



The story of Salt

**salt**

**‘We are SALT’ was published by  
The Lux Collective for SALT.**

Created by:  
Paul Choy  
Katie Brinsmead-Stockham  
Heidi Stephens  
Dominic Strauss

All photography copyright © Paul Choy.  
Used under licence. All rights reserved.

# MERCI

**Ajay, Alexandre, Annabelle, Annalie, Arvind, Axelle, Bhavna, Camille, Caroline, Christophe, Daisy, Daniel, Darnen, Dee, Dev, Dev Virahsawmy, Girish, Guillaume, Hawa, Hazel, Herbert, Jackie, Julia, Julian, Kader, Karishma, Katie, Katty, Kent, Kunal, Laurent, Leerish, Marie Laure, Marjovic, Mathew, Maureen, Med, Melanie, Michael, Mireille, Nicolas, Nitesh, Ophelie, Rachel, Rebecca, Rob, Rubina, Sabine, Sahil, Sebastien, Sham, Sharonne, Sian, Simran, Smita, Solo, Susan, Sydney, Tivani, Tobi, Vashish, Vikash, Walter and all the 131 team members who make up our amazing SALT team.**

# THANKS



**Creating SALT has been an incredible experience. A coming together of like-minded, passionate people who are proud to call Mauritius their home. And even prouder to help you discover the spirit of it.**

**Together, we've curated and created everything you see in the hotel to live in line with what we believe things should be: simple, local, human and curious.**

**Our stories are in this newspaper – who did what, how, and why it makes SALT what it is.**

**Handy hotel information is in there too. Breakfast times, transport options, our farm, yoga, morning runs, and the eats and drinks available in our bars and restaurants.**

**You can still ask any of us anything – we just know that you're an independent spirit, so we're giving you everything you need to do your thing.**

**Love,  
SALT**





# WE ARE SALT

SALT was made by many - this newspaper is where you can learn more about our #SaltShakers

- 1 **Kishor** Fisherman
- 2 **Reotee** Basket Weaver
- 3 **Raj** General Manager
- 4 **Kerensa** Wellness Expert
- 5 **Dave** Culinary Expert
- 6 **Rehad & Vikram** Chefs
- 7 **Nitesh** SALT Champion
- 8 **Shakti & Maya** Cultural Tour Guides
- 9 **Soobiraj** Palm-heart Farmer
- 10 **Camille** Interior Designer
- 11 **Janine** Potter
- 12 **Mirella** Family Hostess
- 13 **Island Bio**
- 14 **Paul** Photographer
- 15 **Mawlabaccus & Said** Rattan Artisans
- 16 **Jean-François** Architect
- 17 **Jonathan** Fitness Trainer
- 18 **Nathalie & Sarah** Soap Makers
- 19 **Bibi & Asok** Fruit Farmers
- 20 **Angelo** Cheese Maker
- 21 **Ricardo** Seafood Specialist

‘Fishing is in my blood. My family has been fishing these waters for generations’

# KISHOR

Fisherman

Growing up in the small coastal village of Belle Mare, Kishor Juggoo has been fishing the coastline of Mauritius his entire life. As part of a large fishing family, so many of his childhood memories revolve around helping his parents with the daily catch. Today he uses his lifetime of knowledge to ensure only the freshest fish is served at SALT of Palmar.

## Understanding

‘I can catch anything’, Kishor says with confidence, when asked if he specialises in any particular type of fish. ‘It doesn’t matter what you want, I am always able to deliver. It’s all about understanding.’ It’s an intriguing way to talk about a livelihood that is perceived to be at the mercy of the weather and the seasons, so Kishor explains further: ‘I understand everything about the fish – how they behave, how they think, where they rest, where they feed.’

The fish Kishor delivers are so fresh, most will be served on your plate the very same day, something he is truly passionate about. ‘I don’t believe in preserving my catch. There shouldn’t be a need. I catch my fish, wash it, place it on ice and deliver it straight to the chef, ready to be cooked. That is how things should be.’



‘All the beach bags I have created for SALT of Palmar are made from recycled materials’



# REOTEE

Basket Weaver

At 74 years of age, Reotee Buleeram has no intention of slowing down. For the past 40 years she has been creating beautifully handcrafted, traditional baskets from her home workshop in Brisée Verdière, a small village on the east coast of Mauritius. Today she is busy creating the beautiful beach bags found at SALT of Palmar.

## Preparation is everything

‘I have been making my baskets so long, honestly I don’t even remember exactly when I started,’ Reotee laughs, when asked about how she first became a weaver. ‘My mother-in-law taught me, but that was so long ago now.’

Today Reotee still employs exactly the same traditional method of hand weaving her baskets as she first learned all those years ago. ‘Almost all my baskets are made from the leaves of vacoas plants I grow right here in my garden,’ she explains. ‘The weaving is actually the easy part – most of the time is taken growing, drying and preparing the leaves, ready to weave.’

## Looking to the future

Although she still favours the traditional methods of weaving, she isn’t afraid to adopt modern materials. ‘All the beach bags I have created for SALT of Palmar are made from recycled materials. They are very strong, and it’s great that we can make use of the plastic other people just throw away.’



# RAJ

## General Manager

Born and raised in Mauritius, Raj Reedoy is aware of how significant his Mauritian upbringing is to his role as General Manager of the SALT of Palmar hotel.

### A culturally rich experience

‘There is simply never a dull day’ Raj explains, when asked about his passion for the hospitality industry. ‘I have the privilege of welcoming so many different people from all over the world, and each of them has different needs and expectations.’

After more than 20 years in the industry, Raj has seen a real shift in those expectations. ‘Our guests are so much more adventurous than they were in the past. Previously they may have stayed close to our famously beautiful beaches, but today travellers want a much more culturally rich experience – they want to discover everything Mauritius has to offer.’

As a proud Mauritian, being able to share the wonders of Mauritius is what motivates Raj most in his role as General Manager. ‘Mauritius is such an incredible place, so diverse and interesting; it is a pleasure to be able to share my love of the country with my guests.’

### Championing local

For Raj, this love of Mauritius extends further than helping his guests explore the island. He believes that a truly authentic experience must be embedded into the whole operation.

‘Virtually everything within the hotel is sourced locally, often within just a few kilometres – I think this is really important.’ Whether that means buying produce from local suppliers, employing a Mauritian team or making use of Mauritian resources, Raj sees it as his responsibility to champion the best of Mauritius. ‘I am proud of how we manage to deliver so many truly local experiences – for me, that is what SALT is all about.’



‘I am proud of how we manage to deliver so many truly local experiences’



‘I love that I get to integrate wellness into everything I do’



# KERENSA

Wellness Expert

A long way from home, Kerensa Langitan's passion for leading a healthy, active life has taken her to all four corners of the globe. Originally from the Indonesian island of Java, she first discovered the world of fitness 20 years ago, after moving to the Netherlands as a student. Since then she has managed spas and gyms all over the world. Today she is based in Mauritius, where she has been channelling all her experience into improving the wellness of guests at SALT of Palmar.

## Wellness in everything

‘It's really exciting, the approach we are taking with SALT,’ she says with enthusiasm. ‘I think we all now realise the importance of wellness and mindfulness in our daily lives. It is something I have always cared deeply about, and now I have the opportunity to integrate this philosophy into everything we do.’

This sense of integration is evident throughout SALT. Whether by the pool, on the beach or in the ocean, Kerensa wants her guests to be able to connect with the natural world around them. ‘Each component of our wellness programmes helps guests become more aware of their choices when realigning their body and mind – to feel whole and well.’



‘I'm always inspired by the food local people cook in their own homes’

# DAVE

Culinary Expert

Originally from the Netherlands, Dave Minten's career as a chef took him all around the world before he landed in Mauritius. But despite a lifetime of travel, it's Dave's passion for authentic local cooking that has made him feel right at home at SALT of Palmar.

## A world of food

‘I have always enjoyed cooking, so I guess I was destined to become a chef,’ Dave explains, when asked about his path to SALT. ‘I started out cooking at home, but my love of food really took hold at culinary school. Since then I have been lucky enough to work with some amazing

chefs all over the world. It's one of the best things about this business – there is always something new to learn.’

