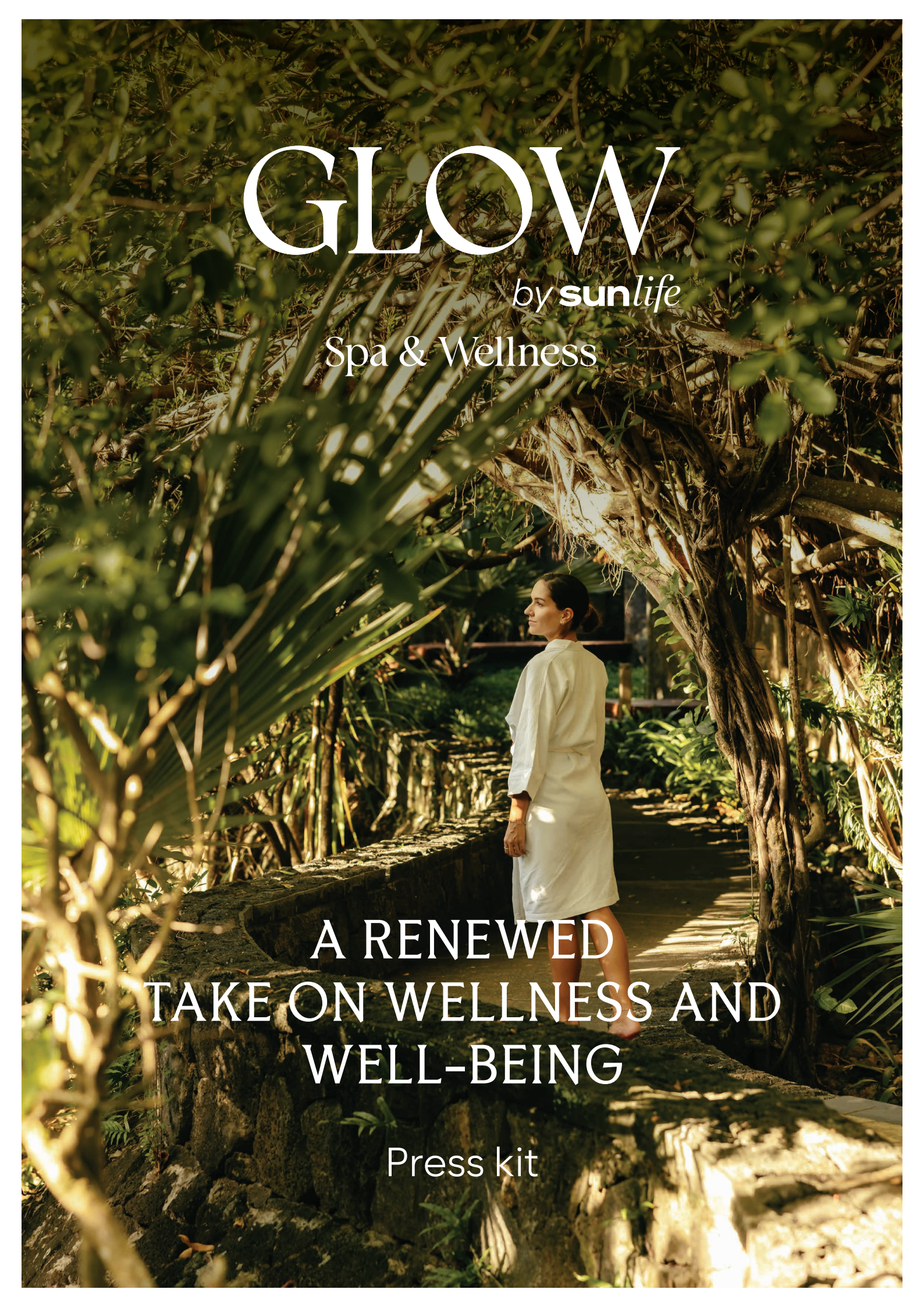


A woman with dark hair tied back, wearing a white long-sleeved robe, stands on a stone path in a lush, sun-dappled jungle. She is looking off to the side. The path is bordered by a low stone wall on one side and dense foliage on the other. Sunlight filters through the trees, creating a warm, golden glow.

