

MAY 9 - 14, 2027

6 DAYS, 5 NIGHTS

MAURITIUS - REJUVENATION

(WELLNESS TRAVEL EXPERIENCE)



Wellness Travel with Sisters Traveling Solo

Our wellness-centered trips are geared towards the woman looking to break away from her four walls, reset, refresh, and refocus. Each trip will focus on a set of wellness centered, including but not limited to hiking, meditation, pampering, food & digital detoxing, and relaxation. If you are seeking to visit tourist attractions, or tour areas outside of our selected wellness site, our traditional or cultural trips will be a better option for you. The ideal wellness traveler is someone looking to regroup, and self reflect.

Country Overview

Mauritius, an island country in Africa is located off the eastern coast of Africa. Physiographically, it is part of the Mascarene Islands. The capital is Port Louis. Mauritius lies about 500 miles (800 km) east of Madagascar in the Indian Ocean. Its outlying territories are Rodrigues Island, situated about 340 miles (550 km) eastward, the Cargados Carajos Shoals, 250 miles (400 km) northeastward, and the Agalega Islands, 580 miles (930 km) northward from the main island. Mauritius also claims sovereignty over the Chagos Archipelago (including Diego Garcia), some 1,250 miles (2,000 km) to the northeast, although this claim is disputed by Britain.



Plaine Magnien, Mauritius (5 nights)

Plaine Magnien is a village in southeast Mauritius located in the Grand Port District. Saint Esprit Prestige Store, one of the most popular retail stores of the village, is found on the main road near the Mauritius Commercial bank. Plaine Magnien has an all girls State Secondary School, France Boyer de la Giroday SSS.



General Information:

CURRENCY:	Mauritian Rupee (MUR)
CURRENT EXCHANGE RATE:	1 USD = 39.47 MUR
AIRPORT CODE(S):	MRU (Sir Seewoosagur Ramgoolam International Airport)
PASSPORT REQUIREMENTS:	Passport validity duration of stay. With 1 empty page per entry (source US State Department)
VISA REQUIRED?	No. (for US Citizens) All other Country residents check www.visahunter.com
VACCINE(S) REQUIRED FOR ENTRY?	None (source US State Department)
HISTORICAL WEATHER TEMPERATURE	77°F - 80°F

Tentative Itinerary



DAY 1 - ARRIVAL

Upon arrival into Mauritius (MRU), you will head to the arrivals area to meet our driver.

After check in, enjoy the rest of the afternoon relaxing from a long flight. Later this evening we will get together for our welcome dinner.

Resort Check-in: 3 PM local time.

Meal(s) Included:
Welcome Dinner

DAY 2 - TAI CHI, QIGONG, & SPA

Harness your qi. Perform the ancient Chinese martial art of Tai chi with our tai chi master. Focus on the flow of each movement and control your breath to emerge calm yet energised. After your tai chi session, rejuvenate your mind with a Qigong session. This ancient Chinese exercise and healing technique involves meditation, controlled breathing, and movement exercises that help align mind, body and soul.

At your leisure, head over to the spa for your first spa session; a 90-minute massage.

Meal(s) Included:
Breakfast, Dinner



DAY 3 - HIKE & SPA

Take a guided hike beneath a canopy of ebony and ironwood trees in the 200-hectare La Vallée de Ferney Nature Reserve, one of the few protected reserves in Mauritius. Hear the calls of the endangered Mauritian kestrel, echo parakeet and pink pigeon, rescued and rehabilitated by the Mauritian Wildlife Foundation, an Anantara Iko Mauritius Resort CSR beneficiary.

And at your leisure, head over to the spa for your second spa session; A 60-minute reflexology session.

Meal(s) Included: Breakfast, Dinner



DAY 4 - TAI CHI, QI-GONG, TEA & SPA

Partake in your second Tai Chi & Qi-Gong session on the beach before heading to the first tea plantation in Mauritius. Le Domaine de Bois Chéri offers up a wide variety of teas for tasting. Take a tour of the plantation then sample the different flavours produced onsite while enjoying verdant views across the estate. Upon our return head over to the spa for your third spa treatment, a 60-minute coconut or vanilla massage scrub.

Meal(s) Included: Breakfast, Dinner



DAY 5 - TAI CHI, QI-GONG, & SPA

Our final morning starts with a tai chi and qi-gong session on the beach.

At your leisure, head over to the spa for your final spa session; a 50-minute Hammam treatment. Immerse yourself in the vapours and calming colors of Hammam. This gently relaxes the body in preparation for the traditional Moroccan scrub detox wrap applied all over the body. Finally, the "Creme Changeante Soyeuse" silky creme is applied to provide the skin for intense nourishment.

Later this evening we will enjoy a farewell dinner.

Meal(s) included: Breakfast, Dinner

DAY 6 - DEPART

On our final day, we will enjoy breakfast and then begin to depart back home via one of our group transfers. Hotel check out is 11 AM.

Airport Transfer: You will be transported back to the airport from our resort.

Meal(s) included: Breakfast



What's Included:

Lodging (5-nights)

Nestled on Le Chaland Beach on the southeastern coast of Mauritius, our resort is your gateway to traditional Mauritian culture and spectacular natural wonders.

4-Day Spa Treatment - Dedicate a little time to yourself on your wellness trip to unwind.

- **Day 1 Treatment** - (90-minute) Abhyanga massage is performed with warm oils blended with medicinal herbs. It is truly a healing massage.
- **Day 2 Treatment** - (60-minute) Reflexology is performed with warm oils blended with medicinal herbs. It is truly a healing massage combination using very light and long strokes.
- **Day 3 Treatment** - (60-minute) Coconut or vanilla or ylang ylang scrub. Reveal soft, glowing skin with an exfoliating coconut scrub using vanilla or ylang ylang in a creamy moisturising scrub based on fair trade, cold-pressed virgin oil from an organic farm.
- **Day 4 Treatment** - (50-minute) Hammam Treatment. Immerse yourself in the vapours and calming colors of Hammam. This gently relaxes the body in preparation for the traditional Moroccan scrub detox wrap is applied all over the body.

Nature Hike - Take a guided hike beneath a canopy of ebony and ironwood trees in the 200-hectare La Vallée de Ferney Nature Reserve, one of the few protected reserves in Mauritius.

Tea Plantation Tour & Tasting - Visit the first tea plantation in Mauritius on the scenic southwest of the island. Le Domaine de Bois Chéri offers up a wide variety of teas for tasting.

Tai Chi - Perform the ancient Chinese martial art of Tai chi with our tai chi master. Focus on the flow of each movement and control your breath to emerge calm yet energised.

Qi-Gong- This ancient Chinese exercise and healing technique involves meditation, controlled breathing, and movement exercises that help align mind, body and soul.

Airport Transfers - Round trip airport transfer from airport to our resort.

Meals - Meals as listed in the trip itinerary.

Tours & Activities - Tours and activities as listed in the trip itinerary.

What's NOT Included: International flights, gratuity, travel visa, travel insurance, or any other cost not listed in "what's included" section.