

discover.

EDITION 1

One&Only
Le Saint G eran, Mauritius





We welcome you to discover One&Only Le Saint Géran

Dear Guest

I am delighted to welcome you to One&Only Le Saint Géran and hope you will enjoy the friendly, calm and easy luxury throughout our resort.

Inside you will see the many pleasures our Mauritian garden paradise has to offer and for our returning guests we have highlighted what's new.

The dining scene at One&Only Le Saint Géran is as exuberant as ever with a new beach-side lounge overlooking the Indian Ocean. For the most romantic experience during your stay you might reserve a private dinner on the beach under the stars. For produce fresh from the ocean and local gardens of Mauritius take a table at La Terrasse.

Our hideaway is a dream come true for water sports enthusiasts with novice to advanced instruction in all manner of waterplay.

Nourish both body and mind with a holistic wellbeing journey in the One&Only Spa, a discreet sanctuary with its own private lap pool and rejuvenating treatments.

Younger guests will be entertained with enthusiastic energy, immersing them in the resorts natural setting and engaging them in Mauritius culture. We hope you enjoy the most relaxing stay at One&Only Le Saint Géran and many One&Only moments.

Kind Regards,

Charles de Foucault
General Manager

What's new

Beachside lounge

One&Only Le Saint Géran captures one of the most exotic spots on the island with a new beach-side lounge, perfectly located beneath the tropical sway of the Badamier trees and overlooking the Indian Ocean. Sip a refreshing freshly squeezed cocktail and marvel at the stunning Mauritian surroundings.

Coastal training

Hit the trail through some of the most beautiful scenery in the world and sign up to the running programme. Professional fitness trainers will coach you along the beautiful Mauritian coastline, through lush green hillside and across the pristine sands.

Sessions are tailored to your fitness level and personal target, whether that be endurance event preparation or if you simply enjoy running outdoors. Your heart rate will be monitored throughout the run and each session ends with a cool down and a stretch.

Wellbeing and spa

One&Only Le Saint Géran launched 'Harmonia', a wellbeing experience unique to the island of Mauritius which will prepare guests for personal challenges, producing energy for a new project, revive creativity or tackle stress. 'Harmonia' is based upon the principles of Chinese medicine and developed by Francesc Miralles, a highly respected

Chinese medicine practitioner. This in depth programme combines the perfect balance of eastern and western modalities, with each journey created according to the individual's needs.

Atelier du Gout

A one hour degustation in PRIME our contemporary grill restaurant. Guests are invited to the kitchen with the chef and sommelier who will guide you through pairings of wine and gourmet tapas. This is a sociable, sensory experience and the opportunity to taste the fabulous produce that is the hallmark of this restaurant. PRIME is the first steak house in Mauritius and specialises in the finest

Australian Angus Wagyu beef. The menu features Frothy Mushroom Cream Soup with Perigord Truffle and Slow-cooked Wagyu Beef Short Ribs. The real steakhouse experience comes from The Grill with mouth-watering selections such as Toma Hawk Rib of Beef for two or an Australian Angus Grain-fed Rib Eye. Every day there is fresh fish straight off the boat, look out for babone, sea bass and rock lobster.

Atelier du Gout takes place once a week from 18:30 to 19:30. Please contact our concierge on Ext. 7752 or Ext. 7655. Rs. 1,200 per person





The resort's calming nature, a secluded sanctuary for the senses

One&Only Le Saint Géran partnered with ESPA to create a centre of spa excellence and wellbeing nestled amidst a lush tropical landscape with ocean views.

Spa experiences range from deep relaxation to energising and revitalisation with one of three philosophies: 'Unwind, Balance and Uplift'. Indigenous ingredients are blended for highly natural, paraben-free products produced by ESPA, all tailored to restoring natural equilibrium. Sauna, steam and a dip in the private lap pool complement the therapy.

Highly qualified therapists are intensively trained by ESPA on site, they define personal service and quiet indulgence, ensuring therapies are tailored to the individual needs of each guest.

Dappled sunlight streams through rippling sheers into the spa relaxation room where subtle amber tones reflect the warmth of the island's sunsets. Throughout the spa embraces local Mauritian influences and reflects the environment in both treatments and design.

Open daily from 8.30am to 8pm
To make a booking please contact
the SPA on 7658

The Garden Spa Pavilion

This Garden of Eden offers an idyllic relaxation experience for you alone or to be shared with a friend or loved one. Journey through a tropical walkway to reach this secluded private sanctuary. The Spa Pavilion is suspended over a running stream and shrouded by flora and fauna, a place to immerse yourself in natural surroundings, leaving behind the temporal world entirely. Drift away to the gentle sounds of water and birds, the scents of exotic flowers and the soothing touch of your therapist, for a true healing experience.

