

# FESTIVE SEASON

2021 / 2022



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## FESTIVE SEASON 2021/2022

We extend a warm welcome to you this holiday season and we are delighted that you have made Six Senses Laamu your home during this special time of the year.

We wish you a joyous stay with us and look forward to creating magical memories for you and your loved ones. We are pleased to present this year's program of events, activities, and culinary experiences. We hope you enjoy them.

Please contact us at any time for assistance, so that we can create an extra special holiday for you.

Festive regards,  
Marteyne van Well  
General Manager

Share your Laamu stories with us this Festive season, by using the hashtags:

#SimplySixSenses

#WithLoveFromLaamu

#SixSensesLaamu

STAY SOCIAL  
@SixSensesLaamu



*All prices listed in this brochure are listed in US Dollars and subject to 12 percent government tax and 10 percent service charge. All schedules and activities are subject to change without prior notification.*

# ACTIVITIES YOU CAN ALWAYS COUNT ON

*This festive season we have a lot planned! But, that doesn't mean your holiday favourites aren't still available. The following activities can be booked any time, ask your GEM for more information.*



## Private Picnic Island Experience

Enjoy an unforgettable, once in a lifetime experience with a lavish picnic lunch on our very own deserted island.



## Private Dining

For a special occasion why not book a private dinner on the beach, at your villa or on our own sandbank!

## Sunset & Dolphin Cruise

Take a tour of the atoll as the sun slips below the horizon and dolphins come out to play.



## Spa Treatments

Explore the vast array of treatments available at the spa. Ask at the spa reception for the full menu.



## Sunrise & Sunset Fishing

Set sail into the deeper waters of Laamu Atoll, where it is very likely that you will catch something interesting.



## Sustainability Workshops

Join us in Earth Lab to learn how to make your own candles, coconut oil and homemade soap!



## Cooking Classes

Our international culinary team is ready to give you insights into sustainable Maldivian, Sri Lankan or Japanese cuisine.



## Say I Do (or say it again!)

Whether its your wedding or renewing your vows, we can promise you the perfect day to commit to your other half.



## Sunrise Breakfast on the Sandbank

Enjoy a fresh breakfast whilst the sun rises over Laamu from our private sandbank.



## Surfing

Whether you've never caught a wave before, or you're a seasoned pro, Tropicsurf have sessions available for every level.



## Diving & Snorkeling

Discover Laamu's untouched underwater world on daily guided snorkels, or dives for those wishing to venture deeper.



## Gardening Workshops

We're inviting you to get your hands dirty and join us for harvesting chili, mushrooms or microgreens.



## Sailing by Dhoni

The most romantic way to start or end another day in paradise is cruising in a traditional Maldivian dhoni.



### Teen's Paddle Board Lesson

Every Thursday @ 11:00 am - 12:00 noon. Complimentary.  
Subject to availability and reservations required.

# THURSDAY, DECEMBER 23

Hatha Yoga is the foundation of all Yoga styles. The ideal way to practice the Hatha Yoga poses (asana) is to approach the practice session in a calm, meditative mood.

Calling all teens, if you don't think you have the balance or skill to handle stand up paddle boarding, then its your chance to learn from a professional - just swing by watersports at 11:00 am.

Who can say no to lunch time bubbles? At the Champagne lunch, be guided by our Head Sommelier in this tasting experience of three Champagnes, each paired with a course made specially by our culinary team.

Tonight, join the Maldives Underwater Initiative (MUI) team to hear some cultural stories from Maldivian Folklore around a campfire on Sunset Beach. Some of the tales can be a bit dark and may not be suitable for young children.

## TODAY'S HIGHLIGHTS

8:00 am - 9:00 am	Hatha @ Yoga Pavilion	USD 25 Per Person
11:00 am - 12:00 noon	Teen's Paddle Board Lesson @ Watersports	Complimentary
1:00 pm - 2:00 pm	Champagne Lunch @ Chill Bar	USD 250 Per Person
5:00 pm - 7:00 pm	Pop Up Bar @ Organic Garden	USD 85 Per Person
9:30 pm - 10:30 pm	Campfire Folklore Stories @ Sunset Beach	Complimentary

For further details, bookings and our full activity schedule, please speak with your GEM.

## MUI

Six Senses Laamu is proud to host one of the largest marine biology and sustainability teams in the country, united under the banner of the Maldives Underwater Initiative (MUI). In partnership with The Manta Trust, Blue Marine Foundation and the Olive Ridley Project, their mission is to lead the tourism industry in the Maldives through meaningful marine conservation efforts based on research, education and community outreach. In doing so, the hope is that other resorts across the country will be inspired and empowered to follow suit, creating a culture of positive action for our oceans.

Healthy oceans require healthy ecosystems. We're committed to protecting our seagrass meadows and conserving our coral reefs. The MUI team has had a long term goal of creating marine protect areas in Laamu and this year that goal was achieved. Not only has marine protection been designated in Laamu by the Maldivian Government, but the entire atoll has also been named a Hope Spot by the international organization, Mission Blue.

**Guided Snorkel with MUI**  
Daily @ 11:00 am - 12:00 noon. Complimentary.  
Subject to availability and reservation required.



**Dive with the Manta Trust**  
Subject to availability,  
contact Deep Blue Divers  
for more information.

## THE MANTA TRUST

Six Senses Laamu is delighted to be a partner of the Manta Trust, which was established in 2005 and is one of the longest running manta ray research projects in the world.

Similar to how humans are identifiable by fingerprints, manta rays can be identified by their unique ventral spot patterns. The Manta Trust team conducts research dives to record photos of different individuals for their growing database which currently includes 136 manta rays from Laamu. You too can get involved in this research by becoming a citizen scientist- take a photo of the belly of any manta you see and submit it to the team.

