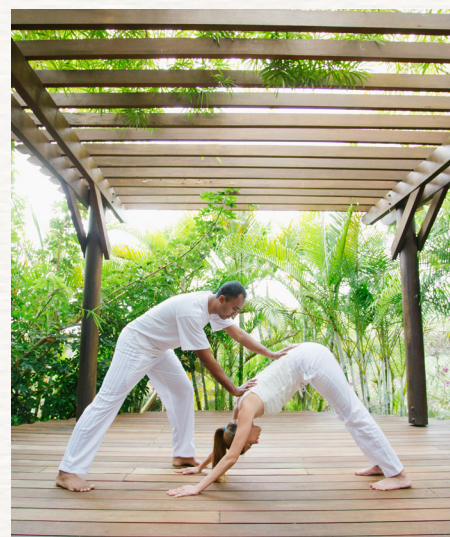
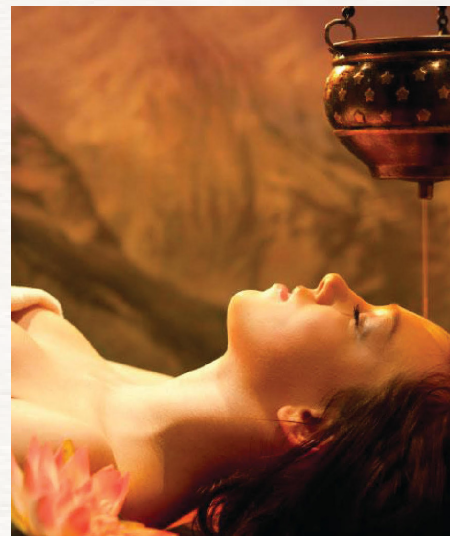


le Jadis WELLNESS RETREATS

Embark on a journey of well-being with our three signature Wellness Retreats, each designed to offer a unique blend of spa therapies, mindful movement, and holistic healing. Immerse yourself in daily wellness treatments and activities, with flexible lengths from 3, 7 or 10 nights.

TREATMENT	SERENITY TREATMENT <i>Return to calm</i>	INFINITY TREATMENT <i>Indulge beyond limits</i>	MINDFULNESS TREATMENT <i>Balance through Ayurveda</i>
Daily Spa treatment (60 mins) Choice of: a) Body Massage b) On-The-Spot Massage + Body Polish c) Facial	✓	✓	
Daily Wellness activity (60 mins) Choice of: a) Hatha Yoga b) Aqua Yoga c) Ashtanga Yoga d) Paddle Yoga e) Pranayama & Meditation f) Sound Healing Therapy	✓	✓	✓
Daily Pampering & Discovery Choice of: a) Luxury Bath Ritual b) Deluxe Hydrotherapy Journey (60 mins) c) Hair Treatment (60 mins) d) Body Polish e) Body Conditioner f) Nail Trim & Painting g) Floating Breakfast h) Afternoon Tea i) Mauritian Cooking Class		✓	
Daily Ayurveda treatment (90 mins) Guests may choose one pathway per day. Choice of: a) Prushta Shanthi (Back & Spine Restoration) 30-min Kati Basti or Greeva Basti or Abhyanga 30-min Back Massage or Marma Back Therapy or Warm Herbal Poultice Massage 30-min Detox Steam b) Mana Shanthi (Mind & Nervous System Calm) 30-min Indian Head Massage or Nasya (Light Version) 30 min Shirodhara or Tranquility Abhyanga 30-min Gentle Herbal Body Polish (recommended only 1-2 times per stay) c) Sukhsha Shanthi (Energy Balance & Detox) 60-min Udvartanam or 30-min Face Marma Massage + 30-min Nasya (Light Version) 30-min Invigorating Herbal Body Exfoliation (not recommended daily) d) Ayurvedic Hot Stones Massage (90 mins) <i>Applicable for guests on 7-night or 10-night retreats</i>			✓
3 nights: An express restorative escape for those short on time	*EUR 500	*EUR 1,110	*EUR 600
7 nights: A fully immersive retreat for complete renewal and balance	*EUR 1,110	*EUR 1,670	*EUR 1,300
10 nights: A transformational retreat for profound and lasting wellbeing	*EUR 1,500	*EUR 2,250	*EUR 1,800

*Rates do not include accommodation



BEACH RESORT & WELLNESS MAURITIUS



Best Luxury Spa in
Indian Ocean



Most Sustainable Luxury
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Mauritius Best
Wellness Retreat



As featured in Spa &
Wellness Collection 2025

+230 204 1888 +230 5865 8000 reservations@lejadis.com

@lejadismauritius

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