



Denis Private Island

GO WHERE THE WIFI IS WEAK

In today's contemporary world we are 'switched on' and 'on call' around the clock – we've become more distracted and unfocused than at any other point in history. Studies have shown that modern digital dependencies are detrimental to both our health and our relationships.

At Denis Private Island we offer our guests the opportunity to experience island-living at its best: closely connected with nature and fully present in each remarkable moment in paradise.

You'll find no wifi in your beach cottage.

No signal for your mobile phone.

No television.

A thousand miles from anywhere, you can distance yourself from distraction and allow your digital footprint to be temporarily washed away.

Denis

PRIVATE ISLAND
SEYCHELLES

SWITCH OFF

5 Reasons for a Digital Cleanse

Do you feel anxious when you're away from your phone? When was the last time you were unplugged for hours at a time? Most of us can barely remember. At Denis Private Island we encourage our guests to disconnect from their devices and reconnect with what really matters.



1. RECONNECT WITH NATURE

The management team at Denis Private Island have worked closely with conservationists to restore the island to its original state. Extremely rare and endangered species of birds and sea turtles now call Denis Island home. Cycling or walking around the island, our guests can encounter these remarkable residents – and so many others. Blink (or update your Facebook status) and you'll miss it!

(But let's not get too extreme... Wifi is freely available in the library, should you need to connect with loved ones or work. Or update Instagram... #DenisIsland)

Denis
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"We were absolutely won over by the Denis Island's concept of the 'recovery' from everyday digital life..."

The goal is digital shutdown; so there is no internet or TV available in the room. We loved it."

- TripAdvisor Review

2. THERE'S NO WIFI DOWN HERE

Island life revolves around the ocean - a wifi-free zone: Our remarkable and remote location offers some of the best snorkelling and dive sites in the Indian Ocean. The fishing at the continental drop-off beyond our reef is some of the best in the world. The ocean is our playground. Get out. Get salty. Move your body. Enjoy!

3. CONNECT CONSCIOUSLY

By breaking bad digital habits, like compulsively checking our phones, we are able to use technology more consciously in ways that better serve us. Wifi is available in the library – but if an email is not worth walking to the main building for, how important is it really? Stepping back allows us to gain perspective and re-strategise. With a clearer mind, you might even find a solution to that business problem that has been troubling you!



4. A HOLIDAY FOR MIND & BODY

Taking a digital detox has been proven to reduce stress, improve sleep quality and enhance brain functionality. It also eases muscles associated with bad posture (shoulders and spines bent over screens all day). Pair this with a holistic spa treatment on the beach for optimal results!

5. OVERALL WELLBEING

Farm-to-table freshness!

The wellbeing of our guests, our team and of our planet is our number one priority. Sustainability is at the heart of all our operations – we rely largely on clean energy, clean air and fresh, organic food grown on the island's own farm. During your stay on Denis Island, you will have peace of mind that your food is ethically-sourced and chemical-free. Enjoy a bicycle ride to the farm to see for yourself!

DINE WITHOUT DISTRACTION

Savour more than just the island-fresh flavours developed in our kitchen – reconnect and savour the company of the people you're dining with.