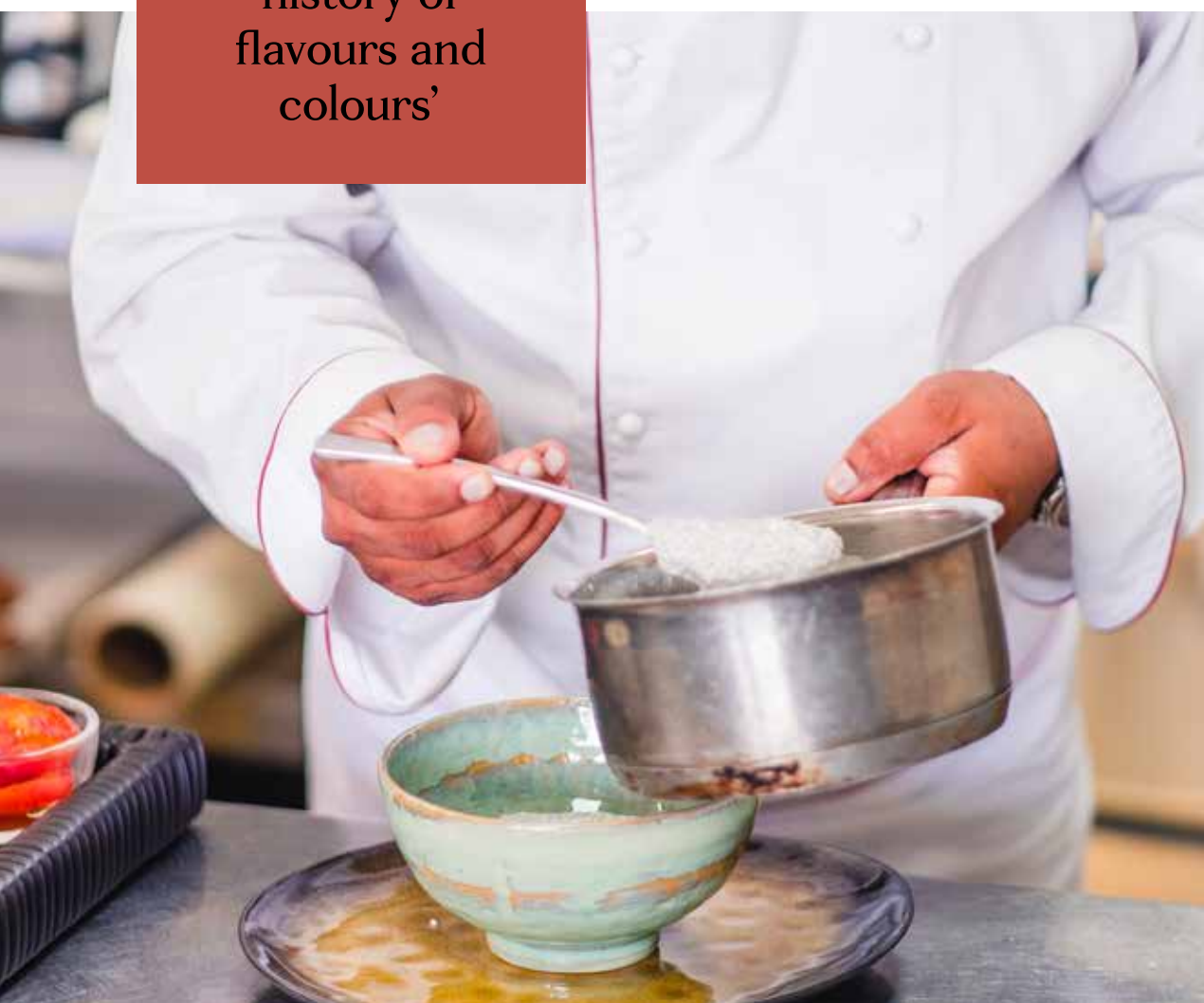
Dave's inquisitive approach to cooking inspires him to seek out new flavours and recipes, something he's been doing his whole career. ‘No matter where I am, but especially here in Mauritius, I am always curious about what local people are eating. I want to know how they prepare their food at home, and how I can incorporate their techniques into my own cooking.’

## A journey of discovery

In many ways, this journey of discovery has taken Dave right back to where he started – creating simple, homemade recipes he can be proud of. ‘From the very start, we knew we wanted to do something different with our menus. We wanted to use foods that were grown on our own farms. We wanted to cook them using the same traditional methods and authentic flavours you'll find in homes all over Mauritius.’ The result is a daily menu of delicious dishes, lovingly created using the freshest local produce Chef Dave can find.



‘Mauritius has such a rich history of flavours and colours’



# REHAD & VIKRAM

Chefs

With nearly 40 years of experience between them working in hotels across Mauritius, it's fair to say that Chefs Rehad Khader and Vikram Bhaugeerutty know their way around a kitchen. But, as proud Mauritians and advocates of homegrown produce, now they're bringing their love of local to SALT of Palmar.

## The personal touch

'I love fusing cooking techniques from all over the world,' explains Chef Vikram. 'Whenever I discover a new flavour or preparation method, whether it's from Asia, Europe or the Indian Ocean, I try to incorporate it into my own Mauritian style. Preparing a meal should be personal, so when I cook, I always try to include my own unique touch.'

This freedom to add a little local flair to their cooking is one of the things the


chefs at SALT of Palmar appreciate most about their kitchen. As Chef Vikram says, 'Mauritius has such a rich history of flavours and colours, and I really enjoy being able to use local produce to create new and interesting dishes.'

## An island of vibes

For Chef Khader, creating a great menu is about ensuring each dish lingers in the memory long after the meal has finished. 'I have always been a bit of a tease in the kitchen,' he says mischievously. 'When I prepare a recipe, I want to tease the palate, playing with the tastes, finding a perfect combination of flavours that our guests will remember. I have travelled all over Mauritius looking for new flavours; you would be amazed at how adding a single ingredient can dramatically change the spirit of a dish!'

It's clear that both chefs want to appeal to the curious - those foodie adventurers who truly want to discover what the island has to offer. 'Mauritius is such an incredible place,' explains Chef Khader, 'the atmosphere here is very magnetic, full of positive vibes. We want our guests to experience those vibes every time they dine with us.'





‘Everything you  
need is at SALT,  
with love’

# NITESH

SALT Champion

Creating an entirely new hotel brand is not easy, something Nitesh Pandey knows from personal experience. As Senior Vice President for SALT, it was his responsibility to turn the team's vision into a reality, with the opening of the first hotel, SALT of Palmar. It was a journey which would prove to be both challenging and rewarding.

## Back to basics

‘It is fair to say that opening SALT of Palmar has been a huge learning curve,’ admits Nitesh, as he surveys the site, which will be welcoming its first guests in a matter of weeks. ‘From the outset we knew we wanted to create something truly unique and inspiring, but actually getting there required us to go back to the drawing board on quite a few occasions!’

Pinned in the centre of that drawing board were the values upon which SALT was conceived – to be simple, local, human and curious. ‘Everything we have achieved with SALT started with those four values,’ Nitesh continues, ‘whether that be committing to never using single-use plastics anywhere in our hotels, supporting the local economy by sourcing from local suppliers, or creating our own guidebooks to encourage our guests to go out and explore for themselves. Whenever we had a moment of uncertainty about which direction we should take, we would simply remind ourselves of the foundations on which we built SALT.’

## Hotels with a heart

It's been a long road, but with the opening of SALT of Palmar, Nitesh has finally realised the vision of SALT – to create homegrown hotels with a huge heart. At SALT of Palmar he wants his guests to experience something truly human, local and transformational. But, never one to sit back, he has already turned his attention to opening the next hotel in the brand. ‘SALT of Palmar is just the beginning’, he declares with excitement. ‘The concept of this brand has so much potential, we just knew we had to get straight to work with our next hotel, SALT of Wolong in China.’

And so the journey continues.



‘We are so excited about sharing the hidden treasures of Mauritius’



# SHAKTI & MAYA

Cultural Tour Guides

Long-standing friends Shakti Callikan and Maya de Salle-Essoo share such a love of the culture, traditions and heritage of Mauritius, they decided to create a company offering cultural tours and immersive experiences of the island. Their company, My Moris, was born out of their long conversations about how much more Mauritius has to offer than beautiful beaches.

## The joy of discovery

‘Don’t get me wrong,’ Shakti says, when explaining the motivation behind My Moris, ‘we love the beaches in Mauritius, they are amazing. It’s just there is so

much more to discover on this island than beautiful sand. We want the guests at SALT of Palmar to really experience the joy of discovery.’

