

WELLNESS RETREAT



ONE&ONLY LE SAINT GÉRAN

BY JULIE GRANGER

GUERLAIN SPA

Experience the transformative approach of Julie Granger, as she blends her expertise in movement, barre and yoga with mindful practices to create a four-day journey dedicated to balance, vitality and wellbeing.





MOVE. BREATH. RECONNECT

Join Julie Granger, Guerlain Movement Expert, for an exclusive 4-day wellness retreat dedicated to mindful movement, strength, mobility and inner balance.

EXPERIENCE	MUR
Signature Group Session max. 10 guests	MUR 5,500 per person
Private Movement Coaching	MUR 17,500
Private Couple Coaching	MUR 22,500

COMPLIMENTARY 30-MINUTE GUERLAIN SPA

Experience with every Wellness Retreat booking, available from 10am – 3pm on the day of the retreat.

MINDFUL MOVEMENT

DAY 1

Monday 10 November | 8:30AM

BROOKLYN BARRE®

60 MINS

A conditioning class drawing on the combined benefits of ballet technique, Pilates and cardio. Set to an energising playlist, it works the full body in a balanced, structured sequence — targeting muscles that often go unnoticed and leaving every part of the body activated and engaged.

Objective: activate deep postural muscles, tone the full body and establish a stronger, more aligned foundation.

Location: Soul Studio

Recommended Guerlain Experience (Chargeable)

