



CONSTANCE  
*Le PRINCE MAURICE*  
MAURITIUS - ÎLE MAURICE



**WELLNESS PROGRAM**



## Welcome to the Wellness Program at Le Prince Maurice

Whether you are here to simply unwind and escape the pressures of everyday life or want to take the opportunity, while you are with us, to cleanse your system or kick start your fitness routine, we have tried to ensure your needs can be met during your stay.

Relax and be pampered in the tranquil surroundings of the Guerlain Institute, awaken your senses before breakfast with a session of invigorating T'ai Chi Chuan, or take advantage of the opportunity to learn how to maximise the time you spend in the gym by working with our Bodydoctor fitness trainers.

Our Chefs and nutritionist have also worked together to ensure that you can indulge in the gourmet cuisine of The Prince Maurice, without worrying about your waistline. We have a range of dishes on all our restaurant menus which look and taste delicious, yet follow the principles of the Bodydoctor fitness program, minimising the amount of fat, sugar, wheat and milk they contain. We also offer a three-day detox program so you can cleanse your system while still eating 5 star cuisine!

For further information about our Wellness Program, please arrange to talk with our Wellness Co-ordinator - Extension 2331.



### **Bodydoctor Fitness**

*'Lose weight and gain fitness in record time. With the Bodydoctor's workout anything is possible'.*

This program is unique in the results it achieves, it comprises a complete resistance and cardiovascular program to tone the body and build lean muscle in record time. Spending time with our Bodydoctor trainers while you are here will teach you how to maximise the efficiency of your workouts both here and when you return home.

To get the maximum benefit from the program it is important to eat right as well as to exercise right, so choose the healthy options on the menus, which have all been designed to support the Bodydoctor program.



## **BODYDOCTOR**

### **Personal fitness and well-being**

The Bodydoctor program is designed to give you a full body workout and at the same time burn the maximum amount of fat. Choose a suitable time and our personal trainer will guide and assist you in complete body awareness through correct training methods.

Personalized 3-day and 5-day program can be organized.

## **SOUL THERAPY**

**Yoga** Tuesday & Thursday / 8 am

- Private sessions
- Group sessions

**T'ai Chi Chuan**

- Private sessions



## 5 Star Healthy Cuisine

Le Prince Maurice is renowned for its creative cuisine. Now some of the best chefs in the world turn their hand to providing food which not only looks and tastes delicious but which has also been put together in line with the principles of the Bodydoctor program.

The healthy menus at Le Prince Maurice have been put together in consultation with Bodydoctor nutritionist Amanda Moore and follow the Bodydoctor's simple tried and tested principles. Emphasis is on boosting nutrients and cutting out foods which have a negative effect on the body (sugar, alcohol and refined white flour, for example). All our restaurants and our room service menu have a wide-range of healthy options to choose from. If you wish to specifically follow our 3-day cleansing program or 14-day Wellness Program, or have any particular requirements, please talk to our Wellness Co-ordinator.



### 3-day detox menu at Le Prince Maurice

Day	Breakfast	Lunch	Dinner	Snack
<b>1</b>	Apple, pear and beetroot juice with milk thistle	Green vegetable salad with citrus fruits	Pumpkin cold soup with ginger	At least 8 glasses of water, unlimited herbal teas and vegetables
Mauritian petit lemon in water	Water  Choice of buffet fruits with at least a tablespoon of ground linseeds	Fresh pineapple platter Peppermint tea or hot water and lemon	Grilled fish of the day (small) Wild rice salad Mixed salad  Fresh fruit skewers	Midday and afternoon - fresh ginger tea  Before dinner: glass of healthy juice of the day and nuts
<b>2</b>	Papaya and fennel refresher juice	Tomatoes and fennel terrine with Melissa leaf Raw fennel salad and a grapefruit dressing	Palm heart salad  Giant prawns with brown/wild rice and vegetables	At least 8 glasses of water, unlimited herbal teas and vegetables
Mauritian petit lemon in water	Water  Mixed fruit salad sprinkled with a tablespoon of ground linseeds	Watermelon Peppermint tea or hot water and lemon	Fresh fruit salad with ginger	Midday and afternoon - fresh ginger tea  Before dinner: glass of healthy juice of the day and pumpkin seeds or snack if suitable
<b>3</b>	Green cleansing juice	Large mixed salad with seasonal vegetables	Tomatoes in pistou dressing Steamed fish with ginger (small) Brown Rice Large portion cooked vegetables Mixed tropical fruit granite	At least 8 glasses of water, unlimited herbal teas and vegetables.
Mauritian petit lemon in water	Water  Breakfast Smoothie with papaya and banana (not yoghurt)	Tropical fruit salad Peppermint tea or hot water and lemon		Midday and afternoon - fresh ginger tea  Before dinner: glass of healthy juice of the day with suitable snack



## **Bodydoctor Nutrition**

For your body to feel lean and full of vitality it is not only important to get your exercise program right, but also to nurture the body with the nutrients it needs and avoid the toxins which zap us of vital energy. We have taken the expertise of the Bodydoctor nutritionist to develop the range of healthy options on our menus. All dishes follow the Bodydoctor principles.