GLOW

by **sunlife**

Spa & Wellness

A RENEWED
TAKE ON WELLNESS AND
WELL-BEING

Press kit



*"A destination is never a place,
But a new way of seeing things."*

– Henry Miller,
author (1891-1980)

MORE THAN JUST A HOLIDAY...



The *Sunlife* wanderer brims with a deep sense of passion mixed with discovery.

They meander the streets of Mauritius, exploring the serpentine coasts and villages. They savour the fruit, the spices, the herbs. They breathe in the aromas as the ocean breeze brushes their skin, captivated by its radiance. The traveller stands in awe of the contrasting landscapes, soaking in the vibrant colours, embracing the very essence of Mauritius.

For *Sunlife*, travel is synonymous with amalgamating meaningful experiences into one. With letting go, being fully present, reconnecting with oneself. It's about encountering people who inspire, taking

back home a memento of their wisdom and kindness. It's about seeking authentic adventures that restore balance, leaving you refreshed and recharged upon your return back home.

This yearning for discovery is the very crux behind *Sunlife* hotels' new wellness concept, placing Mauritius and its rich culture at its very core. The group has fixed its sights on reinventing its spas, allowing the spirit of Mauritius to transpire in every pore of the guest experience, seeping the island's natural beauty, generosity and wellbeing into a memorable journey of wellbeing.

Go on, set your senses adrift and rediscover Mauritius.

AN AUTHENTIC WELLNESS JOURNEY

Inspired by the rich cultural fabric of Mauritius, *Sunlife* has taken on a novel approach to blending the abundant greenery and natural elements into one single microcosm of wellness.

Much like a journey within a journey, the group's hotels are an open embrace for guests to dwell into a holistic escape where relaxation meets curiosity, discovery meets serenity and meaningful encounters meet moments of complete stillness...

Mauritius, a treasure trove of wonders

From lagoons to mountain peaks, endemic plants to the ocean's salty breezes, Mauritius has always been known for its bountiful nature, and healing powers – a real sanctuary of peace... A land of natural elements, home to deep purification and vitalising boosts of energy.

Soaked in sunshine, the island has long drawn travellers from around the world not just for its landscapes but for its rich values shaped by European, African, Asian and Indian influences over centuries. Today, Mauritius stands tall at the crossroads of pulsating cultures and celebrates diversity in all its glory while also embracing the warmth and hospitality of its heritage, welcoming everyone from near and far.

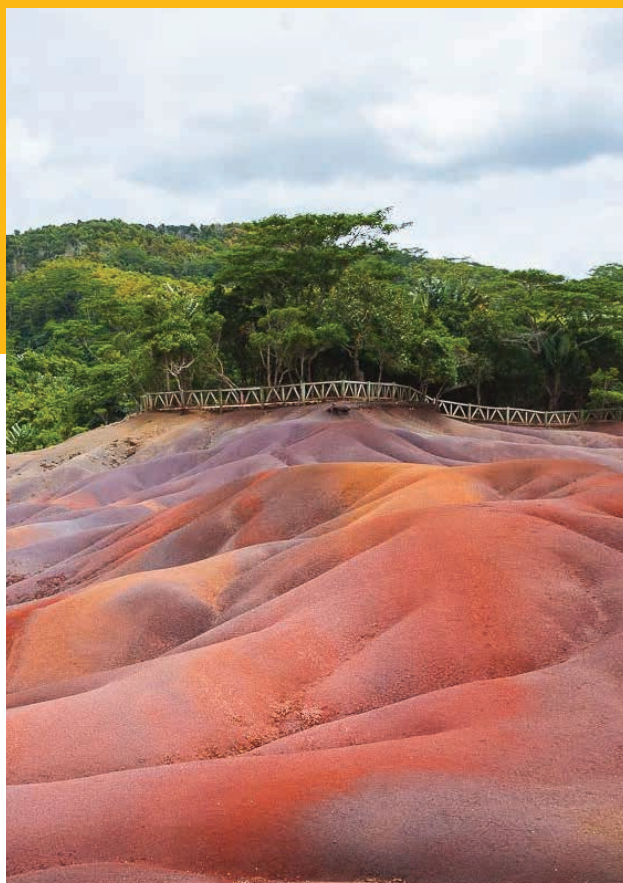
Honouring this beauty and spirit, *Sunlife* pays tribute to the richness of the island through a new wellness concept revealed in November 2024 at *Sunlife* hotel spas.

