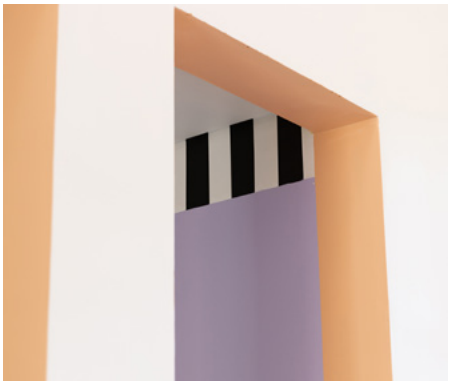
salt
of Palmar, Mauritius













The Adult Only Boutique Hotel for lovers of design, food, travel, and all things local.



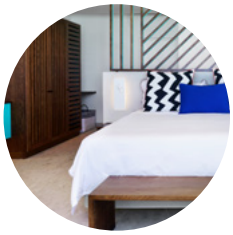


Updated 12/09/25

FIND SALT OF PALMAR



SLEEP



CARPE DIEM BED
hand-crafted in Sweden
in collaboration with
acclaimed physiotherapists.



Organic **COFFEE ROBES.**



BED LINENS
made of 100%
Egyptian cotton
with sateen finish.



A selection of **LOCALLY MADE TOILETRIES** in refillable containers.



TOWELS made from
100% Egyptian cotton.



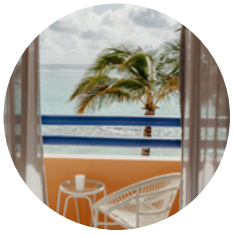
ROBERTS RADIO.



YOGI BARE
YOGA MAT
AND BLOCKS.



DRY AMENITIES
packed in stone paper.



A BALCONY
with **VIEWS.**



HOMEMADE
SNACKS.

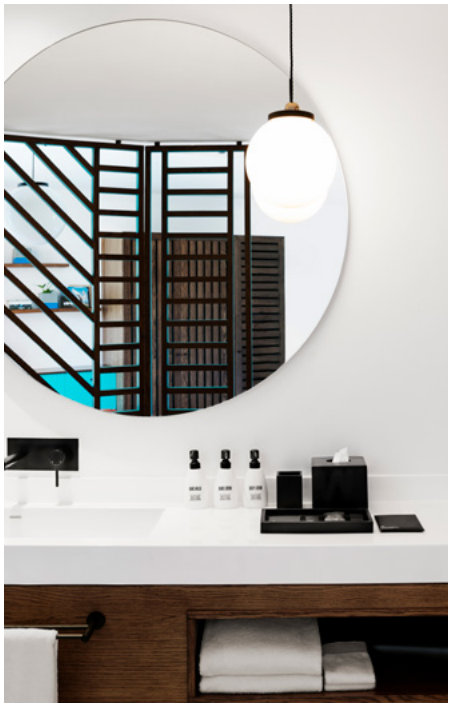


OCEAN-ORIENTED
ROOMS.



BEACH BASKETS
HANDWOVEN
in Mauritius using
recycled plastic.







12 GARDEN VIEW

Varying from **33.6 m² to 37.3 m²**

Your view is the filao trees on the beach and the turquoise lagoon beyond.

- *2 adults*

14 SEAVIEW ROOM

Varying from **30.3 m² to 37.3 m²**

You're just seconds from the pool & the sea. It's a daily blessing. Grab a cooling midday dip or settle in for a serious lounger session.

- *2 adults*

28 BANG ON BEACH

Varying from **30.7 m² to 33.6 m²**

You are above the beach's pristine sand facing east onto the Indian Ocean. Gently lapping waves will lull you to sleep and the sun rises right before you.

- *2 adults*

4 TWIN ROOMS

1 in Garden View
2 in Seaview room
1 in Bang on Beach

2 POOL PLUS

47.1 m²

Dive in. Here's your plentiful poolside room. From up here, you get a good view of the pool.

- *2 adults*

3 BEST ON BEACH

This is as good as it gets. Generously accommodating, this beachside room that sleeps two is a sunrise catcher's dream.

2 roof tops **(47.5 m²)**

- *2 adults*

1 room **(38.2m²)**

- *2 adults*

ACCESSIBLE ROOM

1 room Bang on Beach

NOTE

Check-in: 2 p.m. / Check out: 11 a.m.

