



Bahia Mar  
Weight Loss and Fitness  
Retreat  
Vilankulo - Mozambique

Program  
2025

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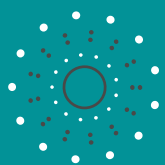
## WEIGHT LOSS & FITNESS Your Wellness Program

# Your Retreat

A program that includes a comprehensive body and fitness analyses, your own personal trainers, a sustainable plan that you can take home, along with delicious and healthy meals. The program is also designed so that you have time to explore different activities to the islands and surroundings.

What makes this retreat so unique and sought after by wellness travel enthusiasts, is the careful combination between a guided exercise program, ayurvedic and aromatherapy treatments and day excursions in and around the waters of paradise in the Bazaruto Archipelago.

By focusing on the guest's specific wellness goals, Bahia Mar Retreats' program offers a holistic experience, aiming to revive, regenerate and revitalise body and soul.



## Highlights

- 7 nights/8 days retreat program which can be flexible according to your schedule and bookable any time of the year;
- Taylor made workout program designed especially to hit your targets and with possibility to take it home
- Enjoy a series of different spa treatments including body sculpting and lymphatic drainage, during the entire stay. All treatments use local and organic ingredients free of chemicals and parabens;
- Located in one of the most beautiful Marine Park areas in the world, the Bazaruto National Park;
- Delicious and healthy daily meals while you detox your body and promote weight loss;
- Far from crowds and close to untouched nature and local culture.



# A typical day

The Bahia Mar Wellness Centre has a gymnasium and a SPA with state of the art fitness and treatment equipment. This truly offers a well-balanced and diverse platform for fitness enthusiasts and beginners alike, looking for that special retreat to beach paradise. Daily exercise programs are combined with aromatherapy treatments with acclaimed all natural C-spa produces and highly trained wellness therapists on site.



Our guests can enjoy two training sessions on the premises every day. We balance cardio, weights and circuit training in the program. Morning workouts are one-on-one with your personal trainer before breakfast, targeting a specific muscle group every day. Evening fitness programs in the retreats are in groups, looking more at guided aerial fitness, yoga or REAX raft training on our infinity pool overlooking the Bazaruto Archipelago sunset. The Les Mills Virtual classes are also accessible during the afternoon and evening schedule. That said, should guests prefer to only work with a personal trainer and not as part of a group, this could also be arranged.

## What is included

### FITNESS PROGRAM

Personal assessment before travel to design a program that can meet expectations  
Daily 45 min one-on-one training sessions  
Daily group classes in different modalities

### SPA TREATMENTS

1 full body relaxation massage  
3 x 45 min Reflexology sessions  
3 x 45 min Body sculpting - bamboo therapy massages  
2 x 90 min Lymphatic drain treatments  
1 Bahia Mar signature water massage

# Bahia Mar Boutique Hotel



## The facilities

This retreat will be held at Bahia Mar Boutique Hotel in Vilankulo, Mozambique.

It is located where the azure waters of the Indian Ocean touch the palm-fringed beaches of Vilankulos on mainland Mozambique. In addition, the hotel is also situated at the gateway of the Bazaruto Archipelago, the only underwater national park and the most beautiful marine park on the Southern coast.

This is an ultimate destination for visitors that want to experience colorful local culture, as well as the fabulous beauty of the Bazaruto Archipelago.

The hotel is situated on an elevated plateau with panoramic views over the archipelago, the lodge, à la carte restaurant, infinity pool, and the bar. In addition, the accommodation site has a fully-equipped wellness center that offers the finest in pampering and indulgence.

The *Luxury Beach Suite* is a pied-à-terre luxury self catering unit with king sized bed, it has a TV lounge, fully equipped kitchenette, private barbecue, terrace with sunbeds, and private splash pool.

Our *Sea View room* has an en-suite bedroom with a queen size bed, shower, large veranda with sun beds, and sea view that is overlooking the Bazaruto islands.



The *Garden suites*, although not having the ocean views, offer the ideal sense of retreat where you are surrounded by luxurious gardens and beautiful bird life. The Garden Suites have a private pied-à-terre luxury bedroom with a super king-sized bed which can be converted to two  $\frac{3}{4}$  twin beds, DSTV, lounge and a private terrace area in the cashew nut tree garden. This bedroom can sleep a couple or two people in twin beds and two of these units have inter-leading rooms for families. The rooms are air-conditioned, spacious, and covered with modern boutique design. All Garden Suites have a mini bar, internet access and hairdryer.

All Bedrooms are equipped with:

Air conditioning, free Wi-Fi, kettle, coffee and tea, mini-bar, bath towels and bath robes, and hair dryer. Ammenities include: Shampoo and conditioner, shower gel, hand wash, hand lotion, and tooth brush. It is also equipped with a personal safe and a TV.



*Eat, drink and be merry!*

## Detox menu

The Bahia Mar restaurant is situated overlooking the lush garden and swimming pool with the stunning ocean view. Choose a table under the high thatched roof in the restaurant, on the sunny terrace or sit in the garden under the shade of swaying palms. There is also a pool bar with space to relax on comfy chairs and soak in the amazing ocean vista.

During this retreat you will be served breakfast, lunch, dinner daily. All the meals will be prepared by the kitchen team. Bahia Mar launched an amazing *detox, salad, whole and juicing menu where you can choose your preferences*. Moreover, you will also be served detox fruit juice and teas during the retreat .





## How to get there

Vilanculos hosts an international airport with flights departing to and from Johannesburg on a daily basis.

There are also flights from Maputo, and also from Kruger Mpumalanga International Airport (MQP), a great combination for a safari & retreat holiday.

Please book your flight to arrive at Vilankulo Airport (VNX).

Our Bahia Mar shuttle will collect you upon arrival at the airport.  
Transfer to and from the airport is complimentary.

Bahia Mar is situated only eight kilometers from the airport - a 12 minute drive.







# Rates 2025

8 DAY/ 7 NIGHTS RETREAT

## GARDEN SUITES

SINGLE OCCUPANCY - RACK USD 2,600 PP  
DOUBLE OCCUPANCY - RACK USD 1,950 PP

## SEA VIEW BEDROOMS

SINGLE OCCUPANCY - RACK USD 2,900 PP  
DOUBLE OCCUPANCY - RACK USD 2,000 PP

## LUXURY BEACH SUITES

SINGLE OCCUPANCY - RACK USD 3,600 PP  
DOUBLE OCCUPANCY - RACK USD 2,400 PP

### WHAT IS INCLUDED

- 7 nights accommodation
- 1 trip to the islands of Bazaruto Archipelago
- Access to the gym and to group classes
- Airport transfers to and from the hotel
- All massages and treatments as detailed in the program
- Full board with juicing and detox meal plan (breakfast, lunch and dinner)

### WHAT IS NOT INCLUDED

- Additional activities
- Additional massages and treatments
- Airfare
- Alcoholic drinks
- Travelling visa if applicable





# Contacts Us

For additional information or reservations

[info@bahiamarclub.com](mailto:info@bahiamarclub.com)