The Manta Trust team joins on every dive to the local aggregation sites to provide guests with a briefing on manta rays, conduct research and take photographs during the dive. After each dive, a member of the Manta Trust team will help you identify any mantas photographed and if you encounter a new individual, you may be given the opportunity to name the manta.



**No Rush Hour @ Chill Bar**  
Its one on you, one on us!  
Daily @ 10:00 pm - 11:00 pm.

## CHRISTMAS EVE

## FRIDAY, DECEMBER 24

Start Christmas Eve with a breakfast experience unlike any other. Watch the sun rise on the privacy of our sandbank and enjoy fresh fruit, homemade pastries, coffee, tea or even a glass of champagne.

Learn how to navigate the wind in this morning's windsurfing lesson, a sport which combines surfing and sailing. Practice the basics on the beach and then head into the lagoon to try out what you have learnt.

In the afternoon, swing by ICE to meet one of the Marine Biologists on the Maldives Underwater Initiative team. Over a scoop (or two) chat about what you have seen in the water and ask any questions you may have.

This evening, our management team invites you to the Sandbank for a Christmas celebration, complete with complimentary cocktails and canapés whilst watching the sunset and live Boduberu performances. Then embark on a culinary journey at our Christmas Eve Street Market at Longitude, and perhaps an eggnog or two on your return to Chill Bar.

### TODAY'S HIGHLIGHTS

7:00 am - 8:30 am  
10:00 am - 11:00 am  
3:00 pm - 4:00 pm  
6:30 pm - 7:30 pm  
7:30 pm - 10:30 pm

Sunrise Breakfast @ The Sandbank  
Introduction to Windsurfing  
Meet a Marine Biologist  
Christmas Eve Cocktail Party @ Sandbank  
Christmas Eve Street Market @ Longitude

USD 250 Per Person  
Complimentary  
Complimentary  
Complimentary  
Inclusive

For further details, bookings and our full activity schedule, please speak with your GEM.



## EARLY BIRD AND SUNSET FISHING

Set sail on our traditional Maldivian fishing dhoni into the deeper waters of Laamu Atoll just before sunrise or as the sun sets on the horizon, where it is very likely that you will catch something interesting.

Common catches include jackfish, barracuda, wahoo and tuna. Enjoy the slow cruise back to the resort where we will prepare your freshly caught fish for your lunch or evening meal.

We follow a Catch & Release policy at Six Senses Laamu. Should you catch any protected species in the Maldives such as sailfish, grouper or marlin, our crew will help you carefully unhook and release the fish.

EARLY BIRD FISHING - USD 200 Per Person (6:00 am - 10:00 am)

COMBINED SUNSET FISHING - USD 125 Per Person (6:00 pm - 8:30 pm)

PRIVATE FISHING (Up to four guests) - USD 550

SENSE OF ESCAPE - USD 1,200 (mornings only)

## SUNSET AND DOLPHIN CRUISE

Beautiful, intelligent animals that have held the fascination of people for centuries, dolphins often make their way through Laamu Atoll at sunrise and sunset. Board our dhoni (a traditional Maldivian boat) for a tour of the atoll as the sun slips below the horizon.

Guests are frequently fortunate to witness dozens of playful dolphins spinning and diving alongside the boat. On return, sit back and watch the vibrant colors change in the sky on this combined sunset cruise with our marine biologist providing you insights into the rich underwater life of Laamu.

COMBINED SUNSET & DOLPHIN CRUISE - USD 99 Per Person

PRIVATE CRUISE (Up to four guests) - USD 495

*Experiences and excursions will be in high demand during this Festive season so please book in advance to avoid disappointment. Please contact your GEM for further information and reservations.*

Meet Santa in Longitude on Christmas Morning!  
Saturday, December 25, 2021 @ 10:00 am - 11:30 am  
Complimentary. No reservation required.



## CHRISTMAS DAY

# SATURDAY, DECEMBER 25

What has Santa brought you for Christmas? Have you been naughty or nice? Well...Come and meet him at Longitude this morning to see for yourself!

At the Alchemy Bar Workshop, learn how to make your own skin care products using ingredients sourced locally. Not only will you walk away with your own homemade products, you'll learn how to make them at home too.

Rumored by local fisherman to be the best time of day for a big catch in Laamu atoll, join our experienced boat crew in putting their local fishing methods to the test this evening! Catch a fish and leave it to the Chef to tantalize your taste buds as he serves your catch according to your preferences.

And finally, finish off your Christmas Day celebrations with your loved ones at Leaf where a delicious degustation dinner awaits, or some chocolatey cocktails at Chill Bar!

### TODAY'S HIGHLIGHTS

10:00 am - 11:30 am	Meet Santa @ Longitude	Complimentary
11:15 am - 12:00 noon	Alchemy Bar Workshop @ Spa Juice Bar	USD 35 Per Person
6:00 pm - 8:30 pm	Sunset Fishing @ Arrival Jetty	USD 125 Per Person
7:00 pm - 10:30 pm	Christmas Dinner @ Leaf	USD 185 Per Person
9:00 pm onwards	Cocktails and Chocolate @ Chill Bar	USD 65 Per Person

For further details, bookings and our full activity schedule, please speak with your GEM.

## DES MITCHELL

Des has an outstanding reputation as a DJ and is known for his ability to cover all musical preferences. His personal favorites are old soul classics but with his vast knowledge of music he knows how to choose a tune to set the emotion and mood of his audience.

