

# Seychelles Luxury Wellness Retreat: Spa & Yoga - 5 Nights

Prepared by TourGrids



Destination  
**Seychelles**



Duration  
**5 Nights 6 Days**



Starting from  
**Rs. 2,75,000 / person**

## ITINERARY ROUTE

↶ Mahé · 2N

↶ Praslin · 2N

↶ La Digue · 1N

## Overview

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Seychelles Luxury Wellness Retreat: Spa & Yoga - 5 Nights is a boutique Seychelles tour package designed for couples and solo travelers seeking rejuvenation, romance, and island luxury. This Seychelles Honeymoon tour package blends daily yoga, indulgent spa therapies, secluded beaches, and curated inter-island experiences across Mahé, Praslin, and La Digue. Perfect for those searching for a Seychelles Honeymoon package or a relaxing escape, the itinerary balances wellness sessions, guided nature walks, and free time to explore iconic beaches like Anse Lazio and Anse Source d'Argent. Enjoy premium stays, selected spa treatments, private transfers, and scenic ferry rides in this 5 nights, 6 days Seychelles Honeymoon tour package.

Tip: Book early for preferred spa time slots and inter-island ferry seats during high season.

### ✓ **What's Included**

- ✓ 5 nights accommodation across Mahé (2), Praslin (2), and La Digue (1) in 4/5 boutique resorts
- ✓ Daily breakfast
- ✓ 3 guided yoga sessions (sunrise, sunset, restorative)
- ✓ 2 featured spa treatments (60 mins each)
- ✓ Private airport pick-up on arrival and transfers between resort and ferry terminals
- ✓ Inter-island ferry tickets (Mahé "Praslin "La Digue) – standard class
- ✓ Guided visit to Vallée de Mai Nature Reserve
- ✓ Guided cycling tour on La Digue with picnic lunch
- ✓ Snorkeling excursion or glass-bottom boat ride (weather permitting)
- ✓ All taxes and service charges

### ✗ **Not Included**

- ✗ International flights to/from Seychelles
- ✗ Visa fees (if applicable) and travel insurance
- ✗ Meals not specified in inclusions (lunches and some dinners)
- ✗ Optional/additional spa treatments and private excursions beyond the listed itinerary
- ✗ Marine park conservation fees where applicable
- ✗ Personal expenses, gratuities, and tips
- ✗ Peak-season surcharges and hotel city taxes if applicable

## Day-by-Day Itinerary

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Day

1

### **Arrival, Welcome & Gentle Introduction**

Arrive at Seychelles International Airport (Mahé). Meet your private transfer and check in to your luxury resort. Unwind with a welcome drink and an evening gentle yoga session to recover from travel. Enjoy a romantic candlelit dinner featuring Creole flavors. Light activity day to recover from travel; spa treatments available on request (at extra cost).

Day

2

### **Spa Day & Island Orientation**

Start with a sunrise hatha yoga session (45–60 mins) focusing on breathwork and gentle stretching. After a healthy breakfast, indulge in a signature spa ritual (60 minutes) tailored to promote relaxation and muscle recovery. Afternoon at leisure to explore Beau Vallon Beach or enjoy resort facilities. Evening includes a short island orientation walk and a Creole cooking demonstration/demo optional add-on.

Included: 1 spa treatment, 1 yoga session.

Day

3

### **Transfer to Praslin — Vallee de Mai & Sunset Yoga**

Early breakfast and scenic ferry transfer to Praslin (approx. 1 hour). Visit the UNESCO-listed Vallée de Mai Nature Reserve — home of the famous Coco de Mer — with a guided walk to learn about endemic flora and fauna. Check in to your Praslin resort and enjoy an afternoon at Anse Lazio, ranked among the world's best beaches. End the day with a tranquil sunset yoga session on the beach.

Note: Carry sun protection, comfortable walking shoes, and a refillable water bottle.

Day

4

### **Wellness Rituals & Marine Discovery**

Morning guided meditation and pranayama followed by a nourishing breakfast. Mid-morning snorkeling or glass-bottom boat excursion to explore vibrant coral gardens (optional guided snorkeling included in package subject to conditions). Afternoon reserved for a bespoke spa therapy focused on detox and aromatherapy. Evening is free to enjoy beachfront dining.

Optional: Private snorkeling trip to nearby islands (extra cost).

Day

5

### **La Digue Day Trip — Cycling & Anse Source d'Argent**

Short ferry to La Digue. Explore the island by bicycle — the traditional way to see La Digue. Visit the iconic Anse Source d'Argent in L'Union Estate, stroll among giant granite boulders and shallow turquoise pools. Enjoy a beachfront picnic lunch and a restorative yoga nidra session under shade in the afternoon. Return to Praslin in the evening or opt to stay overnight on La Digue (this package includes 1 night on La Digue).

Day

6

### **Departure — Last-minute Relaxation & Farewell**

Enjoy a final sunrise yoga session or a short morning spa treatment (express option included). Leisure time for last-minute swimming, souvenir shopping, or a beach walk. Private transfer to the ferry/airport for departures from Praslin or return ferry to Mahé depending on flight schedules. Bid farewell to Seychelles with a relaxed transfer to the airport.

Important: Confirm international flight timings 48 hours prior; we recommend flights departing late afternoon or evening when possible.

## **🔗 Frequently Asked Questions**

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### **🔗 What's the best time to visit Seychelles from India?**

The ideal time depends on your priorities. April–May and October–November offer the best overall conditions with light winds, calm seas, and excellent underwater visibility—perfect for snorkeling and diving. June–August brings cooler, drier weather with southeast trade winds, ideal for hiking and surfing. December–March can be wetter with brief tropical showers but features great diving conditions in October–November. For Indian travelers, avoid the monsoon period back home (June–September) by visiting during Seychelles' calmer months. Peak season pricing occurs around Christmas/New Year, so shoulder seasons (April–May, October–November) offer the best value with optimal weather conditions.

