



Wellness & Spa

www.seychelles.travel



the seychelles islands
another world



Recalibrate mind body & soul amid Seychelles' stunning natural beauty.

Since the dawn of time, Seychelles' 115 islands have been a refuge, not only for many rare species of flora & fauna which have been nurtured by the islands' isolation, but also for a very special, island-style way of life grounded in tradition and the rhythms of Nature.

The slow, easeful pace of life in Seychelles conspires with the stunning, natural beauty of the archipelago to produce an idyllic backdrop for the recalibration of mind, body & soul within a gentle, welcoming and naturally protective environment which is a natural extension of the Seychelles' way of life.

Immerse yourself in the Seychelles Experience and surrender to this unique opportunity to rediscover your personal sense of balance and harmony in perfect rhythm with Nature, so far from the crowded and contrived atmospheres of so many of today's spas.

After millennia, the Seychelles Islands remain the same refuge they always were - and one virtually untouched by man. You will soon find that your very presence here among a friendly people cocooned from the negative effects of modern living acts as a powerful antidote to life's stresses and strains. The chance to live as nature intended will afford you the unique opportunity to energise your weary body and nurture your soul in the land of perpetual summer where harmony is a way of life.

From the breathtaking ocean vistas of mountainside spas and the luxurious niches of opulent 5 - star resorts to the naturally pampering environments of exclusive island hideaways, Seychelles proposes you the ultimate voyage of personal transformation in surroundings widely considered to be the most beautiful on Earth.

Mind Body & Soul Festival

Seychelles newest event is the Festival of Mind, Body & Soul which was first held in June 2012 as a celebration of a holistic lifestyle which includes hiking, courses in meditation, balancing the body and mind with sound, exploring the benefits of Ayurvedic health cures, workshops on the techniques of Tai Chi, Qigong and yoga and a discovery of the benefits of aromatherapy and yoga.

This festival crowns a growing perception that the health of mind body & soul is essential to the quality of life and the fact that Seychelles, with its ideal location and stunning natural beauty, is a natural home for what is scheduled to become a popular, annual local event.



Here, in Nature's ultimate sanctuary, pleasure yourself with the signature treatments of world-renowned spas and local preparations from Seychelles' virgin forests, yoga & meditation, relaxing massages, scrubs, de-tox baths, wraps and invigorating wet treatments as well as a full range of beauty and grooming services – the keys to your complete renewal.

A Seychelles Spa holiday combines naturally with other activities such as sailing, fishing, diving & snorkelling, hiking, island-hopping and golf to provide just the right balance between relaxation and exhilaration in your wellness experience of a lifetime.

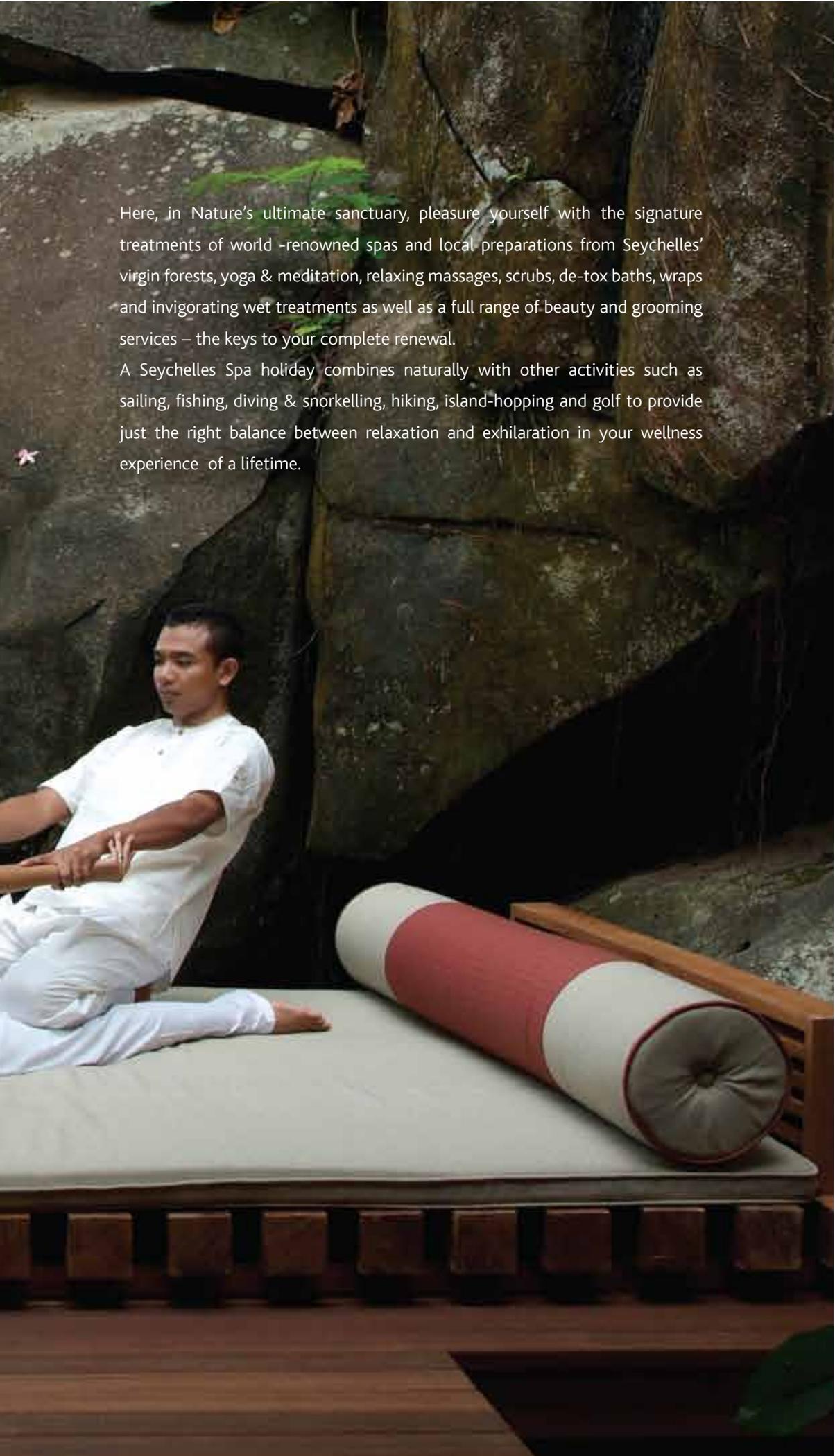




Photo: Constance Hotels & Resorts





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