Des has worked alongside many top music-industry names, such as Thin Lizzie, Brook Benton and DJ Quicksilver to name a few, and the resident DJ for the Ministry of Sound brand. He has been spinning turntables internationally, in countries as diverse as South Africa, Korea, Singapore, Dubai, Thailand, India and Japan.

Des is at home with a microphone, having worked with the BBC in both Birmingham and London, and is currently hosting radio daily for Radio One Mallorca.

**Catch Des Mitchell spinning tunes at Chill Bar every evening (apart from Fridays)**



## JUNIOR MARINE BIOLOGY

Is your child always asking questions about the world? Are they fascinated by the ocean and the animals that live within it? Do they want to change the world and make it a better place? Budding conservationists aged 6 to 16 are invited to join the Maldives Underwater Initiative (MUI) team for our Junior Marine Biology program.

Young ocean lovers will complete exciting science experiments, explore the ocean in snorkeling adventures, and learn to make their own conservation videos. MUI has designed the first five specialties and have crafted many more for you to choose when you want more.

**Junior Marine Biology classes are USD 80 per child and are available everyday on request. They run for two hours from 2:00 pm to 4:00 pm. For more information and bookings contact your GEM or a member of the MUI team.**



**Introduction to Surfing @ Surf Shack**  
 Every Thursday and Sunday @ 10:00 am - 10:45 am.  
 Complimentary and no reservation required.

## SUNDAY, DECEMBER 26

Chakra Balance Meditation uses the power of visualizations, meditation, and breath work to balance out each energy center of the body. Each chakra acts as a gatekeeper for its respective area, as the energy travels through us. When they are working smoothly, our vitality and energy can flow easily to where it's needed the most.

Learn the basics of surfing without even getting your feet wet at the Surf Shack this morning. The Surf Set board is a realistic simulation of what its like to be paddling and standing on the waves.

Luxury awaits for the Grand Crus Lunch - a culinary experience unlike any other! Indulge in a four course lunch, paired with three Grand Crus and a sweet dessert wine to finish.

This evening, set sail on a catamaran with your own private skipper. Learn the ropes or jut sit back and enjoy the sunset!

At the Maldivian Street Market, a once a year event, explore the incredible tastes of the Maldives.

### TODAY'S HIGHLIGHTS

8:00 am - 9:00 am	Chakra Balance Meditation @ Spa	USD 25 Per Person
10:00 am - 10:45 am	Introduction to Surfing @ Surf Shack	Complimentary
1:00 pm - 3:00 pm	Grand Crus Lunch @ Chill Bar	USD 450 Per Person
6:15 pm - 7:15 pm	Sunset Catamaran Sailing @ Watersports	USD 200 Per Person
7:00 pm - 10:30 pm	Maldivian Street Market @ Longitude	USD 120 Per Person

For further details, bookings and our full activity schedule, please speak with your GEM.

## UNDERWATER CHRISTMAS STAR TREASURE HUNT

The MUI team have spotted 14 stars in two different locations around the resort, all of which are underwater! Can you find them all?

Each Star has a letter on it and seven stars together spell out one word. When you think you have figured out what one of the words is, submit your answer to the ballot box in Chill Bar and stand a chance to win a private sunset & dolphin cruise or a private jungle cinema experience in the lucky draw!

**The ballot box will be opened at each sandbank cocktail party happening on Friday, December 24th and Friday, December 31st and only one correct answer will win a prize at each party. These prizes are non-refundable, non-exchangeable and must be used during your current stay.**



Take a photo with our underwater Christmas tree on the guided Snorkel with MUI Daily @ 11:00 am - 12:00 noon. Complimentary. Subject to availability and reservation required.

## SUSTAINABILITY TOUR

How does an isolated island operate? Where does our water come from? And our crops?

The heart of Six Senses Laamu is tucked away in the center of the island. You are invited to join our Sustainability Manager to see our sustainability initiatives in action and also learn how such an isolated resort operates responsibly in terms of ecological and community impacts.

Highlights of the tour include the Leaf organic garden, Earth Lab recycling center, 'Kukulhu Village' chicken farm, onsite tailor, carpentry workshop, desalination plant, power house, and host village.

**Join the complimentary Sustainability Tour Daily (apart from Saturdays), from 10:30 am and 2:30 pm. Contact your GEM for more information and bookings.**





## MONDAY, DECEMBER 27

No waves? No wind? No problem. Surf above the turquoise waters with our electric hydrofoil surfboard during this mornings E-Lift Foil Board Session at Watersports.

Facial yoga is a type of yoga dedicated to exercising the muscles of the face, skull and neck, smoothing wrinkles and eliminating toxins and tension. This session provides what no cosmetic can achieve; it accesses the inner body through drainage, toning, relaxation and nutrition, which all act in synergy to create an experience unlike any other.

Jump on board one of our speed boats for the Find a Nemo Turtle Safari! Guided by one of our Marine Biologists, you will snorkel on two of Laamu's nicest reefs, and enjoy some fresh fruits and juice in between. Often spotted are juvenile turtles, colorful reef fish and small reef sharks.

Body Balance is a guided meditation, where you will be grounded in the present moment. This helps to clear blockages of energy channels, promotes relaxation and calms the mind and body.

### TODAY'S HIGHLIGHTS

10:00 am - 11:00 am	E-Lift Foil Board Session @ Watersports	USD 275 Per Person
11:00 am - 11:45 am	Facial Yoga @ Yoga Pavilion	Complimentary
2:30 pm - 4:30 pm	Find a Nemo Turtle Safari @ Dive Center	USD 65 Per Person
4:00 pm - 4:45 pm	Body Balance Workshop @ Yoga Pavilion	Complimentary
6:15 pm - 7:15 pm	Sunset & Dolphin Cruise @ Arrival Jetty	USD 99 Per Person

For further details, bookings and our full activity schedule, please speak with your GEM.