### **🔗 How can I reach Seychelles from India and what are the flight options?**

Seychelles International Airport (SEZ) on Mahé is the main gateway. From India, you have seasonal nonstop flights (typically 4.5–5 hours from Mumbai/Delhi) or one-stop connections via Middle Eastern hubs like Dubai, Doha, or Abu Dhabi (7–10 hours total). Airlines like Emirates, Qatar Airways, and Etihad offer reliable connections. Air Seychelles sometimes operates direct seasonal routes. Book well in advance for better prices, especially during peak seasons. Once in Seychelles, domestic flights connect Mahé to Praslin (15 minutes), while ferries serve the main islands. Inter-island transfers should be pre-booked, particularly during peak periods.

## ❓ **Do Indian passport holders need a visa for Seychelles?**

Indian passport holders typically receive visa-free entry to Seychelles with a Visitor's Permit issued on arrival. However, you must meet standard requirements: valid passport (6+ months validity), confirmed return/onward ticket, proof of accommodation, and sufficient funds for your stay. The initial permit is usually valid for 30 days and can be extended. Requirements can change, so always verify current entry conditions with the Seychelles embassy or official tourism website before traveling. Ensure your passport has blank pages for entry stamps and carry printed copies of hotel bookings and return tickets as immigration may request them.

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## ❓ **What are the local transportation options within Seychelles?**

Transportation varies by island. On Mahé and Praslin, public buses (SPTC) run extensive daytime routes at low cost. Rental cars offer the most freedom—driving is on the left with narrow, winding roads requiring caution. Taxis are readily available but more expensive. On La Digue, bicycles are the quintessential transport method, creating a charming, eco-friendly experience. For inter-island travel, fast catamarans connect Mahé-Praslin-La Digue, while domestic flights offer quick hops. Boat charters and water taxis provide access to smaller islands and snorkeling spots. Book inter-island transfers in advance during peak seasons, and always allow buffer time between connections and international flights.

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## ❓ **What accommodation options are available and where should I stay?**

Seychelles offers accommodations across all budgets. Ultra-luxury resorts include Six Senses Zil Pasyon and Anantara Maia with private villas and world-class spas. Mid-range options feature boutique hotels like Coco de Mer Hotel on Praslin and Story Seychelles on Mahé. Budget travelers can choose government-licensed guesthouses offering authentic local experiences. Stay on Mahé for hiking, nightlife, and cultural attractions; Praslin for Vallée de Mai and Anse Lazio beach; La Digue for bicycle culture and Anse Source d'Argent. Many resorts are on private islands for ultimate seclusion. Book early for peak seasons, and note that even luxury resort beaches remain public by law.

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## ❓ **What are the must-visit attractions in Seychelles?**

Don't miss Anse Source d'Argent on La Digue—iconic granite boulders and crystal-clear waters create a photographer's paradise. Vallée de Mai on Praslin is a UNESCO World Heritage site housing the legendary coco-de-mer palms and rare black parrots. Anse Lazio on Praslin consistently ranks among the world's top beaches. Morne Seychellois National Park on Mahé offers hiking trails like Copolia with stunning panoramic views. Visit Curieuse Island to meet giant Aldabra tortoises and explore mangroves. Victoria's Sir Selwyn Selwyn-Clarke Market showcases Creole culture and spices. Beau Vallon beach provides watersports and vibrant evening markets. Each island offers unique experiences, from cultural immersion to pristine nature encounters.

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## 🔍 What local food and cuisine should I try in Seychelles?

Seychellois cuisine blends Creole, French, Indian, and African influences. Must-try dishes include octopus or fish curry in rich Creole spices, grilled red snapper with Creole sauce, and smoked fish salad with lime and chili. Vegetarians will find dhal, vegetable curries, rice, and roti widely available. Don't miss ladob (sweet plantain dessert in coconut milk), breadfruit chips, and banana fritters. Takamaka rum is the local spirit worth tasting. Fresh tropical fruits like breadfruit, jackfruit, and starfruit are abundant. Many restaurants cater to Indian palates with familiar spices and vegetarian options. Local markets offer the most authentic Creole flavors, while resorts provide international cuisine alongside traditional dishes.

## ★ Traveller Reviews



**Anil Sharma**

★★★★★ 5/5

### A Taste of Paradise

Immersive experiences that celebrated the local culture. The joyful dance and music were memorable highlights.



**Aradhya Tiwari**

★★★★★ 5/5

### Explore the Unexplored

The package encouraged us to explore hidden gems in Seychelles. Fantastic experience!



**Seema Kapoor**

★★★★☆ 4/5

### A Couple of Disappointments

While the locations were stunning, we were disappointed by the limited activity options in the package. Still, a good getaway overall.



**Siddharth Roy**

★★★★★ 5/5

### **Seychelles Rejuvenation**

This vacation rejuvenated our spirits. The tour guide made sure we explored every beautiful corner!



**Priyanka Chatterjee**

★★★★★ 5/5

### **Eco-Friendly Tour Options**

Appreciate the eco-friendly options offered in the package. Perfect for sustainable travelers!

## **⚡ Why Choose TourGrids?**

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Because your dream vacation deserves the best! From expert advice to personalized trips, easy booking, and unbeatable deals — we make travel stress-free and fun!

### **⚡ Expert-Guided Planning**

Personalized guidance from verified travel experts who understand your needs.

### **⚙️ Customizable Packages**

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### **🛡️ Hassle-Free Booking**

Smooth, secure, and simple booking process without any stress or confusion.

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