



HERITAGE
LE TELFAIR

MAURITIUS

WELLNESS
bliss

SMALL
LUXURY
HOTELS
OF THE WORLD



WELCOME TO HERITAGE LE TELFAIR,
Sanctuary of Rejuvenation

SPECIAL MOMENTS HAPPEN
in special places...

Tucked away on the untamed Southwestern coast of Mauritius, nestled between the crystalline waters of the Indian Ocean, the towering Savanne mountain range, and a sleepy coastal village where traditions stand the test of time, Heritage Le Telfair is an open invitation to disconnect from the world, and experience truly special moments.





There's a unique sense of place here, composed by our resort's tropical art de vivre and the 2500 hectares of Bel Ombre territory, home to a UNESCO-protected nature reserve and rugged coastlines facing hues of blue that have inspired poets ... In this special corner of the island, immerse yourself in a serene atmosphere, infused with a one-of-a-kind hospitality, only found at Heritage Le Telfair.



AT ONE,
with Nature

There's energy and magic in the south and our Wellness Bliss programme lets you tap into its essence.

Some come to us to tee off on award-winning co-designed Louis Oosthuizen and Peter Matkovich championship golf courses facing sweeping views, to savour local flavours from land and sea in a 19th-Century Chateau, or to lose themselves in a book. Others come to connect with themselves, and the world around by embracing a journey of rejuvenation, unique to Heritage Le Telfair and Bel Ombre, Mauritius.

Drawn from the essence of our cultural heritage and the energy of the surrounding landscape, our Wellness Bliss Programme is a series of meticulously designed experiences which open the door to self-discovery, recovery and adventure.





INSPIRING MOMENTS,
Crafted with Care.

Like a sanctuary within a sanctuary, our Wellness Bliss programme offers various transformational journeys through a selection of thoughtfully curated packages and experiences designed to enhance physical, mental, and spiritual well-being.

To ensure a bespoke experience, our Wellness Ambassador will act as your personal guide on your journey and liaise with our Wellness team to make sure everyone is aligned with your specific needs. Together, you will choose the right activities or packages, guided by your individual preferences.

Our Wellness Bliss Packages are rooted in our five wellness pillars, encompassing Mind-Body Connection, Mindful Nature Connections, Spa Rituals, Massages & Beauty Care, Holistic Health & Healing Cares and Nutrition. Overseen by seasoned experts, these packages promote wellbeing and help deepen your sense of self-awareness and connection by shining light on your unique path and purpose.





Tune in to the whisper of the waves as you trek across breathtaking coastlines. Embrace the healing power of nature within preserved tropical forests unique to our island during hikes, delight in fine dining that is mindful of the environment and your body, practise your flow under the guidance of experienced yogis and tai-chi masters, boost your energy levels with action-packed fitness circuits, and uncurl under the soothing touch of a massage... Expect to move and meditate daily to cleanse your body and expand mentally, emotionally or spiritually.

Home to the people, places and experiences that can make a profound and positive impact on your well-being, Wellness Bliss opens the door to social connectedness and an immersive wellness experience that we hope will resonate with you long after you've departed our sun-kissed shores.

All that's left to do is get started.....



AN INVITATION
to Disconnect to Reconnect

DISCOVER
Our Curated Experiences

Heritage Le Telfair's holistic approach to wellness encompasses yoga, relaxation, fitness, immersion in nature, and sustainable nutrition. Our team of experts guides your focus inwards through a curated and bespoke wellness experience, tailored to renew your mind and body, helping you maximise the health benefits of your stay and bring back home best practices.





MIND-BODY CONNECTION

Fitness Classes

Informed by an initial consultation and a fitness assessment which determines your current weight and fitness objectives, our fitness experts devise engaging workout routines that keep you motivated and energised on your way to your goal.



