



ROYAL PALM

BEACHCOMBER LUXURY

Exclusive wellness retreats

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LEADING
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Forbes
TRAVEL GUIDE



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You are your own haven

In the relentless hustle of daily life, carving out some time for yourself has become a luxury. How can you slow down in a fast-paced world?

Taking time to breathe, meditate, look after our bodies and be conscious of what we eat are fulfilling practices...whose virtues often go unnoticed!

Why not take the leap? Royal Palm Beachcomber Luxury invites you to give yourself a break and take the time you need for your well-being.

Allow our experts to guide you while you focus on what's truly important: you.



Royal Palm Beachcomber Luxury, a legendary hotel

The iconic Royal Palm Beachcomber Luxury is set along a strip of pristine white sand on the north coast of Mauritius. This revered property holds the distinction of being the first in the country to join The Leading Hotels of the World, with a commitment to hospitality excellence at its core. Here, no request goes unheard. Our attentive and discreet Artisans meticulously cater to your every desire, be it beneath a beach hut, by the pool, or on the terrace of your suite. Every detail is carefully curated to ensure your utmost satisfaction.

From its spa and signature treatments, to its masterfully designed wine cellar, warm and inviting suites, fine gastronomy served across its three restaurants, and the caring discretion of its Artisans; each stay promises a powerful experience for the senses, tinged with elegance. Time takes on a whole new dimension at this legendary resort and leaves an indelible mark in guests' hearts, inviting them to let go completely and embrace living in the present moment, guided by their desires.



In the refined atmosphere of the Spa

The Royal Palm Spa is a realm of serenity boasting unique expertise in Mauritius. Guests are treated to an immersive experience in partnership with a world-leading wellness brand.

An exquisite haven dedicated to well-being

The Spa at Royal Palm Beachcomber Luxury is a tranquil oasis adorned with a sophisticated décor, blending Asian influences. Its treatment rooms are bathed in natural light, surrounded by tropical greenery, with cascading ponds flowing into a relaxation pool. Here, self-care is synonymous with self-love. The therapists skilfully blend ancient rituals and modern-day techniques to enhance guest well-being. From reflexology to reiki and scrubs, each treatment is designed to rejuvenate both the body and the soul. In addition to body and facial treatments, a beauty salon and a fitness room with a private coach are available to help you get back in shape during your stay in Mauritius.

A unique partnership with Maison Valmont



Since 2022, the Spa has added the cutting-edge expertise of the Swiss Maison Valmont to enhance its renowned excellence. Specialising in cellular cosmetics, Valmont has been drawing on science, medicine, nature and art for over 35 years to develop anti-ageing solutions that work at the cellular level to deliver immediate and long-lasting results.

Rare ingredients, cultivated at the peaks of glaciers or extracted from the depths of the ocean, are employed to enhance the skin's natural radiance.



In celebration of this partnership, an exclusive treatment menu highlights Valmont's expertise, crowned by the signature Royal Valmont.

This 80-minute face and body ritual inspired by a signature technique leverages the Valmont product range to detoxify, tone and rejuvenate the skin, nurturing it towards its finest glow.



The five wellness retreats at Royal Palm Beachcomber Luxury

Well-being lies at the heart of Royal Palm Beachcomber Luxury's philosophy. The introduction in July 2024 of five retreats, designed in collaboration with the French micro-nutritionist, Valérie Espinasse, further underscores this commitment. These 5-to-7-day programmes encourage participation in workshops and exercises aimed at achieving diverse objectives, including restoring energy levels, toning the body and getting back in touch with one's inner self.

Encompassing Valérie Espinasse's healthy eating plans, rituals, exercises, mindfulness meditations, and personalised micronutrition advice through MÉTHODE ESPINASSE, a line of dietary supplements created by Valérie Espinasse, who holds a PhD in Pharmacy, these retreats offer a holistic well-being experience that delivers deep, lasting results.



Meditation & Energy Retreat

A transformative journey towards your inner peace. Blending ancient wisdom with modern well-being, this holistic programme is inspired by Ayurveda, Reiki and various relaxing massages to promote balance and inner peace. In addition to enhancing vitality and awareness, a number of workshops help stimulate blood circulation, clear accumulated toxins, relieve tension and provide profound peace of mind to stressed-out souls.

