

# AFRICA: MAURITIUS

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## **1. What is currently making news in your country when it comes to wellness or wellbeing?**

Mauritius is both a tourist destination as well as having a local population of approx. 1.5 million. Global travelers are arriving with a greater awareness of spa & wellness as a concept and experience. Capture Rates within hotel spas have increased due to this increase in awareness and a greater need for guests to experience spa for the first time. Local inhabitants of Mauritius are also increasingly becoming aware of wellness due to public programs focused on the diseases of civilization - cardiovascular disease, diabetes and cancer. The public are beginning a journey in self-knowledge on how lifestyle, exercise, nutrition and stress impact on their health, this in turn is providing a positive impact on their exploration of spa for stress relief and self-nurturing.

## **2. Please provide one sentence that describes what you think are important developments in your country for each of the following:**

**Spas:** More spas have been updated during 2015 in regard to their concept, menu and treatment offerings

**Wellness Tourism:** This is still in its infancy with focus mostly on vacations including spa treatments or minor aesthetic procedures such as hair grafting, Botox, liposuction, etc.

**Wellness Living Communities/Real Estate:** A few upmarket developments are presenting themselves as a real estate destination designed for a healthy lifestyle environment featuring parks, fitness and in some cases spa facilities

**Beauty:** Pure beauty salons are in decline with more emphasis given to day spas

**Fitness:** On the increase with more fitness and gyms opening to cater for the public awareness of the benefits that exercise has on wellbeing and diseases of civilization

**Nutrition:** On the increase with more campaigns on radio and press to educate the public regarding basic healthy nutrition, however the information is not up to date scientifically and promotes the low fat low calorie concept typical of dieticians.

### **3. How would you describe the state of workplace wellness in your country?**

This is still in the very early stages with some awareness from human resources advocating health & safety measures, other elements such as work-spaces, ergonomics, nutrition, fitness are still far from being addressed.

### **4. What has been the general attitude about investing in spa/wellness in your country in 2015? Specific examples?**

Hospitality sector and real estate sector have improved their attitude to investing in spa/wellness facilities as a key component of the total package.

Spa facilities have been refurbished in a number of hotels; new fitness centers have been opened providing a range of health services.

### **5. Whose responsibility is it to create a well world?**

The first step is to create the awareness that we are all connected & inter-connected - therefore it is both our personal responsibility to create a well world and assist those around us to create a well world. The impact of improving our own individual wellness in tandem with our environment brings forward the realization that all elements of life operate best when they are inter-dependent.

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