This joy is something both Shakti and Maya have experienced first hand. Although born in Mauritius, Shakti spent many years living abroad before returning four years ago, whereas Maya, originally from Belgium, has been living in Mauritius for the past 15 years. Both attribute their love of the island, at least in part, to their time spent away. ‘Being away for so long helped us really appreciate what the island has to offer,’ says Shakti. ‘Even now we are still

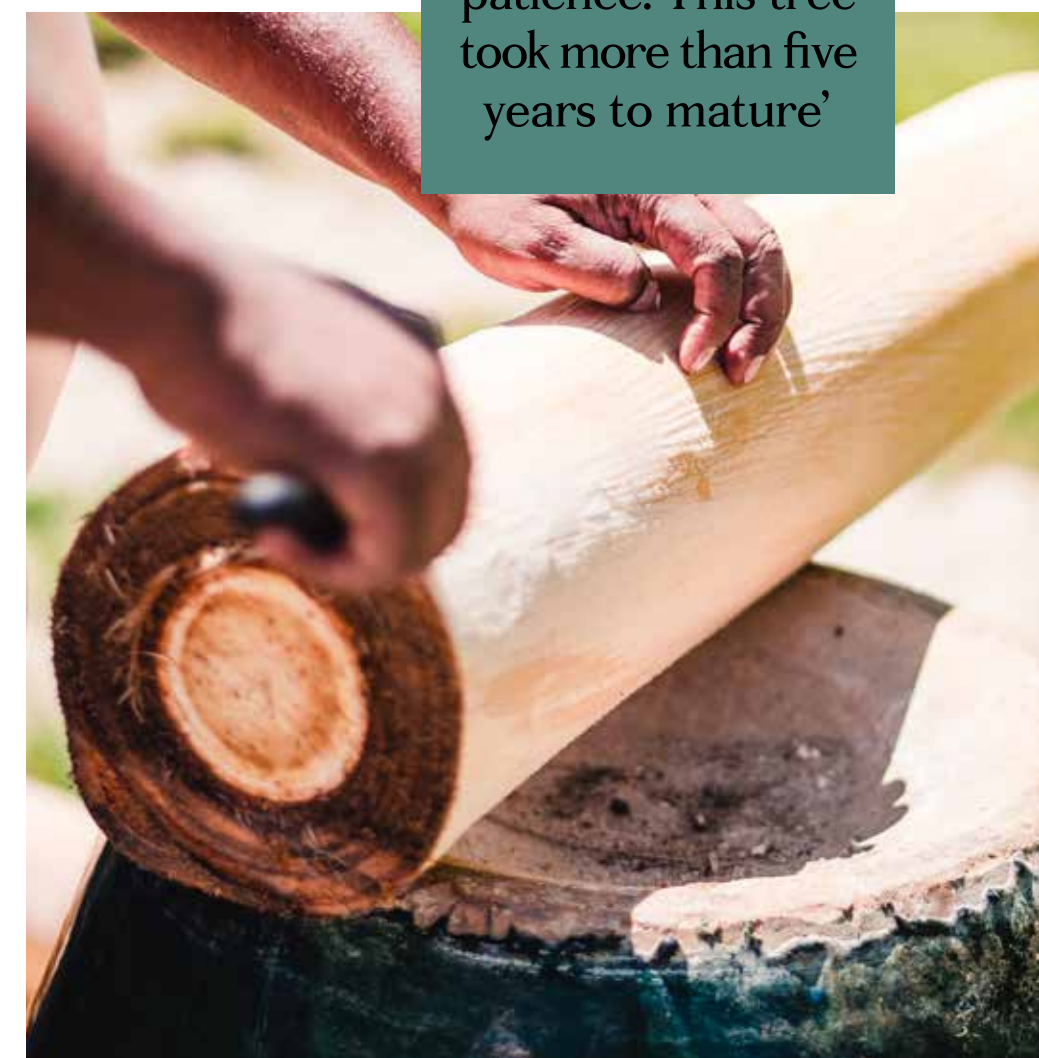
discovering so much, meeting new people and learning new things. For us Mauritius is an amazing place full of places and people to explore and discover.’

## Moments of encounter

In the years since they created My Moris, Shakti and Maya have carefully crafted their tours to allow people to discover a side of Mauritius few visitors ever experience. ‘We love taking our guests off the beaten track,’ explains Maya, ‘allowing them moments of encounter with real Mauritian people.’



‘Farming palm-heart requires patience. This tree took more than five years to mature’



# SOOBIRAJ

Palm-heart Farmer

Soobiraj Bhaugeerutty didn’t plan on becoming a palm-heart farmer. In fact, he didn’t plan on being a farmer at all. After more than 30 years of active service in the Mauritius Police Force, embarking on a second career as a farmer was the last thing on this mind, but sometimes the best things are the most unexpected. Now, in what seems like just a few years since he took his first tentative steps into the world of agriculture, Soobiraj is supplying all the palm-heart for the delicious salads at SALT of Palmar.

## New beginnings

‘I had to teach myself everything,’ he recalls, explaining how he got started in farming. ‘I had to experiment a lot, mostly learning through trial and error. At first I was growing pineapples and bananas but it was palm-heart which really captured my attention.’

As he explains the process of growing and harvesting the palm-heart, it is easy to see the appeal. As a policeman, Soobiraj was used to establishing a certain order, and he sees similar order in the way he cultivates his palm trees. ‘You need to know just when to plant, when to nurture and when to harvest the trees,’ he explains. ‘It’s the process I enjoy most.’



'I am trying to bring vibrancy and colour into people's lives through my work'



# CAMILLE

Interior Designer

As a designer, Camille Walala has been on a 20-year mission to share her love of colour with the world. Never one to be understated, her vibrant and playful murals have adorned buildings across the globe. And now she brings her experience and enthusiasm to the decor and styling of SALT of Palmar.

## Child's play

'I prefer creating things on paper rather than on a computer,' explains Camille, describing her creative process. 'Wherever I am in the world, I have this ritual of going to a coffee shop with my sketch book. I don't think, I just create.'

I can be a child again, playing with my designs.'

This sense of playfulness is evident in Camille's work – she describes it as 'creating spaces where people can have a good time.' With this in mind, it's little wonder the styling for SALT of Palmar was such an attractive proposition.

## An island of colour

'The houses of the island are very inspirational,' says Camille when describing the motivation behind her designs for SALT of Palmar. 'They are all painted in such fantastic vibrant colours.'

The island and landscape itself are so incredibly beautiful, but I didn't want to overwhelm the space with too many colours. It was tricky to find the balance between vibrancy and tranquillity that's such an important part of Mauritian life.'

As a nation of contrast, Mauritius is proud of its diversity, something Camille was keen to embrace by working with local agencies throughout. 'They have been a huge help in the process. With their local experience, they were able to introduce me to some of the extraordinary artisans on the island – together we've created a whole range of bespoke items for the hotel.'



‘We have created  
950 handmade  
pieces for SALT  
of Palmar’



# JANINE

Potter



Originally from South Africa, Janine Espitalier-Noel worked in pottery studios around the world before she moved to Mauritius 10 years ago, following her heart and the love of her life, her husband Vincent. Today she runs her own ceramics business in the north of the island, producing all of the beautiful hand-crafted pottery found in SALT of Palmar.

## Function and aesthetics

‘There is always a moment of incredible excitement when you open the kiln door and see all these amazing pieces come to life,’ explains Janine, as she describes the thrill of working with clay. ‘It is at that very moment that each piece seems to take on a life of its own, becoming something both useful and beautiful.’

For Janine, those combined traits of function and aesthetics are what makes her work stand out from so much of the modern, machine-produced pottery in use today. ‘We have designed and created 950 individual pieces for SALT of Palmar, each one made entirely by hand,’ says Janine. ‘From the start we knew we wanted to deliver something really special, so we worked with a specially formulated charcoal clay combined with a grey glaze base to create a unique effect.’



‘It’s a special  
privilege to open  
our home to  
people from all  
over the world’

# MIRELLA

Family Hostess

With nine daughters, it’s no surprise that Mirella Armance has always loved a full house – and with five generations of her family living under one roof, she definitely has one of those! Family plays an important role in everyday Mauritian life, and the dinner table is where families traditionally gather each evening to relax, enjoy each other’s company and share the stories of their day. Now Mirella has turned that family tradition into an experience she shares with people from all over the world, by welcoming guests staying at SALT of Palmar into her home for an authentic Mauritian dining experience.

## Organised chaos

‘Things can get a little crazy around here sometimes,’ Mirella declares, as she takes in the frantic activity of her outdoor kitchen. ‘We have 30 people coming for dinner this evening and we haven’t even started the cooking yet!’