When combined with a balanced diet designed by Valérie Espinasse and the MÉTHODE ESPINASSE plan for personalised micronutrition, this five-day programme yields significant physical and mental benefits. The perfect opportunity – and setting – to leave your daily stress behind you, reconnect with the present moment and experience a heightened sense of inner peace, joy and fulfilment.

The Programme | 5 days

An additional charge of €295 per person per day is applied on top of the accommodation fee at Royal Palm Beachcomber Luxury.

- Day 1: Balancing Your Chakras**
- Chakra meditation (1hr)
 - Ayurvedic body scrub & Four-handed Abhyanga (1hr30)

- Day 2: Sense of Serenity**
- Shirodhara (30 min)
 - Indian head massage (30 min)

- Day 3: Positive Healing**
- Reiki (1hr30)

- Day 4: Deep Relaxation**
- Yoga Nidra (1hr)
 - Four-handed Abhyanga (1hr)

- Day 5: Mindful Renewal**
- Mindfulness meditation (1hr)
 - Reiki (1hr30)
 - Restorative yoga (1hr)



Silhouette and Pilates Retreat

This six-day retreat offers a profoundly transformative fitness journey, aiming to relieve tension and unlock your body’s full potential. The Pilates programme, complemented by rejuvenating treatments, has been meticulously crafted by the hotel’s wellness experts to sculpt both body and soul. It combines the benefits of Pilates for muscle toning with targeted wellness enhancement treatments and therapies.

Stimulating and dynamic full-body workouts perfectly combine with invigorating treatments in the relaxing atmosphere of the hotel’s Spa to make your body feel fresher and lighter, and your mind revived. A diet plan created by Valérie Espinasse and her personalised MÉTHODE ESPINASSE approach will further boost the results.

The Programme | 6 days

An additional charge of €300 per person per day is applied on top of the accommodation fee at Royal Palm Beachcomber Luxury.

- Day 1: Pilates Foundation & Massage**
- Mat Pilates (1hr)
 - Tropical body scrub (1hr)

- Day 2: Lymphatic Detox**
- Lymphatic drainage massage (1hr)
 - Chair Pilates (1hr)

- Day 3: Body Sculpting & Massage**
- Cadillac Pilates (1hr)
 - Sports massage (1hr)

- Day 4: Fusion Pilates**
- Fusion Pilates (1hr)
 - Energy of the Glaciers Valmont treatment (1hr)

- Day 5: Exfoliation**
- Slimming scrub (15 min)
 - Peaks of Slimness (1hr)

- Day 6: Mindful Pilates**
- Flow Pilates (1hr)
 - Lymphatic drainage massage (1hr)

Muscle Toning Retreat

This week-long programme integrates personalised training, energetic nutrition and massage therapy to enhance fitness, promote well-being and induce relaxation. Ideal for toning and sculpting the body, while enhancing your mental well-being, this expertly-designed retreat caters for individuals seeking a better life balance and those looking to adopt a new fitness routine.

The retreat is integrated with the nutrition programme developed by Valérie Espinasse and includes protein shakes after each personalised training session to trigger a better body response for muscle synthesis - carefully crafted as per the personalised MÉTHODE ESPINASSE programme. This retreat has been exclusively crafted by Royal Palm to deliver results that surpass expectations. You will feel deeply purified, soothed and energised.



The Programme | 7 days

An additional charge of €240 per person per day is applied on top of the accommodation fee at Royal Palm Beachcomber Luxury.

- Day 1: Fitness Testing**
- Assessment (30 min)
 - Personalised training session (1hr)
 - Body scrub and Lymphatic drainage massage (1hr)

- Day 2: Strength Training**
- Personalised training session (1hr)
 - Thai Yoga massage (without oil) (1hr)

- Day 3: Cardio Blast**
- Personalised training session (1hr)
 - Sports massage (1hr)

- Day 4: Relaxation & Recovery**
- Stretching (45 min)
 - Hatha Yoga (1hr)
 - Sports massage (1hr)

- Day 5: Massage Therapy**
- Personalised training session (1hr)
 - Hammam (20 min)
 - Swedish massage (1hr)

- Day 6: Flexibility & Balance**
- Personalised training session (1hr)
 - Sports massage (1hr)

- Day 7: Celebration & Reflection**
- Hammam (20 min)
 - Body scrub (30 min)
 - Lymphatic drainage (1hr)



Sleep Sanctuary Retreat

Designed to nurture both body and soul, this six-day sleep retreat provides a complete immersion into a world of serenity, facilitating deep relaxation and stress reduction. Restorative treatments and techniques are employed to assist in finding inner healing and inducing a state of relaxation.