### **Nutrition principles of Bodydoctor**

#### **1. Eat complex carbohydrates**

Sugar, white bread and starchy refined carbohydrates are out. These foods drain the body of nutrients and, though they may give you a quick energy burst, can ultimately leave you feeling tired and craving sugar. When eaten in excess these foods can lead to obesity, diabetes and cardiovascular problems. Fill up on green vegetables, pulses, brown rice and whole grains: these foods will give you lasting energy throughout the day. Avoid added sugar: fizzy drinks, white bread, pastries, pizza and pasta. Limit your intake of wheat and experiment with other grains such as rye, oats, millet and buckwheat. Choose complex carbohydrates like green vegetables, unrefined rice, lentils and pulses, oats, rye and no wheat wholegrains. Avoid all sugar and white flour products.

#### **2. Eat your greens**

Fruit and vegetables should form the majority of what you eat. Aim to fill at least half your plate with vegetables at each main meal and eat fruit throughout the day. Choose as wide a range of colours as possible but avoid starchy vegetables like potatoes and parsnips.



### **3. Increase good fats and cut out the bad**

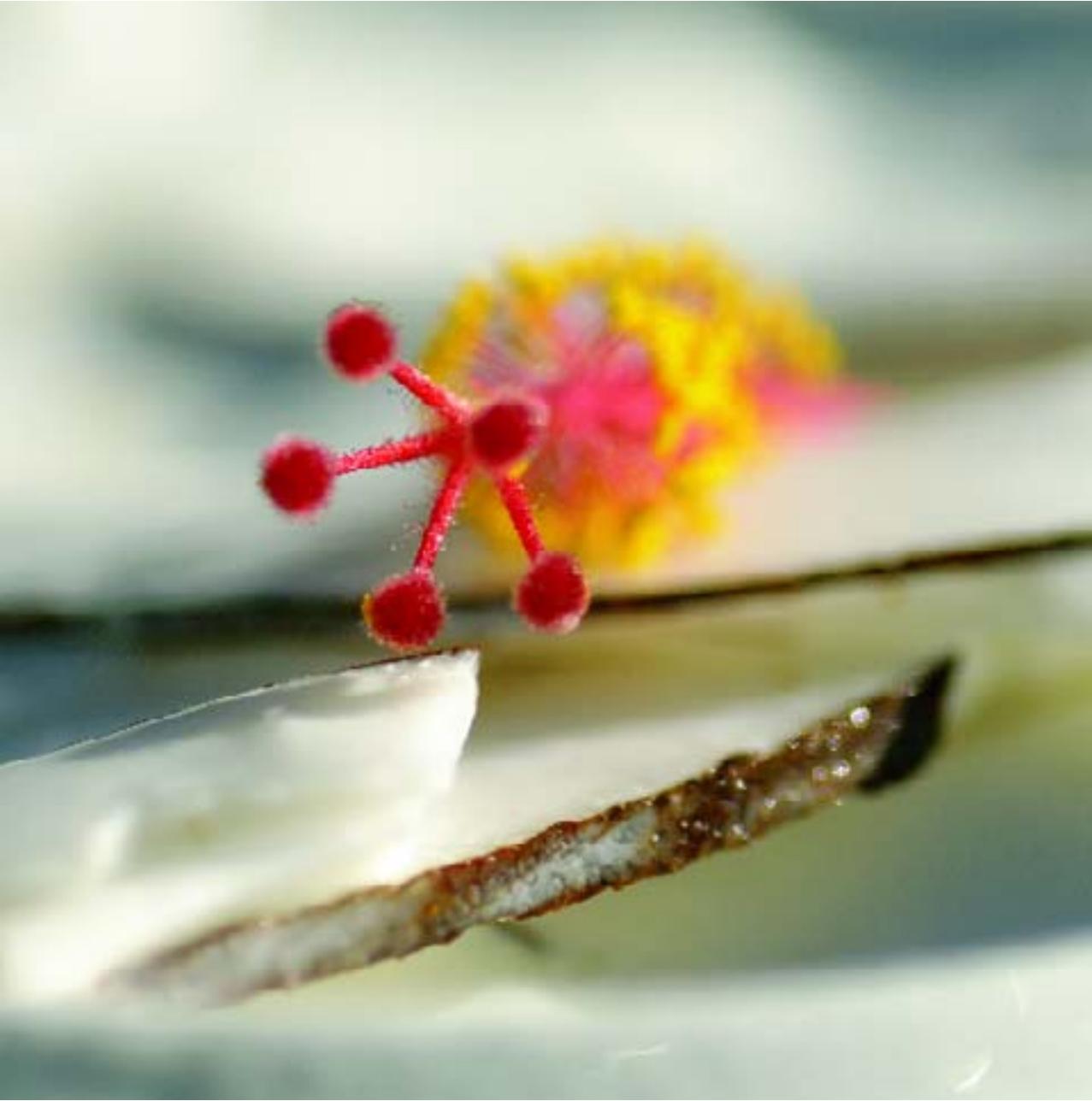
The omega 3 and omega 6 fats are vital to help fight infection, stimulate metabolism, maintain optimum mental function, keep hormones in balance and keep skin looking vibrant and healthy. These fats cannot be made in the body and must come from your diet. The richest sources are oily fish (tuna, mackerel, salmon, herring), nuts and seeds.