Chakra balancing body treatment

The Signature treatment at One&Only Spa is a sublime experience to melt away tension and bring your body and mind back into harmonious balance. The treatment begins with body brushing and exfoliation to smooth and soften the skin; an indulgent massage follows, using nourishing essential oils and warmed volcanic stones to penetrate tired, aching muscles. Finally, a comforting head massage and gentle stretching allows you to relax and unwind.

Facials to release inner beauty

Our facials begin with a detailed consultation and in-depth skin analysis using technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage and mask. Finally, skincare products are chosen for your individual needs to achieve the best possible results, releasing all your natural beauty.



Guests are never too young to be pampered. There are a number of exclusive spa treatments designed especially for children and teenagers aged 6 to 16 years, whilst thoughtfully preserving privacy and tranquility for adults.

Young adults aged 12-16 can choose skin care treatments for glowing features, hair care experiences for radiant beauty or a manicure for a little glamour.

Spa princess - A selection of mini spa treatments for spa princesses staying at One&Only Le Saint Géran.

Spa for boys - Skin rescue and muddy massages have been combined for our young adventurers and surfers.

Family Sanctuary - Spend quality time together amidst relaxing spa treatments and manicures.

Unwind & Nourish

Wonderfully relaxing head, neck and shoulder massage with a nourishing scalp treatment which is left on the hair for continued benefits.

25 minutes - Rs 1000

Over the rainbow mini manicure

A filing and polishing to little hands which includes a mini hands and arms massage and a choice of tropical rainbow colours.

20 minutes - Rs 700

Dancing the toe pedicure

Get ready to discover your dancing feet with this mini pedicure including a feet and ankle massage followed by a touch of colour, perhaps rose pink, glittery gold or moody blue, you choose.

20 minutes - Rs 700





Foot virtuoso

Pedi:Mani:Cure Studio by Bastien Gonzalez - the world renowned 'foot virtuoso', famous for foot, nail and hand treatments. The unique offering is the relaxing fusion of wellbeing and natural beauty.

A highly trained professional, Bastien constantly impresses with his passion for pedicure. Treatments include a 'Foot refoundation' which focuses on muscular flexibility, joint mobility, blood circulation, skin elasticity and volume of the plantar pads. 'Bastien's Duo' is a synchronised four hands treatment for nails, hands, feet, legs and arms. Highly effective and ultimately luxurious, Bastien brings glamour to the profession.

Elodie Ribeiro – Bastien Gonzalez Studio Manager
Open daily from 8.30am to 8pm.
To make a booking please contact
Bastien Studio on 7950

PIC NO. 59200840

Leisure in paradise

The resort has outstanding fitness and leisure facilities, many of which are complimentary for guests including a raft of water sports, the Gary Player-designed golf course and a concierge with an inspired imagination to propose activities to suit your holiday.

Fitness centre, beautiful

The combination of a highly professional team and exquisite training environment makes the fitness and wellbeing experience at One&Only Le Saint Géran a pleasure. The fitness environment includes a gymnasium, a mind and body pavilion and an 18 metre lap pool.

Equipment is of the highest standards, with Technogym® Excite and Personal Selection ranges including Kinesis Flexability™.

Professional instructors are available in a number of disciplines: Hatha Yoga, Pilates, boxing, swimming lessons, personal training, youth fitness, stretching and running.

Open daily from 7am to 8pm
Personal training session starts from
Rs. 1,900 for 30 minutes.

Tone up, slim down - personal training

Maintain your body at peak fitness in fabulous surroundings. A skilled personal trainer will devise a bespoke regime for your holiday and for the future.

Resort trainers are professionals who are themselves trained to provide guests with the motivation for regular exercise, giving the feedback needed to make the most of your time at the resort.

One-to-one coaching:
30 minutes – Rs 1,900
60 minutes – Rs 2,900
90 minutes – Rs 3,900

Assisted Stretching

One-to-one assisted stretching sessions promote relaxation. Pushing the stretch beyond the limits you can achieve alone helps eliminate tightness in the body and improves your overall flexibility. Following an assisted stretching session you will feel a new level of suppleness and flexibility.

30 minutes – Rs 1,900

The body's powerhouse

This core stability session aims at strengthening the muscles of the abdominals and pelvis. The exercises range from simple, traditional to more complex ones using Swiss balls, BOSU®, foam pads and medicine balls.

30 minutes – Rs 1,900

Boxercise

Combine boxing skills using pad work with body weight exercises, high repetitions, and relatively short recoveries. The boxing session ends with an assisted stretch. Fun fitness for all ages.

30 minutes – Rs 1,900

Floating fitness aqua training

Water resistance and body buoyancy make aqua training an ideal cross-training technique, no matter your age or fitness level. A personal session in this ultimate low impact workout in the peaceful surroundings of the spa's lap pool.

30 minutes – Rs 1,900

Swimming lessons

Optimise your swimming style and personal training programme. This session gives you expert one-to-one advice and is not just for beginners. Improve your stroke so you glide through the water effortlessly and efficiently, or learn a new stroke.