And there lies the ethos behind this novel idea: born out of the yearning to harness the vital energy of the Mauritian sun within an experience of wellness for guests, all with the aim to enhance their radiance and inspire their inner desires. A philosophy that comes to life in three wellness pillars: natural energy, nurturing energy and creative energy.

Elemental energy: the source of life

Sea, soil and plants – symbols of peace, rejuvenation and serenity. From the seven-coloured Earth in Chamarel all the way to the surrounding lagoons and the local shrubs like moringa growing in the Ferney Valley, Mother Nature reveals its full splendour in Mauritius. And its people? They've been custodians of age-old secrets of local plants and their healing powers, blending them into powerful wellness concoctions – from revitalising creams to hydrating lotions, relaxing oils and other targeted treatments.

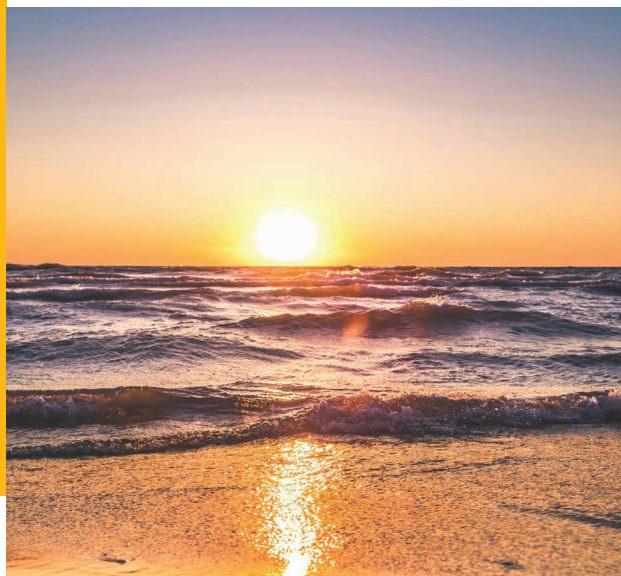
Drawing on this ancient knowledge and infusing it in the products used in their spas, Sunlife incorporates their massages and other treatments with marine salt scrubs, locally-produced moringa and coconut oil. Taking the experience a step further, curious travellers can also choose to embark on excursions to explore these natural sites and uncover their secrets.



Nurturing energy, the source of growth

True well-being, both physical and mental, begins with self-care. And Sunlife believes in embracing this philosophy by highlighting three essential practices that have long-lasting benefits.

The first one lies in the joy of wholesome eating. Mauritius, being the sensory paradise that it is, brims with spices, aromatic herbs, tropical fruits and fresh vegetables – an invitation for guests to embark on a flavourful journey of discovery. Sunlife, through an array of options such as immersive cooking workshops or detox programmes that don't compromise on flavour, has redefined the art of "wholesome eating" with a Mauritian touch.



At Long Beach for instance, every restaurant offers delectable plant-based meals that celebrate the richness of local produce, a concept soon to be introduced across all *Sunlife* hotels.

The second practice is rooted in deep rejuvenation. Inspired by the island's tropical climate, *Sunlife* encourages guests to indulge in the powerful dichotomy between the heat and cold. Scottish showers, saunas and hammam rituals have been installed to help strengthen guests' immune system, improve circulation and provide a deep sense of calm. The end result reveals a rejuvenating stay that renews both body and mind.

