

# Relax, Refresh & Rejuvenate

## Mozambique

### Introduction:

This unique retreat is blending the physical and mental purification of the Massage treatments and the healing powers of the surrounding nature. In this retreat you have also the amazing opportunity to explore the nature and the wonders of Bazaruto Archipelago.

A program that includes different types of massages and body treatments along with delicious and healthy meals. The program is also designed so that you have time to explore different activities to the islands and surroundings.

### Description:

It has been known since ancient times that scent stimulates memory, imagination, dreams and wellbeing. Now, embracing the soul of essential oils, Bahia Mar SPA chose a new generation of aroma wellness for the in-house treatments. This retreat presents a sensorial journey towards balance and beauty.

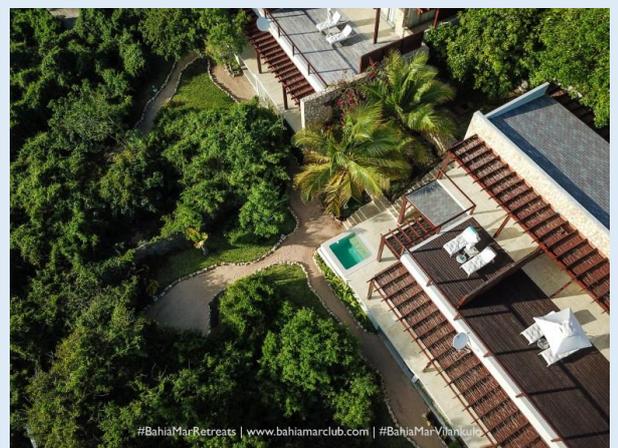
Based on purist aromatherapy principles, in which essential oils are lipo-soluble, meaning they penetrate fast and deep into the skin, "aroma serums" and organic ingredients form the DNA of the extensive range, promising profound results.

Both compelling and comprehensive, our choice of treatments comprises a range for Face (Anti-Ageing, Hydrating and Rebalancing), Body (Detox and Hydrating) and Infusion Teas (flowers and loose teas) which will immerse you into an olfactory world of well-being used in different types of massages and treatments.

During these retreats you will be able to experience our purifying treatments, explore the beauty of the area, enjoy and relax in a beautiful boutique hotel and learn about the Mozambican culture and heritage.

### Highlights:

- 5 or 7 day retreat program which can be flexible according to your schedule and available anytime throughout the year,
- All treatments use local and organic ingredients free of chemicals and parabens,
- Located in one of the most beautiful Marine Park areas in the world, the Bazaruto National Park is the perfect destination for lovers of azure waters and marine life,
- The accommodation and facilities focus in a modern style and comfort,
- In this retreat you can mix and match a perfect holiday that will help you relax, detox, rejuvenate and at the same time allow you to explore the beauty of your surroundings.
- Far from crowds and close to untouched nature and local culture.



#BahiaMarRetreats | www.bahiamarclub.com | #BahiaMarVilanculos

## 5 - Day Retreat Schedule:

Day 1 – Arrival:

Sunset dhow trip in Vilankulo bay

Neck, Head and Shoulders Relaxation Massage.

Day 2- A day for what we call the Bazaruto Extravagance:

This day begins with a body exfoliation followed by a detox body wrap. After a refreshing shower we serve a selection of teas from our menu while you have your feet treatment. Our lunch will be served from our Bahia Mar menu. Afterwards you will experience a detox facial treatment and your day will end with a full body massage. (aprox. 6h)

Day 3 - A free day where you can opt for one of the activities available of just relax and enjoy your book by the pool.

Day 4 - Benguerra Pleasures:

This day begins with an hydrating body wrap and a face & head massage. After enjoying your lunch, you will indulge in a completely renovated Ayurvedic massage. (aprox. 3.5h)

Day 5 - Paradise Beauties:

This treatment is devoted to a complete rebalance that will bring you a sense of general harmonization. It begins with a rebalance body wrap followed by a facial. You will then be served a light meal from our menu and fruit juice detox. Your treatment will end with a relaxo deep tissue massage that you will leave rejuvenated. (aprox. 3.5h)

Day 6 - Departure.



