



Press Release

SALT OF PALMAR UNVEILS ITS ALL-NEW WELLNESS RETREATS

Unique Mauritian Boutique Hotel Unveils an Inspiring Series of Holiday Packages Focused on Health and Wellness



(Mauritius, 12 July 2019) – Progressive boutique hotel brand SALT is launching a season of wellness retreats at its first flagship property, SALT of Palmar on the Indian Ocean island of Mauritius.

The unconventional 59-room beachfront haven introduces a bold, new humanistic concept of self-discovery to culturally curious, style-savvy, modern travelers. The hotel also stands out by distinctively championing sustainability and connecting guests to the local community, getting to the beating heart of a destination.

Underscoring this commitment to meaningful travel experiences, three unique Wellness Retreats (September 11-18, October 9-16 and November 29-December 4) bring the inspiring spirit of SALT of Palmar to life – nurturing guests through restorative workshops, inspiring talks and activities, spiritual pursuits, exploring local culture and nature, and, of course, fun.

“At SALT we are big believers in the restorative power of travel. To that end, we have teamed up with three passionate and knowledgeable wellness experts to curate three unique, immersive wellness experiences. During your stay with us, you will get in touch with nature, with Mauritius, and, most importantly, with your own health and wellbeing,” says Group Spa and Wellness Manager Kerensa Langitan.



Yoga teacher and lifestyle coach Bianca Landman guides a seven-night, eight-day retreat full of yoga, movement, relaxation, and mindful explorations from September 11-18 (single occupancy MUR 95,270 / double occupancy MUR 77,070 per person). Also a specialist in hormone, natal and post-natal fitness training, she shares simple, fun daily routines and inspiring philosophies to feel energetic, balanced, creative, and strong. Her retreat embraces a wealth of relaxation techniques from meditation and yoga to forest therapy, intuitive eating, cycling excursions to local villages, and horse riding on the beach.

Grace Van Berkum, renowned for “Gracious Living” lifestyle retreats in Nicaragua, where she owns her own wellness center, brings empowering inspiration to help you be your truest self and live your dream life through mindful eating, exercise, yoga and connecting to nature from October 9-16 (single occupancy MUR 136,010 / double occupancy MUR 77,070 per person).



The registered holistic nutritionist and Hatha Yoga teacher combines raw and vegan cuisine with forest therapy, yoga, meditation, a spiritual park outing, island hiking and cycling.

Samanta Duggal shares healing therapies learned as a lead performer with prominent choreographer Shiamak Davar, developing a deep understanding of our bodies, how they work, move, and heal. This retreat is available from November 29-December 4 (single occupancy MUR 86,300 / double occupancy MUR 64,300 per person).

The founder of India’s first boutique yoga studio Yoga Sutra and expert in Ayurvedic nutrition and Bharatanatyam traditional dance leads a five-night, six-day program introducing various yoga techniques

along with therapeutic dance and restorative Vedic chanting. Activities also embrace forest therapy and a spiritual park outing as well as swimming with dolphins and cycling.

Punctuating every wellness retreat is a pampering treatments at the resort's pampering spa, SALT Equilibrium, a sunset cruise, and a full-moon beach barbecue as well.

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About SALT

SALT is a humanistic approach to hospitality created by The Lux Collective in September 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 resorts take guests to people - not just places. It reveals to guests the beating heart of destinations and their communities and get them out there exploring it – the SALT way.



Sunset cruises by SALT of Palmar



Healthy cuisine at The Restaurant



Aerial view of SALT of Palmar



SALT Equilibrium, the spa at SALT of Palmar