### **4. Eat low fat sources of protein**

Proteins are the body's building blocks. You need protein to make bones, ligaments, nail, hair, skin and to repair and build muscles. Amino acids from protein also form and control the enzymes, hormones and neurotransmitters, which control the body's basic physiology and mood. Try to include some protein for breakfast to balance blood sugar throughout the day and follow your exercise program with a protein meal or snack to help build and repair muscle fibres. Choose low-fat sources of protein such as fish, chicken, quinoa, tofu, lentils, eggs, brown rice, nuts and seeds. Limit your intake of dairy foods and red meat.

### **5. Drink enough water**

The human body is almost 70% water and your level of hydration influences nearly every physical process including muscle function, mental state, digestion, circulation and excretion. Try and make it a habit to drink more water than your body actually craves – you won't feel thirsty until you are dehydrated. Cut down on tea and coffee, which are diuretics and will make your body excrete more water; try herbal teas instead. Drink at least 8 glasses of fresh water each day. Drink an extra half-litre for every half-hour you exercise.



## **6. Eat your food in as natural a state as possible**

Try to choose food which is as unadulterated as possible – fresh cuts of meat or fish, unrefined cold pressed oils, wholegrains and vegetables. Mother nature carefully provided us with the right balance of nutrients and fibre in these foods and once they have been processed, nutrients are lost and chemicals are added. Avoid pre-packaged prepared foods and take care to minimise your intake of preservatives and additives, many of which can upset the body's natural balance. Choose fresh whole foods and avoid additives and chemicals.

## **7. Avoid coffee and alcohol**

Coffee and alcohol rob the body of vital nutrients, put a strain on the liver and adrenal glands and will disturb blood sugar balance, zapping your energy and vitality. Alcohol is also very high in calories. Avoid coffee and alcohol for at least the first six weeks of your program, especially if you aim to lose weight. Thereafter, minimise your consumption! Drink lots of water and herbal tea and avoid caffeine and alcohol.

## **What can I eat?**

You can follow the above principles and still have a rich and varied diet. A table of some great healthy menus to choose from is included in this brochure.

## 14-day Wellness Program

Week 1	Breakfast	Lunch	Dinner	Snack
<b>1</b>	Bio-yoghurt with fresh berries and tablespoon seeds Healthy juice of the day Herbal teas	Scallops and grapefruit salad with green leaves	Palm heart salad Grilled lobster with wild rice and local steamed vegetables Fresh seasonal fruit served with polenta biscuits and raspberries	Evening snack - glass of healthy juice of the day
<b>2</b>	Fresh fruit platter with nuts and natural yoghurt	Cold pumpkin soup with ginger, crab meat with coriander  Rye bread toast	Melon and sultana salad with scallops Grilled fish of the day, served with ginger rice and stir fried Asian vegetables Fresh fruit salad with ginger	Evening snack - glass of healthy juice of the day
<b>3</b>	Buffet: choose from fresh fruit, yoghurt, rye breads, seeds, dried fruits, eggs	Citrus salad with water prawns	Green salad with local herbs Crispy vegetable salad, seafood kebab Aromatic spiced rice Mango passion fruit and guava granite	Evening snack - glass of healthy juice of the day
<b>4</b>	Cottage cheese with rye bread and fruit	Niçoise salad with fresh grilled fish	Yellow lentil soup with chicken Grilled catch of the day served with roasted vegetables A selection of local fruits	Evening snack - glass of healthy juice of the day
<b>5</b>	Papaya breakfast smoothie	Romaine salad with chicken and parmesan Tomato dressing	Market vegetable soup with mixed seeds Grilled fillet of beef with buckwheat seeds, roasted tomatoes with thyme and green salad Pineapple and papaya carpaccio with coriander	Evening snack - glass of healthy juice of the day
<b>6</b>	Bircher muesli	Toasted goats cheese salad	Vegetables and fruits from the market cooked Greek style with coriander, wine and olive oil  Asian giant prawns stir fried	Evening snack - glass of healthy juice of the day  Unlimited raw vegetables and herbal teas
<b>7</b>	Buffet: choose from fresh fruits, yoghurt, rye breads, seeds, dried fruits, eggs	Tomatoes in pistou dressing with green salad  Toasted rye breads and mixed chutneys	Smoked salmon with capers and lemon, toasted rye bread Croissant fish with vegetables and rice Fresh fruits salad with kaffir lime	Evening snack - glass of healthy juice of the day  Unlimited raw vegetables and herbal teas