And lastly, the third focus is rooted in nourishing the soul through meditation. *Sunlife*'s unique offerings, integrating the practice in a more approachable manner in daily life, centres around soothing sound baths and meditative walks as well as sunrise paddle boarding, yoga sessions and many more.

Creative energy, the source of fulfilment

Creativity remains the final pillar of a truly enriching stay and a key focus of *Sunlife*'s wellness philosophy, offering a plethora of benefits from easing anxiety to fostering greater self-expression and confidence.

With that ethos in mind, *Sunlife* has crafted unique experiences that guide guests towards unlocking their creative potential all while getting a first-hand experience of the local lifestyle. Guests can delve into dance workshops healing resonance, all rooted in the rich traditions of Mauritius.



SUNLIFE UNVEILS ITS NEW WELLNESS BRAND

Introducing, GLOW – the culmination of Sunlife's vision for wellness.

GLOW: Sunlife's path to wellness

What better name for the group's new identity for its spas and products than one that truly reflects the essence behind Sunlife's brand?

GLOW isn't a mere name. It is an entire universe anchored in natural products crafted in Mauritius, available in the hotels' spas. GLOW radiates as a symbol of Sunlife's fresh and purpose-filled take on wellness.

A world that inspires

As the name suggests, GLOW is all about radiance. Drawing its energy from the sun, it is inspired by the brilliance and vitality that truly define Mauritius and is a nod to travellers who seek a sense of renewal. GLOW represents the epitome of what truly matters to Sunlife, where wellness is a guiding principle.

On the east coast at Long Beach & Ambre, we get to celebrate the rising of the sun. It's an inexplicable energy that fills you with vitality and drives you forward. On the west coast, at Sugar Beach, we bask in stunning sunsets, encouraging guests to relax and unwind. GLOW beautifully reflects these two opposing yet complementary energies.

The GLOW experience comes to life with a soft and harmonious colour palette. Seafoam blue, rich ochre, golden amber and soft mint—these colours are copiously found throughout Sunlife's hotels, from the turquoise lagoons to the abundant soil and prevalent lush greenery.

The Sunlife traveller, a master of their own journey

GLOW was designed as more than just a backdrop for a wellness-focused holiday in mind. GLOW allows wanderers to step into the spotlight, turning them into the heroes of their own story and of their well-being.

Deep relaxation and renewal. Personal commitment and a strong willingness to let go. Those rhyming concepts are Sunlife's secret to achieving long-lasting physical and emotional well-being in action.

The guests love discovering the island. They can experience it on a deeper level by uncovering secrets of the Mauritian culture, fostering a stronger connection to the destination and a sense of personal renewal."



GLOW is an invitation for guests to cradle in the heart of the island, revelling in the synergy between various experiences across the island and within Sunlife's hotels and spas. GLOW is a gateway to a truly radiant escape.

SUNLIFE'S SPA BLISS

Mauritius remains a vibrant cultural melting pot that transpires in every little nook and corner, even in the art of massaging. In fact, blending African, European and Asian techniques into one therapeutic and transcendental experience like no other.

Rejuvenation rituals

Massage has now evolved beyond a luxury. Think of it as an essential part of self-care. A cherished moment in one's own company, for both the mind and the body.

GLOW's new signature rituals are a celebration of Mauritius's rich way of life, a multi-sensory journey that aims to soothe and revitalise. Each treatment lasts between 120 and 150 minutes, and is designed to lead guests into deep relaxation. The very definition of true well-being.

The signature rituals are experiences that were especially crafted to envelop guests in positive energy, aiding them to relieve any form of tension, heighten their awareness, and unveil their inner GLOW.