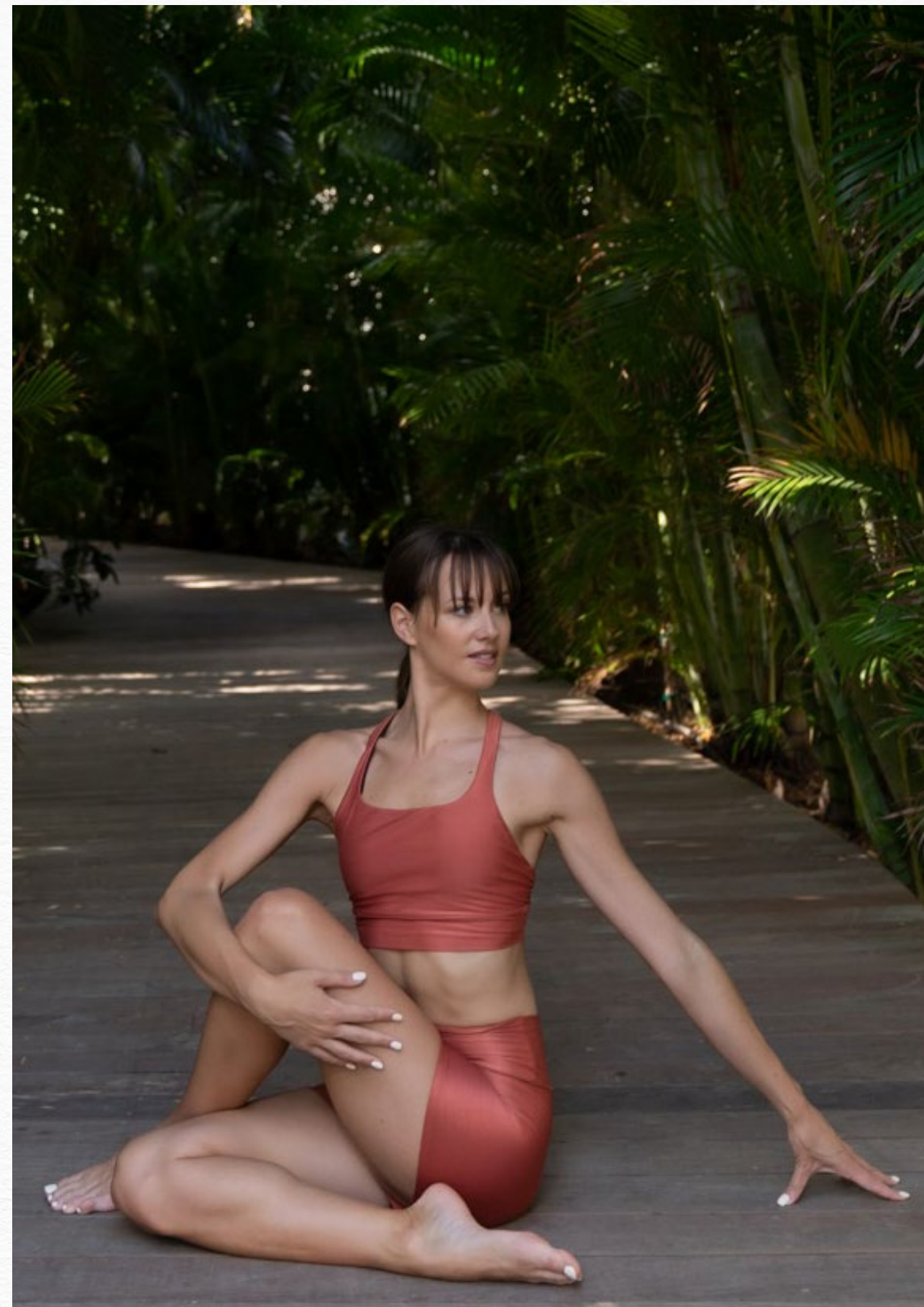
INTENSIVE BODY THERAPY

2 HRS

Combining a scrub, wrap and personalised massage, this intensive treatment is a sensorial experience that enhances the body.

Location: Guerlain Spa

Advanced booking is required





DAY 2

Tuesday 11 November | 8:30AM
BROOKLYN FLOW®
60 MINS

A vinyasa-based class that weaves together yoga, core work and dance-inspired movement into a single, continuous flow. Set to a carefully curated playlist, each transition is smooth and precisely aligned: invigorating without ever feeling rushed.

Objective: restore fluidity, strengthen the core and reconnect the body through breath and movement — leaving you energised and centred.

Location: Soul Studio

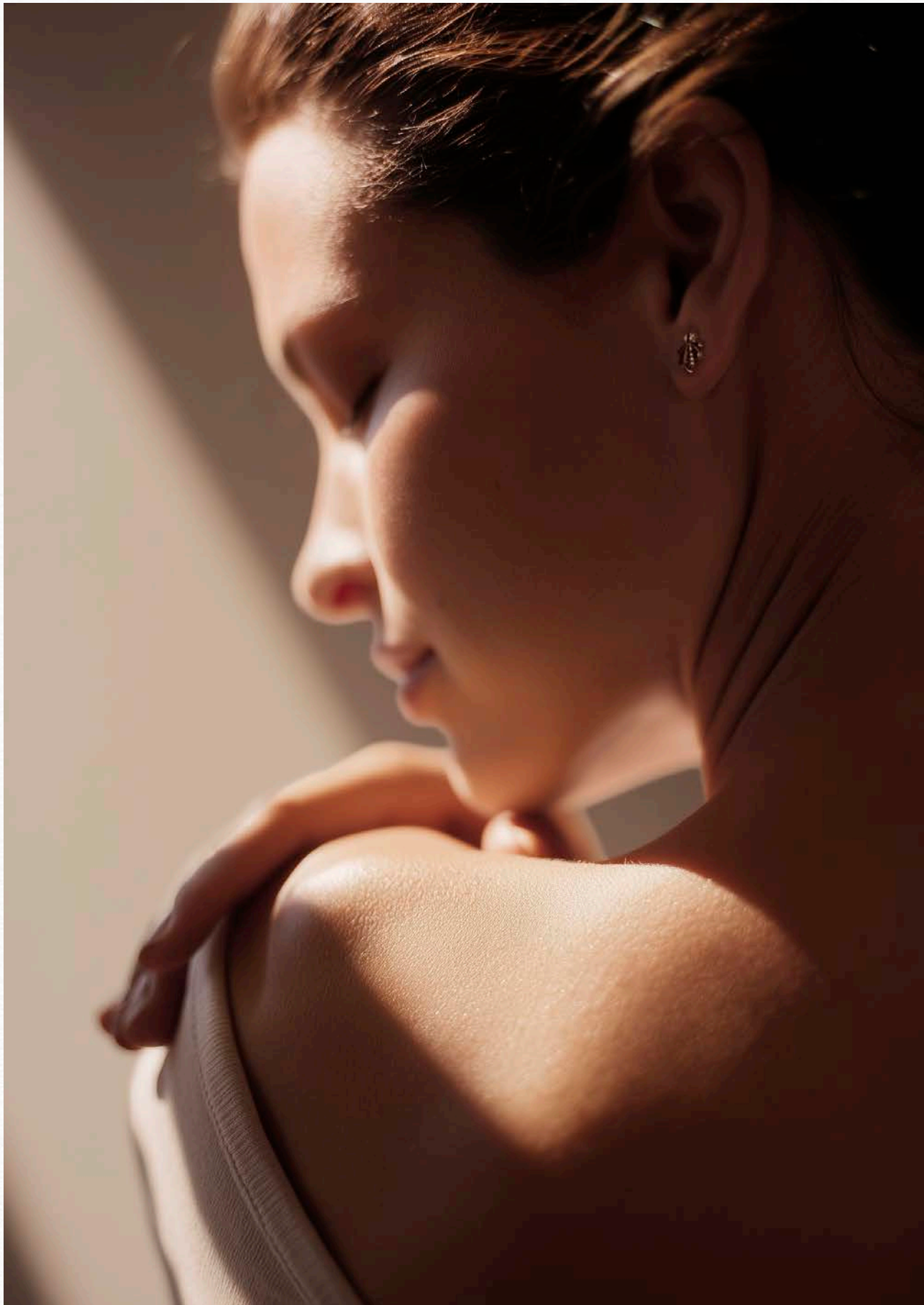
Recommended Guerlain Experience (Chargeable)
BLUE RENAISSANCE
90 MINS

