

A woman with dark hair tied back, wearing a white long-sleeved dress, stands on a stone path in a lush tropical setting. She is looking out towards the horizon. The path is bordered by a low stone wall on the left and dense foliage on the right. Sunlight filters through the trees, creating dappled light on the path and the woman's dress. The overall mood is serene and peaceful.

# sunlife

MAURITIUS

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 that will be revealed in November 2024 at *Sunlife* hotel spas. Reshma Dookheea, Cluster Spa Manager at *Sunlife*, has been passionate about beauty and wellness from a tender age. She earned a diploma in Beauty & Massage in New Delhi, followed by Spa Management certification, and further refining her skills with an advanced management course. Starting her career in hospitality as a therapist, she has worked her way up, establishing a reputation for being a guiding force for many institutions in shaping their wellness offerings in Mauritius. Today, she is all set to bring her passion for well-being and love for people to *Sunlife* travellers. "The Mauritian way of life has a special place in our hotels. Beyond the picture-perfect beaches that we know, *Sunlife* guests look for a genuine connection with the island, be it through an encounter with local communities or a journey into its rich heritage. And we are proud to be able to showcase all of it".

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.

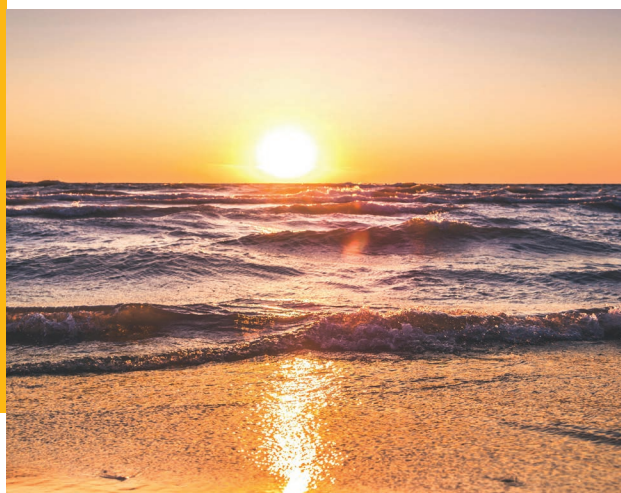
Reshma Dookheea shares: "I grew up using these natural remedies, passed down by my grandmother. She taught me everything about plants and their benefits. These natural treatments are so effective that we've often had guests asking to take our products home... I get it, I too would rather pick tropical-scented oil or a hydrating natural treatment over a sarong or straw hat, especially when it implies that you're taking a little piece of Mauritius with you."



## 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, words in motion and healing resonance, all rooted in the rich traditions of Mauritius.

For us, it was essential to both celebrate Mauritian culture and provide these creators with a platform to showcase their talents and pass on their skills," explains Reshma Dookheea.



# 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.

Reshma Dookheea, Cluster Spa Manager at *Sunlife*, explains: "On the east coast at Long Beach, 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. "Our guests love discovering the island," shares Reshma Dookheea. "We wanted to encourage them to 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," explains Reshma Dookheea. "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 "Mauritian Journey" at Long Beach and the "Cosmic Journey" at Sugar Beach are two 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 "Cosmic Journey"

Drawing on the sun's vitality and the power of crystals, this signature treatment is an ode to the harmony between emotions, the mind and physical well-being, blending the therapeutic benefits of essential oils infused with rose quartz, sunstone and sapphire with a relaxing sequence of massages and stretches that energise the body. Set to soothing flute melodies and vocal harmonies and enhanced by opening and closing rituals with chimes, this treatment invites guests to step into a profound state of relaxation all through the nervous system.



## 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.

Reshma Dookheea shares: "During my visit to Ferney, I was taken in by the extensive use of medicinal plants by Indika. All their products are made by Mauritians, and their work honours both our culture and our botanical heritage. We are proud to partner with such a company and use their products in our spas."

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

Reshma Dookheea shares: "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."

These offerings, with the aim to enhance the *Sunlife* journey, 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 workshops

Spanning 90 minutes each, these five brand-new workshops offer guests a chance to get a feel of the Mauritian way of life all while allowing their creativity to shine.

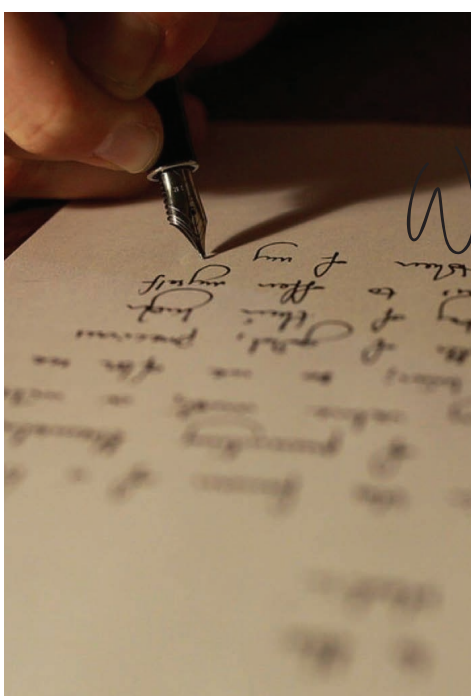




## Find your move

This workshop invites participants to learn more about the somatic dance, guided by their own instincts and swaying their hips to the vibrant beats, eventually letting go of their inhibitions.

Conducted by Daria, whose love for nature, yoga, and dance led her to somatic dance training in Portugal, this experience awakens the body's power to heal through free-form movement.



## Words in motion

Storytelling has the power to liberate and inspire. And all that's needed is the willingness to delve in and try it out. In this workshop, guests try out various narrative techniques with the guidance from an artist who recounts the tale of Mauritian runaway slaves.

They will also be encouraged to channel their imagination and write their own stories, in an attempt to forge a deep connection with Mauritius.

## 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.



# 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 four coastal hotels: Long Beach, Sugar Beach, La Pirogue and Ambre.

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 course on Île aux Cerfs 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.







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