



Bahia Mar
Wellness and Detox
Retreat
Vilankulo - Mozambique

Program
2023

WWW.BAHIAMARCLUB.COM
WWW.BAHIAMARRETREATS.COM

WELLNESS AND DETOX Retreat & Restore

Your Retreat

The wellness and detox retreat begins with ridding the body of toxins using a combination of natural juices, healthy meals, various spa treatments and a holistic exercise schedule to cleanse, nourish and revitalise the body inside and out.

Pure aromatherapy uses our unique range of lipo-soluble essential oils which penetrate deep into the skin.

Body exfoliation, body wraps, massages and hydro-therapy stimulate cells and nourish the skin while reflexology restores the body's natural balance and relaxes.

Finally, yoga and meditation helps to strengthen the body's core and still the mind.

Rest days are incorporated for you to take time to visit the stunning Bazaruto Archipelago or enjoy one of the many activities on offer. Or, simply laze by the pool with a good book!



Highlights

- 7 nights/8 days retreat program which can be flexible according to your schedule and bookable any time of 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;
- 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;
- Enjoy a series of different spa treatments during the entire stay.



A typical day

A typical day incorporates an early yoga or pilates class (optional), a pause for a healthy breakfast or juicing, spa treatments as described in the program, lunch detox break and other treatments at the end of the day.

The spa treatments include an initial time for detox and release and a period for hydrating and anti-ageing body treatments. These treatments include a range for face, body and feet and a full pack of reflexology sessions during your entire stay. The local products used, like moringa oil, coconut oil, baobab and aloe vera, organic essential oils and aromatherapy solutions will immerse you into an olfactory world of wellbeing.

DAY 1 ARRIVAL

On your welcome you will get to enjoy a full body massage and an introduction to your first reflexology session.

DAY 2 A DAY TO DECOMPRESS AND DETOX THE BODY

This day includes a rasul mud treatment followed by a deep hot stone massage that will help open your pores and promote the stimulation of the detoxification process. After a refreshing lunch you will have your reflexology session.

DAY 3 FREE DAY

After the first two days of treatments and special meal plan, your body will feel the need to relax while the detox takes place. Nurture yourself attending any of our yoga or pilates classes, a sweaty gym workout or just relaxing by the pool. Your reflexology treatment will take place at the end of the day.

DAY 4 A DAY TO HYDRATE THE BODY

This day includes a hydrating body wrap, followed by a coconut rituals. After enjoying your lunch, you will indulge in a hydrating facial and a well deserved session of reflexology.

DAY 5 A DAY TO DISCOVER THE BEAUTY OF THE BAZARUTO ISLANDS

Embarking on our beautiful and comfortable boat "Mothassane" you will be treated in luxury while you visit the famous 2 mile reef and climb the dunes of this well known paradise!

DAY 6 A DAY TO FOR REBALANCE

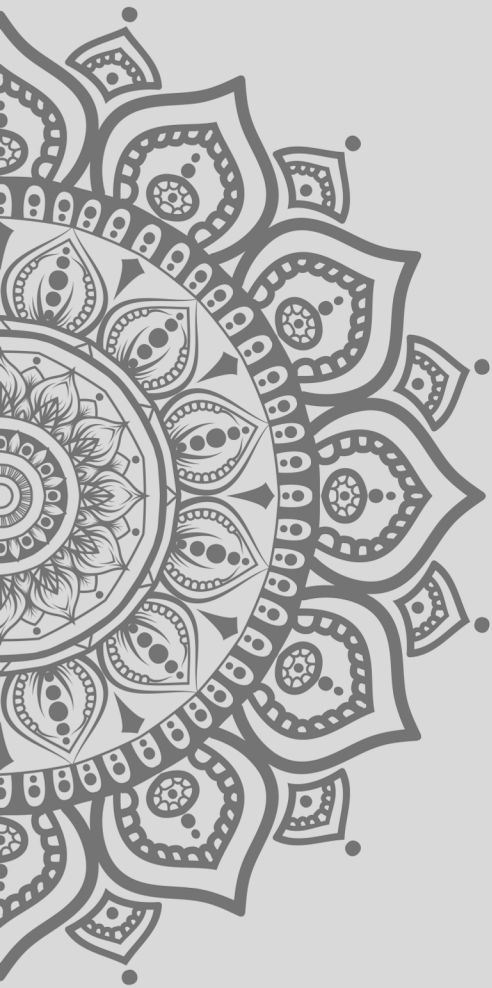
This day is devoted to a complete re-balance that will bring you a sense of general harmonization. It begins with a holistic ayurvedic massage followed by a face and head massage. You will then be served with a light meal from the menu and detox fruit juice. To end your day in style you will have your reflexology session promoting your balance and making you feel grounded.

DAY 7 A DAY TO FOR TOTAL REJUVENATION

This day is inspired by the healing powers of the local fruit baobab. A body wrap with baobab, raw local honey and aloe vera will promote the rejuvenation of your skin cells, will indulge your body systems with vitamin C and will leave your skin soft and smooth. An anti-ageing facial and another session of reflexology will end your program in style.

DAY 8 DEPARTURE DAY - ENERGISE!

On the morning of your last day you will experience the Bahia Mar Signature Massage. This special massage is performed using water to promote endless sensations that will energise your body and will leave you ready to go back home.



