



# WELLNESS IN THE WILD

PRESS THE RESET BUTTON  
WITH A UNIQUE  
EXPERIENCE IN AFRICA

GONE ARE THE DAYS OF 'WELLNESS TRAVEL' SOLELY BEING ASSOCIATED WITH AN INDULGENT SPA VACAY.



AFRICA'S REMOTE AND WILD SPACES ARE FAST BECOMING SOME OF THE WORLD'S MOST SOUGHT-AFTER DESTINATIONS FOR A WELLNESS ESCAPE, ALLOWING STRUNG OUT TRAVELLERS TO DISCONNECT FROM THE STRESS OF THEIR DAY-TO-DAY AND RECONNECT WITH THEMSELVES IN THE GREAT OUTDOORS.



Specializing in bespoke travel throughout the African continent and Indian Ocean islands, award-winning luxury travel and safari company Ker & Downey\* Africa offers a number of wellness-inspired experiences in their impressive repertoire.

From guided yoga practices in one of the oldest deserts in the world to running through the wilderness alongside a Maasai warrior, a wellness escape with these travel experts will help you press the reset button and return home feeling rejuvenated.

To inspire your next wellness escape, shared their top experiences in Africa to reboot your mind, body and soul.

## RUN WITH MAASAI WARRIORS

For the active traveller, a wellness experience in Africa will take you out of the confines of a gym and into the exhilarating wilderness of Africa. Walking safaris are a great addition to traditional game drives and allow you to include physical activity while on the lookout for wildlife.

Travelling to East Africa? Level up your walking safari and explore the bush on foot alongside a Maasai warrior for a legendary outdoor fitness experience like no other —a fast-paced run through the wilderness, immersed in the sights, smells, and sounds of the untamed landscapes.



## SALUTE THE SUN IN THE DESERT

Picture this: saluting the sun as the dawn breaks over Africa's untouched spaces. There are a number of lodges that now offer expertly guided yoga practices in a dedicated studio overlooking the pristine African wilderness and Sonop in Namibia is no exception.

Located in a private reserve in the ancient Namib Desert, the remote and opulent Zannier Hotels Sonop integrates well-being into its core offering with daily desert yoga and meditation sessions alongside a specialized instructor.

Feel the tension melt away as you connect with your breath and take in the tranquillity of the desert at dawn on a tailored trip with Ker & Downey\* Africa to Namibia.





## UNWIND IN A BUSH SPA

The epitome of relaxation—a bush spa invites you to unwind with rejuvenating treatments while wildlife graze in the plains beyond. Xigera Safari Lodge in Botswana's Okavango Delta takes guests on a journey of relaxation in the largest oasis in Africa.



The luxurious spa overlooks the Delta's floodplains and offers custom-created treatments focused on three pillars of wellness: Restoring, Calming and Purifying. What makes the experience all the more unique is that Xigera uses its very own eco-friendly product range, B | Africa.

The line features exclusive body care products and professional spa treatments derived from quality indigenous plant extracts such as baobab tree oil and mongongo nut.



## HARVEST ORGANIC PRODUCE

For travellers with a keen interest in organic cuisine, there are a number of luxury safari lodges that grow their very own fresh produce—making mealtimes a true highlight.

One such property is Gibb's Farm, a luxury lodge situated on a picturesque coffee estate on the forested slopes of the Ngorongoro Crater. The historic Gibb's Farm offers a peaceful farm-life retreat for Tanzania safari-goers where you can join the daily harvest, picking the fresh produce that will be used by the farm's chefs the very same day.

If you enjoy a well-balanced lifestyle of eating healthy, exercising and practicing mindfulness such as yoga and meditation, a holistic getaway to Africa might be the perfect pick for you!



# FALL ASLEEP UNDER THE STARS

The ultimate self-isolation escape, an overnight sleep-out experience invites you to connect with your natural surroundings as Africa's nocturnal chorus comes alive. Although travel to Africa is synonymous with a safari experience, a getaway to one of the continent's idyllic islands is equally as rewarding.

Anantara Medjumbe Island Resort is located off the coast of Mozambique and offers an unparalleled Island Star Bed Experience. You and your loved one will be whisked away on a traditional dhow boat to an uninhabited private island for sunset, dinner and the ultimate overnight escape. Your alfresco luxurious four-poster bed awaits you!

Tuck yourself in under the finest linens and take in the sound of the waves lapping the shore on a warm tropical night.



Each and every trip that Ker & Downey® Africa creates is perfectly tailored to suit your unique needs and interests.

Visit [ker-downeyafrica.com](http://ker-downeyafrica.com) to plan a tailor-made wellness escape that will have you return home feeling refreshed and inspired.

Start Planning Your Journey