In this serene atmosphere, tensions melt away, muscles relax, and skin detoxifies. By incorporating Valérie Espinasse healthy eating habits, coupled with her METHODE ESPINASSE for a tailored and personalised micronutrition approach and relaxation techniques, this retreat provides an opportunity to reconnect with the present moment and escape the chaos of everyday life.

Timeless Beauty Retreat

In just five days, this rejuvenating beauty retreat brings about a remarkable change in your physical and mental well-being. The revitalising treatments provided by Royal Palm’s expert therapists and restorative workshops unlock the body’s full potential, counteract stress and have a deeply purifying effect, revealing the natural radiance of your skin while enhancing your inner beauty.

An ideal setting for rejuvenation, the resort provides a tranquil atmosphere, nurturing harmony and vitality for both body and soul. On top of this, the beautiful skin diet crafted by Valérie Espinasse, combined with the MÉTHODE ESPINASSE for a tailored and personalised micronutrition approach, will further enhance the benefits of this revitalising experience.

The Programme | 6 days

An additional charge of €255 per person per day is applied on top of the accommodation fee at Royal Palm Beachcomber Luxury.

Day 1: Peaceful Arrival

- Yoga Nidra (1hr)
- Aromatic Vichy shower (30 min)

Day 2: Tension Relief

- Anti-stress massage (1hr30)
- Sleep Cocoon (30 min)

Day 3: Head Relaxation

- Shirodhara (30 min)
- Indian Head massage (30 min)

Day 4: Energy Balance

- Reiki (1hr30)
- Sleep Cocoon (30 min)

Day 5: Mindfulness Meditation

- Mindfulness Meditation (1hr)
- Aromatic Vichy shower (30 min)

Day 6: Peaceful Departure

- Anti-stress massage (1hr30)
- Hydration of the Bisses Valmont treatment (1hr)

The Programme | 5 days

An additional charge of €320 per person per day is applied on top of the accommodation fee at Royal Palm Beachcomber Luxury.

Day 1: Fitness & Vitality

- Personalised training session (1hr)
- Lift from the Peaks Valmont treatment (1hr)

Day 2: Strength & Balance

- Pilates session (1hr)
- Body scrub (1hr30)

Day 3: Timeless Elegance

- Vinyasa Yoga (1hr)
- Royal Valmont treatment (1hr20)

Day 4: Renewed Spirit

- Stretching (45 min)
- Reflections on a Frozen Lake Valmont treatment (45 min)

Day 5: Ultimate Rejuvenation

- L'Elixir des Glaciers Valmont treatment (1hr30)

Exclusive guests

Royal Palm Beachcomber Luxury invites wellness consultants throughout the year to bring their expertise and sensitivity to special workshops, further making these retreats truly enriching.

Devesh Bhargav and Dalysha Doorga

Hailing from northern India, Devesh Bhargav was introduced to yoga from an early age. This led him to study traditional yoga, meditation, and philosophy with renowned yogis in the Himalayas.

After dedicating three years to intense meditation at Agyat Vash, this Indian Master Yogi travelled the world to conduct workshops and retreats and share his wisdom. He uses a pedagogical approach that encourages students to delve deeper into self-discovery, guiding each person with passion on their spiritual journey.

Dalysha Doorga is a Mauritian yoga expert. She transitioned to yoga after working in the fitness industry for over 15 years, seeking deeper meaning in life. After completing two training courses in India — one with 200 hours to become a certified yoga teacher, and another with 300 hours focused on Kundalini Tantra yoga — she now teaches Hatha Vinyasa, Ashtanga yoga, and Kundalini Tantra.





Joëlle Bildstein

Founder of The Belly Lab method, Joëlle Bildstein advocates a gentle yet effective approach through her holistic programme focused on the abdomen, the transverse and the perineum, in order to tone the stomach in depth and strengthen self-confidence. Her method, which is based on hypopressive gymnastics, encourages individuals to care for themselves and develop a healthier relationship with their physical selves — an important step towards a more peaceful life.