Bahia Mar Boutique Hotel



The facilities

This retreat will be held at Bahia Mar Boutique Hotel in Vilankulo, Mozambique.

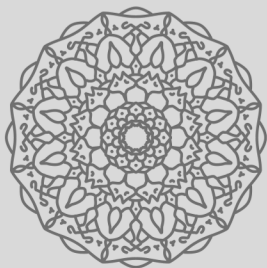
It is located where the azure waters of the Indian Ocean touch the palm-fringed beaches of Vilankulos on mainland Mozambique. In addition, the hotel is also situated at the gateway of the Bazaruto Archipelago, the only underwater national park and the most beautiful marine park on the Southern coast.

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.

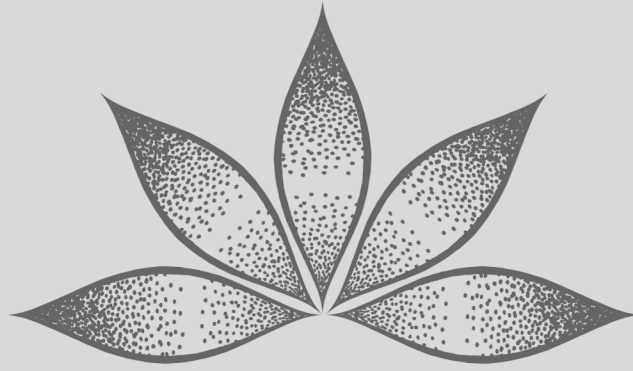
Our *Sea View room* has an en-suite bedroom with a queen size bed, shower, large veranda with sun beds, and sea view that is overlooking the Bazaruto islands.



The *Garden suites*, although not having the ocean views, offer the ideal sense of retreat where you are surrounded by luxurious gardens and 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. All Garden Suites have a mini bar, internet access and hairdryer.

All Bedrooms are equipped with:

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

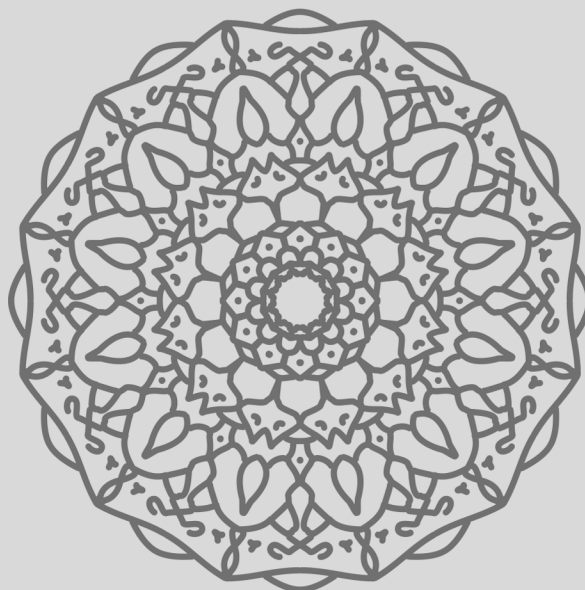


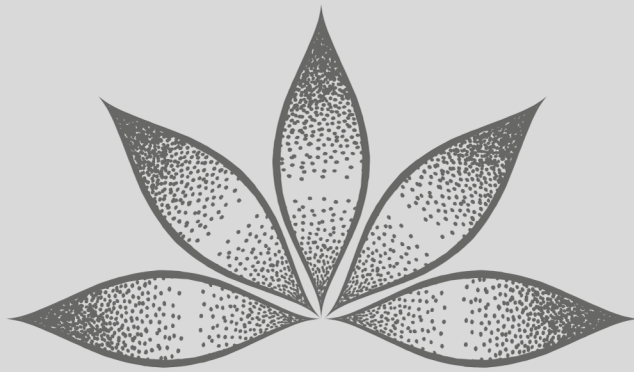
Eat, drink and be merry!

Detox menu

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 soak in the amazing ocean vista.

During this retreat you will be served breakfast, lunch, dinner daily. All the meals will be prepared by the kitchen team. Bahia Mar launched an amazing *detox, salad, raw and juicing menu where you can choose your preferences*. Moreover, you will also be served detox fruit juice and teas during the retreat .





How to get there

Vilanculos hosts an international airport with flights departing to and from Johannesburg on a daily basis.

There are also flights from Maputo, and also from Kruger Mpumalanga International Airport (MQP), a great combination for a safari & retreat holiday.

Please book your flight to arrive at Vilankulo Airport (VNX).

Our Bahia Mar shuttle will collect you upon arrival at the airport.
Transfer to and from the airport is complimentary.

Bahia Mar is situated only eight kilometers from the airport - a 12 minute drive.







Rates 2023

8 DAY/ 7 NIGHTS RETREAT

GARDEN SUITES

SINGLE OCCUPANCY - RACK USD 2,690 PP
DOUBLE OCCUPANCY - RACK USD 2,350 PP

SEA VIEW BEDROOMS

SINGLE OCCUPANCY - RACK USD 2,990 PP
DOUBLE OCCUPANCY - RACK USD 2,620 PP

LUXURY BEACH SUITES

SINGLE OCCUPANCY - RACK USD 3,590 PP
DOUBLE OCCUPANCY - RACK USD 3,010 PP

WHAT IS INCLUDED

- 7 nights accommodation
- 1 trip to the islands of Bazaruto Archipelago
- 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



Contacts Us

For additional information or reservations

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