Yoga, Tai Chi and Pilates

Set an intention, breathe deep, reach to the sun, and exhale... our mindfulness movement classes are now in session. Guided by experienced practitioners, engage in energising ashtanga and pilates sessions and the peaceful flows of hatha and tai chi within the intimate setting of our yoga shala, in nature, or immersed in Le Château de Bel Ombre's rich historical heritage ...





MINDFUL NATURE CONNECTIONS

At One with Nature and Mauritius

Nestled on the Southwestern coast of Mauritius and with the Bel Ombre UNESCO Man and Biosphere protected reserve at your doorstep, nature is at the heart of our Wellness Bliss experience. Whether you head out for adventure, cultural immersion, or to find inner peace, wonder awaits when you go past our gates.

HOLISTIC HEALTH & HEALING CARES

Embrace Inner Harmony

Guided by expert alternative healing practitioners, and using the power of crystals and chakra balancing techniques, tap into the power of ancient rituals which focus on mindfulness, energy, and touch to connect your body and mind, and inspire your spirit.

Experience ancient rituals, guided by our expert practitioners, on a journey toward self-discovery and profound wellness.





DELVE INTO A WORLD
OF ANCIENT TRADITIONS
that transcend the ordinary
spa experience.

SPA RITUALS, MESSAGES & BEAUTY CARE

*Our Spa - At the Crossroads of culture,
traditions, savoir-faire and expertise*

"Heritage." It's in our name and at the heart of what we do. As such, our wellness experience and therapies at our Seven Colours spa are grounded in the essence of our island's savoir-faire and expertise. Just like our culture and people, our spa experience blends the unique colours of Mauritius, drawing from the 7 chakras and various traditions, to offer a selection of massage therapies and facials that rejuvenate the body and soothe the soul.





NUTRITION

Cuisine - One for the Conscious Epicures

With a focus on organic and local ingredients, and wines, our wellness menu is a culinary experience that's as flavoursome as it is wholesome. Our in-house Dietitian and Chefs work in close collaboration to create a personalised meal plan (which you can take home with you) and make sure that every meal on your plate is a gift to your body.

In-Spa Dining

The Seven Colours Spa is the ideal intimate retreat to savour revitalising juices, explore the acclaimed virtues of different types of tea, and indulge in healthy meals from our Wellness Menu. Why not linger a little longer and discover an array of delectable options, all thoughtfully designed to align with your wellness journey? Our in-spa dining experience complements your treatments perfectly making your spa day a feast for all senses.



OUR PACKAGES

Our Wellness Bliss Packages invite you to embark on a memorable journey of self-discovery with a holistic approach to wellbeing incorporating body, mind and soul, inspired by nature, to bring a healing balance to your lifestyle.

Choose a Wellness Bliss Package and let us help you reach your health and wellbeing goals.





Detox

Press "reset" and guide your body towards a cleansing experience which eliminates toxin accumulation and stress with our Detox package. Based on our Fitness, Spa and Nutrition pillars, this transformative experience can be lived for three, five, or seven nights and includes a daily routine of personalised wellness activities and treatments.

Spend your days enjoying invigorating private fitness sessions which help you sweat out toxins, relaxing massages which flush impurities from your lymphatic system, and fine cuisine - tailored to your health needs - which is a blessing for your body at every bite.

