

Perfect Ramadan Wellness Retreat – Amilla Maldives Resort and Residences

As I sit here writing from the [Amilla Maldives Resort and Residences](#) in Maldives, I'm thinking about lessons we can take from **Ramadan** (or 'Ramazan' as we call it over here), regardless of whether you have any religious or spiritual affiliation or not. Ramadan is a time of fasting and reflection, and these are a couple of concepts that have gained a lot of traction in the wellness community over the past few years.

Of course, intermittent fasting in itself is nothing new, but as I am fascinated with wellness I'd like to talk about how it's been embraced by this community, as well as its benefits for your body and mind. A wellness retreat stay at a luxury resort such as Amilla Maldives Resort and Residences is perfect.

Amilla Maldives Resort and Residences is located on one of the largest Maldives luxury resort islands. This luxury property focuses on wellness and is nestled in the pristine beauty of Baa Atoll UNESCO Biosphere Reserve.

Ramadan

As I'm sure you already know, with Ramadan, the fasting lasts from sunset to sunrise. The duration depends upon your location. Therefore, with intermittent fasting, the fasting period tends to be a little longer. Thus, up to 16 hours of fasting is recommended. Although unlike with Ramadan, you can still drink water or any no-calorie drinks during the fasting period.

Fasting for 10-16 hours will give your body the opportunity to

turn its fat stores into energy. As a result, it releases ketones into the bloodstream to encourage weight loss. Plus, it also gives your body a chance to regenerate and heal. However, it's important that you do it correctly.

Fasting Tips

Here are some of my tips for successful intermittent fasting:

1) Choose nutrient-dense foods that are rich in protein, fibre and 'good' fats such as fish, nuts, eggs, avocados and lean meat to break fast. This will help regulate your blood sugar and ensure you're not depriving yourself of nutrients.

2) Break your fast gently at first with portions of healthy food, avoiding sugar and carbohydrates. Consume good fats for your meal prior to fasting as this helps your body to feel full longer.

3) If you know you're easily tempted by unhealthy snacks, use them up, put them out of sight or give them away before attempting a fast so you won't break your resolve.

4) Stay hydrated with water. People doing intermittent fasting often find that fasting overnight is easier, since they are asleep for a big chunk of the fasting period and therefore not feeling hunger pangs or thinking about food.

Date Macadamia Bars

Dates are the traditional way to break fast during Ramadam however they are very high in sugars. Blending them with good fats from nuts and coconut oil gives your body long lasting fuel and the salt helps to rehydrate.

1 cup medjool dates

$\frac{3}{4}$ cup macadamia nuts

$\frac{1}{2}$ cup ground almond

$\frac{1}{4}$ teaspoon sea salt

$\frac{1}{2}$ teaspoon ground ginger

$\frac{1}{4}$ cup coconut oil

$\frac{1}{4}$ teaspoon of sea salt flakes for topping (optional)

Place all ingredients into a food processor and process until smooth. Place into a 20x10cm tin and press firmly to smooth the top. Sprinkle sea salt flakes on top. Refrigerate until firm and cut into bars.

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We hope are able to travel to the Maldives in the near future. The Amilla Maldives Resort and Residences is the ideal locale for Ramadan wellness retreat. Return soon to read about latest luxury destination news.

Photo: Amilla Maldives Resort and Residences