



WELLNESS MONTH 2024 :
*Embrace holistic well-being
at Heritage Resorts & Golf*



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Bel Ombre, Mauritius, April 2024 - Heritage Resorts & Golf proudly introduces its very first Wellness Month: a dedicated period to well-being, vitality, and renewal, spanning from May 16th to June 16th, 2024. Nestled in the pristine surroundings of Bel Ombre, in the southern region of Mauritius, this wellness retreat provides guests of Heritage Resorts & Golf with the chance to revitalize and harmonize their body, mind, and spirit through a selection of exclusive experiences.

Driven by a commitment to offering truly holistic retreats at the heart of its resorts, with wellness as the cornerstone of the brand's values, Heritage Resorts & Golf plans to provide guests with a unique moment of relaxation during Wellness Month 2024.

"As a destination dedicated to well-being, Heritage Resorts & Golf aims to regularly host such events. This inaugural edition of our Wellness Month embodies our vision by offering a genuine interlude of renewal through sensory experiences, healthy meals, and carefully curated activities designed to promote well-being in all its forms," explains Raoul Maurel, Chief Operations Officer of Heritage Resorts & Golf. He adds : *" These events will be instrumental in reinforcing our position as the go-to destination for those in search of a holistic and revitalising experience."*





The month of wellness will feature a variety of special events, including complimentary activities for guests throughout the month, an extensive program to mark World Wellness Day on June 8th, yoga sessions led by international yoga coach Sarah Highfield, and a three-day wellness weekend from June 14th to 16th.

In addition to revitalizing sunrise yoga sessions, walks through the region's picturesque landscapes, meditation workshops to find inner harmony, and luxurious spa treatments, Heritage Resorts & Golf chefs will be offering healthy dishes specially designed to accompany this month dedicated to wellness.

"Wellness lies at the core of our hotel brand philosophy," says Anaick Leclezio, Business Division Manager - Wellness & Spa at Rogers Hospitality. "Through this rendezvous, we aim to provide a holistic and immersive experience that nurtures not only the body, but also the mind and soul. Our guests will delight in experiencing this true sanctuary of well-being through a series of activities scheduled across various spots on the Bel Ombre estate."

Heritage Resorts & Golf is a 5-star destination devoted to well-being, relaxation, and discovery. Offering a unique blend of luxury accommodation, world-class golf, award-winning spa facilities, and fine dining, the resorts provide the ideal setting for an unforgettable getaway.

UNMISSABLE EVENTS FROM MAY 16th TO JUNE 16th, 2024

Complimentary Activities (May 16th to June 16th): Starting from May 16th, complimentary wellness activities will enrich guests' stays at Heritage Le Telfair and Heritage Awali. These offerings encompass a diverse range of options, from Pilates and Yin yoga for relaxation, to Aqua Tai Chi, Body Balance sessions, and Tai Chi for focus and balance. Unique experiences such as Konect, Aerial Yoga, Sunset Yoga, Breathwork, as well as mobility and flexibility training sessions, will also be available. Guests can indulge in Akwa Active aquatic sessions, alongside traditional exercises like Ashtanga Yoga, Hatha Yoga, and Yoga Fusion, all tailored to individual preferences and levels of experience.

World Wellness Day (June 8th)

An immersive experience inviting you to discover the essence of pure well-being. This day will be marked by moments of relaxation with invigorating spa treatments, meditation and yoga sessions, delightful cuisine, and a healthy aperitif, all amidst the exceptional setting of the C Beach Club.





Yoga Classes with Sarah Highfield (June 10th and 13th)

Two exclusive classes led by Sarah Highfield are scheduled for June 10th at Heritage Awali and June 13th, 2024, on the deck of Château de Bel Ombre. Originally from Hong Kong, Sarah Highfield is the founder of Yogagise Yoga and a yoga instructor based in London. Her classes emphasize alignment and deep stretches, fostering relaxation and mental clarity.

Wellness Weekend (June 14th to 16th)

Three days of holistic immersion await during the Wellness Weekend. This program is crafted to offer guests a genuine escape, blending sessions with our wellness experts, healthy culinary experiences, and revitalizing activities. Aqua meditation and relaxation, ecstatic dance and sunset yoga, yoga and a picnic amidst the heart of Bel Ombre Nature Reserve, personalized massages, Fire, Sound & Healing, Pilates, and numerous other activities will set the rhythm for this weekend.

OUR OFFERS FOR THE WELLNESS WEEKEND

Heritage Le Telfair

A supplement is applicable based on the meal plan package:

- **Gourmet Bliss:** a total supplement of EUR 110 per adult for the 3-day Wellness retreat
- **Half Board package:** a total supplement of EUR 210 per adult for the 3-day Wellness retreat
- **Bed & Breakfast:** a total supplement of EUR 310 per adult for the 3-day Wellness retreat

Heritage Awali

- **A supplement of EUR 210 per person,** irrespective of the meal plan package.