30 minutes – Rs 1,900

“Our philosophy seeks to inspire guests, to guide them on how to achieve their goals and to support them in maintaining active lifestyles”

Didier Zama, Head of Fitness Centre

The Indian Ocean running track

Running programmes at One&Only Le Saint Géran take you by the blue ocean with crashing waves as the sound track to your running rhythm.

This session will be tailored to you whether you're preparing for an endurance event or if you simply enjoy running outdoors. Your heart rate will be monitored throughout the run and each session ends with a cool down and a stretch.

Hotel manager Jerome has participated in marathons and ultra marathons around the world including the famous 250km Marathon Des Sables in Morocco. Once a week Jerome invites you to join him for a morning jog on the Palmar trail.

Meeting point:
Fitness Centre at 10am once a week.

Agony and ecstasy - circuit training

Challenge your fitness with our ultimate outdoor gym session. Set in the beautiful landscape around the resort's peninsula, our high intensity circuit session is based on military training and consists of body weight based exercises, TRX® conditioning, agility, obstacle and beach running. Challenging but in glorious surroundings.

Please note that prior booking is required
24 hours in advance.
Kindly contact the Fitness Centre on
Ext. 7659 to book a session.
Rs 850 per participant.

Available once a week - duration one hour
Meeting point - Peninsula at 10pm





Yoga



Hatha yoga

Rejuvenate, restore and revitalise in tropical surroundings. Classes are held for all different levels to improve strength, flexibility and balance. These expert led sessions involve beautiful, calming sequences of asanas (postures), breathing exercises and relaxation of body tension.

From Rs. 2,900 per person

Mat based pilates

Pilates' exercises focus on what founder Joseph Pilates called the powerhouse. Often referred to as the core, this consists of your abdominal, back, buttock and upper leg muscles. Every exercise requires focus on this centre of the body while adhering to principles of concentration, fluidity, balance, centring, breath and control.

From Rs. 2,900 per person



A round of golf the Indian Ocean

Tee off by the blue ocean on a course fringed by 5,000 swaying palms. The lush Gary Player 9-hole, par-33 course features wide fairways, gently undulating hills and a magnificent setting.


Green fees are complimentary for guests. The clubhouse is situated in the centre of the course so you can stop for a refreshing drink between tees. The One&Only Golf Academy offers instruction for players of any level; book some intensive training with video analysis, fine-tune game play on the practice range followed by 9 holes with the pro, or have a fun day on the greens with the whole family.

Tee times can be booked at the Hugh Baicchi-designed 18-hole Legend course 



Don't miss Ramesh

It is impossible to play a round of golf without encountering Ramesh. When he arrived at the resort 37 years ago, he dropped his luggage on the very ground where he works today as golf course manager. He delights to accompany most of his guests around the course. Ramesh only has to spy guests heading towards the course and immediately prepares their trolleys and bags, a personal touch that golfers adore.

Open daily from 7 am
Last session starting  4.30 pm in winter
and 5.30 pm in summer

Free Introduction to Golf

For One&Only Le Saint G eran's guests there is a complimentary introductory course for beginners at 11 am from Monday to Friday.

Discount for Children: 20% discount on all prices for children under 15 years old

Swing video analysis

A unique way to improve your swing on the spot, thanks to live-action video recording played back on computer.

90 min. for 2 persons Rs 6,400
90 min. for 1 person Rs 5,000
120 min. for 1 person Rs 6,900

Fully comprehensive course for 2 to 4 students

Ideal for improving all aspects of your game, starting from the practice range to actual play on the golf course. Prices are per person including green fees. Applicable for all levels.

5-day intensive & 3 rounds of 9 holes with the Pro Rs 34,700

3-day intensive & 2 rounds of 9 holes with the Pro Rs 27,000

2-day intensive & 1 round of 9 holes with the Pro Rs 18,800

Semi-Intensive Course - 2 to 4 students

Ideal over five days to improve your swing techniques or an excellent choice for beginners.

2 hours of courses per day per person.
5 days of 2 hours Rs 19,000
3 days of 2 hours Rs 14,000
2 days of 2 hours Rs 11,000

Playing Course

Fine-tune your game on the practice range then play nine holes with the Pro. Prices are per person including green fee.

3 half-days of 3 hours Rs 18,000
2 half-days of 3 hours Rs 13,500

18- hole playing lesson

An ideal way to learn about golf strategy on the course and lower your handicap.

1 person Rs 10,500
2 persons Rs 13,500
3 persons Rs 15,500

Half day lesson

Complete analysis of your game, including swing, putting, short game and video analysis.

1 person Rs 9,500
2 persons Rs 12,000

Private lesson

Classic  one to one lesson, with the Pro.

1/2 hour for 1 person Rs 2,600
1 hour for 1 person Rs 4,300
1 hour for 2 persons Rs 5,800

Family package

Golf activity for the family to discover the game or improve their game. Maximum of 5 persons.