With various daughters running between one food preparation area and another, Mirella lists off instructions in a well-practised manner. ‘Don’t worry, we’re quite used to this – it always comes together in the end!’ she laughs. To an observer, the scene might appear to be organised chaos, but for Mirella it is just another day welcoming dozens of people into her home for a truly authentic dining experience. ‘We cook exactly the same dishes for our guests as we cook for ourselves,’ Mirella explains. ‘These are the same meals I have been cooking for my girls since they were small.’





# ISLAND BIO

SALT of Palmar is proud to be partnering with Island Bio to support its important work. Through our collaboration, we believe we are bringing real change to the communities which most need our support.

Sometimes the greatest of ambitions are driven by the simplest of ideas. Island Bio is a non-profit organisation founded with the ambition of bringing social, health and environmental justice to deprived communities in Mauritius. Its simple idea is that everyone should be able to eat fresh, healthy produce regardless of their social background.

## Food justice for all

'We don't believe that a healthy diet should be limited to the select few who can afford to purchase organic food at six or seven times the price of conventional produce,' explains co-founder Olivier Fanfan, when asked about the motivation behind Island Bio. 'We wanted to bring food justice to everyone, regardless of their circumstances, by giving them access to healthy organic vegetables, free from the harmful pesticides and

preservatives which can cause so much damage to our health.'

It was on the basis of this simple - and yet profound - philosophy that Island Bio began creating a series of community gardens all over the island. Today these gardens, or Open Air Supermarkets as they're known, are supplying organic produce to some of the most economically deprived communities on the island, often at prices lower than those of non-organic vegetables available in regular supermarkets.

## Second chances

For Island Bio, truly being a community garden means more than growing fresh, healthy produce. By staffing their gardens with ex-offenders, recovering drug abusers and others in need of a second chance, Island Bio is

providing practical training and genuine employment opportunities to some of those most in need of a fresh start.

As Olivier observes 'Many of the people working in our gardens have never had the opportunity to be a hero before. But by learning how to produce quality food - grown for health, not for profit - to support their community, they are becoming heroes. Isn't that amazing?'



# PAUL

Photographer

Do you become an artist? Or is being an artist something which has always resided within you, just waiting to be set free? This is something Paul Choy has considered many times over the years. A Mauritian who grew up in the UK, Paul spent more than half his life building a career in corporate London before deciding to take a completely different path. He returned to Mauritius and discovered a passion for photography; a decade later, he now takes his cameras around the world as a travel and documentary photographer.

## Becoming an artist

‘I could never have imagined myself as an artist when I lived in London,’ Paul explains, describing his life before photography. ‘The most visual things I ever created there were spreadsheets. I had to discover the artist within me.’

As it transpired, this discovery took some time. Leaving the UK behind to make his home on the shores of the Indian Ocean, Paul originally planned to become an underwater photographer. ‘I was already a scuba diving instructor, so it made sense to combine my love of the ocean with my new-found passion for photography.’

Over time, Paul realised the photographs he was capturing on land were inspiring him more than those taken in the water, particularly the shots which told a genuine human story.

## The full story

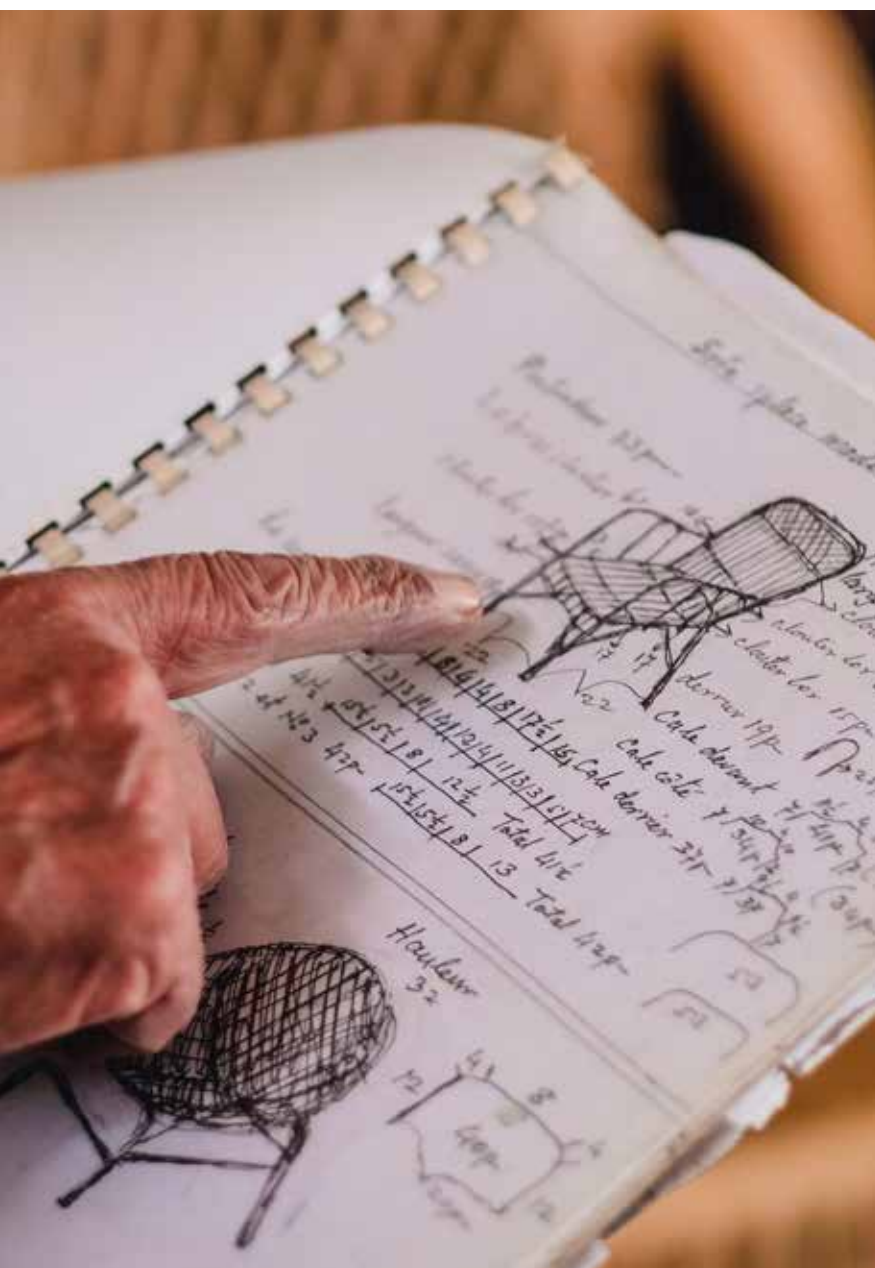
This sense of authenticity is essential to Paul’s work, and at the heart of his approach to photography. ‘For me, discovering the full story is everything. Taking a snapshot is easy, but capturing the humanity or atmosphere of the moment is what makes a great photograph.’

Finding the emotional truth in his work is what inspired him when he set out to tell the stories of SALT through his photographs. ‘I wanted people to really experience the authenticity of Mauritian life through my photographs, because that is exactly what SALT is all about: authenticity.’



‘I want people to really experience the authenticity of Mauritian life through my photographs’





‘Quality can’t  
be rushed.  
Everything we  
create in our  
workshop is built  
to last’

# MAWLABACCUS & SAID

Rattan Artisans

Working from their family workshop in the small village of Brisée Verdière, father and son Mawlabaccus and Said Moosbally have been creating handmade rattan products for more than 40 years. Artisans in their own right, they are still using tried and tested methods in an increasingly automated world, making the rattan ware you will see throughout SALT of Palmar.

## Handmade

‘People are always surprised we still make everything by hand,’ Mawlabaccus explains when asked why they still use traditional methods. ‘For me, it is the only way I can be sure of the quality of our products. A machine will never be able to feel its way around the wood the way I can.’

That dedication to quality is a family trait shared by Said: ‘What we do is very artistic. As I often tell people, it can take two days to make a chair, but a lifetime to learn the skills.’

Working with rattan, a form of bamboo, requires patience, which is rapidly being lost in the fast-paced world of modern manufacturing. ‘You can’t rush the process,’ Said explains, ‘it takes time to prepare the wood before we can work it. First we scrape each piece, one by one, to remove all the knots. And then we soak it in water overnight to soften it up so we can bend it. Only then can we begin to work.’


## Creating a rocking chair

Once the wood has been prepared, it makes for a surprisingly versatile medium. ‘I can make almost anything

out of rattan,’ Mawlabaccus declares with confidence. As if to prove his point, he fishes out a tiny child’s rocking chair intricately made out of the bamboo rods.

