

Relaxation Package

UNWIND, RECHARGE & REJUVENATE: THE ULTIMATE 3-DAY RELAXATION EXPERIENCE

Find Your Inner Peace | Release Stress | Restore Balance

Take a break from the demands of daily life and immerse yourself in a **deeply rejuvenating 3-day Relaxation Package**. Designed to soothe the body, calm the mind, and restore inner harmony, this programme combines holistic therapies, soothing massages, mindful movement, and natural wellness rituals to bring a profound sense of relaxation and renewal.

Through carefully curated treatments and expert guidance, you'll emerge feeling **refreshed, rebalanced, and deeply restored**—ready to embrace life with clarity, vitality, and renewed energy.

LONG BEACH
MAURITIUS



Why Choose A Relaxation Retreat?

Stress, tension, and fatigue can accumulate over time, affecting both physical and mental wellbeing. Our Relaxation Package is designed to help you release built-up stress, soothe your nervous system, and re-energise through a combination of deeply relaxing **massages, mindfulness practices, and restorative therapies**.

Your 3-day Relaxation Programme

DAY 1 – UNWIND & RELEASE

Steam Bath – Eases muscle tension, detoxifies, and prepares the body for relaxation

Herbal Relaxing Body Polish (30 mins)
Gently exfoliates, softens the skin, and promotes deep relaxation

Mauritian Authentic Massage (60 mins)
A signature massage designed to relieve tension and restore energy flow

DAY 2 – DEEP CALM & NOURISHMENT

Steam Bath

Abhyanga Massage (60 mins) – A traditional Ayurvedic full-body massage that **balances energy, relieves stress, and enhances overall wellbeing**

Shirodhara (30 mins) – A deeply calming treatment where warm oil is gently poured over the forehead to **soothe the nervous system and quiet the mind**

DAY 3 – RENEW & REBALANCE

Steam Bath

Ultimate Aromatherapy Massage (60 mins)
A deeply soothing massage using essential oils to promote **emotional and physical relaxation**

Sunrise Yoga

Sleep Therapy GLOW Pillow Mist
Transform bedtime into a soothing ritual and drift into serenity with our Sleep Therapy GLOW Pillow Mist. Simply mist, breathe deeply, and unwind as the calming scent helps you let go of the day and reconnect with your inner peace.

**YOUR WELLNESS INVESTMENT:
Rs 18,000**

A complete 3-day relaxation retreat designed to relieve stress, restore balance, and promote inner peace.

WHY CHOOSE OUR RELAXATION PACKAGE?

- Designed by **wellness experts** to provide a truly restorative experience
- Holistic approach that blends **massage, aromatherapy, mindful movement, and skincare**.
- **Natural and organic ingredients** to nurture both body and mind.
- Includes **post-retreat support** with herbal phytotherapy to extend relaxation at home

Detox Package

RENEW, CLEANSE & REBALANCE: THE ULTIMATE 5-DAY DETOX EXPERIENCE

A Holistic Approach to Wellbeing & Rejuvenation

Step into a world of **pure renewal** with our carefully designed **5-day Detox Package**, created to **eliminate toxins, boost metabolism, enhance digestion, and restore vitality**. This transformative experience combines ancient healing traditions with modern wellness techniques, offering a complete mind-body reset.

Through **therapeutic spa treatments, natural detoxifying remedies, and personalised coaching**, this programme will leave you feeling **lighter, healthier, and re-energised**, helping you reconnect with yourself and embrace a revitalised state of wellbeing.

Why Detox?

Every day, our bodies are exposed to toxins from food, the environment, and stress. Over time, these build up, leading to fatigue, sluggish digestion, and a weakened immune system. Our **Detox Package** provides a structured and holistic way to cleanse your body, clear your mind, and **restore balance** through powerful natural therapies.

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Your 5-day Wellness Programme

DAY 1 – AWAKEN & CLEANSE

Steam Bath – Opens pores, improves circulation, and flushes out toxins

Zesty Body Polish (30 mins) – Gently exfoliates, revitalises the skin, and boosts lymphatic drainage

Detox Massage (60 mins) – Stimulates the body's natural detoxification process

DAY 2 – DEEP CALM & NOURISHMENT

Steam Bath

Herbal Detox Wrap (45 mins) – Harnesses the power of natural ingredients to draw out impurities and nourish the skin

Purifying Facial (60 mins) – A deeply cleansing treatment that restores skin clarity and hydration

DAY 3 – RELEASE & RESTORE

Steam Bath

Detox Massage (60 mins) – A soothing yet powerful technique to improve circulation and enhance detoxification

DAY 4 – REVITALISE & BALANCE

Fit Ritual

Foot Reflexology – Stimulates reflex points to promote internal balance and holistic wellbeing

DAY 5 – RENEW & REJUVENATE

Steam Bath

Abhyanga Massage & Shirodhara (90 mins)
An ancient Ayurvedic therapy that deeply relaxes, nourishes, and restores harmony to both body and mind

Personal Coaching: Yoga & Fitness

YOUR WELLNESS INVESTMENT: Rs 25,000

A complete 5-day detox experience to cleanse, heal, and revitalise both body and mind.

WHY CHOOSE OUR DETOX PROGRAMME?

- Designed by **wellness experts** to provide a **holistic and effective detox experience**
- Uses **natural, organic ingredients** to support your body's cleansing process
- Offers a **balanced approach** to detoxification through spa therapies, movement, and nutrition
- Includes **post-detox phytotherapy support** to help you continue your journey at home