[Download the brochures and pictures](#)

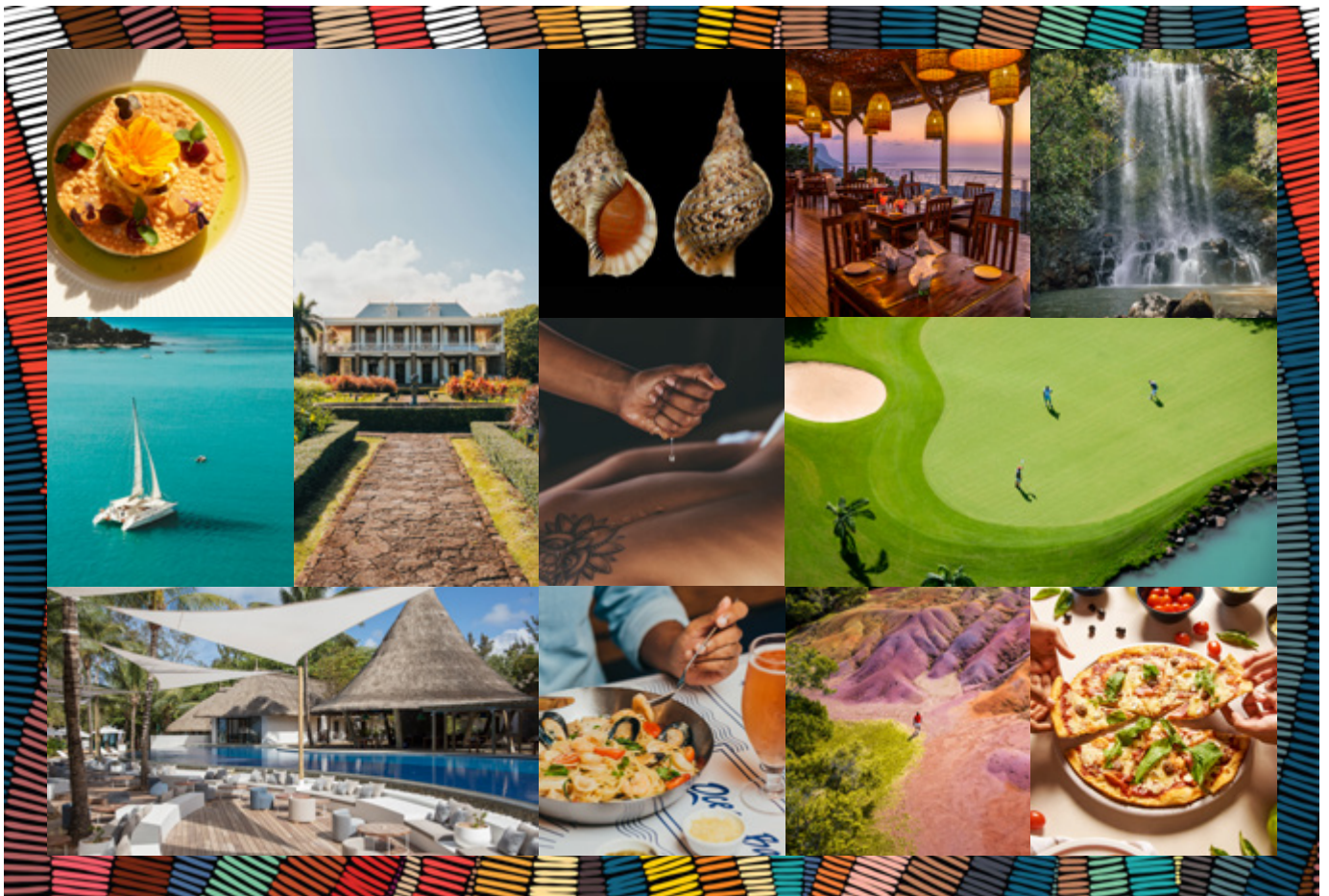
ABOUT HERITAGE RESORTS & GOLF

Nestled in the 2500-hectare Domaine de Bel Ombre, Heritage Resorts & Golf is a collection of premium resorts, promising a sustainable approach to luxury, crafting memorable journeys that are unique, authentic, and representative of the outstanding beauty of its location. Conceived to inspire, reconnect, and live transformational experiences, Heritage Resorts & Golf are places where memorable journeys come to life. Inspired by nature and its exceptional people, each of our resorts is designed to reflect a one-of-a-kind ambiance and style, enhancing every aspect of the guest's experience by mirroring its location's culture, history and locale. The Heritage brand was born out of a passion for discovery and connection. We are committed to setting exemplary standards of a sustainable resort lifestyle, in the context of delicate splendour, elegance and comfort, where guests are discreetly supported with genuine service, care and attention, as they are acquainted to unique opportunities for authentic and memorable experiences, discoveries and adventures through responsible tourism.



ABOUT ROGERS HOSPITALITY

Rogers Hospitality, the hospitality and leisure cluster of the Rogers Group, a diversified Mauritian company listed on the stock exchange, offers an extensive array of services, spanned across seven cohesive categories: boutique hotels with Veranda Resorts and Kaz'alala brands; luxury hotels through Heritage Resorts & Golf; business hotels with Voilà; leisure offerings including Bel Ombre Nature Reserve, Heritage Golf Club, Croisières Australes, Chamarel 7 Coloured Earth Geopark, educational entertainment with the World of Seashells, and holistic well-being provided by Seven Colours spas; gourmet dining experiences such as Le Chamarel, Château de Bel Ombre, and C Beach Club; quick service restaurants including Ocean Basket, Domino's, MOKA'Z; and territorial brands like Bel Ombre and Chamarel. The group currently employs over 2,000 people.



Rogers Hospitality

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