



THE WELLNESS QUEST

18 - 23 SEPTEMBER 2026

A journey inward. A connection outward.

SHANTI MAURICE

RESORT & SPA



WHERE WELLBEING BECOMES A WAY OF LIFE

Luxury is no longer defined solely by beautiful places or exceptional service. It is found in the way a destination makes you feel long after you leave.

At Shanti Maurice, wellbeing has never been confined to the spa. It is woven into every aspect of the guest experience—from the landscapes that surround us and the food we prepare, to the rhythm of each day and the genuine care of the people who welcome you.

The Wellness Quest is the natural expression of this philosophy.

Created as an annual gathering, it brings together the many dimensions of holistic wellbeing into one thoughtfully curated journey. More than a retreat, it is an invitation to slow down, reconnect with what truly matters, and discover that wellbeing isn't something we offer—it is simply the way life is experienced at Shanti Maurice.

FIVE DIMENSIONS ONE TRANSFORMATIVE JOURNEY

Inspired by the untamed beauty of Mauritius' Wild South, The Wellness Quest unfolds through five interconnected dimensions that guide every experience throughout the journey.



LAND

Ground yourself in nature

Reconnect with the island through botanical discoveries, mindful exploration and the grounding energy of the natural world.



OCEAN

Move with intention

Find vitality through movement, breath and the restorative rhythm of the Indian Ocean.



NOURISHMENT

Feed body and mind

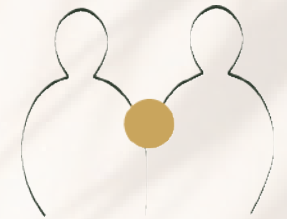
Celebrate wholesome cuisine, local flavours and mindful rituals that nourish from within.



STILLNESS

Create space to simply be

Embrace moments of rest, reflection and quiet presence.



CONNECTION

Rediscover what matters most

Share meaningful experiences that foster deeper connections. With others, with nature and with yourself.

CURATED WITH INTENTION

Friday, 18 September

Opening ritual

Begin your journey with a welcoming ceremony designed to slow the pace, awaken the senses and set your intention for the days ahead.

Sunday, 20 September

Outdoor Exploration

Reconnect with Mauritius' Wild South during a guided mindful walk, complemented by a visit to our herb garden.

Monday, 21 September

Culinary Encounter

Discover the relationship between nourishment and wellbeing through a chef-led culinary experience inspired by the season and local traditions.

Monday, 21 September

The Wellness Quest Gala

An evening celebrating connection through thoughtfully crafted cuisine, meaningful conversations and shared moments.

Tuesday, 22 September

Naturopathy Workshop

Gain practical insights into holistic wellbeing through an immersive workshop led by our wellness practitioners.



At your own rhythm

Between these shared experiences, The Wellness Quest unfolds with complete flexibility. Personalised spa treatments are scheduled according to your preferred time, while breakfasts, lunches and dinners may be enjoyed at your leisure within the restaurant's opening hours.

Only the Gala Dinner brings every guest together, creating space for both personal restoration and shared connection throughout the journey.



RESTORE.

Your spa journey

Every wellness journey begins differently.

Upon arrival, you'll meet with our Wellness Guru for a personalised consultation—an opportunity to explore where you are today, what you hope to gain from the journey, and how you wish to feel by the time you leave. While the wellness experiences remain thoughtfully curated, this conversation helps shape a more mindful and personal approach to the days ahead.

Throughout your stay, discover the timeless wisdom of Ayurveda through a carefully curated series of therapies designed to restore balance, release tension and encourage lasting wellbeing.

Included experiences

Wellness Consultation

A personalised conversation to understand your lifestyle, aspirations and wellbeing goals.

Personalised Yoga Session

A private practice tailored to your body, experience and intentions.

Natural Detox Body Wrap

A restorative treatment using natural ingredients to nourish the skin and encourage deep relaxation.

Abhyanga Massage

A traditional Ayurvedic warm oil massage that restores harmony while promoting circulation and relaxation.

Choorna Swedana

Warm herbal poultices gently release muscular tension, stimulate circulation and restore energetic balance.

Lifestyle Consultation

Practical recommendations to help extend the benefits of your journey long after returning home.

NOURISH.

Your culinary journey

At Shanti Maurice, nourishment extends far beyond the plate.

Throughout The Wellness Quest, every meal reflects our belief that food should be both deeply satisfying and naturally supportive of wellbeing. Seasonal ingredients, vibrant flavours and mindful preparation come together to celebrate the richness of Mauritius while embracing global culinary influences.

Your journey also includes immersive culinary moments, inviting you behind the scenes with our chefs to discover how simple ingredients, thoughtful techniques and shared experiences can become part of everyday wellness.

Throughout your stay, enjoy:

- Daily Wellness Quest breakfasts
- Curated wellness 'À La Carte' lunches and dinners
- Chef-led culinary workshop
- Herb garden discovery
- Signature Wellness Quest Gala Dinner





EXPLORE. **Whispers of Nature**

The landscapes of Mauritius' Wild South are an essential part of The Wellness Quest.

Beyond the resort, a guided mindful walk invites guests to reconnect with nature through quiet observation, grounding exercises and moments of reflection.

From dramatic coastal cliffs to fragrant tropical vegetation, every step encourages a slower pace and a renewed appreciation for the world around us.

Within the resort, botanical discoveries continue with a visit to our herb garden, where the plants, herbs and ingredients that inspire many of our wellness rituals reveal the intimate connection between nature, nourishment and wellbeing.

STAY DIFFERENTLY.



Whether staying in an ocean-facing suite or the privacy of a villa, every space at Shanti Maurice has been designed to become part of your wellbeing journey.

As each day draws to a close, your room welcomes you with a thoughtful evening ritual inspired by one of The Wellness Quest's five dimensions.



LAND

A soothing herbal infusion



OCEAN

A restorative bath ritual



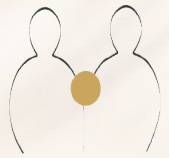
NOURISHMENT

An island-inspired mignardise



STILLNESS

A bedside reflection



CONNECTION

An anonymous exchange of positive intentions



EVERY JOURNEY BEGINS SOMEWHERE.

The Wellness Quest marks the beginning of an annual gathering at Shanti Maurice, one that will continue to evolve each September while remaining rooted in the same philosophy: that holistic wellbeing is not a destination, but a way of experiencing the world.

The Wellness Quest Package *

One guest – € 1,733

Two guests – € 3,433

* Accommodation is booked separately on a bed & breakfast basis, allowing guests to select their preferred suite or villa category.

Designed as an intimate gathering with limited capacity, The Wellness Quest welcomes only a select number of guests. Early reservations are highly recommended.

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