

Metamorphosis in Mauritius

RETREAT

STEP IN, STEP UP and STEP OUT with two of SA's leading experts in life and style transformations. This is once-in-a-lifetime, idyllic 5 night luxury escape from the city ~ to the exotic island of Mauritius ~ to redefine your style, redevelop your beauty and rejuvenate your self-image. By understanding what makes you stand out and shine your light, this metamorphic process will deliver Top-to-Toe experiences ~ to completely and utterly transform and reinvent yourself ~ from the inside out.

The Metamorphosis in Mauritius Retreat is brought to you by **Island Light Holidays, Air Mauritius, Kate Emmerson** and **Janine Starkey**

Including:

- Inner metamorphosis with Kate - self-reflection, yoga, journaling and professional coaching workshops to reveal the inner YOU
- Outer metamorphosis with Janine - Individual consultations and workshops to discover your personal formula to style
- Body metamorphosis including Body Wrap, Massage, Facial, Manicure AND Hair Cut 'n Colour at the **LUX*** Me Spa
- Clothing from the House of Janine clothing brand, TWEAK, to the value of R5 000
- Kate's best selling book ... plus many more surprises
- Return flights on Air Mauritius
- Transfers, Airport taxes and all applicable government levies
- 5 nights hotel accommodation at Tamassa based on an All Inclusive Package

When is it?

Retreat Group One: 9 – 14 August 2014

Retreat Group Two: 14 – 19 August 2014

What does it cost?

From R 33 880 per person sharing

From R 36 890 per single



Kate Emmerson - The Quick Shift Deva

An international, professional life-style coach, speaker, clutter expert and best-selling author. Kate is regularly sought after in the media ~ for her expert opinion and practical advice.

Janine Starkey - Style Illusionist

A leading South African image consultant ~ who understands the art of style ~ how to dress men and women to reflect their personalities, their unique dynamism, their charm. Janine understands that you can only perform optimally, both within your professional arena, as well as in your social circle, if you look good and feel confident.



For FULL DETAILS OF THE PROGRAMME and to book – contact Island Light Holidays on (011) 770 7821 or e-mail info@islandlightholidays.co.za