**Sea is visible from all Seaview rooms.*

ROOM FACILITIES	Garden View	Seaview	Bang on Beach	Pool Plus	Best on Beach
Furnished balcony or terrace	●	●	●	●	●
King size bed	●	●	●	●	●
Twin beds (Available in 4 rooms)	●	●	●		
Homemade drink on arrival	●	●	●	●	●
Individual air conditioning	●	●	●	●	●
Bathroom with shower and separate toilet	●	●	●	●	●
Locally-made toiletries	●	●	●	●	●
Bathrobe	●	●	●	●	●
Homemade snacks	●	●	●	●	●
Full length mirror	●	●	●	●	●
Magnifying mirror	●	●	●	●	●
Telephone	●	●	●	●	●
Complimentary fresh tea & coffee facilities	●	●	●	●	●
Safe	●	●	●	●	●
Hairdryer	●	●	●		
Dyson Hairdryer				●	●
Free high-speed Wi-Fi	●	●	●	●	●
USB charging point & international plug points	●	●	●	●	●
Complimentary filtered water	●	●	●	●	●
Yogi Bare mat and block	●	●	●	●	●
Sedge slippers with cinnamon				●	●
Locally handmade Beach Bag	●	●	●	●	●
Roberts Radio	●	●	●	●	●
Netflix on Tablet				●	●
SALT Water Bottle				●	●
Loofah				●	●
Soap on the rope				●	●
Minibar				●	●



EAT & DRINK

The Good Kitchen

BREAKFAST: 7 a.m. - 10:30 a.m. : A la carte
LUNCH: 12 p.m. - 3 p.m. : A la carte
DINNER: 7 p.m. - 10:30 p.m.: A la carte
Discover our 'Season's Best' dining specials, offering the most exceptional flavors and ingredients. (Theme dinners)

A locally-rooted, globally-inspired restaurant that feeds the souls of modern nomads, while celebrating nature's beauty, and seasonality. Our chefs cook up the super-healthy, and the downright indulgent. The ingredients are the stars. Everything we need grows here. And everything is cooked from scratch. We don't do waste, and we do raw, healthy, vegan, and vegetarian. We know our farmers, fisherman, and growers by name. They're part of the SALT family. We chose the adjective "good" because at the end of the day it's all about good food, treating the planet, and its people with kindness, and nourishing the soul.

Tek Tek

First seating - 6:45 p.m. to 8:45 p.m.
Second seating - 9 p.m. to 11:00 p.m.
(closed on every Wednesdays)
Deeply inspired by the island's rich culinary heritage,
The restaurant offers an intimate dining experience that celebrates Mauritius' ocean-to-plate tradition. With seating for just 10 guests, this immersive six-course to eight course journey highlights the finest locally sourced fish, seafood, and venison, crafting a symphony of flavors that reflect the island's essence. Rooted in the TerraMar philosophy, The restaurant seamlessly fuses land and sea, bringing together homegrown ingredients and time-honored techniques to create an unforgettable connection between guests and the art of food.

Not included in meal plans. A 25% discount per person, per day on food (excluding drinks) is granted to guests on Half Board, Full Board, or All-Inclusive packages.



SALT Bakery

BREAD AND VIENNOISERIES DISPLAYED
From 7 a.m. - 10:30 a.m.

This is where to find artisanal breads and pastries, slow-fermented, and always straight from the oven. Our bakers unite the traditional flair of French breadmaking with the incredible flavours of Mauritian fruits. There's homemade nut butter, tropical jams, and seasonal marmalades. And there's our freshly-roasted, barista-brewed coffee blend (Brazil, Guatemala, Ethiopia) served 24 hours a day, 7 days a week.

TEA TIME (4 p.m. - 5 p.m.)
Tea is a Mauritian staple, and tea time, a tradition that dates back to, well, a long time ago. Join us for tea, coffee, and pastries.

The Rooftop Bar

5 p.m - 8:30 p.m

Our rooftop bar overlooking the ocean is the perfect, relaxed aperitivo spot. There's a dreamy selection of cocktails crafted by our bartenders who were inspired by the mountains of the island.

The Pool Bar

From 7 a.m. - midnight

This is the place to sample all the best craft beers brewed on the island, and sip cocktails inspired by the places, and ingredients found on the mainland.

REJUVENATE

SALT Equilibrium

The Spa from 9 a.m. - 8 p.m.

- 4 treatment rooms (1 double & 3 single)
- Universal room
- SALT room
- Hydrolounge
- BodyMind retail corner
- Hair Salon

On the water

FOR FREE: Kayak, snorkelling with a guide, aquagym, stand-up-paddle, pedal boat, glass bottom boats.

FOR A FEE: Speedboat or tube ride, scuba diving, kite surfing, big game fishing, and catamaran.

On land

FOR FREE: Gym, beach volley, beach soccer, and yoga.

FOR A FEE: Bicycles, golf, authentic, and exclusive immersive tours, sunrise yoga, and sunrise horse riding.

The gym

(6 a.m. - 8 p.m.)

Our workout studio consists of cardio equipment, and fitness machines. Meet Kenny, our athletics and Muay Thai champion, for fitness tips, and personal coaching.

Raw

You will find delicious plant-based dishes, smoothies, and beautiful green juices on our menu at The Good Kitchen for the perfect cure.

The Library

(Open 24/7)

Our library is packed full of the best Mauritius-related literature. Books celebrating our food, music, craft, culture, and nature. We'll have it - your perfect holiday read.

Entertainment

Guests are entertained in the evening by local artists and SALT playlist.

CREDIT CARDS

- American Express
- Visa
- Mastercard
- Diners Club
- We Chat pay
- Maestro
- Union Pay

OTHER SERVICES

- 24h in room dining*
- Heated pool
- Free high-speed Wi-Fi throughout the hotel
- Laundry*
- Wedding*
- Private dining*
- Beach towels
- Hotel shop 24/7*
- Car rental*
- Private transfer / Taxi Service*

*** FOR A FEE**

Zero single-use plastics.