Rosario Belmonte

Rosario Belmonte, a masseur and healer from Sicily, trained in India, Mexico and Bali, travelling the world to serve an international clientele. He uses breathing as a tool for self-exploration, healing and personal growth. His method revolves around somatic breathing — using conscious and deep breathing techniques to access physical, emotional, and energetic states and to explore the signals the body sends.



A tailored diet plan for each retreat

The five retreats include a diet plan designed by the French micro-nutritionist, Valérie Espinasse in conjunction with the hotel's Executive Chef, William Girard, to deliver deep, lasting effects.

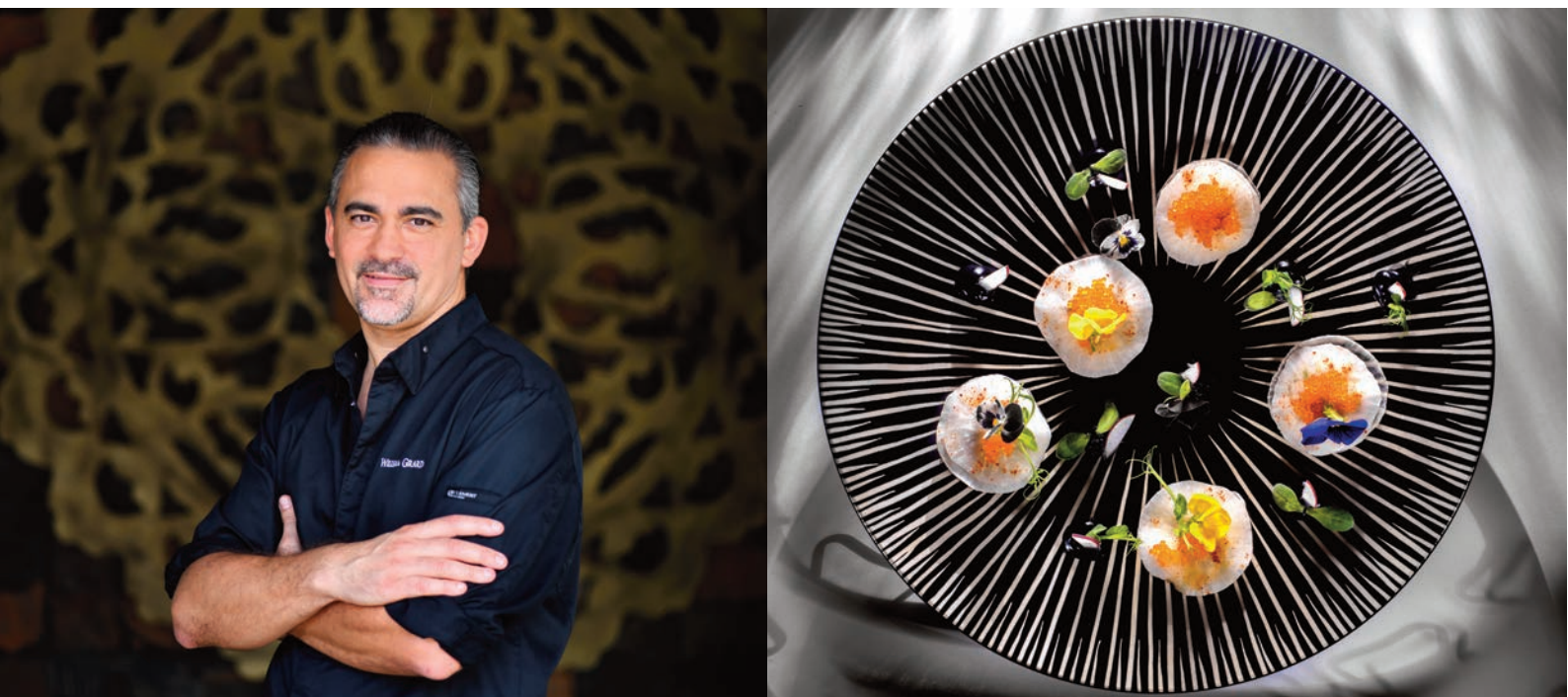
Throughout the wellness retreats, guests will indulge in post-workout detox juices, herbal infusions with therapeutic benefits, personalised food supplements crafted through Valérie Espinasse's method and wholesome meals. She strongly believes in the synergy between treatment, care and a healthy and balanced diet, thus collaborating with William Girard to develop a comprehensive culinary programme with myriad benefits.