What Mawlabaccus and Said enjoy most about working with rattan is its versatility and durability. ‘This furniture will last many decades,’ Mawlabaccus says proudly. ‘We have furniture in our store which I made when I was first starting out. It’s just as good now as it was then.’





‘From the very start, SALT of Palmar was a wonderful project of collaboration’

When Architect Jean-François Adam first sat down to contemplate his designs for SALT of Palmar, he immediately took his inspiration from the natural world of Mauritius. As the hotel was an existing building, Jean-François needed to repurpose and redesign the existing structures in line with his unique vision for SALT.

#### A Mauritian inspiration

‘Apart from my university days, I’ve lived in Mauritius my whole life,’ Jean-François responds, when asked about his upbringing. ‘My father was always my creative inspiration. He was an artist,



# JEAN-FRANÇOIS

Architect

head of an advertising company, a builder and a designer – a man of art. Now I try to bring my own artistic heritage to all the projects I work on.’

For SALT of Palmar, Jean-François took his inspiration from the hotel’s proximity to the beach and sea, as well as its direct connection with nature. ‘To my mind we had to bring these natural elements to the interiors – we reoriented all the beds to face the sea, and we redesigned the pool for a better connection to the beach. Now the entrance feels connected by a soft axis through a linear swimming pool to the distant sea, with different activities and experiences along the way.’

Jean-François wanted this sense of connection to be a recurring theme throughout the hotel; not just a connection with nature, but also with Mauritius. ‘My main motivation was for guests visiting SALT of Palmar to encounter the real Mauritian way of life through the hotel’s authentic colours, flavours and experiences.’


#### Hand in hand

However, achieving the ambition of a truly Mauritian encounter wasn’t without its difficulties. ‘The architectural language used in the existing structure was so direct and precise that at first we

found it extremely difficult to challenge,’ Jean-François explains. ‘My team and I had to really think outside the box to find creative solutions.’

Those solutions were to come through working hand in hand with many of the talented local artisans and designers who were busy creating the vibrant new elements of the hotel. As Jean-François recalls, ‘Being able to visit their workshops and collaborating directly with each other on the intricate details, these were some of the most rewarding moments of the whole project.’





‘It is a different kind of reward, coaching others’

# JONATHAN


Fitness Trainer

As an athlete, Jonathan Parmel travelled the globe representing Mauritius at the very highest level. Now, as the sports and fitness coach at SALT of Palmar, he is looking forward to sharing the knowledge he gained as an athlete with the hotel's guests.

## The road to glory

‘Sport has always been there for me’ Jonathan explains, when asked about how he first got started as an athlete. ‘When I was young I would run everywhere, and people noticed that I was always faster than the other children. One day a coach suggested I take part in some training sessions. It was the first step on a road which eventually led to the Athletics World Championships.’


Unfortunately injury brought Jonathan's athletic career to a premature end; but never one to allow adversity to stand in his way, Jonathan turned his passion for sport towards coaching, as an instructor at SALT of Palmar. ‘It is a different kind of reward, coaching others. I am able to use all that knowledge gained on the track to help other people achieve their own fitness goals.’



‘All our products are handmade and most of our raw materials are botanical’

# NATHALIE & SARAH

Soap Makers



It takes certain kind of people to set a company producing handmade, natural cosmetics with almost no experience or knowledge of the process. That is exactly what mother and daughter team Nathalie Marot and Sarah Hoffmann did when they created their Body Bar brand based in the north of Mauritius - making up what they lacked in skill with sheer passion and determination. Ten years later, they are supplying all the lovely salt scrub, hair masks and soap-on-a-rope found in SALT of Palmar.

## Trial and error

‘Our first attempts were terrible,’ Sarah laughs, ‘we really didn’t have a clue what we were letting ourselves in for. The first few years were all about discovery, learning about the process. We would play with volume and form, with colours and fragrance. It was so much fun, but we were learning all the time.’

After more than a decade of trial and error, Nathalie and Sarah have created an entire line of completely natural soap. ‘I am so proud of what we have achieved,’ says Nathalie. ‘I can honestly say that every product we have created is the result of the commitment we have to what we do.’

## At one with nature

For Nathalie and Sarah, working in harmony with the natural world is at the heart of their business. They have never been interested in mass-produced soap, and like to add a personal touch to their range. ‘It’s important to us that all our products are handmade and most of our raw materials are botanical. All our products are suitable for vegetarians and most vegans, and none of our products are tested on animals.’



‘We wouldn’t want to grow fruit anywhere else in the world, the climate here is just perfect’



Growing quality local fruit and vegetables requires a special connection with nature, and infinite patience with the growing process. Husband-and-wife team Asok and Bibi Jugoo clearly have both in abundance, along with years of experience with each and every crop grown on their family plantation in Palmar.

#### Quality

Married for over 30 years, the couple still giggle like teenagers when they sit down together to talk about their business. ‘This isn’t easy,’ says Asok. ‘People often think growing fresh produce is just a case of planting some seeds, but it really isn’t. I’ve been doing this for 26 years and I am still learning.’

As a tropical island, Mauritius has the perfect climate for growing a whole

range of tasty and colourful fruits and vegetables, but Bibi insists there is much more to the process. ‘It is about developing a connection with nature – understanding the earth in which the fruit will grow, and nurturing the vegetables from the moment they’re planted to the day they’re picked.’

It’s this connection with the environment that Asok and Bibi credit for the quality of their produce. ‘It’s really important to us that the people who visit SALT of Palmar are able to experience real, local fruit and vegetables grown right on their doorstep.’

#### Field to plate

Growing their produce is only part of the process – getting it to market while it is still ultra-fresh is also hugely important. That’s why Asok really appreciates the

closeness of the Mauritian economy. ‘We are only a small island, so everybody knows everybody else,’ he explains. ‘I don’t need to lose days taking our fruit and vegetables to the market – my customers contact me directly and I deliver their order just a few hours after the harvest.’

This plantation-to-plate approach is what Asok and Bibi find most gratifying about the process of growing in Mauritius. ‘For so many people around the world, fruit is something that comes from the supermarket. But for us, fruit is something we pick from the trees outside our house. We think that is very special.’

# BIBI & ASOK

Fruit Farmers



‘All of the cheese we create for SALT of Palmar is made by hand’



# ANGELO

Cheese Maker



Angelo Mappa's move from his native Italy to the island of Mauritius was a journey of the heart - he is married to a Mauritian and now calls the east-coast village of Roches Noires home. But while you can take the man out of Italy, you can never take Italy out of the man. Angelo may be 5000 miles from home, but he still produces the finest Italian cheese on the island, much of which can be found within the delicious dishes served at SALT of Palmar.

## Authenticity

‘All of the cheese we create for SALT of Palmar is made by hand,’ replies Angelo, when asked what makes his cheese so special. ‘We could use machines, but I have always preferred the traditional ways.’ Still, the process of creating authentic Italian cheese in the middle of the Indian Ocean is not without its challenges. ‘There is a strong heritage of cheese making in my home town of Massafra, so sourcing ingredients is easy. Here we have to plan carefully to make sure we always have everything we need. I wouldn't want it any other way, though!’



‘Everything we catch is by hand - that's the only way we can be sure of the quality’

# RICARDO

Seafood Specialist

You'd have to search far and wide to find someone who better understands the equilibrium of the ocean than Ricardo Merne. A seafood specialist from Poste de Flacq, he supplies the local oysters, sea urchins and lobsters found on the menu at SALT of Palmar. For the past 20 years, he has come to truly appreciate how the ocean can provide for everyone, if only we look after it in return.

## An ocean of balance

‘We are so lucky in Mauritius, there is so much life in our sea,’ says Ricardo, reflecting on his approach to catching the seafood he supplies to local businesses, tourists and residents. ‘But you have to know what you are doing. We are very selective about what we catch. It's all about patience and timing.’ In a world where volume is everything, it's refreshing to hear Ricardo talk about the importance of waiting for the seafood to fully mature, and never taking too much.

‘We catch everything by hand, one by one. There are no machines, no industrial collection. That way we can be sure what we take will not have an impact on the overall balance of the sea.’ This responsible and sustainable approach means Ricardo knows there will always be quality seafood to catch another day - one man working in harmony with the ocean.



# AN A-Z OF SALT

## A

**Agriculture**  
See **Farming**.

**Agroecology**  
SALT champions this science and set of practices. It's a social movement and a more sustainable farming system. See also **Island Bio**.

