



THE SPA

Your Wellness Oasis



Rise & Thrive

Breathe and feel a morning or afternoon nature walk from sea breeze to forest and reconnect and heal your mind and soul. This 2 days program is the perfect combination to take time for yourself.

Inclusion:

- **90 minute walk from resort and back**
- **55 minute restorative massage**
- **60 minute Sunset Yoga**
- **Healthy cooking class**
- **Daily sauna and spa pool facilities**
- **Wellness drink at the spa**

Rate: MYR 8,700 per person

Booking Conditions

Minimum of 2 persons
48 Hours prior



4031011



MRUHI_Spa@hilton.com



A discovery tour while enjoying our Mauritian landscaping to an old sugar mill and take this moment to pause, reflect and connect to your inner self. This 2 day program is a great immersion kick off to wellbeing

2 day program

Inclusion:

- **Bike discovery at our old Medine sugar factory**
- **30 minute Stretch & Release session**
- **55 minute muscle release massage**
- **DIY make my own scrub**
- **Sound bath healing therapy and mindful meditation**
- **Daily sauna and spa pool facilities**
- **Wellness drink at the spa**

*My Thrive
Immersion*

Rate:

MUR 9,700 per person

Booking Conditions

Minimum of 2 persons
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Let's Thrive
Together

Take time for gratitude, this one day program will immerse you and your partner to appreciate what is valuable and meaningful to yourselves.

- **Couple mindful meditation**
- **Couple signature 60 minutes massage in our beach Cabana**
- **Healthy cooking class**
- **Couple sunset yoga**
- **Daily sauna and spa pool facilities**

Rate: MYR 13,400 per Couple

Booking Conditions

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48 Hours prior



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