# THE DEN

Wellbeing starts young at Six Senses! Grow With Six Senses incorporates the six dimensions of wellness (social, environmental, physical, spiritual, emotional and intellectual) so kids can reconnect with nature and gain useful life skills through play.

Kids of all ages are invited to join us in The Den where we offer a selection of activities both inside our cozy Den and outside across the island. From festive decoration and card making to marine animal sculptures, and informative and educational activities on sustainability around the resort, every child will find something that amuses and amazes them.

Festive-themed movie nights under the stars and kids buffets will be a valuable resources for parents so that you can relax with the knowledge that your children are in the best of hands, and doing what kids do best: having fun!

## DO YOU NEED A GUARDIAN ANGEL FOR YOUR LITTLE ANGELS?

Our Babysitters have a minimum of three years professional experience in childminding. If you require some time out, let us look after your children. We also specialize in looking after babies and toddlers. Please speak with your GEM for our babysitter rates.

For further details, bookings and our full activity schedule, please speak with your GEM



# THE DEN

## SPECIAL FESTIVE ACTIVITIES

### THURSDAY, DECEMBER 23

Henna Tattoo & Face Painting, Bicycle Parade, Scrapbook Retouch, Sea Turtles with Isha, Family Christmas Marathon and Little VIPs Cinema Under the Stars.

### FRIDAY, DECEMBER 24

Kids Yoga, Local Fruit Kebab with Chocolate Dipping, Christmas Stocking Hunt, Decorate the Christmas Tree, Cheeky Chicks, Boduberu Class & Parade and Little VIPs Mocktail Party.

### SATURDAY, DECEMBER 25

Meet Santa, Ice Boat Challenge, Coconut Hunt and Painting, Christmas Cookie Making, Beach Football and Little VIPs Cinema Under the Stars.

### SUNDAY, DECEMBER 26

Inflatable Fun Tube Ride, Leaf Garden Tour, Scrapbook Retouch, Sorbet Making & Ice Cream Tasting, Bracelet Making, Little VIP Dolphin Cruise and Explorer Night.

### MONDAY, DECEMBER 27

Kids Alchemy Bar, Holiday Facial for Mom or Dad, Fun Games at the Pool, Coconut Shell Crafts, Amazing Manta, Gardening & Tour and Little VIPs Cinema Under the Stars.

### TUESDAY, DECEMBER 28

Nature Walk & Wind Chime Making, Christmas Recycle & Remake, Tin Can Cars Race, Cupcake Decoration, Battle of the Athletes and Little VIPs Disco.

### WEDNESDAY, DECEMBER 29

Inflatable Fun Tube Ride, Pirate Treasure Hunt, Henna Tattoo & Face Painting, Marine Life with MUI, Backyard Olympics and Little VIPs Cinema Under the Stars.

### THURSDAY, DECEMBER 30

Earth Lab Visit, Capture the Island Flag, Scrapbook retouch, Sea Turtles with Isha, Battle of the Athletes and Under the Sea Cocktail Party with MUI.

### FRIDAY, DECEMBER 31

Kids Yoga, Fruit Salad Making, Scrapbook Retouch, Palm Weaving, Boduberu Class & Parade and Little VIPs Mocktail Party.

### SATURDAY, JANUARY 1

Nature Walk & Wind Chime Making, Tin Can Junkyard Art & Racing, New Year Card Making, Wellness Cookies, Family Holiday Marathon and Little VIPs Cinema Under the Stars.

### SUNDAY, JANUARY 2

Inflatable Fun Tube Ride, Aqua Aerobics in the Pool, Scrapbook Retouch, Sorbet Making, Bracelet Making, Finding Pods: Little VIP Dolphin Cruise and Pizza & Pyjama Party.

### MONDAY, JANUARY 3

Kids Alchemy Bar, Holiday Facial for Mom or Dad, Fun Games at the Pool, Local Fruit Kebabs, Amazing Manta, Journey to the Heart of Laamu and Little VIPs Cinema Under the Stars.



For further details, bookings and our full activity schedule, please speak with your GEM



Rent your own boat with Ocean Sports and explore Laamu Atoll on your own time!  
Any day on request, starting at USD 350 per hour

## TUESDAY, DECEMBER 28

Power yoga is a fast-paced style of yoga that's focused on building strength and endurance. It also requires mindfulness and focus on your breathing. Power yoga is more dynamic than meditative forms of yoga, and provides a good cardio and strength-training workout.

How does a five-star resort function on such a remote island? You are invited to join our sustainability team for a behind the scenes tour of our island to uncover more about our operations and sustainability initiatives.

Learn how we make our own soaps right here at Six Senses Laamu. Not only will you bring home some new skills, you'll also walk away with a bar of your own!

Tonight, Longitude has be transformed into a Mediterranean Spice Souk where you can enjoy delicious Mediterranean live cooking! After that, swing by Chill Bar to taste and learn more about some of the finest whiskeys from all over the world.

### TODAY'S HIGHLIGHTS

8:00 am - 9:00 am	Power Yoga @ The Yoga Pavilion	USD 35 Per Person
10:30 am - 11:30 am	Sustainability Tour @ Welcome Champa	Complimentary
3:30 pm - 4:30 pm	Soap Making Workshop @ Earth Lab	USD 50 Per Person
7:30 pm - 10:30 pm	Mediterranean Spice Souk @ Longitude	USD 120 Per Person
9:00 pm - 10:00 pm	Blind Whiskey Tasting @ Chill Bar	USD 95 Per Person

For further details, bookings and our full activity schedule, please speak with your GEM.