Zero food waste.

Local suppliers only.

A curated collection of over 300 books mainly from Mauritian authors in our library, and guest rooms.

A guide book written by locals – This is Mauritius.

Free high-speed Wi-Fi.

Skill Swap Platform.

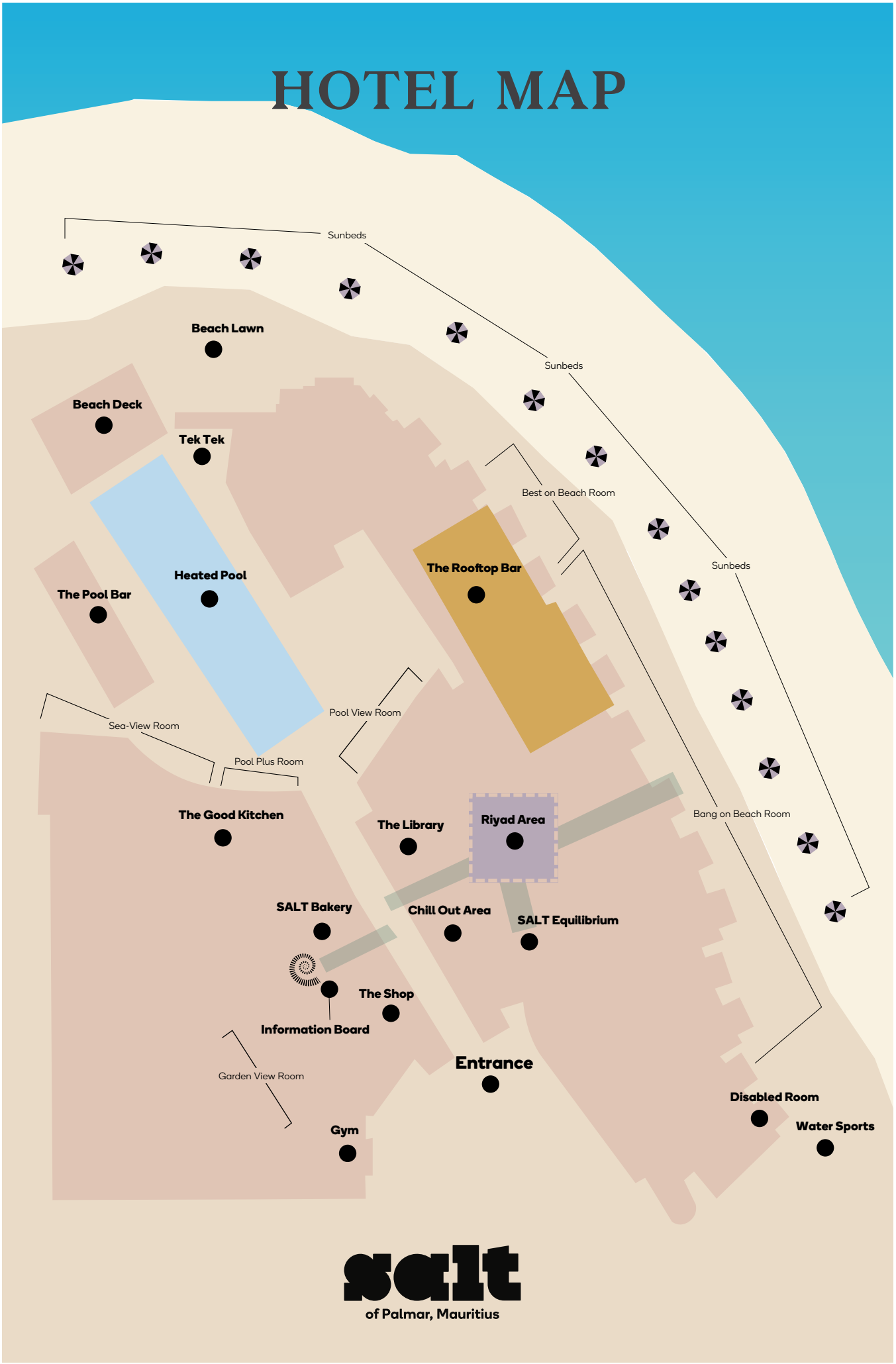
Cultural immersion activities.

Convertible car hire.

SALT Experience App - a mobile app to discover SALT of Palmar, and Mauritius, and to be used as a digital room key.



HOTEL MAP


Sunbeds
Sunbeds
Sunbeds
Beach Lawn
Beach Deck
Tek Tek
Best on Beach Room
Heated Pool
The Pool Bar
The Rooftop Bar
Sea-View Room
Pool View Room
Pool Plus Room
The Good Kitchen
The Library
Riyad Area
Bang on Beach Room
SALT Bakery
Chill Out Area
SALT Equilibrium
The Shop
Information Board
Entrance
Garden View Room
Disabled Room
Water Sports
Gym
salt
of Palmar, Mauritius