Long Beach signature treatment: the "Mauritian Journey"

Rooted in the island's ancient natural remedies, this signature treatment is rejuvenating and relaxing, a real testament to Mauritius's indigenous aromatic plants, including moringa oil, and a reflection of the lush nature around. Guests are first welcomed with the soothing sound of the tabla and Indian flute, then treated to a foot bath with Mauritian salts and a Peruvian balm, along with a herbal mask made from local plants. The experience begins and ends with soothing bell chimes, hugging guests in a cocoon of wellness, after which they can choose to ponder over the benefits of the treatment while sipping on a refreshing tea or juice in the spa's tropical gardens.

Sugar Beach signature treatment: the "light therapy"

Like the gentle rise of the sun upon the skin, this treatment infuses luminous energy deep into the heart of the cells. Bathed in soft, diffused light, the skin awakens, absorbs each wave, and begins a natural process of regeneration.

Red light, renowned for its anti-aging virtues, gently stimulates collagen production, restoring firmness, vitality, and the skin's original glow. Each cell reawakens, each feature is subtly revealed.

At the end of the ritual, the face glows with renewed radiance — softly smoothed, visibly firmer — as if kissed by inner light.

SUNLIFE'S SPA BLISS

Ambre signature treatment : "The candle massage"

Inspired by the refined art of touch, this signature treatment begins with a welcoming foot ritual — a symbol of grounding and serenity. A candle infused with natural essences is then lit; its flame gradually melts into a warm, enveloping oil, delicately scented.

As the massage unfolds, tension melts away, the senses awaken... The comforting warmth of the oil glides over the skin like a soothing whisper, gently inviting the body to surrender into deep relaxation.

This treatment, a true ode to letting go, concludes in a peaceful atmosphere — where the moment lingers over a herbal tea infused with local plants, gazing out onto tropical gardens swayed by the breath of the wind.

Anahita signature treatment : "Golfer Massage"

Designed as a restorative pause after exertion, this powerful treatment is dedicated to bodies in motion. It targets areas of deep tension, blending the ancient wisdom of acupressure with slow, deliberate strokes of focused muscular massage.

With each mindful pressure, knots dissolve, toxins are released, joints regain their suppleness. The body re-tunes itself, reclaiming its natural rhythm, fluidity, and strength.

This ritual is an inner journey through the deepest layers of the body — reviving breath, restoring energy — and concludes in a cocoon of calm, ideal for recovery... before stepping back onto the course, more aligned, more free.

A local and natural range of products

Mauritius, with its rich array of plants offering exceptional benefits, has been a natural inspiration behind the creation of the GLOW skincare line.

Traditionally, Mauritians rely on natural remedies to treat ailments: herbal teas and concoctions and various plant mixtures have always been common in households, with recipes being passed on through generations. And while this tradition has certainly waned over time, plants in Mauritius are still widely known to have medicinal properties: pomegranate for vitality, moringa as a potent antiviral medicine, bitter orange to fight cholesterol...

To honour the island's natural wealth, *Sunlife* has partnered with Indika, a local company at the heart of Ferney, to produce the GLOW range of products. Blending heritage with modern science, Indika combines traditional herbal knowledge with scientific expertise to create skin products that are highly effective and beneficial. Additionally, by collaborating with Axonova, a biomedical research lab that specialises in identifying medicinal plant compounds, Indika has been a significant strategic partner in promoting Mauritius's biodiversity through natural and locally-produced treatments designed to heal, support recovery and enhance well-being.

Three signature massage oils and scrubs have been meticulously crafted for the GLOW skincare line: a herbal oil with Ayurvedic properties, a floral oil with relaxing benefits, and a citrus oil apt for detoxifying the body. These exclusive formulas centred around medical research, are also packaged in biodegradable and reusable materials. All in all, they truly represent a 360-degree ethical approach to well-being, embracing sustainable agriculture and product recycling.

And to top it all, *Sunlife* guests are given the opportunity to visit the Ferney Nature Reserve in the south of the island where they can spend time observing the plants in their natural habitat and meet the team behind these products. A holistic experience like no other, taking them off the beaten path.