3 sessions of 1 hour - Rs 11,500



Tropical tennis

Five north-facing synthetic grass courts are by the cool lagoon and surrounded by palm trees. They are available for play all day and illuminated for night play. Shady palapas are by the courts for changeover time.

Hours of operation
Open Daily from 7am to 9pm

Private and semi-private lessons
- 30 minutes
- 45 minutes
- 1 hour
- 1 hour 30 minutes

Tennis lesson package

A set of four lessons are offered from Monday - Friday

Lessons must be taken between
8:30 and 11:30am

Complimentary classes

Kids Only group class offered on Mondays,
30 minutes

An adult group class is also offered, please look out for the weekly schedule, 30 minutes

Weekly doubles tournament

Wednesday afternoons swing by for this sociable tournament.

Free as the breeze - water sports

Mauritius is a paradise for water-lovers and at One&Only Le Saint Géran many of the water sports are complimentary for guests.

The calm waters of the cove provide ideal conditions for Kayaks, pedal boats, water-skiing, snorkelling, windsurfing, Hobie Cats and mono-hull lasers, all of which are free activities for guests

For a nominal price there is also world class kite surfing, JBWA instruction, fishing, parasailing adventures and banana boat, tube and speedboat rides.

The vast white sand beach and the challenging reef waves beyond the cove make the resort the finest kite surfing destination on the island. Our VIP Kite & Stand Up Paddle (SUP) School, both offer novice to advanced instruction.

Some of the world's most prominent names in water sports have found a home at One&Only Le Saint Géran. Guests can perfect their skills or learn a new sport at The Water-Ski and Wakeboard Academy (JBWA). Our four time world champion coach, Francis Koot can assist you with any personalised coaching requirements you may need.



Legendary diving

Legendary diving

One&Only Le Saint Géran is near the site of the legendary Le Saint Géran shipwreck immortalised in Bernardin de Saint Pierre's romantic novel Paul et Virginie. The clear waters around Mauritius make this a superb dive destination, while the protection afforded by the reef makes the calm waters ideal for novices.

The Blues Diving Centre is five minutes drive from One&Only Le Saint Géran, this PADI certified centre is managed efficiently by Jean Michel Langlois, with a bi-lingual team and a Japanese interpreter on site. The boats - Blues 1 and Blues 2 are fully equipped with a radio, oxygen and first aid kits to make your diving experience a safe and enjoyable one, and all dives are accompanied by an instructor.

There are daily dive trips at 09:00 and 11:15, all within twenty minutes from the Resort, dive times range from 45 to 60 minutes. Diving initiations take place at 13:30 every day for two hours and include a training session in the swimming pool and a dive of 5 meters in the ocean.

A few important details: if you are a diver, please bring with you the necessary diving certification cards and log books, the minimum age to dive is ten years and for persons over 60 years, a medical certificate is required.

For children between 8 to 9 years we have a 'Bubblemaker' programme.

Opening time: The Dive Centre is open from 8.30am to 5pm daily. Contact the Dive Centre on 7614

Diving Courses

- Diving lessons are conducted within the PADI standards and can be booked a few days in advance throughout the year. There is a maximum of two persons per instructor.
- CMAS courses also available for experienced divers. Silver or Gold Dolphins (10- 12 years), Bronze Dolphin (8-12 years)

- Diving manuals are available in English, French, German, Italian and Spanish with classes conducted in English and French.

Dive Sites

There are number of dive sites within easy access of the resort.

Chateau (14-23m)

A labyrinth like the maze of a castle with dense colourful coral.

Les Trois Ancres (16m)

A dive through 'The Three Pass Canals' will take you to the site of 'Three Ancres'. These are the impressive anchors of an 18th century East India Company vessel, now home to a diversity of corals.


Seafan Valley (22-30m)

Appropriate for more experienced divers it involves multi-level diving and is a continuation of 'Long Cliff' where the diver discovers a valley fringed with seafans and home to lobsters, shark, tunafish, kingfish, sea turtles and more.

Seafan Forest (22-33m)

