

## The Lux Collective Presents LUX\* x Shenkoshka Detox Rejuvenation Retreat



Mauritius, 11 October 2024: Elevating holistic wellbeing, [The Lux Collective](#)'s flagship brand LUX\* announces the launch of [Detox Rejuvenation Retreat](#) with wellness partner *Shenkoshka* at its luxury resorts in Mauritius, namely [LUX\\* Grand Baie](#), [LUX\\* Belle Mare](#), and [LUX\\* Grand Gaube](#). It will kick-start in [LUX\\* Grand Baie](#) on 19-22 October 2024, with two more retreats scheduled in January and May 2025.

Travellers are seeking to seamlessly blend destination discovery and wellbeing with the elegance of a luxury holiday. The *Shenkoshka* method, with its detoxification and regeneration programme, offers an innovative and beneficial approach for those in search of deep revitalisation.

**Designed to enhance inner vitality, the 4 days/3 night comprehensive programme is dedicated to detoxification, nutrition and body strengthening.** The retreat will be led by CEO & Founder of *Shenkoshka* Hannaa Ingar and Co-founder Yoan Maillot, an epinutritionist and Qi Gong instructor. Hannaa, raised in a family rooted in the worlds of beauty and medicine, has 25 years of wellness experience in exploring how to unlock creativity and radiate beauty from within. Yoan has pursued 30 years of learning from mastering Raja Yoga in India, Qi Gong in China to cutting-edge fields of epigenetics in Europe. Set against luxurious and tropical beachfront backdrops, guests will benefit from the expert guidance throughout this transformative journey.

With wellbeing as one of the Group's core DNA, **The Lux Collective** underscores its emphasis on health and wellbeing with this distinguished retreat, led by renowned experts at its three award-winning Forbes Travel Guide Star Awards properties. Known for exceptional service, these resorts promise bespoke guest experiences.

With a minimum stay of three nights, the **Detox Rejuvenation Retreat** programme includes a personalised consultation, a natural detox kit, assisted stretching sessions, an abdominal spa therapy session, yoga and meditation classes, hydrotherapy sessions, detox menus, fitness and wellness activities, and a selection of water sports.

For more [Detox Rejuvenation Retreat](#) information and reservations at the three resorts, please email [reservation@theluxcollective.com](mailto:reservation@theluxcollective.com).

*For resorts' photos, please click [here](#).*

## **DETOX REJUVENATION RETREATS AT LUX\* - Full Programme**

**LUX\* Grand Baie: 19 to 22 October 2024**

**LUX\* Belle Mare: 25 to 28 January 2025**

**LUX\* Grand Gaube: 3 to 6 May 2025**

### **Day 1 – Arrival Day**

- Welcome and introduction to the Shenkosha team.

### **Day 2 – Detox and Regeneration, 09:00 - 21:00**

- Tension release and embracing profound relaxation.
- Commencement with a thorough detox and rejuvenation of the digestive system.
- Delight in 10 exquisite, fermented plant-based drinks crafted from all-natural, organic ingredients throughout the day.
- Envision the stomach being delicately and effectively cleansed of residual waste and toxins, while the gut flora is harmonised and nourished with beneficial microorganisms. This unparalleled process will enhance digestion, mental clarity, metabolism, skin radiance, immunity and overall vitality.

#### **Activities for the Day:**

- Self-guided abdominal massage
- Access to hydrothermal spa facilities (at LUX\* Grand Baie only) or abdominal massage therapy
- Body balance analysis or assisted stretching
- Qi Gong class emphasising posture and breathing
- Lecture Topics:
  - Why are detox and regeneration essential in today's world?
  - The Art of Living: Understanding the role of enzymes, three human essences, and eight domains of knowledge

### **Day 3 – Guided Morning Meditation and Qi Gong Class, 09:00 - 21:00**

- Healthy breakfast, lunch, and dinner enhanced with plant-based enzymes
- Before or after lunch (scheduled individual session):
  - Consultation with Shenkosha's epinutritionist and/or
  - Access to hydrothermal spa facilities (at LUX\* Grand Baie only) or abdominal massage therapy
  - Body balance analysis or assisted stretching
- Rest and relax at own pace
- Lecture Topics:
  - Insights into traditional methods for managing stress and emotions
  - Open circle for sharing experiences and mutual support
  - Conclude the day with dinner, featuring plant-based enzymes.

### **Day 4 – Breakfast at Leisure, 07:00 - 12:00**

- Sunrise Yoga and Breathing Session
- Retreat Summary and Reflection
- Guided Morning Meditation and Qi Gong Class
- Before or After Lunch (scheduled individual session):
  - Consultation with Shenkosha's epinutritionist and/or
  - Access to hydrothermal spa facilities (at LUX\* Grand Baie only) or abdominal massage therapy
  - Body balance analysis or assisted stretching

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### **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 13 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.

### **Media Relations**

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