**Agroforestry**  
We have a deep respect for the art of combining agriculture and forestry. By paying attention to the way trees and shrubs are grown among and around crops and pastureland, biodiversity can be increased and soil erosion reduced. An example of this is farming crops with banana trees. It provides shade. That makes it easier on the humans working the land, and it means less evaporation from the sun, which means less water is needed. It's a win-win. See also **Island Bio**.

**Air-Conditioning**  
We try to use natural ventilation and energy-sensitive fans where possible; the only aircon you'll find at SALT is in the bedrooms. And those blasts of cold air are only ever programmed to an eco-friendly default setting of 24°C.

**Architects**  
Founded in Floréal in 1998, the Mauritian-based design team is Jean-François Adam's architectural studio.

**Artisans**  
See **Basket Weaving**, **Pottery**, **Small Producers** and **Soaps**.

## B

**Bamboo**  
The fastest growing plant is a dream renewable resource. We use it instead of plastics for products. See also **Bathroom Amenities**.

**Basket Weaving**  
The Moosbally family makes our rattan baskets. They live at Brisée Verdière and have been passing the art down through the generations, even as demand grew for PVC products. See also **Rattan**.

**Bathrobes**  
The unbleached organic-cotton dressing gowns are made from a fabric derived from coffee grounds and hand-finished in Mauritius.

**Bathroom Amenities**  
Refillable pump dispensers made locally are used for our all-natural, paraben-free, locally made shampoos, conditioners, body washes, hair masks and salt scrubs. When it comes to all the grooming and cosmetic bits that are usually guilt-inducing landfill fodder, take heart that our loofahs and cotton pads are 100% organic. Our earbuds, combs and toothbrushes are fashioned from sustainably farmed bamboo. And they're all packaged up in a paper alternative made from crushed limestone, with labels printed using soy ink. Super-hygienic, super-sustainable – the perfect combo. And, instead of disposable sewing kits, everything you need to do a quick repair is available at our shop for you to use free of charge.

**Beach Bar**  
A hangout on the white sands of Palmar beach for freshly prepared Mauritian snacks and coast-inspired cocktails featuring our homegrown fruits and herbs.

We are open from 10:30am to midnight.  
Dial 'Need Help' on your phone to find out more.

### Beach Cleans

There are always opportunities to pitch in with a beach clean and help keep stretches of sand free of pollution washed up from the ocean.

### Beds

A wise chiropractor called Börje Thuleskär appreciated how important good sleep is for the body and mind, so he set up Carpe Diem. After decades of perfecting his company's mattress-making techniques, this Swedish entrepreneur's skilled craftsmen work with responsibly sourced materials and environmentally approved finest timber to transform them into the wellbeing-boosting beds that we're proud to have at SALT. No, they're not locally made on our island – but these highest-quality, long-lasting beds made in one of the world's most sustainable countries (Sweden) are a match for our ethos. Plus, the mattresses are made from organically grown cotton that contains no hazardous flame-retardants or dyes.

### Bed Linen

The entirely organic bed linen includes 500-thread-count duvet covers and is matched by organic-cotton towels. Since 10% of total CO<sub>2</sub> emissions are caused by the textiles industry and the World Health Organization has suggested many cotton workers globally are dying each year just from pesticide poisoning, it's good to go organic when it comes to fabrics. See also **Organic Cotton**.

### Bedrooms

Simple spaces with all the essentials. Expect nothing fussy, just everything you need. No TV and no minibar means less energy. And more being out there. See also **Bathroom Amenities**.

### Beer

Craft beer classics come from our friends at the hyperlocal brewery Flying Dodo, whose HQ is housed in a reincarnated colonial home in the heart of the capital city. Toast their brews made from homegrown hops.

### Bikes

Pedal bicycles and electric bikes are available for rent.

### Bioplastics

Biodegradable plastic alternatives, made from organic materials such as corn starch, are used for straws and bathroom amenities. For bioplastics to properly decompose, they require oxygen, sunlight and moisture – which is why many bioplastics that end up in landfills can't biodegrade. We ensure they go into the right refuse system so they can follow nature's closed-loop system. See also **Circular Economy**.

### Books

SALT's library is curated by Dev Virahsawmy and Shakti Callikan and features publications from Éditions VIZAVI, a publishing house in Port Louis, which showcases marvellously multicultural Mauritius by printing works by local artists and creatives.

### Bouteco

We have worked closely with this social enterprise to ensure we can bring our passion for sustainability to life, and share with you all the local heroes who make SALT so special.

## C

### Carbon Offsetting

The hotel gives every guest the option to join the Tread Lightly programme by contributing a few euros for their stay. Through the AERA Group, this goes towards offsetting all the carbon emitted by the hotel. Our carbon emissions calculations align with the World Travel & Tourism Council's Hotel Carbon Measurement Initiative (HCMI) guidelines, are externally audited by Ernst & Young, and support seven Verified Carbon Standard (VCS) carbon-offsetting projects.

### Charity

See **Island Bio**.

### Circular Economy

Working towards a closed loop in terms of supply and operations that are not wasteful is our modus operandi. This means maintaining trackable, simplified supply chains — which, frankly, is quite complicated. But making an effort in this way has been rewarding. The traditional linear approach to procurement is buying goods, using them and then disposing of them. We're not there yet, but we'll try to be more imaginative and creative in our approach to our supply chain. Simply recycling our trash is not enough. On our farm, Island Bio employs people from deprived backgrounds, and they ensure not only that the produce is ethical and organic, but also that it supports the community to create a circular economy. See also **Island Bio**.

### Coffee

Roasted by us on the island and freshly ground on site. As an African nation, we're extremely lucky to grow some of the best coffee in the world. And, at the hotel, we only use the best coffee beans sourced from our mighty continent. We don't stop at the beans; we learn from and promote centuries-old techniques used by indigenous people when it comes to how we brew coffee and serve it to our guests. Takeaway coffee cups are made from Kraft paper. Lids are made from biodegradable corn starch. And our stirrers are bamboo sticks.

### Community

A sense of belonging and an appreciation of community is one of the most healing things a hotel can offer at a time when people feel increasingly isolated in their everyday lives. Being committed to promoting the human rights of individuals in the local community is everything. This includes job creation as well as proactive steps to recognise and respect cultural heritage. See also **Ubuntu**.

### Composting

As part of our mission to reduce the use of pesticides, our compost is made from leftovers and food scraps, making the ideal natural, eco-friendly fertiliser. The biggest contributor to landfills globally is food waste, which never gets the chance to be re-invested in the environment: conscientiously creating compost at our SALT Farm helps. See also **SALT Farm**.



**Convertible Cars**

We want guests to get out there, explore and contribute to the wider local economy in these 4x4s. This is less hassle than hiring through a rental company and better for the environment than typical rental vehicles. We look forward to introducing electric versions when charging stations come to the island.

**Craftsmanship**

See **Basket Weaving** and **Pottery**.

**CSR**

A full corporate social responsibility and sustainability statement is available from September 2018, as checked by Boutecco, a social enterprise dedicated to making hospitality a force for good. See also **Carbon Offsetting**.

D

**Design**

Since the architects were working with a pre-existing hotel when creating our property (rather than developing something using a virgin piece of land), they were keen to preserve as much as they could of the construction. They reconfigured 20% with a lighter, more eco-friendly touch. What was originally styled on a Moorish riad when built at the start of the millennium has been opened up to invite more light and a sea breeze to enable natural cross-ventilation. It also connects guests more closely with nature.

**Drinking Water**

Triple-filtered tap water creates our still, sparkling and alkaline water, which is stored in refillable bottles. Two water distribution points at the Pool Bar and Beach Bar allow guests to refill their ‘We are SALT’ water bottles and flavour their water with a selection of local fruits and fresh herbs found next to the dispensers. See also **Water Bottles**.

E

**Earthing**

Just take a walk barefoot on the natural terrain around the hotel and let the feel of warm sand or green grass harmonise your energy, reduce stress and encourage restful sleep without even stepping foot in a spa.

**Energy-Saving**

We have initiatives in place to reduce our footprint, and we look forward to making our operations more eco-friendly in the future. See also **Air-Conditioning**, **Lighting** and **Solar Energy**.

F

**Farming**

We grow all the vegetables needed for the restaurant and hotel in two greenhouses. See **Hydroponics**. We have partnered with Island Bio to maximise our social and environmental impact by providing a huge space for its initiatives too. There is also a training school to share expert knowledge with farmers from neighbouring villages. And there’s a rustic vegetarian restaurant and kitchen in one of the glasshouses. See also **Island Bio**.