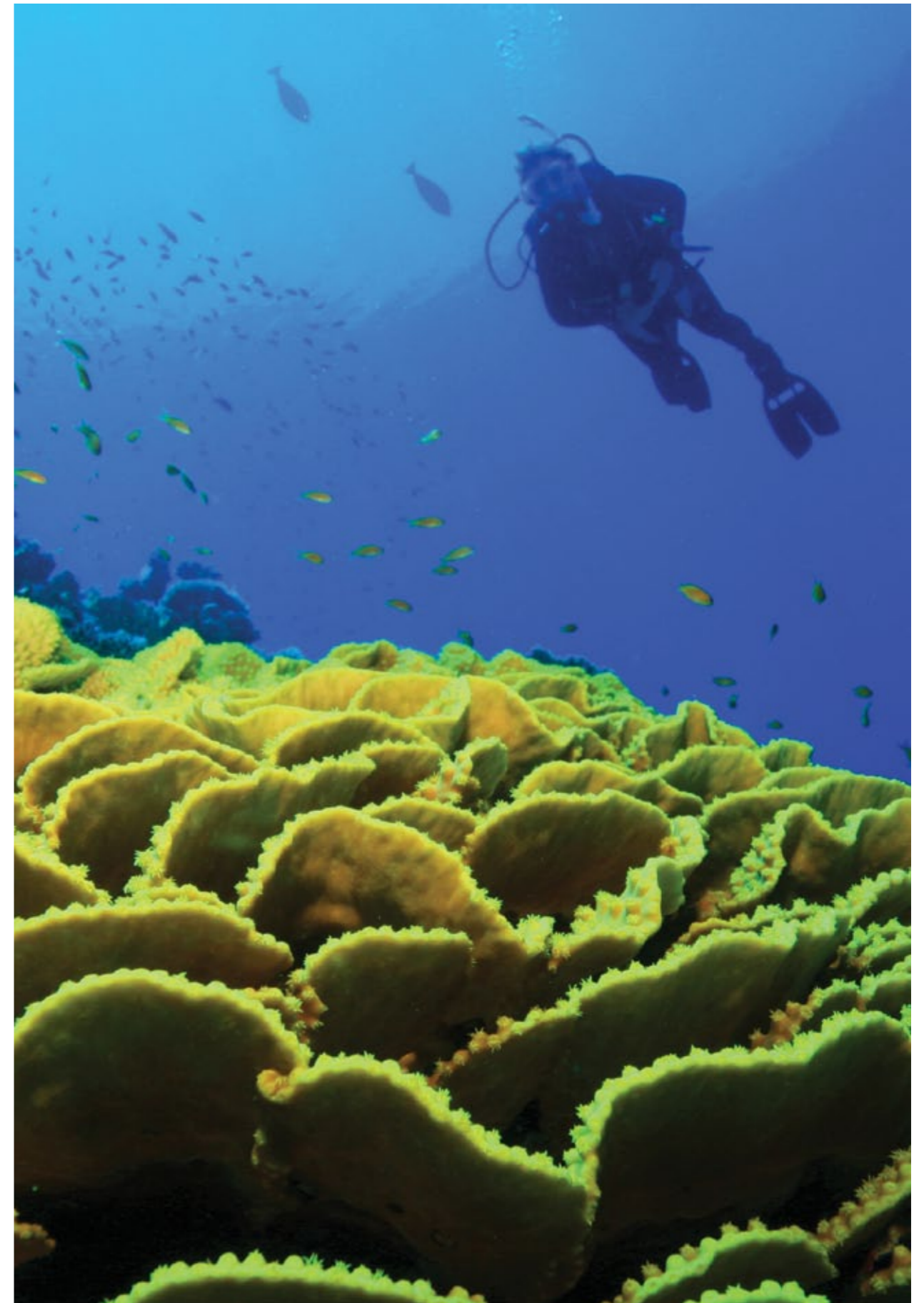
Appropriate for more experienced divers. You will be greeted by green péroquets fish playing hide and seek in a forest of seafans where you'll also find diodons and batfish.

Lobster Canyon (20-26m)

Divers  will find very interesting topography and much to see: a colony of lobsters, clown fish amidst the coral followed by a deep dive to the bottom of the ocean.

La Passe du Puits Belle Mare plage (10-33 m)

Diving in the Belle Mare Plage channel is an absolute must for scuba-diving fans. Only five minutes away from the Blues Diving Centre of Belle Mare Plage Hotel, this is the perfect rendez-vous with carangues, barracudas, sharks and rays.





Big game fishing

Mauritius is considered one of the best locations in the world for fishing, from a meditative experience in the calm waters of the reef or the thrill of big game fishing in open waters up to 3000 metre deep.

A beginner or expert can land a black or blue marlin, a skipjack or yellow-fin tuna, a sailfish or dorado under the supervision of experienced skippers. The modern boats are specifically designed for deep-sea fishing and competitions and are well equipped with ship-to-shore communication, tackle and all amenities.

One&Only Le Saint Géran's fishing boat is available right at the boat house jetty.

Deep Sea fishing
453 Euros, for half day
572 Euros for full day

Contact the boat house on 7618

Activities by air

Mauritius from the sky is a fabulous panoramic sight. Seeing the clear water, coral reefs and lush green mountains from a helicopter gives you another perspective of beauty. Take an hour's spin or land for lunch before being returned to One&Only Le Saint Géran's private helipad.

Duration - 15 to 60 minutes tours

Take off from the resort's helipad
Minimum 2 & maximum 4 passengers
per helicopter
PRICE – TBC

Take a tour

One&Only Le Saint Géran is located in the northeast of Mauritius, on the Belle Mare peninsula, renowned for its pristine beaches protected by a coral reef.