# SPA AND WELLNESS

Six Senses Spa offers a layered approach that unites a pioneering spirit with treatments that go beyond ordinary. At Six Senses, you will find an intuitive mix of science and human awareness, where our high tech and high touch approach defines a service that is crafted around the individual. Join our specialized therapists on a wellness journey to reconnect with your mind, body, and soul.

Our Integrated Wellness Practitioners offer a personalized consultation using evidence-based, noninvasive screening technology to analyze key physiological biomarkers of health, including body composition, metabolism, oxygen distribution and heart function, as well as stress parameters. Offering a program tailored to what you want to achieve that includes food, sleep, fitness, and meditation, ensuring your entire holiday is aligned with your wellness goals.

## WORKSHOPS

### **Complimentary**

Body Balance, Art of Breathing, Head Massage Couples Workshop, Six Senses Meditation, Yoga Nidra, Qi Gong, Foot Massage Workshop, Facial Yoga, Abs Blast, Thai Stretch Couples Workshop

### **From USD 25 Per Person**

Hatha Yoga, TRX Full Body Workout, SUP Yoga, Chakra Balance Meditation, Aerial Yoga, Alchemy Bar Workshop, Mat Pilates, Power Yoga, Vinyasa Yoga

For further details, bookings and our full activity schedule, please speak with your GEM





## WEDNESDAY, DECEMBER 29

This morning, join our chocolate alchemist, Alvina, at ICE where they will provide a talk on how we source and produce our chocolate, and of course you get to try it too!

Enjoy a Belgium beer tasting experience hosted by our Head Sommelier (its not just wine he likes!) and accompanied with delicious homemade Belgium fries and homemade sauces.

Aerial yoga is a unique technique which uses a fabric hammock to support the body into deep stretches and inversions.

At the Surf and Turf BBQ, enjoy out of the ordinary flavor combinations at Sip Sip beach and finish the evening off with chocolates and carefully paired cocktails at Chill Bar!

### TODAY'S HIGHLIGHTS

10:30 am - 11:00 am	Chocolate Presentation @ ICE	Complimentary
1:00 pm - 2:30 pm	Belgium Beer Lunch @ Chill Bar	USD 95 Per Person
5:00 pm - 5:45 pm	Aerial Yoga @ Yoga Pavilion	USD 35 Per Person
7:30 pm - 10:30 pm	Surf & Turf BBQ @ Sip Sip Beach	USD 195 Per Person
9:00 pm onwards	Cocktail and Chocolate Pairing @ Chill Bar	USD 65 Per Person

For further details, bookings and our full activity schedule, please speak with your GEM.

# BLUE MARINE FOUNDATION

Blue Marine Foundation (BLUE) is working closely with Six Senses to conserve reef fish populations through a combination of research, education and raising awareness among fishermen. In 2019 they launched the “Laamaseelu Masveriya” program, meaning “Exemplary Fisherman” in the local language Divehi. With thanks to this program we can guarantee that all reef fish on our menus are sustainably caught.

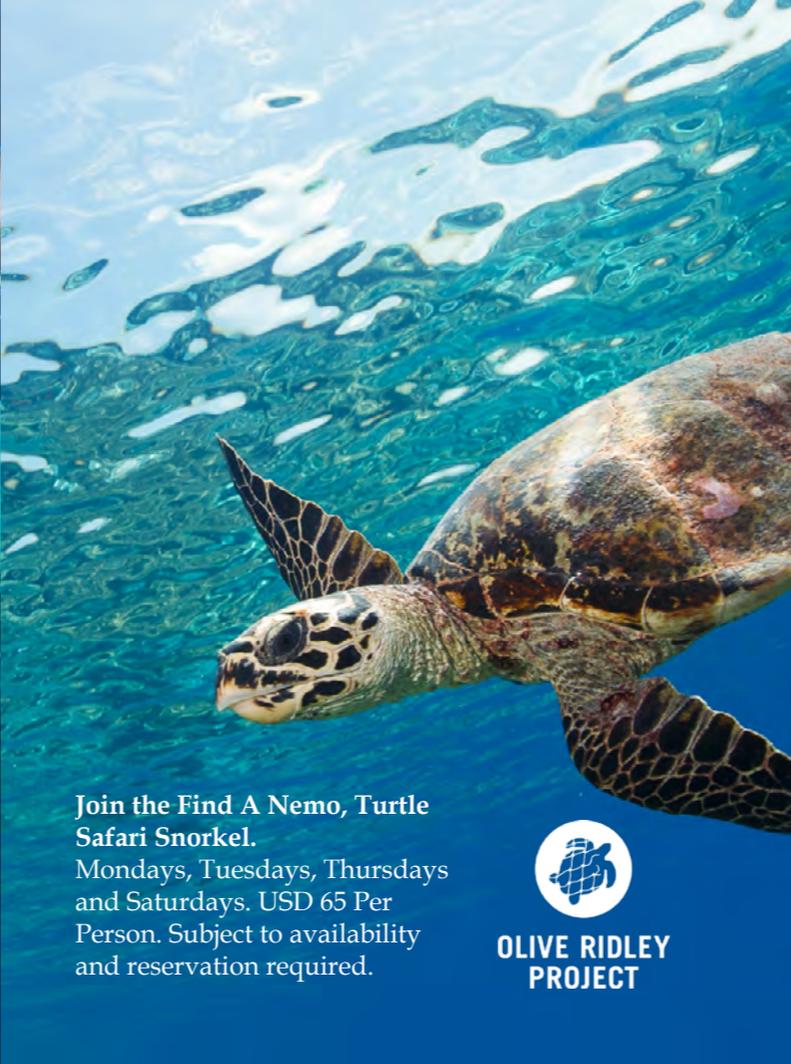
All local fishermen in this program have signed a code of conduct which stipulates rules that the fishermen and the resort agree to follow to ensure they fish and trade in a sustainable way. Abundant and diverse coral reef fish populations are integral to the health of Maldivian coral reefs.

