



H E R I T A G E

Le Telfair

MAURITIUS

WELLNESS BLISS

THE EXCLUSIVE « MILLESIME COLLECTION BY SEVEN COLOURS » AT HERITAGE LE TELFAIR

Same as a great wine, Seven Colours offers at Heritage Le Telfair its Millesime collection.

Implanted at the heart of the Wellness Pavilion, as well as in the whole Domaine de Bel Ombre, Seven Colours spa offers you a holistic approach to wellness. Healthy dishes, tailor-made wellness holidays by our specialists, fitness and meditation exercises, daily Yoga and Tai chi classes, introductory sessions about Wellness and the art of relaxation, vitality walks in the Frédérica Nature Reserve, the choice is yours. Our in-room Wellness menu is also available for a better personalised experience (bath preparation, pillow scent, TV meditation program, relaxation music channel, care products in the mini bar).



Here is a selection of Wellness activities offered at Heritage Le Telfair Golf & Wellness Resort:

- Workshops with international professionals (Yoga, Pilates, Tai Chi, Qi Gong ...)
- Health and Wellness menus and detox cocktail in the restaurants and bars of Heritage Le Telfair
- Vitality walks in the Frédérica Nature Reserve
- Signature Massages
- Visit our website www.heritageresorts.mu for more details.
- An osteopath, Wellness expert, offers a complete Wellness diagnosis, osteopathy sessions, golf-oriented sessions and many other activities.

The "Wellness Bliss" experience is the embodiment of the care and revive your body at 360 degrees thanks to a peaceful environment and treatments adapted to your needs. Le Domaine de Bel Ombre, located between the pristine lagoon and the mountains, is a natural and idyllic environment to delve into a total healing of your being.

The various "Wellness" activities will make your mind and your body reconnect. Among these activities, you will find Tai Chi, Qi-Gong, Yoga and meditation. The Wellness Expert of Le Domaine de Bel Ombre will accompany you and guide you on the path of rejuvenation.

WELLNESS BLISS PACKAGE

AT HERITAGE LE TELFAIR

- A wellness experience per day, according to your needs and desires.
- At the beginning of the stay, a "Wellness" consultation with the osteopath is scheduled on the day of your arrival. It will be followed by a 45-minute Wellness experience.

MASSAGE SELECTION

Relaxing massage
Soothing massage
Detoxifying massage
Back and shoulders massage
Heavy leg and foot massage
Anti-Jet-Lag massage

SELECTION OF MAURITIAN BODY CARE

Coconut gourmet scrub
Tea gourmet scrub
Coffee gourmet scrub
Sugar gourmet scrub

SELECTION OF HEALTH CARE

Osteopathic care
Reiki session
Digestive massage
Pain-relieving massage
Lymphatic Massage

FITNESS SESSION WITH PERSONAL COACH

Upper or Lower body sculpting
Trail / Running
Abs and Strengthening classes
Circuit training
Mountain Biking / Cycling

PRIVATE "BODY & SPIRIT" SESSION

Yoga Asthanga
Yoga Atha
Tai Chi
Qi gong
Pilates
Pilates with balls
Meditation

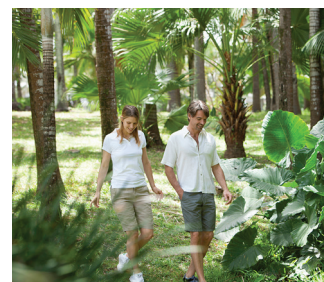
SELECTION OF WELLNESS WORKSHOPS

Maintaining good postures
The art of breathing
Healthy Eating
Master or slave of your mind
Understanding your body
Initiation to wellness



EXPERIENCE "WELLNESS" IN NATURE

Active walk in the sea
Walk in the forest (Shinrin-Yoku)
Wellness Walk
Dynamic walk in the Frédérica Nature Reserve



Terms and Conditions

These Menus & Selections are illustrative, the program may change without notice. We invite you to refer to the Wellness Bliss menu available at the Pavilion • A pre-consultation, about fifteen minutes long on your arrival with our experts, will allow you to define your wellness program as well as possible. • Then, you will discover your first "Wellness" experience. (Eg: anti-jet-lag massage) • Daily sessions will take place between 9 am and 4 pm. Any cancelled appointments cannot be postponed or refunded.

• The formula applies for a minimum stay of 7 nights. • One booked experience per night • This package is for one person and cannot be shared. The sessions are nominative. • Sessions are not refundable or exchangeable. Reserved only for adults (+18 years)