A complete immersion where touch, sound and energy flow in perfect harmony towards an absolute rebirth. Guided with intuition, you gradually surrender to deep release and inner renewal. As tension melts away, time fades, the mind expands and the spirit lifts. A true choreography of the senses, leading you towards a profound feeling of transformation, lightness and rebirth.
For body, mind & soul.

Location: Guerlain Spa
Advanced booking is required

BREATH & MINDSET





PRIVATE COACHING

TAILORED TO YOU

MOVEMENT COACHING

60 MINS

A deeply personalised one-to-one session designed around you. Choose from one of Julie's signature classes in a private setting, or enjoy a bespoke Pilates-based session tailored to your individual goals, from posture and strength to recovery and body awareness.

With Julie's undivided attention, each session offers the opportunity to explore the mechanics of your body, refine movement patterns and progress at your own pace.

Location: Soul Studio
Advanced booking is required

COUPLE COACHING

60 MINS

A shared and personalised movement experience for two. Work together through a signature class or bespoke Pilates-based session, with each guest's individual goals thoughtfully considered.

Whether moving at the same level or working towards complementary goals, Julie adapts the session to create a meaningful and engaging experience for both.

Location: Soul Studio
Advanced booking is required

STRENGTH & MOBILITY

DAY 3

Wednesday 12 November | 8:30AM

BALLERINA BODY® TRAINING

60 MINS

A cardio-conditioning method that combines ballet-inspired movement with high-intensity sequences to sculpt, lengthen and strengthen the body from head to toe. Precise and deeply effective, this class builds lean muscle definition while refining posture and the quality of movement.

Objective: build lean muscle definition, boost cardiovascular conditioning and sculpt the full silhouette.

Location: Soul Studio

Recommended Guerlain Experience (Chargeable)

EAU BLEUE

2 HRS

This multisensory face and body treatment fuses the energising spirit of the island's waterfalls with the refreshing notes of Guerlain's Eau de Cologne Impériale. Starting with a footbath, this invigorating experience uses cooling spheres to ease muscle tension, enhance blood flow, and deeply nourish the skin, paired with jade gua sha to drain, sculpt and illuminate the face. An immersive plunge into the waters of this captivating paradise.

Location: Guerlain Spa
Advanced booking is required





DAY 4

Thursday 13 November | 8:30AM
BROOKLYN BARRE®
60 MINS

A consolidation session deepening the postural and muscular work of Day 1.

With four days of progressive conditioning, guests experience a measurable shift in body awareness, muscle engagement and overall alignment — carrying the benefits well beyond their stay.

Objective: consolidate the week's work, reinforce structural strength and leave with a lasting sense of alignment.

Location: Soul Studio

Recommended Guerlain Experience (Chargeable)
TROPICAL HEALING
2 HRS

An homage to the tropical nature of Mauritius, this exclusive face and body treatment is a celebration of the senses. The zesty freshness of neroli blends with the healing power of herbal stamps and honey-based products to purify, soothe, and nourish the body. Through iconic Guerlain gestures, the face is deeply smoothed, brightened, and firmed, creating an enveloping and relaxing ritual that harnesses the sublime treasures of nature.

Location: Guerlain Spa
Advanced booking is required

RESTORATION & WELL-BEING



RESERVATION

Reservations required 24 hours in advance.

For more information, please contact your Host or call Guerlain Spa reception on extension 7658.

Prices are in Mauritian rupees and inclusive of VAT.

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