individual needs are essential to maintaining the quality of service associated with Mandara Spa.

> *"We are proud to see Mandara Spa at Adaaran Select Meedhupparu recognised among the TOP 100 Spas of the World. This achievement is a reflection of the dedication and professionalism of our spa team, who bring their knowledge and care to every treatment. We also extend our sincere appreciation to Adaaran Resorts for their continued partnership and support. It is through this collaboration that we are able to bring Mandara Spa's traditions and service standards to guests visiting this beautiful island destination."*
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> *— Trent Munday, Mandara Spa*

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The recognition of Mandara Spa at Adaaran Select Meedhupparu celebrates the dedication of its therapists, the enduring appeal of traditional Asian spa therapies, and the collaboration that supports its success. For Mandara Spa and Adaaran Resorts, the achievement reflects a shared commitment to delivering professional spa experiences that complement the character of this established Maldivian island destination.

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ABOUT MANDARA SPA

Founded in 1996 in Bali, Mandara Spa is a globally recognised leader in luxury spa management, operating across premier resorts and destinations worldwide. Drawing on the healing traditions of Bali, Mandara Spa delivers authentic wellness experiences underpinned by operational excellence and strong commercial performance. With a dedicated presence in the Maldives and a network spanning multiple continents, Mandara Spa continues to build on its international reputation for delivering distinctive wellness experiences through trusted hospitality partnerships.