

Kenya anti-stress & health journey

Kenya and beautiful nature. **Kilifi** is the ideal destiny for white **B**eaches, clean-pure **A**ir, warm-healthy **w**ater.

Beaches

The sand being whiter than white. Ideal for walking, running, yoga and tai chi exercising without mat. Ofcourse looking for shell's is worth a go also.



Air

The constant ocean breeze come from thousands of miles over the Indian Ocean and is there for much cleaner than city-air. Inhale the difference.



Water

The Indian Ocean is about 10.000 kilometers wide! The total surface amounts to 74.060.000 m². Meaning it couldn't be much cleaner and it stores beautiful coral reefs. The temperature is always about 20° C and there are heaps of fish and other seafood coming straight to your plate daily.



Mass tourism

Unfortunately the long coastline (500 km) is build full with huge hotels to receive very many tourists which results in mass tourism.

From tanzania to Somalië.

Arrivals on Mombasa airport are about 120.000 tourists with charterflights from all over Europe. Like flocks of sheep they are transported to their hotel with busses, to not come out of the hotel during their stay.

The organized inside activities vary from Aqua gym to Beach volley, all included with extra loud music which consequently doesn't give you the tranquility one is looking for during a relax holiday.

Time to feed the flock ? Run to the buffet and hope there is something warm left by the Germans and Russians.

Early sleeps are a no-go too, for there will be acrobats or disco's with drunken tourist being loud and noisy until at least 02:00 at night. Slamming hotels doors and shouting about in the corridors.

And than, trying to find rest on the beach, you'll find yourself flocked again. This time by local people, beach-boys, wanting to sell you camel rides, safari's, massage's and shoe laces.

Therefor : Alleyne Beachhouse !



1 Simple villa on a piece of land of 4000m² with coconut palms. Sometimes 1 will fall down and so you'll have a nice snacks, which will be prepared by the cook Fred.

Just a few yards from the ocean : cross the dune and... find yourself alone on the white beach.
Long kilometers of walking or just sit and enjoy the tranquility.



A day could look like this :

- 06u30 Wake.
- 06u45 Big glass of water with lemon.
- 07u00 Walk/run at the white beach.
- 07u45 Big glass of water with lemon
- 08u00 Fruit breakfast with green tea.
- 09u30 Swim in the Indian ocean / Aquajogging.
- 10u30 Fruit & big glass of water with lemon
free till lunch
- 12u00 Fruit & veggies & fresh fish or giant gamba's
till 14:00 siesta/read/games/hammock moment
- 14u00 1 hr massage with cocos-oil (*optinal +- 10 €*)
- 15u00 Fruit & big glass of water with lemon
- 15u30 Yoga/exercises on the beach
- 16u15 Walk/swim along/in the ocean
- 17u00 Kenyan tea with herbs
- 17u00 Fruit & Veggies



Hang



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Rest

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