NORTH

Shops, botanical gardens and thrills

The capital of Mauritius, Port- Louis lies in the northwest of the island, framed by mountains and sea. In the Caudan Waterfront shopping complex there are designer boutiques and a craft market, if you have more energy to bargain for spices and souvenirs there is the colourful Central market.

In and around Port-Louis are a number of monuments and museums, you can view the only reconstructed skeleton of a Dodo, the history of the island's settlement and Domaine Les Pailles, a former sugar estate.

Pamplemousses garden is one of the world's top ten botanical gardens famous for its giant waterlilies, spices and ebony trees.

Approximately 20 km north of the capital is the Grand Baie tourist village, where you can find many more shops. It is also the base for Blue Safari the first company in the world to offer two seater subscooters and ten seater submarine tours beneath the Indian Ocean à la Captain Nemo.

The most heart thumpingly exciting experience above Mauritius may well be a tandem sky dive. Leap 10,000 feet into clear blue skies above the transparent lagoons and see the beauty of Mauritius in its entirety.

SOUTH

Scenic beauty

Trou aux Cerfs is a dormant volcano now filled with lush vegetation. Its elevated position gives you wonderful scenic views and invariably a cool breeze.

Chamarel is visited for its fascinating natural phenomenon with earth appearing in seven shades of blue, cyan and purple. Nearby two rivers merge creating the refreshing cascade of Chamarel waterfall, there is a small pool for a swim in this beautiful natural setting.

Grand Bassin known as a sacred lake has Hindu significance and comes alive on 'Siva's Great Night'.

The Black River Gorges is a vast national park with many species of exotic birds unique to Mauritius, you may even spot the rare pink pigeon, especially if you take a guide to show you possible nesting sites. A guide will also help with the meandering network of trails through the dense forest.

For more captive wildlife try the Crocodile and Giant Tortoise Park; surrounded by banana trees and palms, this is home to an exotic collection of butterflies and filled with thousands of crocodiles, lizards and other reptiles. Children can enjoy a slow ride on the giant tortoises.

WEST

Walk with lions, swim with dolphins

Take a tour round Casela, an animal sanctuary with magnificent views of the mountains and surrounding green scenery. Mix adventurous activities with safaris experiences: take a Segway through the Yemen natural reserve observing zebras, mongoose and antelope; Zip wire through the trees with the Macaque monkeys; quad bike and spot a deer and wild boar. There is also an extraordinary opportunity to walk and interact with lions and cheetahs.

The west is renowned for dolphins, take a cruise on a catamaran, swim, snorkel and encounter these playful mammals in their natural habitat around Tamarin Bay.

EAST

Island snorkelling, forest riding

The most famous destination in the east is Ile aux Cerfs, a small island surrounded by fabulous coral reefs and clear waters. Here you'll find an underwater Eden where you are invited to snorkel or take a fascinating walk along the sea bed.

Visit Domaine L'Etoile to see authentic natural Mauritius, where you can explore indigenous forests filled with exotic flora and fauna, a bountiful landscape of green hills and running water. See it all from horse back or quad bike.



Hear laughter at  KidsOnly

The enthusiastic professionals who created KidsOnly at One&Only Le Saint Géran know that happy kids mean happy parents and they know exactly how to make all our young guests feel special. The other great news is the programme is complimentary for the resort's guests aged from three to 11 years old. There is also a lively teen scene for young guests between 12 to 17 years, run by a dedicated sports and entertainment team.

The guys running the action-packed KidsOnly programme have a goal, create fun and hear laughter in a safe and happy environment. Each day they introduce different activities influenced by island life and designed by age group. Supervisors are highly trained, multilingual staff, so parents can relax secure in the knowledge that their kids are having the time of their lives in good hands.

Fabrice Marina – KidsOnly Manager
KidsOnly Club  opens daily from
10.00 am to 10.00 pm.
[Contact XXXX](#)

Complimentary KidsOnly Activities

Banana Ride, Snorkeling, Kayak, Pedalo, Hobie Cat, Glass Bottom Boat Trip, Beauty Session, Fishing in the Lagoon, Golf Initiation, Tennis Initiation, Learning Kreole, Mauritian Flag Making, Sega Initiation, Crab Hunt, Talent Show, Disco Night, Cinema, Pizza Making, Baking Fun, Cookies Making, Water Ski, Aquaplane, Sand Mosaic, Table Tennis Fun, Soccer, Volley Ball, Bracelet Making, Photo Frame, Fruits Salad Making, Badminton, Play station & Wii Games

Charge  KidsOnly Activities
Undersea Walk Rs1200,
Parasailing Rs1200






It's fun and they're fit

A holiday is many things: a new experience, an exciting adventure and above all fun. At One&Only Le Saint Géran there are many ways to keep fit and have the very best holiday.

Calling starfish, octopus and dolphins

Our young guests will want to stay in the water all day after these personalised swimming sessions.

