

The Lux Collective Launches Inaugural SALT of Palmar Wellness Retreat

The adults-only property invites guests to nourish mind, body and soul through a programme designed to flow with the energy of this vibrant African island



Singapore, 15 May 2024 — Elevating The Lux Collective hospitality group's core DNA of wellbeing, the conscious Mauritian boutique resort - [SALT of Palmar](#) has announced the launch of its inaugural five-day wellness retreat taking place from 8 to 12 July 2024, the first of an upcoming series to be unveiled later this year. In partnership with renowned yoga teacher and lifestyle coach, Bianca Landman, the retreat promises to nourish mind, body and soul through a line-up of daily yoga and meditation practice, restorative workshops, traditional Mauritian cuisine and immersion in the surrounding rainforests and vibrant local culture.

SALT of Palmar (the first Design Hotel member in Mauritius) is recently conferred [Tripadvisor Travelers' Choice Awards 2024 Best of the Best Hotels – #1 for Luxury Hotel in Africa](#). Out of 8 million consumers' reviews, fewer than 1% achieve this prestigious milestone. Welcoming with modern comfort and authentic charm, the resort's unique decor and attention to detail is reflected in its trendy tasteful rooms and luxurious spa.

Here, established yoga teacher, personal trainer and fitness expert, Bianca Landman, leading the retreat will bring a wealth of experience in various training modalities. She is a HIIT, sports and group trainer, as well as a hormone, detox and masterclass coach. As an author and founder of company 'Happier Life', she guides women on the holistic approach of healthy selfcare routines through a series of retreats. Being one of the first AquaPhysicalFitness trainers worldwide in 2017, she also founded FloatFit in the Netherlands.

During the group retreat, guests will embark on a private and personalised consultation with Bianca upon arrival, followed by an array of physical activities from gentle sunrise yoga, mindful exploration, sunset meditation, forest bathing in the Bras d'Eau National Park, invigorating water-based activities and wellness workshops to explore lifestyle techniques and practices to integrate into daily life following the retreat.

Throughout the five-day programme, guests will be treated to culinary experiences at the resort's onsite restaurant, The Good Kitchen, which has earned a reputation as a destination dining outlet that draws overseas visitors and local Mauritians alike. It was one of the first places on the island to offer locally-rooted yet globally-inspired cuisine that caters to a variety of palates, with a menu including traditional Mauritian dishes as well as vegan and raw interpretations. Guests will have the opportunity to partake in culinary workshops from Kombucha making, food scrap regrowth initiative to vegan cooking classes.

For those looking to enhance their programme, guests can opt for locally-inspired, salt-based treatments to detoxify and rejuvenate at SALT Equilibrium – the hotel's spoiling spa, complete with a purifying SALT Room

for halotherapy - where pink Himalayan salt vapour boosts the respiratory system, skin, immunity and energy levels. Those seeking a more active escape can also join SALT's Sunrise Run Club, wild swimming in the Palmar lagoon, hiking and more, whilst eco-friendly yoga mats and blocks provided in every room allow guests to explore their own practice.

Kerensa Langitan, Group Spa and Wellness Manager at The Lux Collective said, "With wellbeing as our core Group DNA, we aim to cultivate conscious living amongst our guests and introduce impactful transformative health-focused experiences across our resorts worldwide. Through collaborating with regional and internationally renowned wellness and fitness experts to curate wellness retreats, we are raising the industry wellbeing benchmark to another level. At SALT of Palmar, we emphasise mindful explorations, inspiring our guests to achieve balance and be energetic through practical lifestyle techniques."

SALT of Palmar's location and ethos make it the ideal host for a transformative wellness retreat that has been carefully curated to flow with the energy of this pulsating African island in the Indian Ocean. Alongside the programme, guests can immerse themselves in the bold interior design by Camille Walala and local community initiatives, whilst uncovering the wild side of the island where the coast unfurls in traditional villages, swathes of raw beachfront, sugarcane fields, mangroves and lagoons.

What sets this resort apart is its commitment to sustainability, ensuring positive impact and a memorable visit. The wellbeing of people and planet is at the heart of the SALT experience, with each stay contributing towards empowering local communities, celebrating local culture and preserving the environment.

To book: The 5-Day Wellness Retreat starts Euro 509 per person (excluding accommodation, meal plan and transfers).

Early booking offer: 20% discount on the retreat applicable for stays between 5 to 15 July 2024. Also includes early check in or late check out (availability dependent), free room upgrade and 10% off F&B extras.

To discover more and for reservations of the room and wellness retreat package, visit [SALT of Palmar](#) or email reservation@theluxcollective.com

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For the images, please click [here](#) .

About The Lux Collective

[The Lux Collective](#) ("TLC") is a global luxury hotel operator headquartered in Singapore and manages brands [LUX*](#), [SALT](#), [TAMASSA](#), [SOCIO](#) and Café LUX*.

At the heart of its purpose, TLC makes each moment matter and cares about what matters. Putting people first is the core of TLC's culture as well as staying true to the values of being passionate, responsible and innovative in all that it does. By providing comfort through thoughtful and exquisite designs, TLC creates experiences that make each moment matter for all guests. It is committed to operating in a considered and respectful manner that is mindful of future generations.

Through its signature Groupwide sustainability project Tread Lightly, The Lux Collective promises an eco-conscious stay throughout its hotels. Its partnership with Altruistiq, a group of CO2 experts, focuses on the environmental footprint and ensures that emission sources are tracked using the highest international Science-Based standard.

Growing the global presence, TLC currently manages 18 operating resorts and hotels in Mauritius, Maldives, Ile de la Reunion, China and Tanzania, and with 11 more hotels in its development pipeline in Asia and the Middle East.

An affiliate member of IBL, a major economic player in the Indian Ocean and a public-listed leader of the "Top 100" Mauritian companies, IBL is active in key sectors of the Mauritian economy, with a global portfolio of approximately 300 subsidiaries and associated companies.

About LUX*

[LUX*](#) helps people to celebrate life by delivering consistently on the promise of a different kind of luxury; hospitality that is Lighter. Brighter. LUX* stages exceptional experiences in different locales – whether on the Beach, in the City or in Nature – by banishing thoughtless patterns and being more simple, fresh and sensory for the benefit of all our guests.

About SALT

[SALT](#) is a humanistic approach to hospitality launched in November 2018, connecting modern explorers with meaningful travel experiences. Spearheaded by hospitality visionary and CEO of The Lux Collective Paul Jones, SALT introduces a new breed of hospitality for the culturally curious. Devoted to the wonder of all things local and sustainable, SALT takes guests to people - not just places. Unveiling the heartbeat of destinations and their communities, it gets them out there exploring – the SALT way.

Media Relations

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