



WEIGHT LOSS & FITNESS RETREAT PROGRAM

Retreat *.... and Restore*

PROGRAM 2019-2020
WWW.BAHIAMARCLUB.COM - WWW.BAHIAMARRETREATS.COM



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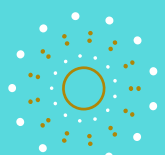
WEIGHT LOSS & FITNESS Your Wellness Program

Your Retreat

A program that includes a comprehensive body and fitness analyses, your own personal trainers, a sustainable plan that you can take home, 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.

What makes this retreat so unique and sought after by wellness travel enthusiasts, is the careful combination between a guided exercise program, ayurvedic and aromatherapy treatments and day excursions in and around the waters of paradise in the Bazaruto Archipelago.

By focusing on the guest's specific wellness goals, Bahia Mar Retreats' program offers a holistic experience, aiming to revive, regenerate and revitalise body and soul.



Highlights

- 7 nights/8 days retreat program which can be flexible according to your schedule and bookable any time of the year;
- Taylor made workout program designed especially to hit your targets and with possibility to take it home
- Enjoy a series of different spa treatments during the entire stay. 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;
- Delicious and healthy daily meals while you detox your body and promote weight loss;
- Far from crowds and close to untouched nature and local culture.



A typical day

The Bahia Mar Wellness Centre has a gymnasium and treatment rooms with state of the art fitness and treatment equipment. This truly offers a well-balanced and diverse platform for fitness enthusiasts and beginners alike, looking for that special retreat to beach paradise. Daily exercise programs are combined with ayurvedic and aromatherapy treatments with acclaimed all natural C-spa produces and highly trained wellness therapists on site.

Our guests can enjoy two training sessions on the premises every day. We balance cardio, weights and circuit training in the program. Morning workouts are one-on-one with your personal trainer before breakfast, targeting a specific muscle group every day. Evening fitness programs in the retreats are in groups, looking more at guided aerial fitness, yoga or REAX raft training on our infinity pool overlooking the Bazaruto Archipelago sunset. The Les Mills Virtual classes are also accessible during the afternoon and evening schedule. That said, should guests prefer to only work with a personal trainer and not as part of a group, this could also be arranged.

WHAT IS INCLUDED

FITNESS PROGRAM

Personal assessment before travel to design a program that can meet expectations
Daily 45 min one-on-one training sessions
Daily group classes in different modalities
Access to Les Mills Virtual classes

SPA TREATMENTS

1 full body relaxation massage
1 feet treatment
3 x 45 min Reflexology sessions
5 x 45 min Body sculpting - bamboo therapy massages
1 Bahia Mar signature water massage



Bahia Mar Boutique Hotel

THE FACILITIES

This retreat will be held at Bahia Mar Boutique Hotel in Vilankulo, Mozambique. It is located where the azure waters of the Indian Ocean touches the palm-fringed beaches of Vilankulos on mainland Mozambique. In addition, the hotel is also situated at the gateway of the Bazaruto Archipelago, the only underwater national park and the most beautiful marine park at the Southern coast. This is the perfect destination for lovers of azure waters and marine life.

This is an ultimate destination for visitors that want to experience colorful local culture, as well as the fabulous beauty of the Bazaruto Archipelago.

The hotel is situated on an elevated plateau with panoramic views over the archipelago, the lodge, à la carte restaurant, infinity pool, and the bar. In addition, the accommodation site has a fully-equipped wellness center that offers the finest in pampering and indulgence.

The Luxury Beach Suite is a pied-à-terre luxury self catering unit with king sized bed, it has a TV lounge, fully equipped kitchenette, private barbecue, terrace with sunbeds, and private splash pool.