**Fishing**

We use fresh catches every day. Ricardo, who is in charge of sourcing our shellfish and sea urchins, has been working in the trade for more than 20 years. To source the sea urchins, fishermen go out on a boat and dive down with no more kit than flippers and snorkel and pick them off the seabed by hand. Sourcing doesn’t get more sustainable than this – and it’s about 10 minutes from there to SALT’s fridges.

**Fitness Centre**

You’ll find cardio equipment, strength machines and functional fitness equipment in our workout studio. You’ll also find Jonathan, the island’s champion sprinter. He’s on hand to give you fitness tips and personalised training advice if you’d like them.

Dial ‘Need Help’ on your phone to find out more.

**Flowers**

The wildflowers around our hotel are picked from our garden – more Mauritian, more authentic.

**Football**

See **Volunteering**.

G

**Gardens**

The impressive original garden and landscaping have been preserved, with indigenous plants and all of the existing vegetation painstakingly protected during construction.

**Greenhouses**

See **Hydroponics** and **SALT Farm Restaurant**.

H

**Happiness**

Happy team members mean happy guests – and good vibes all round. See **Human Resources** and **Kindness**.

**Homemade**

This is our middle name. You won’t find a store cupboard filled with pre-made sauces and bottles – everything is made from scratch in the SALT kitchen.

**Housekeeping**

At SALT, turn-downs are only done at your request. This means that if you want to cut down on any laundry and limit any fussing in your room, it’s easy to do, without having to leave a card saying so on the bed.

**Human Resources**

Purpose-driven recruitment and upskilling employment are priorities. We ensure all our team members are fairly paid and treated well regarding working hours and benefits. That means we have a very good staff retention rate. We also embrace diversity in all aspects of business operations and make opportunities for those who might be physically challenged in some way. See also **Swap Skill**.

**Hydroponics**

The act of cultivating plants without the use of soil is an incredibly effective way to grow flowers, fruit and vegetables. Hydroponically planted produce also tends to grow better than that grown in conventional gardens. The plant is able to absorb nutrients quickly, which means its growth rate is boosted and this clean, effective way of growing allows plants to take root, which also makes them hardier.

I

**Ikigai**

This is the Japanese term for finding your purpose, and we pride ourselves on having a raison d’etre. ‘Iki’ means ‘life’ and ‘gai’ translates as ‘value’. Connecting curious travellers to Mauritian people, places and experiences is our reason for being.

**Ingredients**

We believe in only using the freshest, highest-quality ingredients we can lay our hands on. Ours is an ingredient-forward approach to feeding and watering everyone. Ethically, sustainably sourced food is always the priority. Our vegetables come freshly plucked, dressings are made just before serving, and all our creations are customisable. Say bye-bye to buffets. From morning to night, all dishes are made to order.

**Island Bio**

This is our partner charity, a not-for-profit social enterprise working to bring social, health and environmental justice to deprived communities in Mauritius. Island Bio has helped us implement a permaculture system. And agroecology and agroforestry. It has also provided jobs for people on the farm who, perhaps due to previous drug-dependency issues, have not been able to find work. They genuinely want to turn their lives around and, by supporting and training them, we’ve been able to help them do it. See also **Agroecology**, **Agroforestry** and **Permaculture**.

J

**Juices**

We use freshly squeezed fruits, plucked straight from the tree, never poured from a carton. All our juices and smoothies are made fresh to order. So are all our cocktail syrups.

K

**Kindness**

Sustainability is about having a positive impact – socially and environmentally, bringing more joy to people’s lives and the planet. Being kind, basically.

L

**Library**

Our library is a special place. Full of books, it’s impossible not to be inspired. Ours is a place to kick back and give yourself up to a Mauritian story over a locally roasted, barista-prepared coffee or a pot of Bois Chéri tea.

We are open 24 hours a day.

**Lighting**

LED bulbs, of course, come as standard. It’s well known that they’re 80% more efficient than traditional lighting, such as fluorescent and incandescent lights. This reduces the power required and decreases greenhouse-gas emissions. Natural light has been a priority throughout, with translucent roofs over public spaces and as much openness to the elements as possible.



## Locavores

Those who only eat what’s been grown right where they are, and who avoid anything industrially farmed, with a reverence for local ecologically sound small producers. At SALT, we strive to source everything from a 5km or 10km radius from our hotel and farm. See also **Small Producers**.

# M

## Music

Mauritius is a melting pot of music and stories. We play an incredible fusion of music to give you an earful of a unique sonic heritage spanning Creole, Indian, African, Chinese and French.

# N

## No, No, No

We say ‘no’ to single-use plastics and pesticides.

# O

## Ocean

With the Indian Ocean right on our doorstep, we care about those waters. We ensure the fishermen we work with are fishing sustainably. And we never add chemicals or plastics to the ocean. See also **Fishing** and **Plastic**.

## Organic

Until now, bio farming has been pretty much non-existent in Mauritius. See **Farming**.

## Organic Cotton

In a country that’s a big player in the textile industry – and since the fashion industry causes 10% of total CO<sub>2</sub> emissions, and the World Health Organization says that many cotton workers a year die from pesticide poisoning globally – we’ve prioritised organically farmed and responsibly sourced cotton for our bed linens and towels. Fewer chemicals are better for the people using them, those working with them and the environment. And, bonus, the production of organic cotton uses far less water.

# P

## Paints

Environmentally friendly paints that are low in volatile organic compounds (VOCs) are an interior-design consideration often neglected – which is crazy when benzene and formaldehyde can be among the toxic chemicals found in traditional emulsions. We have opted for supplies that are low in VOCs. This means those who are applying the paint are not exposed to headache-inducing carcinogenic chemicals plus guests can breathe easier knowing that they are sleeping in a non-toxic room.

## Paperless Check-In

Electronic registration via tablets saves on unnecessary paperwork. At check-in, you’re also encouraged to download our app and use a digital key, instead of the standard key card.

## Permaculture

Underpinned by a reverence for harmonious ecosystems and honourable agricultural principles, permaculture is an approach to cultivation which is entirely cooperative with nature and the earth. It’s what we strive for at SALT Farm. See also **Farming** and **SALT Farm**.

## Placemaking

Mauritius doesn’t need us to put it on the map. But we’re proud to be introducing our guests to the real Mauritius and its flesh-and-blood people. An authentic financial and emotional investment in an area is imperative to successful placemaking. You have to make provenance and locally inspired experiences your priority. That’s why SALT is an antidote to traditional resort life. Employee buy-in and appreciation are crucial to the success of placemaking, and SALT’s sincere commitment to humanistic values manifested in its internal initiatives, as well as its customer-facing incentives, truly benefit the local community. It makes for a more uplifting atmosphere from your perspective too.

## Plastic

You won’t be confronted with any single-use plastic products at SALT. That includes straws and plastic bottles. On arrival, you’ll be given a reusable bottle that you can refill with filtered water whenever you like. See also **Water Bottles**.

## Polytunnels

Not all plastic is bad. This approach to horticulture is greener as it allows farmers to extend their growing season and ditch the pesticides. It also nixes a need for imports as it promises a more fruitful yield. We’re growing vegetables, green leaves, herbs, and vine crops this way. See also **Farming**.

## Pool Bar

Life doesn’t get more easy-going than this. Locally brewed craft beers and your feet in the sand.

Open from 10:30am to midnight.

Dial ‘Need Help’ on your phone to find out more.

## Pottery

In her studio, Pottery by Janine, Janine Espitalier-Noel has created the mugs in your room and in the coffee shop. She also created the water cups, along with Richard, her fellow potter. She’ll be hosting art and ceramic workshops with guests at her studio.

## Protein

When it comes to the proteins we serve, carnivores and pescatarians with a conscience can delight in the fact that the meats, poultry, game and fish served at SALT are always local.

## Provenance

From an operational perspective, we’re dedicated to keeping procurement local wherever possible – and that requires commitment. When it comes to what we serve you to eat, rest assured that everything is made from scratch.

# Q

## Questions

Our aim is always to be honest and transparent. If you want to know more, or you’d like to take a tour behind the scenes, we encourage curiosity.

# R

## Rattan

Handcrafted rattan furniture and lampshades, woven using the vacoas palm, are the tropics’ signature traditional wicker, with furnishings made from this renewable semi-wild plant’s leaves. Our beach bags are all handmade by Mrs Bulleeram at her home, with her daughter-in-law keeping the knowledge passed down through the generations alive and kicking. See also **Basket Weaving** and **Small Producers**.