About Valérie Espinasse

Valérie Espinasse is a renowned micronutrition specialist whose proven approach spans over 20 years. She has developed a natural method to effectively address food intolerances. Offering a comprehensive and personalised treatment through specialised diet plans, her programmes incorporate trace elements, vitamins, fatty acids, antioxidants, and therapeutic herbal remedies.

Her holistic health approach follows a precise and rigorous protocol, 100% customised for each client. From the initial evaluation (digestive, hormonal, emotional, dietary habits, etc.) to the tailored guidance through a specific micronutrition plan, she supports clients with chronic and autoimmune conditions as well as those trying to conceive.



About Chef William Girard

Chef William Girard has been at the helm of the Royal Palm's kitchens since 1 February 2022. With over 25 years of experience in the restaurant industry, he has enjoyed a rich career path. He has worked in Michelin-starred restaurants alongside renowned figures of French cuisine. Additionally, he has managed the kitchens of prestigious venues such as Le Barthélemy Hotel & Spa in Saint Barthélemy, Sofitel Paris Le Faubourg and Burj Al Arab in Dubai. Furthermore, he has contributed to the culinary excellence of Le Taillevent and L'Elysée, two Michelin-starred restaurants in Paris, collaborating with Chef Alain Solivérès. He has also worked with Michelin-starred Chefs Yannick Alléno and Guy Martin. He now heads Royal Palm's three restaurants, La Goélette, La Plage Restaurant and Asiya, creating new signature dishes blending tropical and traditional flavours to offer a delicious and inventive cuisine.





Beachcomber, creating happiness since 1952

With deep Mauritian roots, Beachcomber is a hotel group embodying legendary hospitality since 1952. As the pioneer of Mauritius's hotel industry, we offer a collection of eight 4* to 5*+ resorts.

Royal Palm Beachcomber Luxury (5*+)

Dinarobin Beachcomber Golf Resort & Spa (5*)

Paradis Beachcomber Golf Resort & Spa (5*)

Trou aux Biches Beachcomber Golf Resort & Spa (5*)

Shandrani Beachcomber Resort & Spa (4* supérieur)

Victoria Beachcomber Resort & Spa (4* supérieur)

Canonnier Beachcomber Resort & Spa (4*)

Mauricia Beachcomber Resort & Spa (4*)

Our resorts are nestled in captivating sites that highlight Mauritius's unique charm – at the foot of a UNESCO World Heritage peak, bordering turquoise coves, or along stretches of powdery white sandy beaches.

As the island's longstanding hospitality leader, Beachcomber's actions are daily guided by a desire to prove worthy of this legacy. The group shares this heritage with the world by inviting families seeking escape to experience truly exceptional moments.

Behind Beachcomber's quest to create beautiful experiences that allow both guests and Artisans to flourish is a driving force: excellence. This core value unites teams around a shared vision - being the custodians of Mauritian authenticity and singular art de vivre."



The Art of Beautiful*

Beachcomber is a name imbued with magic and evoking beauty—beauty that defines our very essence and drives us in our mission to craft magnificent experiences marked by authenticity, connection, and care. Living up to this promise is not just a duty; it is our vocation.

The Art of Beautiful means cultivating beauty in all dimensions—both in places and in people. As a historical leader in the Mauritian hotel industry, Beachcomber's hospitality and service stem from a long-standing tradition of generosity passed down through generations of Artisans.

The beauty of their hearts is reflected in their kindness, inviting guests to savour precious moments through exceptional experiences.

And because true goodness cannot exist without consideration for tomorrow and future generations, the Group takes great care to preserve the beauty of the places it has inherited. We minimise our footprint, support our Artisans' growth, and give back to the society and nature that have given us so much.

This is The Art of Beautiful—a definition of hospitality that is both beautiful and generous, rooted in tradition yet inspired by the purity of nature as we journey confidently into the future.



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