

LUX* GRAND GAUBE ANNOUNCE NEW WELLNESS RETREAT WITH KAMRAN BEDI 21 – 28 AUGUST 2018

Having undergone a £24 million refurbishment, the all-new LUX* Grand Gaube, on the northern coast of Mauritius, has announced its first wellness retreat since the redesign with Kamran Bedi, the creator of the '*Mind Body Method*', which will be running from 21 – 28 August.

Based around pilates training, mindfulness meditations and full body relaxation, guests can experience the '*Mind Body Method*' over the seven-night retreat, with Kamran and his wellness team.

Kamran Bedi is a British former professional dancer with over 20 years of experience understanding and working with the body. He has worked with Lady Gaga and Cheryl Cole, as well as reality shows X Factor and Britain's Got Talent. He is certified in Neuro-Lingustic Programming (NLP), Hypnotherapy, Intergral Eye Movement Therapy (IMET), mindfulness and pilates, and has used these skills to create a bespoke method for achieving wellness.

His passion for uniting the mind and body into a thoughtful collaboration of movement, where the individual can detach from their outside world, is reflected within his '*Mind Body Method*'. He has helped people overcome anxiety, deal with grief.

The programme features a variety of methods including full body stretching, mat pilates, barre and the exclusive MOTR (movement on the roller). There will be daily group classes and one private individual or couple's session, tailored to the guests' bodies and needs, creating a truly personalised journey.

Various spa treatments are included to help guests detoxify at the beautiful LUX* Me Spa. An on-site Wellness Concierge provides bespoke programmes and nutritional advice tailored exactly to guest's individual needs. The spa also offers yoga and meditation classes, alongside the activities in the retreat.

Set between two tranquil beaches with Kelly Hoppen-designed interiors and 186 rooms and suites, LUX* Grand Gaube provides a tranquil setting for guests to unwind in one of the island's most unique spots.

Running from 21 August – 28 August, the package includes accommodation for seven nights on a full board basis; non-alcoholic beverages; airport transfer; a private Mind Body coaching session; a private Kayak, Stand-Up Paddle, Fitness session; 60-min Detox body wrap or Detox massage; 60-min Island style or Asian massage; a beauty treatment or a treatment at Murdock London barbershop; a 90-min signature LUX Me treatment; a Veggie Heaven cooking class; a group sunset cruise; a guided tour outside the hotel grounds; daily group meditations and workshops; and complimentary daily classes. Prices start from £1816 per person (based on double occupancy) on a full board basis excl. flights.*

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RESORTS & HOTELS

PRESS RELEASE

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For more information & to book please visit www.luxresorts.com/luxgrandgaube.

For further information, contact Axelle Mazery – Group Public Relation Relations Manager E: Axelle.Mazery@luxresorts.com
T: + 230 6989800 or visit our [online media centre](#)

LUX* Resorts & Hotels helps people to celebrate life by delivering consistently on the promise of a different kind of Luxury; hospitality that is Lighter.Brighter. LUX* stages exceptional experiences in different locales – whether on the Beach, in the City or in Nature – by banishing thoughtless patterns and being more simple, fresh and sensory.

The resorts and hotels in the LUX* portfolio include LUX* Belle Mare, Mauritius , LUX* Le Morne Mauritius, LUX* Grand Gaube, Mauritius; LUX* South Ari Atoll, Maldives; LUX* Saint Gilles, Reunion Island, LUX* Tea Horse Road Lijiang, Yunnan Province, China, LUX* Tea Horse Road Benzilan, Yunnan Province, China, and LUX* Bodrum, Turkey.

Other new properties in the pipeline and opening soon LUX* Al Zorah, United Arab Emirates; LUX* North Male Atoll, Maldives; LUX* Tuscany Italy, LUX* Dianshan Lake, Suzhou, China, LUX* Phu Quoc, Vietnam, and LUX* Luxe Lakes, Chengdu, China.

LUX* Resorts & Hotels is a member of Lux Island Resorts Co Ltd, which is listed on the Stock Exchange Market of Mauritius and is an affiliate member of IBL, a major economic player in the Indian Ocean, leader of the "Top 100" Mauritian companies. IBL is active in key sectors of the Mauritian economy, representing a portfolio of approximately 300 subsidiaries and associated companies.

Other properties managed by LUX* Resorts & Hotels are Tamassa, Bel Ombre, Mauritius; Merville Beach, Grand Baie, Mauritius and Hôtel Le Récif, Réunion Island, as well Ile des Deux Cocos, Mauritius, a private paradise island.

100% CARBON FREE HOLIDAYS AT LUX* RESORTS & HOTELS

LUX* Resorts & Hotels strongly believes in sustainable tourism development, and has embarked in a journey towards a carbon clean future through its project "Tread Lightly". Tread Lightly is offsetting 100% of the carbon emissions emitted during guests stay. The carbon offsetting contribution is used to support various offsetting projects in developing countries within the regions where LUX* is operating. To learn more about the LUX* Tread Lightly €1 per day voluntary participation carbon-offsetting fee, please visit www.luxtreadlightly.com