REKINDLING CREATIVITY, A HOLISTIC EXPERIENCE

Sunlife has long stood out for its all-encompassing approach towards the Mauritian life, infusing each step of the experience with its vibrant essence. From one step to the other, a stay at our hotels leaves a lasting impression on guests, turning into a cherished memory for everyone.

Creative journeys, were crafted to complement the spa treatments and personalised services at the hotel, such as bespoke wellness menus, individual coaching or even pillows catered to each guest's preferences. While the massages mainly address physical tensions, these activities are also an invitation to free one's mind and introspect. "Our goal is to spark our guests' creativity, helping them step away from their daily routines. This is what we think fosters a profound and lasting transformation within each individual," explains Béatrice Tsang the Group Guest Experience Designer at Sunlife.

New intuitive creative journeys

Spanning 90 minutes each, these creative journeys offer guests a chance to get a feel of the Mauritian way of life all while allowing their creativity to shine.





Yoga - Find your balance

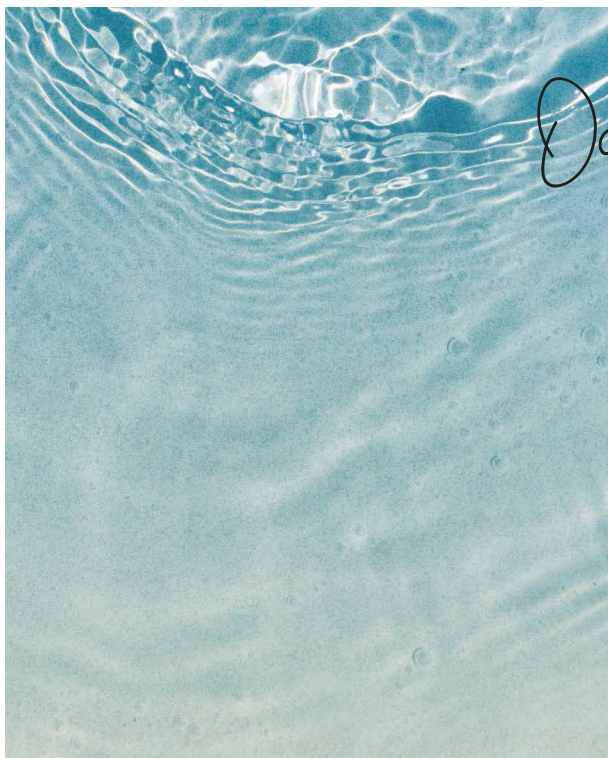
In the heart of a peaceful sanctuary between sky and nature, each yoga session becomes a sacred rendezvous with oneself. The body stretches, breathes, finds its roots... while the mind unfolds into a quiet inner space.

Whether gentle or dynamic, in solitude or shared in a small group, this ritual of harmony leads each participant toward deep alignment — balancing the body, clarifying the mind, and soothing the heart.

Healing resonance

Sound healing therapy, also known as sound bath therapy, is a holistic practice that uses sound waves from instruments like singing bowls, didgeridoos, shamanic drums, native flutes, hang drums, and the kamele (African harp) to induce relaxation and promote healing.





Ocean Healing

Ocean Healing is a sensory experience designed to bring you into deep alignment with the natural rhythm of the sea.