Three swimming levels are available: (1) Starfish, (2) Octopus and (3) Dolphin.

 level has a set of criteria to achieve in this accelerated learning environment.
30 minutes – Rs 1,900

Nipper programme

In just 5 hours our junior guests will cover a range of exciting yet important lifeguard skills including water and beach safety, basic beach-related first aid, fitness, teamwork, basic life-saving knowledge and nutrition. The Nipper programme is run regularly in South Africa, Australia and the UK for junior lifeguard awareness.

Guests between 11 and 15 years can complete the 5-hour programme over a period of five days.
5 hours – Rs 9,950

Fighting fit

It's not often a kid is invited to throw a punch at an adult but that's the theme of this boxing exercise and it is all excellent fun. In these highly energetic boxing sessions, children pummel pads, learn the jab, crosspunch and uppercuts. The results can improve coordination, build self esteem and above all you get fit.

30 minutes – Rs 1,900

Junior bootcamp

Little Rambo wannabes will receive an army cap and t-shirt before a 45 minute group training session including games, light strength training and endurance, all in the idyllic settings of the resort's beach, gardens and sea.

Available to children from 7 years old.
– XX minutes, COST XX

Junior yoga

Parents can join their children, in this half hour class focusing on strength, flexibility, balance and coordination. Adapted from the 'grown up' class, children learn self-awareness and breathing techniques and can develop their yoga skills by imitating animals, making noises and playing yoga games to realise the benefits of this ancient form of meditative exercise.

Available to children between
4 and 11 years old
– XX minutes, COST XX

You have our complete attention!

These one to one outdoor personal training sessions are created to be some of the best fun a kid can have, but with a highly professional ethos. Trainers with specific knowledge of children's physicality have designed exercises for coordination, stretching, cardiovascular endurance, strength and creative movement.

Minimum age for gym use is 10 years.
Fitness attire and proper footwear are required.
30 minutes – Rs 1,900

Junior Tai Chi

After lots of running around and a few indulgent holiday ice-creams, little ones can enjoy a sense of inner calm with a class designed to promote concentration and balance. Parents can get involved in body enhancing techniques including moving the clouds, embracing the tree and passing a ball of energy.

Available to children from 7 years old.
XX minutes, COST XX



The gourmand's destination

One&Only Le Saint Géran is an epicurean haven with three stellar restaurants and Michelin starred chefs, featuring the award-winning contemporary Indian cuisine of Vineet Bhatia, PRIME the first steakhouse in Mauritius and La Terrasse, alfresco restaurant and the hub of the hotel.

La Terrasse

Surrounding the pool and overlooking the Indian Ocean, La Terrasse is the quintessence of easy luxury, a relaxed and entirely special dining experience. The menu is an eclectic mix with home grown Creole spice and delicate hints from France, India and China. Rely on the freshest crayfish and seafood straight from the Indian Ocean. Organic produce is supplied by the local gardens and farms of Mauritius. Themed menus are introduced regularly featuring speciality dishes.

La Terrasse is the resort's main restaurant and the hub of the hotel, breakfast is served at the buffet and à la carte while lunch features the first catch of the day. In the evenings live music accompanies the rhythmic hush of the waves and the dance floor opens.



Breakfast 7:30-10:30

Lunch 12:30-5

Dinner 7:30-9

Call XXXX to make a reservation

PRIME Contemporary Grill

PRIME opened as the first steakhouse in all of Mauritius. Headlined by the resort's award-winning culinary team, the menu serves only the finest Australian Angus Wagyu beef alongside freshly caught seafood and organic Mauritian produce

The scene is sleek and chic; burnt-orange walls with terracotta undertones, creamy-white leather club chairs and ambient lighting create a seductive backdrop, the open plan kitchen gives it energy.

Menu highlights are a Frothy mushroom cream soup & Périgord truffle; Pan-roasted rock lobster and Slowcooked Wagyu beef short ribs. The grill is the main draw with succulent Australian Wagyu beef striploin or Tomahawk Rib for two. For seafood lovers there are jet-fresh French fines de claire and Tsarskaya oysters and Hot & Cold tuna sashimi.

Dinner 6-11  5 days a week

Call XXXX to make a reservation

Rasai by Vineet

"It's the opportunity of a lifetime to be offered such a beautiful location for a restaurant and a delight to work with One&Only because the company understands that food is an incredibly important part of a guest's experience at the resort," says Vineet Rasoi the two star Michelin Chef who brings you Rasoi by Vineet.

This is a magnificent natural setting, with views of the green sugarcane-clad mountains and the private lagoon. Take in the tropical splendour then take in the chefs 'floor show' in the kitchen featuring Vineet's signature live acts, the TAK-A-TAK grill, a form of Indian Tepanyaki and an open Tandoor.

Wines are carefully selected to match the complex and intense flavours of Vineet's cooking and the resident sommelier conducts regular wine and food pairing dinners.

Dining at Rasoi is a multi-sensory experience, beneath atmospheric tropical fans, bespoke chill-out music and the aromas of cooking from the wood-fired oven.