‘We are proud to work with BLUE to ensure long-term protection of the Atoll’s marine environment.’ Marteyne Van Well, General Manager, Six Senses Laamu.



**BLUE MARINE FOUNDATION**

Learn more in the daily evening talks by MUI at ICE Every night excluding Fridays @ 7:00 pm. Complimentary and no reservation required.



# THE OLIVE RIDLEY PROJECT

The Olive Ridley Project (ORP) is a UK registered charity with the mission of protecting all species of sea turtles, including the Olive Ridley sea turtle for which it is named. Olive Ridley sea turtles are rarely seen in Maldives and unfortunately most encounters occur when they are trapped in discarded ghost nets drifting into the country’s waters by ocean currents.

Olive Ridley’s important work involves removing ghost nets and other marine debris from the sea, rescuing and rehabilitating injured sea turtles and raising awareness about the dangers of ocean pollution to the livelihood of sea turtles.

The Olive Ridley Project has a national database of more than 3,000 turtles, to which Six Senses Laamu has been contributing since 2016, with over 500 turtles identified so far in Laamu. Six Senses Laamu’s sea turtle biologist manages the ID database, as well as the nesting and hatching of green sea turtles on our island from April - October.

Join the Find A Nemo, Turtle Safari Snorkel. Mondays, Tuesdays, Thursdays and Saturdays. USD 65 Per Person. Subject to availability and reservation required.



**OLIVE RIDLEY PROJECT**

You're invited to MUI's Annual Underwater Themed Cocktail Party at the Jungle Cinema! Thursday, December 30th @ 6:30pm. Drinks are A La Carte and no reservation required.



## THURSDAY, DECEMBER 30

This morning, swing by the organic garden for a fresh sugar cane juice, from sugar cane harvested right here on the island.

At lunch, we're starting the New Year's Celebrations early! Join our bar team at Sip Sip beach for some special lunch time cocktails.

The Deep Blue Dive Center team is inviting all teenagers aged 10 to 15 years old to try out scuba diving this afternoon in this complimentary introductory session!

The Maldives Underwater Initiative (MUI) Team invites you to an under-the-sea themed cocktail party! Enjoy ocean themed cocktails, mingle with our team of ten marine biologists and enjoy the year's diving highlights on the big screen of the jungle cinema.

Finally, finish the day with a dinner in Leaf featuring our team's finest truffle dishes.

### TODAY'S HIGHLIGHTS

11:00 am - 11:30 am

Lunch Time

3:00 pm - 5:00 pm

6:30 pm - 8:00 pm

7:30 pm - 10:30 pm

Sugar Cane Tasting @ Organic Garden

Beach Cocktails @ Sip Sip Beach

Teens Discover Scuba Diving @ Dive Center

MUI's Under The Sea Party @ Jungle Cinema

Truffle Dinner @ Leaf

Complimentary

A La Carte

Complimentary (10 - 15 years)

A La Carte

USD 295 Per Person

For further details, bookings and our full activity schedule, please speak with your GEM.

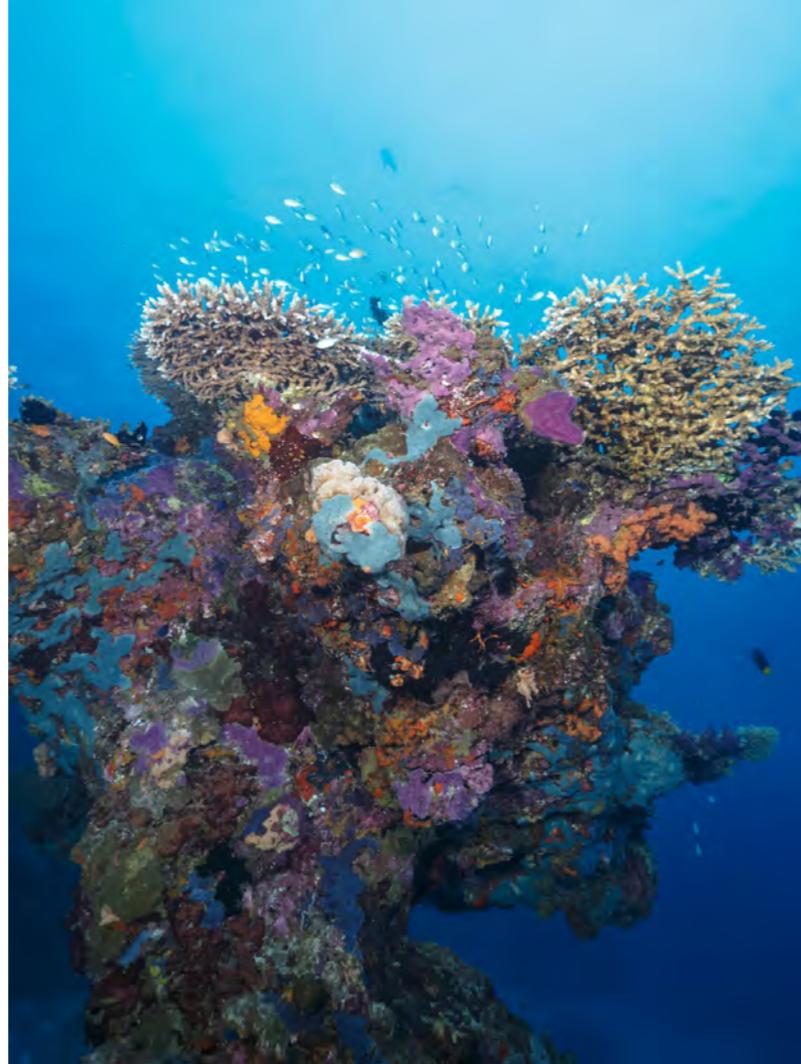
# DEEP BLUE DIVERS

Laamu Atoll is a diver's paradise. The crystal clear water surrounding the atoll offers excellent visibility, making the atoll one of the unique and unspoiled diving destinations in the Maldives.

