



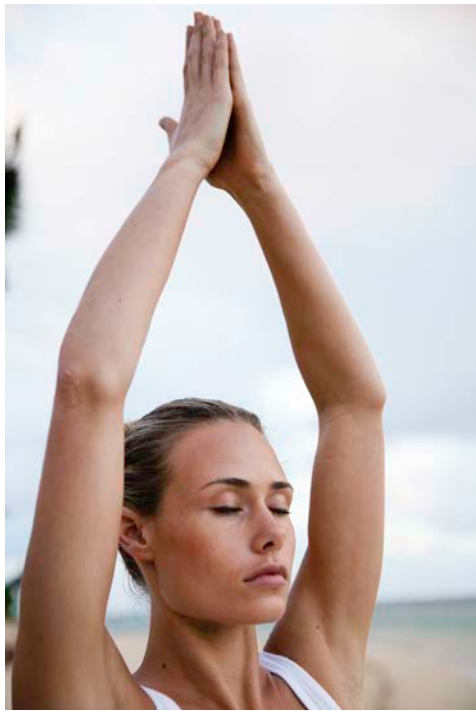
HERITAGE
LE TELFAIR
MAURITIUS

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.

In the heart of the Wellness Pavilion, and the whole Domaine de Bel Ombre, Seven Colours spa offers you a unique Wellness holistic approach, provided by a team of professionals.

Through Yoga classes, Meditation, Tai-chi, Vitality Walks in the Heritage Nature Reserve, Healthy Dishes and a tailor-made Wellness Bliss Program, we help you find connection with body, mind, spirit and nature.



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

- Health and Wellness menus and detox cocktail in the restaurants and bars of Heritage Le Telfair
- Vitality walks in the Heritage Nature Reserve
- A selection of Signature Massages
- Pilates
- Reiki Healing
- Osteopathy
- Yoga & Meditation
- Tai-chi & Qi-gong
- Visit our website www.heritageresorts.mu for more details.

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 deliver into a total healing of your being.

The various "Wellness" activities will make your mind and body reconnect, among these activities, The Wellness Expert of Le Domaine de Bel Ombre will accompany you and guide you on the path of rejuvenation.



WELLNESS BLISS GETAWAY PROGRAM AT HERITAGE LE TELFAIR

A tailor-made wellness experience to suit personal needs, through a customised consultation on your arrival.

IN A MAGICAL TROPICAL SCENERY A BLEND OF:

SPA TREATMENTS

Selection of Body cares & 45min Massages

NATURE EXPERIENCES

Forest Bathing & Private Wellness Sessions in the nature

WESTERN MEDICAL THERAPIES

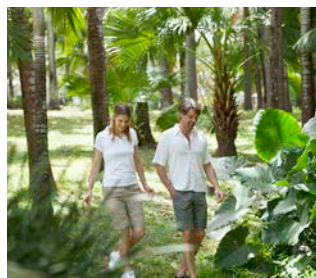
Osteopathy & Private Pilates Sessions

EASTER HEALING THERAPIES

Reiki Healing, Meditation, Yoga, Tai-chi & Ohashiatsu

HEALTHY CUISINE

For an optimal wellness journey



We offer you an opportunity to escape the daily grind and indulge a high wellbeing level with one of the below Wellness Bliss Program:

- 5 treatments (over a minimum of 3 days)
- 7 treatments (over a minimum of 5 days)
- 9 treatments (over a minimum of 7 days)

Terms & Conditions:

- The consultation on the first day will be followed immediately by one of your Wellness Experience.
- Daily sessions to be done between 9am and 3pm. Any appointments missed cannot be postponed or refunded.
- The Wellness Bliss program is applicable as from 5 nights stay.
- The Wellness Bliss program is for 1 person and cannot be shared.
- The Wellness Bliss/Sessions are not transferable, not exchangeable and non- refundable.
- Accessibility to adults only (+18 years).