



le Jadis

BEACH RESORT & WELLNESS  
MAURITIUS

## WELLNESS RETREATS

Each of our wellness retreats begins with a private consultation, following which a detailed programme consisting of specific Ayurvedic therapies, targeted spa treatments, holistic activities and refined wellness cuisine is designed to provide the perfect balance between body, mind and spirit.



### WEIGHT MANAGEMENT

Weight does matter for your overall wellbeing. Our weight management program focuses on traditional Ayurvedic detox therapies along with yoga, meditation, and diet for safe and sustainable results.

The programme aims at liquifying and mobilising the adipose tissue, as well as accelerating the overall metabolic rate of the body so as to break down the accumulated fat tissues. It is available for 8, 14 or 21 nights.



#### PRICE

**8 nights:** EUR 1,756 | **14 nights:** EUR 2,728 | **21 nights:** EUR 4,072



le Jadis

BEACH RESORT & WELLNESS  
MAURITIUS

## DETOX

It is always the right time for a detox program to allow your body to release toxins and be healthier. Aiming for intense cleansing of the body through Ayurvedic therapies along with yoga, pranayama and meditation, the detox programme is available for 5, 7 or 14 nights.

### PRICE

**5 nights:** EUR 752

**7 nights:** EUR 912

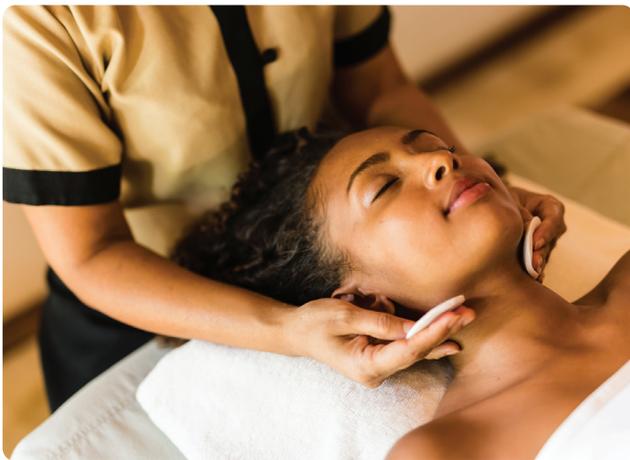
**7 nights Ayurveda:** EUR 912

**14 nights:** EUR 2,000



## BEAUTY PAMPERING

Escape the daily stresses of work and life with a range of rejuvenating head-to-toe treatments, aimed at giving you younger looking skin and an overall healthier appearance. We believe that aesthetic beauty can help promote balance. We thus aim to cater to all of your needs with our experienced team to bring you a retreat that beautifies and revives your body, mind and spirit. Available for 3, 5 or 7 nights.



### PRICE

**3 nights:** EUR 452 | **5 nights:** EUR 752 | **7 nights:** EUR 912 | **7 nights Diamond:** EUR 1,232



le Jadis

BEACH RESORT & WELLNESS  
MAURITIUS

## DE-STRESS & REJUVENATION

Find your very own fountain of youth within yourself. Designed to rejuvenate the body and mind at the cellular level and restore vitality, this program enhances the body's immunity through traditional Ayurvedic therapies for complete wellbeing and to prevent ill-health. It is available for 3, 5 or 7 nights..



### PRICE

**3 nights:** EUR 452 | **5 nights:** EUR 752 | **7 nights:** EUR 912 | **7 nights Diamond:** EUR 1,232

## FITNESS & DISCOVERY

The Fitness & Discovery retreat is aimed at nurturing your body and your mind by combining the merits of a tailored fitness programme with the benefits of exploring different cultures and sceneries whilst being active in the great outdoors. It includes a range of daily classes with our experienced trainers, wellness treatments, outdoor excursions, as well as a personalized dietary plan. Available for 3, 5 or 7 nights.



### PRICE

**3 nights:** EUR 452 | **5 nights:** EUR 752 | **7 nights:** EUR 912 | **7 nights Diamond:** EUR 1,232