3 NIGHTS

Guest Welcome & Introduction

1 Nutrition Consultation
(personalised plan to take home)

1 Lymphatic Drainage Massage 45 min

1 Detox Body Scrub & Wrap 60 min

1 Detox Bath 20 min

1 Fitness Body Analysis 20 min

1 Fitness Private Class 45 min

1 Seaweed Body Wrap 30 min

1 Detox Massage 60 min

Access to Vitality Pool, Hammam & Sauna

5 NIGHTS

Guest Welcome & Introduction

1 Nutrition Consultation
(personalised plan to take home)

2 Lymphatic Drainage Massage 45 min

1 Detox Body Scrub & Wrap 60 min

2 Detox Baths 20 min

1 Fitness Body Analysis 20 min

3 Private Fitness Classes 45 min

1 Detox Massage 60 min

1 Seaweed Body Wrap 30 min

1 Detox Recovery Lunch

Access to Vitality Pool, Hammam & Sauna

7 NIGHTS

Guest Welcome & Introduction

1 Nutrition Consultation
(personalised plan to take home)

3 Lymphatic Drainage Massage 45 min

1 Detox Body Scrub & Wrap 60 min

2 Detox Bath 20 min

1 Fitness Body Analysis 20 min

3 Private Fitness Classes 45 min

1 Detox Massage 60 min

2 Seaweed Body Wraps 30 min

1 Purifying Facial 60 min

1 Detox Recovery Lunch

Access to Vitality Pool, Hammam & Sauna





Healthy Weight

Our Healthy Weight package transforms your getaway in paradise into a stepping stone for your weight loss journey. Centred around Mind-Body connections, Fitness, Cuisine, and Spa experiences, we aim to show you that weight loss is not only an achievable goal but an enjoyable one as well.

For seven or ten nights, our wellness team will lend their expertise and encouragement on your way to reaching your desired weight. Through a blend of sustainable gourmet locavore cuisine, relaxing spa treatments which help sculpt and relax the body, and invigorating exercise routines, the stage is set for a weight loss programme that's centred around you.

7 NIGHTS

Guest Welcome & Introduction

1 Nutrition Consultation
(personalised plan to take home)

1 Fitness Body Analysis 20 min

3 Fitness Personal Training Sessions 45 min

1 Slim & Sculpt Body Wrap 50 min

3 Detox Baths 20 min

3 Lymphatic Drainage Massages 45 min

1 Yoga Group Classes 60 min

2 Fitness Group Classes 60 min

1 Slimming Massage 50 min

1 Healthy Breakfast

Access to Vitality Pool, Hammam & Sauna

10 NIGHTS

Guest Welcome & Introduction

1 Nutrition Consultation
(personalised plan to take home)

1 Fitness Body Analysis 20 min

4 Fitness Personal Training Sessions 45 min

2 Slim & Sculpt Body Wraps 50 min

4 Detox Baths 20 min

3 Lymphatic Drainage Massages 45 min

2 Yoga Group Classes 60 min

3 Fitness Group Classes 60 min


1 Sports Massage 50 min

2 Slimming Massages 50 min

1 Healthy Breakfast

Access to Vitality Pool, Hammam & Sauna





Chakra Balancing & Yoga

Embrace the harmony of your spirit with our Chakra Balancing & Yoga package. Rooted in ancient practices and drawing from the energy of the surrounding landscape, this spiritual retreat offers a haven of balance and serenity for the soul over three or ten nights where you engage in various practices which awaken the senses and align your chakras opening the door to a path of inner peace and healing.

Learn presence with our guided meditation classes and tai chi and yoga classes, connect with nature on our day tours, restore the balance between body, mind and spirit with energy healing practices, balance your doshas with ayurvedic healing techniques, and detox body and mind within the serene space of our spa. With our Chakra Balancing & Yoga package discover an experience good for the body and soul.

3 NIGHTS

Guest Welcome & Introduction

2 Yoga Group Classes 60 min

2 Breathing & Meditation 30 min

1 Abhyanga Massage 50 min

1 Personalised Aromatherapy Massage 50 min

Access to Vitality Pool, Hammam & Sauna

10 NIGHTS

Guest Welcome & Introduction

2 Yoga & Harmonization 60 min

1 Tai Chi Group Session 60 min

1 Body Balance 60 min

4 Breathing & Meditation 30 min

1 Thai Massage 50 min

1 Crystal Healing Therapy 45 min

1 Abhyanga Massage 50 min

1 Ayurveda Massage 50 min

1 Personalised Aromatherapy Massage 50 min

1 Hot Stones Massage 60 min

1 Shiatsu 50 min

1 Nature Connection – Half Day

Access to Vitality Pool, Hammam & Sauna





Good Health & Better Sleep

Rejuvenate your body and restore your natural sleep patterns with our 10-night package aimed at unlocking the path to deeper and better sleep.

