

V Villas Maldives at Mirihi - MGallery Collection

Wellness Thermal Experiences

Infrared Sauna

Chromotherapy

Red-Light Therapy

Infrared Sauna & Light Therapy

A longevity-focused thermal experience that supports circulation, cellular vitality, and nervous system restoration.

The gentle infrared heat promotes cardiovascular health, recovery, and detoxification, while chromotherapy light enhances mood, relaxation, and circadian balance.

For added benefits, alternate heat with cold immersion to boost circulation, metabolism, and stress resilience.

Chromotherapy Guide



Pink – Cleansing · Circulation

Violet – Calming · Lymph flow

Indigo – Eyes · Clarity

Blue – Soothing · Nervous system

Green – Balance · Relaxation

Yellow – Digestive · Skin vitality

Orange – Energy · Respiratory

Red – Activation · Circulation

With Our Compliments:

All guests are invited to enjoy a 20-minute infrared sauna experience during their stay for a gentle introduction to thermal relaxation after travel.

Our *Longevity* Offerings:

Sauna & Red-Light Therapy

30 min | USD 65++

Gentle infrared warmth combined with targeted red-light therapy to stimulate circulation, support skin vitality, and encourage cellular renewal. Completed with a cooling aromatic towel and herbal infusion.

Ideal as a pre-treatment boost.

Recovery Booster

60 min | USD 145++

Our infrared sauna warmth prepares the body for release, followed by full body red light therapy to support repair and renewal. Continuing with **foot reflexology** to restore circulation, balance energy flow, and ground the nervous system.

Ideal for muscle recovery or travel fatigue.