The presence of rare species, as well as more commonly found marine life is another major reason for the popularity of Laamu Atoll as a diving destination.

Deep Blue Divers offer a variety of diving options: night dives, two-tank dives, all-day dive trips and many more. If you are not a certified diver you can experience the beautiful underwater world by doing a Discover Scuba Dive on our house reef. Afterwards you have the option to join one of our dive boats for more underwater adventures.

For younger guests (8 to 9 years) who want to start learning, they can sign up for a Bubble Maker or Seal Team class and start getting acquainted with diving.



## DIVE EXPERIENCES

PADI BUBBLE MAKER	USD 110
PADI DISCOVER SCUBA DIVING (DSD)	USD 200
2ND DSD HOUSE REEF	USD 130
2ND DSD BOAT DIVE	USD 150

eight - nine years of age  
Theory + Confined + Dive  
Maximum Depth 12 meter  
Maximum Depth 12 meter



## ENTRY LEVEL COURSES

PADI SCUBA DIVER	USD 575
PADI OPEN WATER	USD 975
UPGRADE SCUBA DIVER TO OPEN WATER	USD 500
PADI REFERRAL COURSE	USD 600

2 ½ Days - 3 Theory + 3 Confined + 2 OW Dives  
4 Days - 5 Theory + 5 Confined + 4 OW Dives  
2 Days - 2 Theory + 2 Confined + 2 OW Dives  
2 Days, 4 OW Dives (if Confined + Theory already completed)

## DIVES (CERTIFIED DIVERS ONLY)

ONE TO FIVE DIVES (per dive)	USD 110
11 TO 20 DIVES (per dive)	USD 100
ORIENTATION DIVE AT HOUSE REEF	USD 100
PADI REACTIVE AT HOUSE REEF	USD 199

SIX TO TEN DIVES (per dive)	USD 105
21 DIVES PLUS (per dive)	USD 95
SCUBA REVIEW	USD 150
NIGHT DIVE	USD 20 Surcharge

*For further details, bookings and our full schedule, please speak with our Deep Blue Dive team or your GEM. Prices include equipment, boat trips and dive guide unless otherwise stated. DAN (Divers Alert Network) insurance coverage included.*



Watch the Boduberu drummers and dancers at the New Year's Cocktail Party! Friday, December 31 @ 6:30 pm - 7:30 pm. Complimentary and no reservation required.

## NEW YEAR'S EVE

# FRIDAY, DECEMBER 31

Standup paddle boarding is a challenging and fun way to practice yoga and fitness, whilst completely surrounded by nature. It helps build strong core, increase flexibility, balance and focus, it also helps improve your sleep and reduces stress and anxiety.

It's not too late to learn a new sport in 2021! Head over to watersports this morning for a complimentary windsurfing lesson. You will practice the basics on the beach and then head into the sheltered lagoons to try out what you have learnt.

To kick start the New Year celebrations, you are invited to a cocktail party on our sandbank. Enjoy some of our finest drinks and canapés, live entertainment and the best view to watch the last sunset of 2021.

Then, at Longitude, our international team of chefs have prepared some of the finest cuisines from around the world for you to enjoy. At 10:00 pm our beach party begins! See you at Sunset Beach where we will welcome 2022 in style over drinks and the tunes of DJ Des!

### TODAY'S HIGHLIGHTS

8:00 am - 9:00 am

SUP Yoga @ Sip Sip Pool

USD 45 Per Person

10:00 am - 11:00 am

Introduction to Windsurfing @ Watersports

Complimentary

6:30 pm - 7:30 pm

New Year's Eve Cocktails @ Sandbank

Complimentary

7:30 pm - 10:30 pm

New Year's Eve Street Market @ Longitude

Inclusive

10:00 pm - Late

The Countdown Begins @ Sunset Beach

A La Carte

For further details, bookings and our full activity schedule, please speak with your GEM.



**Glamorous Sandbank Sunbathing**  
Daily @ 10:00 am - 12:00 noon. USD 195  
Per Person. Subject to availability and  
reservations required.

## NEW YEAR'S DAY

# SATURDAY, JANUARY 1

Our General Manager, Marteyne, always starts her year with an early morning dive. Over the years it has become a tradition for staff and guests to join too. Why not come join us on this annual tradition and begin your New Year's Day below the surface.

If you wish, you can have the sandbank all to yourself for two hours of total privacy and relaxation. Enjoy the hot sun, white sand, gentle sea breeze and the refreshing turquoise waters of the Indian Ocean.

Start afresh and set your goals for the year ahead with an Integrated Wellness Screening. Using the results, our wellness experts will provide a treatment to treat your target areas.

Settle down and relax this evening with a movie screening and homemade popcorn during the cinema under the stars.