## 7 - Day Retreat Schedule:

Day 1 – Arrival:

Sunset dhow trip in Vilankulo bay

Neck, Head and Shoulders Relaxation Massage.

Day 2- A day for what we call the Bazaruto Extravagance:

This day begins with a body exfoliation with sea salt followed by a detox body wrap. After a refreshing shower we serve a selection of teas from our menu while you have your feet treatment. Our lunch will be served from our Bahia Mar menu. Afterwards you will experience a detox facial treatment and your day will end with a full body massage. (aprox. 6h)

Day 3 - A free day where you can opt for one of the activities available of just relax and enjoy your book by the pool.

Day 4 - Benguerra Pleasures:

This day begins with an hydrating body wrap and a face & head massage. After enjoying lunch, you will indulge in a completely renovated Ayurvedic massage. (aprox. 3.5h)

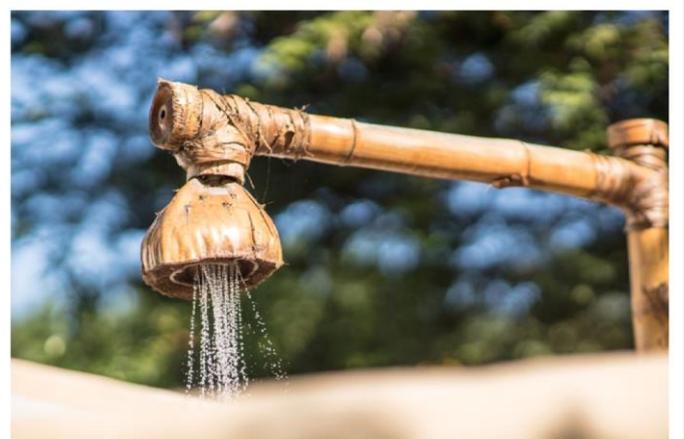
Day 5 - A free day where you can opt for one of the activities available of just relax and enjoy your book by the pool.

Day 6 - Paradise beauties:

This treatment is devoted to a complete rebalance that will bring you a sense of general harmonization. It begins with a rebalance body wrap followed by a facial. You will then be served a light meal from our menu and a fruit juice detox. Your treatment will end with a relaxo deep tissue massage that you will leave rejuvenated. (aprox. 3.5h)

Day 7 - A free day where you can opt for one of the activities available, relax and enjoy your book by the pool or for a last minute visit to the local shops.

Day 8 - Departure.



## Location and How to get there:

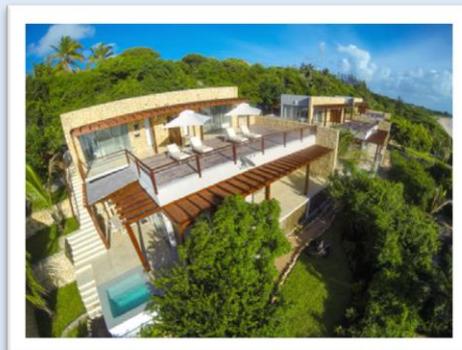
Vilankulo lies at the gateway of the Bazaruto Archipelago – Mozambique’s only underwater National Park – which comprises five islands – Bazaruto, Benguerra, Margaruque, Bangué and Santa Carolina (commonly known as Paradise Island).

Vilankulos hosts an international airport with flights departing to and from Maputo and Johannesburg on a daily basis. There are also flights from KMIA (Nelspruit) to Vilankulos twice weekly. The International Airport is serviced by LAM and by Airlink.

Bahia Mar is situated just 8km from the Vilankulo International Airport. The lodge arranges transfers for guests to and from the airport.

### Driving:

The roads to Vilankulos are acceptable and tarred, but look out for potholes en route; a 4x4 is not a necessity. We do not suggest travelling at night in Mozambique. Fuel is readily available, but it is suggested to fill up whenever possible. Unleaded fuel is available in Vilankulos.