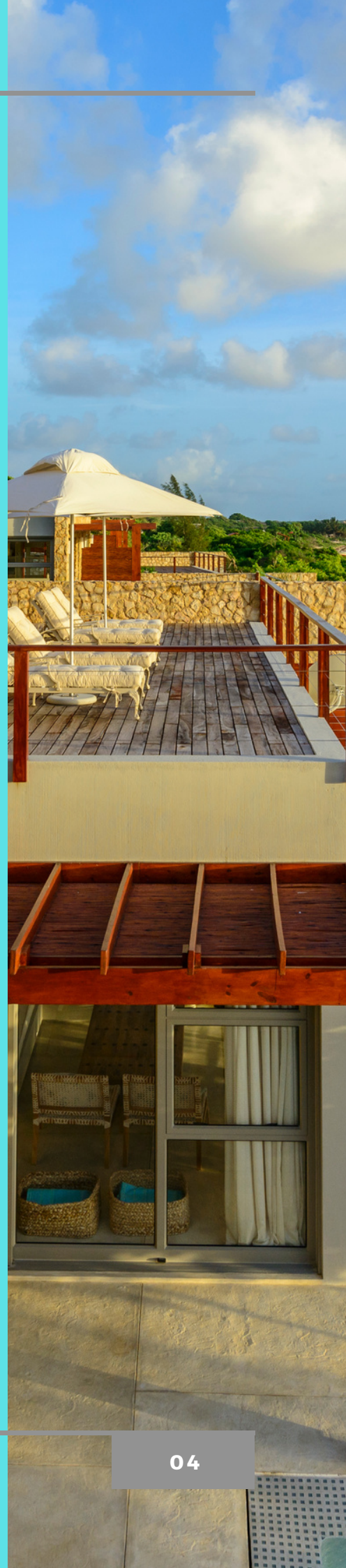
As for the Sea View bedroom, it has an en-suite bedroom with a queen size bed, shower, large veranda with sun beds, and sea view that is overlooking the Bazaruto islands.

The Garden suites although not having the ocean views offer the ideal sense of retreat where you are surrounded by luxurious gardens and a beautiful bird life.

The Garden Suites have a private pied-à-terre luxury bedroom with a super king-sized bed which can be converted to two $\frac{3}{4}$ twin beds, DSTV, lounge and a private terrace area in the cashew nut tree garden. This bedroom can sleep a couple or two people in twin beds and two of these units have inter-leading rooms for families.

The rooms are air-conditioned, spacious, and covered with modern boutique design. It also has a mini bar, internet access, and hairdryer in all the bedrooms. You can also go for an outdoor enjoyment at the verandas or the indigenous gardens, along with the magnificent Indian Ocean that is just right on your doorstep.

The facilities in the bedrooms are: Air conditioning, free Wi-Fi, kettle, coffee and tea, mini-bar, bath towels and bath robes, and hair dryer. Some amenities include: Shampoo and conditioner, shower gel, hand wash, hand lotion, and tooth brush. It is also equipped with a personal safe and a TV.



Eat, drink and be merry! Weight loss and fitness Program

Cuisine

The Bahia Mar restaurant is situated overlooking the lush garden and swimming pool with the stunning ocean view. Choose a table under the high thatched roof in the restaurant, on the sunny terrace or sit in the garden under the shade of swaying palms. There is also a pool bar with space to relax on comfy chairs and catch the game on our wide screen TV.

During this retreat, you will be served daily breakfast, lunch, dinner and juicing plans. All the meals will be served by Chef Sophie and the kitchen team. Chef Sophie launched an amazing detox, salad, raw and juicing menu where you can choose your preferences. Moreover, you will also be served with detox fruit juice and teas during the massages and treatments.

Detox Menu

Working with experienced nutritionists we have created our unique juice and spa menu. These are included in our retreats.

The following meals are included in the program:

- Breakfast
- Lunch
- Dinner

The following drinks are included in the program:

- Bottled water
- Juices
- Teas

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Rates 2021-2022

8 DAY/ 7 NIGHTS RETREAT

GARDEN SUITES

SINGLE OCCUPANCY - RACK USD 2,740 PP
DOUBLE OCCUPANCY - RACK USD 2,440 PP

SEA VIEW BEDROOMS

SINGLE OCCUPANCY - RACK USD 3,040 PP
DOUBLE OCCUPANCY - RACK USD 2,680 PP

LUXURY BEACH SUITES

SINGLE OCCUPANCY - RACK USD 3,580 PP
DOUBLE OCCUPANCY - RACK USD 3,040 PP

WHAT IS INCLUDED

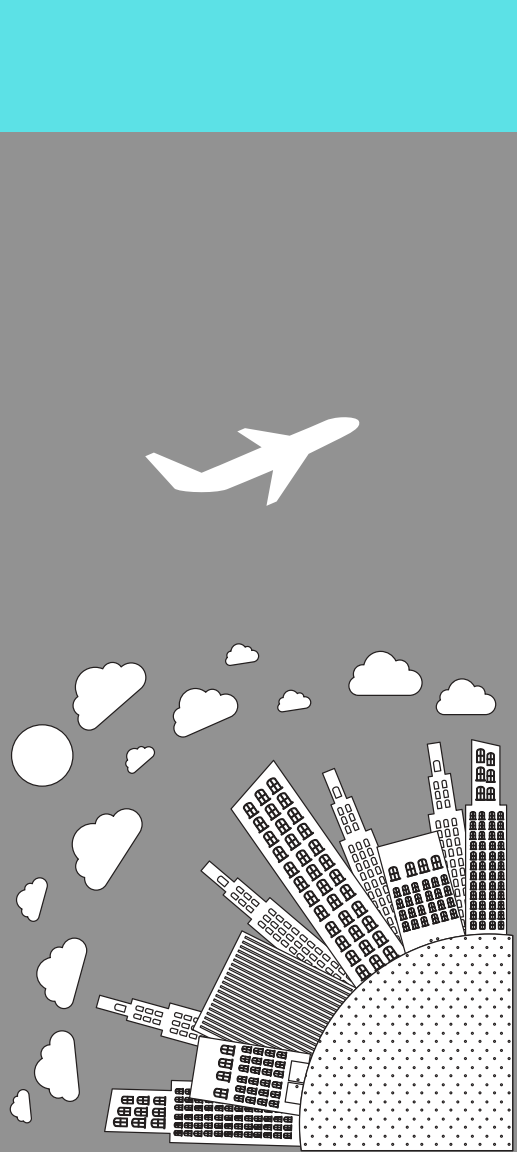
- 7 nights accommodation
- 1 trip to the islands of Bazaruto Archipelago
- One-on-one fitness training as described above
- Personalized workout program is easy to follow at home
- Access to the gym and to group classes
- Airport transfers to and from the hotel
- All massages and treatments as detailed in the program
- Full board with juicing and detox meal plan (breakfast, lunch and dinner)

WHAT IS NOT INCLUDED

- Additional activities
- Additional massages and treatments
- Airfare
- Alcoholic drinks
- Travelling visa

How to get there

Please book your flight to arrive at Vilankulo Airport (VNX). Transfer from and to the airport is included. The Bahia Mar will pick you up from the airport. Bahia Mar is situated just eight kilometers away from the airport. Vilankulos hosts an international airport with flights departing to and from Maputo and Johannesburg on a daily basis. There are also flights from Kruger Mpumalanga International Airport (MQP) to Vilanculos twice weekly, a great combination for a safari & retreat holiday!



Fair Trade Tourism

BAHIA MAR IS ALL ABOUT RESPONSIBLE TOURISM



WE HAVE PARTNERED WITH ENVIRONMENTAL AGENCIES AND NON-GOVERNMENT ORGANIZATIONS.

Bahia Mar Boutique Hotel opened in April 2014 and has become synonymous with sustainable tourism in Vilankulo. We pride ourselves on our community spirit;

- Our hotel community in which we offer ongoing training and a good, fair working environment to our staff.
- Our wider community in which we support a number of projects and,
- Our global community which we support with our commitment to clean energy solutions, plastic-free environment and involvement in making the world a better place for our children.

Fair Trade Tourism is a non-profit organisation which promotes best-practice, responsible tourism in Africa. Bahia Mar is a member of the organisation and we are proud to have been awarded the prestigious accolade of certification from them. Fair trade tourism is defined by fair wages and working conditions, fair purchasing and operations, respect for human rights, culture and the environment. Bahia Mar has also partnered with PARCO, a local NGO that concentrates on providing help where it is needed within our community. Along with the help of our guests, we fund the local pre-school providing money for teachers' salaries, resources for the children and a healthy meal. Another one of our supported projects is the Sea Horse Conservation program. This successful initiative has transformed a village that was previously reliant on poaching seahorses for its income.