

30 June 2020

## Feel Your Best at SALT of Palmar



**Mauritius** – It has never been more important to boost our immune system and focus on our wellbeing. SALT of Palmar designed a healing *well-cation* package to help those feeling frazzled regain their equilibrium.

Based on the five pillars of wellbeing – movement, recovery, mindfulness, plant-based nutrition and reconnection with nature – these five or 10-day packages are suited for all fitness levels with an array of activities starting with a wellness consultation to assess one’s state of mind. A curated programme will be drawn up with outdoor personal training sessions; nurturing activities such as relaxing spa treatments at SALT Equilibrium, daily access to the healing Salt room, yoga, meditation and breathing exercises will help with focus and decreasing stress; and lastly, plant-based cooking classes to provide guests with nutritious yet delicious dining options.

“Being cooped up indoors for an extended period of time can be even more draining, so it is vital to maintain our physical and mental wellbeing in order for us to be at our best when spending time with loved ones or at work,” said Raj Reedoy, General Manager of SALT of Palmar.



PRESS RELEASE

Wellness-seekers will find their perfect balance of mindfulness and fitness, made even more enjoyable with an amazing view.

**Feel Your Best Packages** are available for stays of five or 10-nights on half board basis. Curated programmes can be designed for individuals by arranging a full consultation with SALT of Palmar's Wellness Concierge prior to booking a stay.

For more information or to make a reservation, visit [SALT Resorts](#) or call (230) 698 9800/ 698 2727 to personalise your stay.

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**SALT of Palmar** is a humanistic approach to hospitality created by The Lux Collective in November 2018, connecting modern explorers with meaningful travel experiences. Spearheaded by hospitality visionary and CEO of The Lux Collective, Paul Jones, SALT introduces a new breed of hospitality for the culturally curious. Devoted to the wonder of all things local and sustainable, SALT resorts take guests to people - not just places. It reveals to guests the beating heart of destinations and their communities and get them out there exploring it – the SALT way.