## Accommodation:

The Bahia Mar, is located where the azure waters of the Indian Ocean touch the palm fringed beaches of Vilankulos on mainland Mozambique. It is the ultimate destination for visitors wanting to experience colourful local culture as well as the fabulous beauty of the Bazaruto Archipelago.

Situated on an elevated plateau with panoramic views over the Archipelago, the lodge, à la carte restaurant, infinity pool and bar and fully equipped wellness centre offer the finest in pampering and indulgence. Follow the path downwards to our modern boutique accommodation, where your spacious, en-suite Sea View bedroom or Beach Suite bedroom is waiting for you. Air conditioning, mini bar, Internet access and hairdryers are standard in all the bedrooms. Verandas and indigenous gardens enhance your outdoor enjoyment and, of course, the magnificent Indian Ocean is right on your doorstep.

## Our masseuses:

Our in-house professionals, Ana and Julia, are local Mozambican girls that went to an extensive training by invited international professionals.

Training in ayurvedic treatments and massages, use and choice of organic spa products and treatments, and different types of massages were part of their training.

## The food:

Chef Ildo and the kitchen team have not only included a brilliant breakfast during your stay, but have also launched an amazing new A- La-Carte menu.

The infinity pool and bar are the perfect venue to try our fresh fruit smoothies and delicious cocktails.



## The activities

The small fishing village of Vilanculos is considered the gateway to the Bazaruto Archipelago, which consists of 5 picture-perfect islands, all situated within the National Marine Park. We are privileged to share these breathtaking attractions with our guests. We will provide free transport to and from most of the activities within Vilankulo.



### DHOW TRIPS TO THE ISLANDS

Unforgettable day trips to the islands. Sailing on a traditional wooden boat (dhow), snorkelling, relaxing and strolling along the deserted, white beaches. Various dhow trips are available to the different islands.

### SCUBA DIVING

Mozambique is one of the top 10 diving destinations in the world. The diving around the Bazaruto Archipelago is magnificent!

### SNORKELING

There are several stunning snorkelling spots within the Bazaruto Archipelago. The most famous one is 'The Aquarium' on the inside of two mile reef.

### FISHING

If you love the thrill of a big game fishing day this is the place to be ! The deep sea fishing in this area is world renown.

### KITESURFING

Bahia Mar is the best spot for kitesurfing in Vilankulo! Try a kitesurfing baptism, learn how to kitesurf or hire equipment and join a kiting safari.

### SUP

Experience one of the ultimate water activities. Suitable for beginners or more experienced ones, families, or individuals. The blue and calm waters of Vilanculos's bay are ideal for Paddle standing on a board.

### HORSE RIDING

Horse riding along the beach, to the dunes or around the lakes or even swimming with the horses. Great experience to get into nature and a must for the horse lovers. (Beginners are welcome).

### SUNSET CRUISE

Enjoy the stunning sunset from the water. Can't get better!

### VILANKULO GUIDED CULTURAL TOUR

Faquiri is the best guide to show us around. He'll take you to the market, church, orphanage and will tell you all about the history of this special place.

## Rates 2018:

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### 5 Day Retreat:

#### Sea View Rooms

Single Occupancy	\$ 1,500 per person
Double Occupancy	\$ 1,300 per person sharing

#### Beach Suites

Single Occupancy	\$ 2,050 per person
Double Occupancy	\$ 1,650 per person sharing

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### 7 Day Retreat:

#### Sea View Rooms

Single Occupancy	\$ 2,000 per person
Double Occupancy	\$ 1,700 per person sharing

#### Beach Suites

Single Occupancy	\$ 2,780 per person
Double Occupancy	\$ 2,250 per person sharing

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### Included:

- Accommodation with breakfast included,
- Full board A La Carte (2 course lunch meal and 3 course dinner),
- Airport transfers,
- All massages and treatments as described in the program,
- Access to the gym and classes.

### Not included:

- Flights & VISA expenses,
- Alcoholic drinks or other drinks not included in the program,
- Any extra massages not included in the program described,
- Any extra day activities that can be booked to explore the amazing beauty of this location in Mozambique.