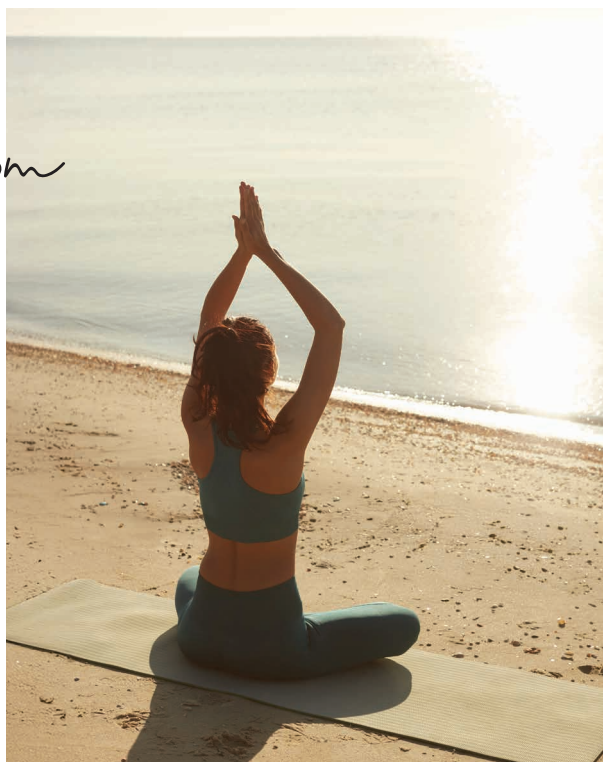
Through sound healing, you will be gently guided to synchronise your brain waves with the frequency of the ocean. The hypnotic ebb and flow of the waves serve as a powerful catalyst for relaxation, inviting a profound sense of calm and presence.

Your session begins with a personalised consultation to assess your current state of mind. From there, you will be supported through a series of healing practices inspired by Reiki and acupressure techniques.

Morning Shalom

Morning Shalom is a tranquil ritual that awakens your senses and attunes you to the island's rhythm. By the sea, breathwork, energy awareness, and ancestral wisdom guide you into clarity, grounding, and uplift.

Your journey begins with conscious breathing in harmony with the ocean, easing tension and opening space within. Gentle body mapping then reveals your physical and emotional needs, followed by intuitive coaching and ancestral-inspired rituals that restore balance and presence.



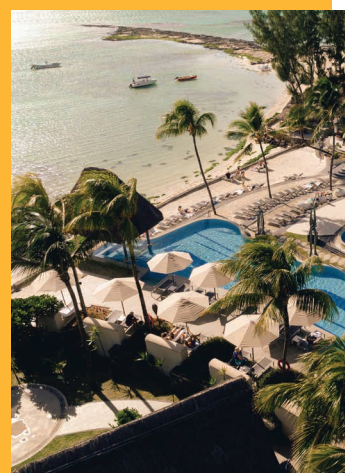
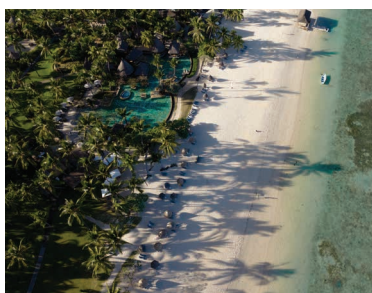
About Sunlife

For over 45 years now, Sunlife has been committed to redefining hospitality, day after day.

Established as a key player of the Mauritian hotel industry, the brand has anchored itself providing unforgettable stays – be it as a couple, a family or amongst friends – in any of its coastal hotels: Long Beach, Sugar Beach, La Pirogue, Ambre and Anahita Golf & Spa Resort.

Backed by a warm, welcoming and highly-experienced team, Sunlife's signature "Come Alive" is one rooted in crafting exclusive

experiences that highlight the magic of Mauritius. The devil is in detail, they say. And at Sunlife, be it through the world-renowned golf courses on Île aux Cerfs and Anahita to the gourmet offerings at the hotels, activities amidst nature, wellness undertakings, and local cultural experiences, no stone is left unturned in making every vacation an emotional and extraordinary escape from the mundane.





Press Contact

PRISCA NAIRN

HEAD OF MARKETING
AND COMMUNICATION

T: +230 402 0000

M: +230 5494 2152

E: prisca.nairn@yoursunlife.com

AXELLE CHATIGAN

SENIOR PRESS
RELATIONS SPECIALIST

T: +230 402 0055

M: +230 5256 4405

E: axelle.chatigan@yoursunlife.com