### TODAY'S HIGHLIGHTS

8:00 am - 10:00 am	New Year Dive with Marteyne @ Dive Center	USD 110 Per Person
10:00 am - 2:00 pm	Glamorous Sunbathing @ The Sandbank	USD 195 Per Couple
11:00 am - 3:00 pm	Wellness Screening & Treatment @ Spa	USD 250 Per Person
6:00 pm - 8:30 pm	Sunset Fishing @ Arrival Jetty	USD 125 Per Person
9:30 pm onwards	Cinema Under the Stars @ Sunset Beach	Complimentary

For further details, bookings and our full activity schedule, please speak with your GEM.

# TROPICSURF

Surfing is difficult, Tropicsurf makes it easy.

Improve your surfing with personalized coaching under our world-class teaching pedagogy. Ten levels. One-hundred core skills. You'll always learn something new. With Tropicsurf, your improvement can be never ending.

Six Senses house reef frequently offers a couple of quick, rippable lefts which are a short, convenient paddle from Sip Sip. Across the channel and within view, the mighty Yin Yangs can, on its day, delivers one of the most powerful and perfect right-hand barrels in the country. The atoll contains several other waves, some extremely close, others accessed by half hour boat trip.

If you value surfing safely, having your time maximized and improving your surfing rapidly, then you'll love surfing with your Tropicsurf guides. Learn to surf today. No experience preferred!



**Book onto a surf lesson!**  
Visit the Surf Shop and Surf Shack for further information.

**Try out Watersports!**  
Visit Ocean Sports Centre next to LEAF 9:00 am - 6:00 pm



# OCEAN SPORTS CENTRE

Ocean Group Maldives customizes bespoke experiences for discerning travelers seeking truly unique water sports experiences and have partnered with some of the best luxury resorts in Asia with the highest standards of sustainability and eco-tourism.

The Ocean Group watersports center offers a variety of options for aqua lovers. Our experienced instructors will assist you in getting acquainted with the equipment and provide you available options include kayaking, catamaran sailing, stand up paddle (SUP), windsurfing, knee or wake boarding, X-Jet blade, Sea bob, water skiing, Sea doo scooters, inflatable rides and kite surfing.

For beginners, classes are offered for waterskiing, wakeboarding, catamaran sailing, windsurfing, and snorkeling.

For further details, bookings and our full activity schedule, please speak with your GEM.



#ProtectMaldives

## SEAGRASS

Join MUI on a guided Seagrass Snorkel

Every Sunday @ 11:00 am - 12:00 noon. Complimentary.

Subject to availability and reservation required.



## SATURDAY, JANUARY 2

Here in the Maldives, its the early bird that catches the fish! Set off as the sun rises with other guests and our very experienced boat crew. Catch a fish or two and Chef will cook it for you!

Watch the sun rise above the palm trees in the privacy of our sandbank and enjoy a breakfast of fresh fruit and homemade pastries, along with coffee or tea or even a glass of champagne.

MUI's #ProtectMaldivesSeagrass campaign encouraged over one quarter of all resorts in the Maldives to protect their seagrass beds. Every Sunday at 11:00 am, join the MUI team on a guided snorkel of our island's lush meadows between the jetties for a chance to see grazing sea turtles, rays, and sharks!

Tonight, our Executive Chef has created a unique dining experience with culinary delight focusing on wellness and sustainability where he will pair homemade ferments and biodynamic wine.

### TODAY'S HIGHLIGHTS

11:00 am - 12:00 pm	Early Bird Morning Fishing @ Arrival Jetty	USD 200 Per Person
7:00 am - 8:30 am	Sunrise Breakfast @ Sandbank	USD 250 Per Person
11:00 am - 12:00 noon	Seagrass Snorkel with MUI @ Dive Center	Complimentary
4:00 pm - 4:45 pm	Qi Gong @ Yoga Pavilion	Complimentary
7:30 pm - 10:30 pm	Chef's Table: The Conscious Cook @ Chill Bar	USD 265 Per Person

For further details, bookings and our full activity schedule, please speak with your GEM.

### Private Picnic Island Experience

Daily @ 10:30 am - 4:30 pm. From USD 395 Per Person.  
Subject to availability and reservations required.



## MONDAY, JANUARY 3

Ever dream about being stranded on a tropical island? If you're going to do it, you may as well do it five-star! Enjoy a once in a lifetime experience with a lavish picnic lunch on our very own deserted island. Soak up some sun, go snorkeling or just relax - the island is all yours for the day!

Today's Treatment of the Day at the Spa is 'Relax Together'. Over a two hour session, enjoy an Alchemy Bar experience where you will each create a unique body scrub and herbal poultice. Your therapist will then tailor your full body scrub and signature massage to incorporate your exotic creations.

Come by the Earth Lab this afternoon to learn how we make our coconut oil here on island, and of course you get to take some home as well!

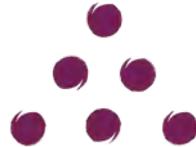
Before dinner, the Maldives Underwater Initiative team invite you to ICE for a special talk on Laamu's marine life.

### TODAY'S HIGHLIGHTS

8:00 am - 8:45 am	Aerial Yoga @ Yoga Pavilion	USD 35 Per Person
10:30 am - 4 :30 pm	Private Picnic Island Experience	USD 395 Per Person
11:00 am - 3:00 pm	Treatment of the Day: Relax Together @ Spa	USD 330 Per Person
3:30 pm - 4:30 pm	Coconut Oil Making Workshop @ Earth Lab	USD 35 Per Person
7:00 pm - 7:30 pm	Evening Talk with MUI @ ICE	Complimentary

For further details, bookings and our full activity schedule, please speak with your GEM.





SIX SENSES

LAAMU

MERRY CHRISTMAS AND HAPPY NEW YEAR

[sixsenses.com/laamu](https://sixsenses.com/laamu)