Mustique
Retreats by ila

Welcome ...

... to The Grenadines most exclusive and intimate retreat: Six days of focused nourishment for mind, body and soul supported by Mustique's purest natural energies.

Drawing on the four elements of earth, water, fire and air, join Denise Leicester, founder of ila-spa, for a bespoke personal journey designed to ground, harmonise, energise and uplift.

Relax and strengthen the nervous system with Kriya and Hatha Yoga. Boost adrenal health with Nordic Walking. Discover renewed vitality with morning Pranayama; and submit to the powerful energies of the night with sound healing, meditation and evening bathing rituals.

With bespoke ila treatments inspired by the island's healing Moringa tree, and tailor made menus of indigenous organic vegan and raw foods, discover the rejuvenating, healing potential of Mustique at its purest, blissful best.

Running from 10-17 November 2014, tailor your retreat to your specific individual or group needs. Stay in a boutique suite at The Cotton House, set in 17 acres of private gardens, or hideaway courtesy of The Villa Collection: a private enclave of sublime seafacing residences, from two-bedroom cottages to ten-bedroom estates. Rates available on request.

Six day ila retreat £3,000 per person, includes individual Wellness Consultation, daily scheduled Spa Lifestyle and Wellness activities, ila treatments, Yoga and Meditation tuition, and Rejuvenation Spa cuisine.

For more information please contact:

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North & South America: Victoria Hawbecker 0855 261 1316; victoria@mustique.vc

A TYPICAL DAY ...

7:00am:	Morning pages accompanied by a ginger and honey cleansing drink
7:30am:	Pranayama and Kriya Yoga
9:00am:	*Breakfast*
10:00am:	Rhythmic Nordic Walking
11:00am - 1:00pm:	ila treatments; free time
1:00pm:	*Lunch*
2:00pm - 5:00pm:	ila treatments; leisure activities; rest
5:00pm:	Afternoon juices and tea
5:45pm - 7:30pm:	Sunset Yoga Nidra, sound healing and meditation
8:00pm:	*Dinner*
10:00pm:	Evening ila bathing ritual and locally inspired tisanes

ILA TREATMENTS AND EXPERIENCES

Inspired by Mustique's indigenous Moringa tree, the retreat's bespoke ila experiences and treatments combine natural and ethical integrity with spectacular inner and outer results.

Bio Rhythms

A powerful, ionising treatment that draws on lemongrass, vetivert, lavender, jasmine and rose to centre and ground, restoring balance and harmony.

Ananda Facial Therapy and Adreno Pack

With rose damascene and sandalwood to nourish and hydrate, this heavenly combination works with the body's blissful higher energy to rejuvenate inside and out.

Ku Nye 5 Elements Balancing Massage

A warming and energising massage using Moringa oil, lemongrass and ginger, designed to balance the five elements and restore a harmonious flow of energy and vitality.

Chakra Wellbeing Ritual

A sensuous body-mind-soul ritual that involves deep relaxation of the nervous system, subtle chakra-healing and the pouring of warm oil to restore and relax every sense.

"From outdoor adventures to open-air treatments, soaking pools to fire-side magic, Mustique is more a gift than a destination; by harnessing the island's most powerful natural beauty, this retreat is a blissful opportunity to reconnect with your purest essence and rediscover the rejuvenating strength within."
DENISE LEICESTER | FOUNDER OF ILA

'It's nothing short of a privilege to tailor a menu for such a rejuvenating retreat. My menus go far deeper than replacing energy-draining foods with indigenous organic and largely raw ingredients; it's impossible to underestimate the benefits of nutritious, delicious meals that are as pure as nature intended."
AMY OLIVER | RETREAT CHEF

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mustique-island.com/ila-spa.com