<b>Week 2</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>1</b>	Bio-yoghurt with fresh berries and tablespoon seeds Healthy juice of the day Herbal teas	Leeks and smoked duck fresh salad with green leaves and citrus fruits	Mixed vegetables on toasted cereal breads Steamed fish fillet, pan fried vegetables with olive oil Mint jelly with exotic fruits	Evening snack - glass of healthy juice of the day  Unlimited raw vegetables and herbal teas
<b>2</b>	Fresh fruit platter with nuts and natural yoghurt Healthy juice of the day Herbal teas	Market vegetable soup with mixed seeds	Melon and sultana salad with poached scallops Giant prawns with pumpkin fricassee Mauritian style Green salad with herbs	Evening snack - glass of healthy juice of the day  Unlimited raw vegetables and herbal teas
<b>3</b>	Buffet : choose from fresh fruit, yoghurt, rye breads, seeds, dried fruits, eggs Healthy juice of the day Herbal teas	Tomato salad with dried figs (or fresh) and pine kernels - or Tomatoes, dried fig with blue cheese and green leaves	Green leaf salad with herbs  Grilled fish of the day local with sautéed vegetables	Evening snack - glass of healthy juice of the day  Unlimited raw vegetables and herbal teas
<b>4</b>	Watermelon breakfast smoothie Healthy juice of the day Herbal teas	Dorado carpaccio with ginger  Green leaves	Pumpkin cold soup with ginger, crab meat and coriander Grilled beef fillet with buckwheat seeds, black lentil fricassee Vegetables Seasonal fruits	Evening snack - glass of healthy juice of the day  Unlimited raw vegetables and herbal teas
<b>5</b>	Cottage cheese with rye bread and fruit. Healthy juice of the day Herbal teas	Melon and sultana salad with poached scallops and green leaves	Market vegetable soup with mixed seeds Grilled fillet of beef with buckwheat seeds, roasted tomatoes with thyme and green salad Pineapple and papaya carpaccio with coriander	Evening snack - glass of healthy juice of the day  Unlimited raw vegetables and herbal teas
<b>6</b>	Bircshler muesli Healthy juice of the day Herbal teas	Platter of smoked salmon and marlin, capers and lemon with large crunchy green salad.	Mixed salad Giant prawns with rice noodles and Asian vegetables Fresh fruit salad with ginger. Sherbet selection	Evening snack - glass of healthy juice of the day  Unlimited raw vegetables and herbal teas
<b>7</b>	Buffet: choose from fresh fruits, yoghurt, whole-grain and seed breads, seeds, dried fruits, eggs Healthy juice of the day Herbal teas	Yellow lentil soup with chicken	Smoked salmon starter with vegetable curry with spicy aromatic basmati rice and green leaves Seasonal fruits carpaccio with herbs and granite	Evening snack - glass of healthy juice of the day  Unlimited raw vegetables and herbal teas



## Yoga

The word 'Yoga' comes from the Sanskrit root 'yuj', which means 'to join' or 'to yoke'.

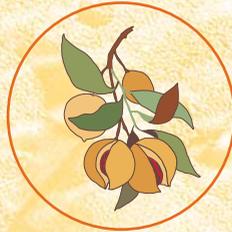
Yoga is an ancient art based on a harmonizing system of development for the body, mind and spirit. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with the environment.

The practice of Yoga makes the body strong and flexible, it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind.

In the practice of Yoga the ultimate aim is one of self-development and self-realization.

## T'ai Chi Chuan

The forms of T'ai Chi Chuan are a traditional Chinese approach to exercise, meditation, and personal growth. Practiced both for health and self-defense, its graceful, flowing movements are at the same time beautiful, healthful and powerful. Its practice promotes an inner calm and a tranquil attitude, enhancing self-awareness. T'ai Chi Chuan springs from emptiness and is born of nature. It is the source of motion and tranquility and the mother of Yin and Yang. The body weight or centre of gravity of the practitioner sinks into the abdomen and trunk of the body, thus allowing more relaxed and deep breathing. With the mind quietened, the heartbeat slows down, and different muscular, neurological, glandular and organ systems function in a more balanced fashion. The practice of T'ai Chi Chuan is harmony and understanding of the ways of the world.



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