

WELLNESS EXPERIENCE AT HERITAGE LE TELFAIR



SEVEN COLOURS SPA :

- Massages and Spa Rituals
- Facials, Body and Beauty cares
- Customised treatments and Spa packages
- Seven Colours signature treatments

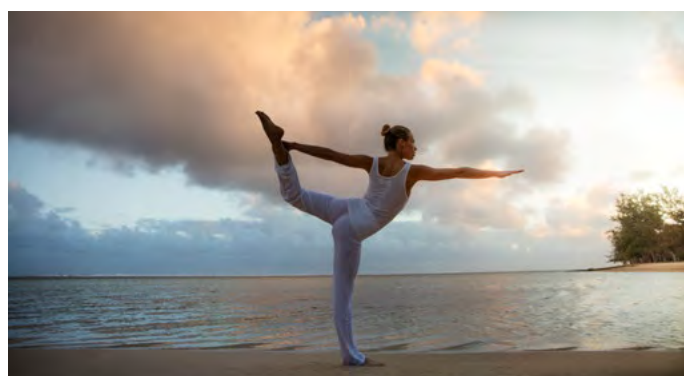
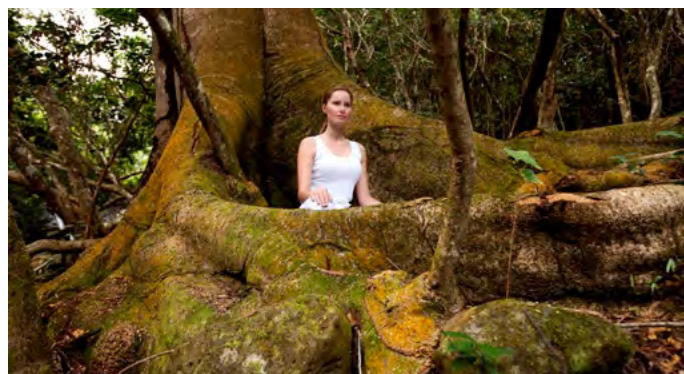
HEALTH, NATURE AND WELLNESS ACTIVITIES, THE EXPERIENCE SEVEN COLOURS

- WELL BEING & HEALTH CARE
 - » wellness consultation
 - » osteopathic treatment
 - » golf osteopathic treatment
 - » reiki
 - » healthcare massage
 - » health & wellbeing workshops
- MIND-BODY PRIVATE SESSIONS
- FITNESS PRIVATE SESSIONS
- DAILY WELLNESS ACTIVITY PROGRAMME
(Yoga / Tai-Chi / Reiki / Qi Gong)
- WELLNESS CUISINE
(Available in Annabella's & Le Palmier restaurants)
- DETOX & FORTIFYING COCKTAILS
- NATURE EXPERIENCES
(wellness walks, active sea walk, nature trek...)
- WELLNESS PACKAGES
(1 day, 2 days, 6 days, in room wellness add-ons,...)
- WELLNESS BREAKS
(sessions with international experts – Yoga, Pilates, Tai-Chi...)

FACILITIES:

- 2500 m2 in the midst of tropical gardens
- 8 treatment rooms, including :
 - » 3 single treatment rooms
 - » 2 double treatment rooms
 - » 2 private double 'Outdoor Suites'
 - » 1 'Couple Suite'
- 1 hairdresser (on appointment only)
- 1 manicure & pedicure parlour
- 1 hammam and 1 sauna (appointment only)
- 1 vitality pool - relaxing bubble beds, hydro-massage jets & deluxe experience showers
- Wellness Pavilion

Open daily from 9am to 8pm



WELLNESS BLISS

AT HERITAGE LE TELFAIR

Designed by Seven Colours Wellness Experiences

Exclusive Wellness Experience available at Heritage Le Telfair and including:

- Pre-booked 15 minutes consultation upon arrival with the Wellness Expert and delivery of a Wellness program
- Arrival day treatment
- A choice of:
 - » 5 Massages (e.g. Relaxing, Tension relieves, Detox ...)
 - » 3 Body cares
 - » 3 Nature Experiences (Forest bathing, Wellness walk, Active sea walk)
 - » 5 Mind Body Private sessions (e.g. Yoga, Tai-Chi, Pilates, Qi gong ...)
 - » 5 Health Treatments (osteopathy)
 - » Fitness Private sessions with a personal trainer
 - » Additional Group sessions accessible everyday

Other benefits and advantages

- » Workshops & Learnings (e.g. Right posture, Proper breathing, healthy eating ...)
- » In room wellness amenities (e.g. yoga mat, spa bathroom amenities ...)
- » Healthy dishes & drinks available in all restaurants of the Heritage Le Telfair

Terms and Conditions :

- *A pre-booked 15 min consultation on your arrival day with our wellness expert will help you define your customised wellness program.*
- *This consultation will be followed by your first wellness experience (e.g. : anti jet Lag spa treatment).*
- *Package applicable as from 7 nights stay only.*
- *Package for 1 person, cannot be shared.*
- *Package/Sessions are not transferable, not exchangeable and non-refundable.*
- *Accessible to adults only.*