Immerse yourself in the soothing rhythm of Ayurvedic massages and yoga classes to balance the body and mind and release the day's tensions with soothing massages. Turn back the dial of time with nourishing treatments which revitalise and rejuvenate your skin, venture outside and connect with nature and indulge in the therapeutic comforts of our vitality Pool, hammam, and sauna. At the Heritage Le Telfair embrace a transformative journey towards health and better sleep.

10 NIGHTS

Guest Welcome & Introduction

1 Abhyanga Massage 50 min

2 Yoga Group Classes 60 min

2 Breathing & Meditation 30 min

1 Head and Shoulders Massage 45 min

1 Ayurveda Massage 50 min

1 Facial AlgoCalm 50 min

1 Nature Connection – Half Day

Access to Vitality Pool, Hammam & Sauna





*Traditional
Mauritian Experience*

Immerse yourself in a 7-night experience that seamlessly integrates the rich cultural tapestry of Mauritius with profound wellness traditions. Here, you'll be enveloped in the island's unique rhythm, benefiting from both invigorating and soothing treatments inspired by global and local techniques.

The beauty of Mauritius extends beyond our walls. Venture into its wild heart with an unforgettable nature exploration and later, savour the vibrant, organic flavours of a locally-inspired lunch. Throughout your stay, rejuvenating facilities await to complement your experience. Spend a week with us, where tradition, nature, and relaxation come together, and rediscover your inner harmony.



7 NIGHTS

Guest Welcome & Introduction

1 Mauritian Massage 75 min

1 Black Soap Body Scrub & Body Wrap Rhassoul 60 min

1 Asian Fusion Massage 60 min

1 Indian head Massage & Herbal Bath 30 min

1 Foot Bath & Mauritian Style Feet Reflexology 60 min

1 The Wild South Hiking Tour in the Nature - Gris Gris Half-Day

1 Mauritian Thali Lunch

Access to Vitality Pool, Hammam & Sauna

Wellness Bliss on your terms



Sunset yoga sessions, tai-chi, group fitness classes, one-on-one coaching, a romantic day in the spa, or some quality “me-time” – what’s your ultimate wellness experience? At Heritage Le Telfair, you can choose from a wide range of activities to craft a bespoke wellness programme tailored to your preferences.

Every member of our team is dedicated to ensuring you have a memorable wellness journey. Our on-site Wellness Ambassador works closely with an experienced team comprising an in-house dietitian, chefs, sommeliers, spa therapists, traditional healers, and fitness instructors. Each one is an expert in their field, committed to creating an enriching experience designed specifically for you.



Packages

Discounts are non-cumulative. Packages are valid for 6 months. All prices may be subject to modifications without prior notice.

All prices are inclusive of local taxes.

Optimisers*

Can be added in complement to your main treatments, but cannot be counted as a treatment in packages.

Wellness & Spa Facilities

The Seven Colours Spa is open 7/7 from 9 am to 8 pm on reservation. Children, from the age of 4 years, are allowed in the spa for treatments but must be accompanied by a parent. The minimum age for guests is 13 years old.

Late Arrival

Arriving late for your treatment will limit the time of your wellness or service thus lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time to accommodate the next guest's scheduled appointment.

Cancellation

Any cancellation should be communicated to us before 8 p.m. on the evening before your scheduled booking.

If we are not informed of your cancellation, then 25% of the price of the treatment or service will be charged to your account.

Menu

Available in other languages in the Seven Colours Spa.

Get in Touch With Us

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<https://heritageresorts.mu/hotels-mauritius/le-telfair>

