



All-round life improvement



Mauritius is a coveted location, but Shanti Maurice is more just than a pretty face when it comes to your wellbeing.

BALANCE ■■■■■■■■■■

If you're in the hotel business, it would be tempting to let Mauritius' natural beauty do a lot of the work for you, the white sands and turquoise seas that are the stuff of hyperbole when discussing other resorts are just a simple matter of fact here. But Shanti Maurice works a lot harder than this, its business is wellness and programmes are tailored to your needs. The spa is justly famous, but recent years have seen it diversify their offerings into less bath-robbed pastures. Kayaking, diving, sailing and tennis are all available, with or without expert instruction. No need either to worry

about your holiday sabotaging your dietary plan, as the resort prides itself on its 'wellness cuisine'.

If you're of a culinary bent, there's the option of dining in Grandma's Kitchen, the home of the grandmother of one of the resort's staff. You'll get a demonstration of how to prepare some of the island's eclectic cuisine followed by the meal itself, and leave with a cookery book. Even if you can't recreate Mauritius' bath-warm sea back home, you can at least summon up its flavours. ITC Classics (itcclassics.co.uk) offers seven nights from £1,879 half board, including flights. More info at shantimaurice.com ▶



For you Sea kayaking, or brushing up on your sailing with a couple of lessons.

For her Spa voted the best in the world

Both Fresh local cuisine tailored to your health and fitness needs