Dinner 6-11  5 days a week

Call XXXX to make a reservation





Relaxing and delicious little bites

The Pool Bar

In the shade of its thatched-roof, The Pool Bar is a cool spot for guests to refresh between dips in the pool, or basking in the sun on the terraces. By day, breakfast, lunch and afternoon tea are served around the bar and anytime order a crushed ice tropical fruit juice. At night it is a wonderful place to gather and sip an Indian Ocean Pearl, caressed by the soft breeze and the hush of the waves.

X-X
Contact XXXX

The Golf Bar

At the centre of the Gary Player course, the thatched Golf Bar is where our 'sportifs' celebrate a round of golf with a round of drinks. Sip the famous Green Island Fragrance cocktail by the pristine putting green bordered in colourful hibiscus. The lunchtime menu includes a round of sandwiches and crisp salads.

X-X
Contact XXXX

The Beach Bar

Stay by the sea for a light lunch at The Beach Bar. The menu features fresh flat breads straight from the wood fired oven with delicious combinations of delicatessen ingredients.

X-X
Contact XXXX


Le Badamier Bar

From Le Badamier Bar an extensive menu is served at your sun lounge. Keep your toes in the sand and enjoy a Mauritian salad with spicy pecan nut, chilled gazpacho, Angus and Wagyu beef burger or something fresh from the wood oven. Any time of day order an exotic fruit sorbet or take afternoon tea with something sweet.

X-X
Contact XXXX


Afternoon Tea

Teas, tisanes and teatime refreshments are available wherever you find yourself in the afternoon; in the shade of a palm, by the pool or nestled in the lush gardens. Each afternoon the pancake station opens in front of the pool bar. Choose your favourite flavoured pancake - dangerously delicious and absolutely free.

Available from 3pm to 5pm 
Call XXXX to make a reservation

Picnic Hampers

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Available from 3pm to 5pm 
Call XXXX to make a reservation

Delicious and nutritious kids menu

Annabel Karmel started a food revolution championing healthy food and tasty greens for kids. Annabel is the worldwide guru on healthy eating for children and she's partnering One&Only Le Saint Géran devising a menu of nutritious tasty meals guaranteed to tempt the resort's younger guests.

This comes as part of the resort's wider initiative, The Youth Fitness Programme, designed to help parents and their children develop a healthy foundation of exercise and nutrition on holiday, in a fun and stimulating environment.

The new kids menu is available in all of the resort's restaurants. Some of the signature foods young guests will be able to choose include: yummy chicken soup with alphabet pasta, oriental BENTO including shrimp dim sum, creamy chocolate goldfish cupcakes, pineapple and watermelon skewer. For desserts there is Dodo's lychee and berries frozen yoghurt, Painter's fruit palette with colourful dips, Charlie's chocolate brownie, cooler than cool watermelon or mango iced lollies.





Brilliant entertainment under the stars



At 9pm every evening One&Only Le Saint Géran steps up to the beat of 'The Famous Nine'. And they are famous, for many years this band have staged a performance that makes a stellar night under the stars and is one of the many reasons guests return again and again to the resort.

Throughout the week guests have a choice of entertainment. The highlight is the colourful display of a typical Mauritian Sega show with Creole songs, exotic dress and music that expresses pure joy. There's also belly dancing and boogie wonderland.

Let us look after the details



Personal butlers

The highly-trained butlers at One&Only Le Saint Géran are applauded all over the world, not just for their sunglasses-polishing skills, but for an engaging combination of friendliness, discretion, and 24-hour professionalism.

The butlers' skills and intuitive ability to anticipate their guests' needs, whether that guest is new to the resort, or has been returning year after year, have inspired resorts all over the world to follow suit - but  few properties are able to match a service pro  for every guest in the resort.


One&Only Le Saint Géran's butlers have been trained by Ivor Spencer, a 76 year old Englishman, who runs a school for butlers, and who has years of experience in personal service, including regular banquet organisation at Buckingham Palace.

A favourite service is the Butlers' Bath Menu. Guests can luxuriate in lavender and cedar wood oils, accompanied by a pot of green tea and sushi, or take an After Sun Bath of bergamot, patchouli and geranium. This and so many other services are no further away than a call to their butler.

Perfect service by the sea, the beach butler . This low key service ensures uninterrupted relaxation for guests the moment they hit the sand. The beach butlers pride themselves on knowing their guests, many of whom return year after year, taking note of favourite drinks, preferred beach huts or a special spot by the sea. Beach butlers deliver an attentive service, taking orders  light snacks and cooling drinks and will make arrangements for other services you may require perhaps a spa treatment, some fitness time or a table reservation.

Concierge

The head concierge at One&Only Le Saint Géran, a member of Les Clefs D'or, runs a team of true professionals who provide a zealous, discreet service and will fulfill requests with equal energy from a reservation to the extraordinary.

The 24 hour concierge service is a one stop information  and help desk of the resort.
Contact xxxx