## Restaurant

Every one of the fresh ingredients cooked over the charcoal grill, and in the wok and tandoor, is either sourced from local farms and cooperatives supporting farming communities and sustainable farming methods, or comes from our own organic farm.

We are open for breakfast from 7am to 10:30am, lunch from 12pm to 3pm, and dinner from 7pm to 10:30pm.  
Dial ‘Need Help’ on your phone to find out more..

## Rooftop Bar

An elevated oasis from the sea of clouds with its garden feel and ocean views. Sunset is always good, but from up here, it’s amazing.

We are open from 11:00am until midnight.

Dial ‘Need Help’ on your phone to find out more.

# S

## Salads

Thanks to our farm’s harvest, guests get all the ingredients to make perfect healthy salads. We invite you to combine flavours and textures to make something that’s perfect for your palate. See also **Farming** and **Vegetables**.

## SALT Active

It’s about moving. Fast or slow. It’s using the great outdoors, which is particularly great on this island. Get active on land by doing yoga, walking, jogging, boot-camping, playing volleyball or riding a horse. Or get into the water and kayak, dive, ski, fish or surf.

## SALT Equilibrium

Our wellness concept is not a run-of-the-mill thing. It’s based on our belief that simplicity holds the answer to happiness. There’s the spa with its halotherapy salt room, four treatment rooms, universal room, hydrolounge and shop. Salt, humble salt, is the central ingredient. It’s a healer. A soothing, energising, hydrating, detoxifying mineral miracle. But the concept is about more than the spa. It’s about nutrition – eating the freshest, organically grown fruit and vegetables. And it’s about the movement of fast and slow sports. See also **Earthing** and **Wellbeing**.

We are open from 9am to 8pm.

Dial ‘Spa Mood’ on your phone for more information.

## SALT Farm (Opening Early 2019)

Just five minutes from the hotel and opening in early 2019, our pesticide-free farm is our own source of organic ingredients. We have hydroponic greenhouses full of fruit and vegetables cultivated without soil. Instead, we use sand from the beach. See also **Farming** and **Vegetables**.

Visit us for lunch from 12:30pm to 3pm or dinner from 07:30pm to 10:30pm.  
Dial ‘Need Help’ on your phone to find out more.

## SALT Farm Restaurant

The farm’s rustic, vegetarian restaurant and kitchen are found in a glass greenhouse, spilling out onto a terrace.



Seasonality

Starring on the menu is in-season bounty only. That means fresh-as-can-be, perfectly ripe ingredients just as Mother Nature intended. You don't need us to tell you that sticking to seasonality means less transportation, less refrigeration, and less nonsense when it comes to ingredients.

Shop

When it comes to grazing cravings, we've got it covered. Everything in SALT's larder is organic, and many of the treats are homemade from scratch.

Slippers

The cinnamon-sedge slippers with rubber soles in your room are kinder to the planet. And to you, since they massage pressure points in the feet. A little gift from SALT to you.

Slow Food

Recognising the strong connections between people, plate and planet, and the fact that our food choices have a major impact on the health of the environment and our guests, SALT is committed towards Good, Clean and Fair food. Whilst our chefs are committed members of Slow Food International and part of Slow Food Chefs Alliance, Salt of Palmar is working closely with Slow Food International and Earth Markets Mauritius, their local official representative. SALT adheres to Slow Food Travel promoting ecotourism and providing all our guests a culinary journey, full of stories, traditions, flavours, and craftsmanship.

Small Producers

Angelo in Roches Noires supplies our cheese, Giuseppe provides our homemade pasta, Bibi brings us fruit, Janine made our pottery, and Moosbally & Sons and Mrs Bulleeram are the independent artisans behind our hand-woven rattan basketry. See also **Fishing, Locavores, Pottery and Rattan.**

Soaps

Our soaps, hair masks and scrubs are handmade using locally sourced essential oils. These sweet-smelling cleansing bars contain plant extracts that are genuinely nourishing for your skin. See also **Bathroom Amenities.**

Solar Energy

Two dozen photovoltaic panels are busy soaking up that Mauritian sun so that almost all the hotel's hot water is heated using renewable energy.

Swap Skill

Every day is learning day at SALT of Palmar. When you stay at SALT of Palmar, you can share one of your skills with a local, learn a new one from a local, or both. It's all horizon broadening. It's taking home more than a tan. And it connects you at a deep level to the people who make places what they are.

Teach whatever you can teach. We'll find the local with your skill on their must-learn list. And learn a local skill. Pottery with Janine at her Pamplemousses studio, the art of early morning fishing with Kishor, how to coach the local football team with Fabrice, or basket weaving with Mrs Bulleeram in Brisée Verdière are all available. SALT has friends doing incredible things all over the island.

Leaning is part of life at the hotel too. Let our chef teach you how to prepare fish vindaye and chicken curry. It'll stir your cooking up. Master the maravanne rattle and moutia drum. It's an interactive percussion discussion. Get out into the SALT Farm and see how locals grow, maintain, and harvest the sustainable way. You'll get to know nature all over again.

T

Training

See **Human Resources.**

Travel

See **Bikes and Convertible Cars.**

U

Ubuntu

Nelson Mandela subscribed to the South African philosophy of Ubuntu, which translates as 'humanity' and represents a sense of belonging. That's what this hotel has - Ubuntu, a precious knack for bringing together people from different walks of life to make a charismatic mix.

Uniforms

All the pure-cotton fabric used for the uniforms styled by our designer Camille Walala have been produced in local textile mills.

V

Veganism and Vegetarianism

Studies show that plant-based diets mean less methane emissions, less greenhouse gases and less land clearing for animal rearing. See also **SALT Farm Restaurant.**

Vegetables

Pesticide-free leafy greens and juicy vitamin-rich hydroponically grown vegetables aren't just excellent to eat. They make sidestepping meat extra-easy for all. This is a boon if you believe that human consumption of meat and dairy products is a contributor to climate change. See also **SALT Farm.**

Volunteering

Many members of our team give up their time to play football with local children. Say the word if you want to get involved. See also **Beach Cleans** and **Swap Skill.**

W

Water Bottles

We appreciate water is a valuable resource and we want to make it easy for visitors to play the good guy when it comes to consumption. Our gift to guests on arrival is an aluminium water bottle. It keeps our plastic-free dreams alive, and you can use it back home. It can be filled at one of our free filtered water stations with still, sparkling or alkaline water with the chance to add fresh apple, lemongrass or herbs to enhance the flavours if you like.

Wellbeing

You could say sustainability is wellness for the world. That's the big picture. But we care about your personal sustainability too. That means every room has a yoga mat and block and there's a balcony perfect for self-practice. See also **Earthing** and **Yoga.**

Wild Swimming

The Indian Ocean is a warm-water paradise, where the clarity of the water and dazzling marine life are edged by super-soft natural sand. Taking a dip in the sea means having a soak in mineral-rich waters that have never needed humans' intervention for you to enjoy swimming in them. The least we can do is be kind back, and use a sun lotion free of oxybenzone.

Wine

There isn't a real-deal Mauritian grape or vintage - yet (we've got our thinking caps on). So yes, we need to import. But we import barrels of fair-trade varieties from South Africa and bottle it locally. We keep the house wine menu simple with a white, red and rosé, as picked by our smart sommelier from a selection of small, natural, family-grown producers from around the world.

X

Xylophone

You can be sure that if we ever do get one at SALT, it will be handcrafted, fair trade and not genetically modified. (Well, we couldn't leave X out.)

Y

Yoga

The eco-friendly Yogi Bare yoga mats and blocks in every room are made from natural rubber. For each mat sold, a tree is planted through our tree-planting partners, Hometree. There is also a yoga platform at SALT Farm, and we invite yoga instructors, local and international, to stay and teach yoga for morning and evening sun salutations.

Z

Zero Waste

Saying there's zilch refuse would be a bold claim. But we strive to recycle, repurpose and reuse wherever and whenever we can. We prioritise creating a closed loop in terms of supply and operations, and we're always mindful to avoid creating waste - whether it's sidestepping single-use plastics or not having all-you-can-eat buffets. This means much less uneaten food. And any scraps we do have are composted on our farm.



# THE ISLAND

Mauritius is an easy island to explore – it's never more than an hour's drive between any start and finish point. Take time to discover every corner of the island – you never know what's just around the corner!

Our guidebook, **THIS IS MAURITIUS**, will take you to the heart of Mauritius. We didn't write it. Locals did. Find a free copy in your room and use it to fuel your curiosity.

