

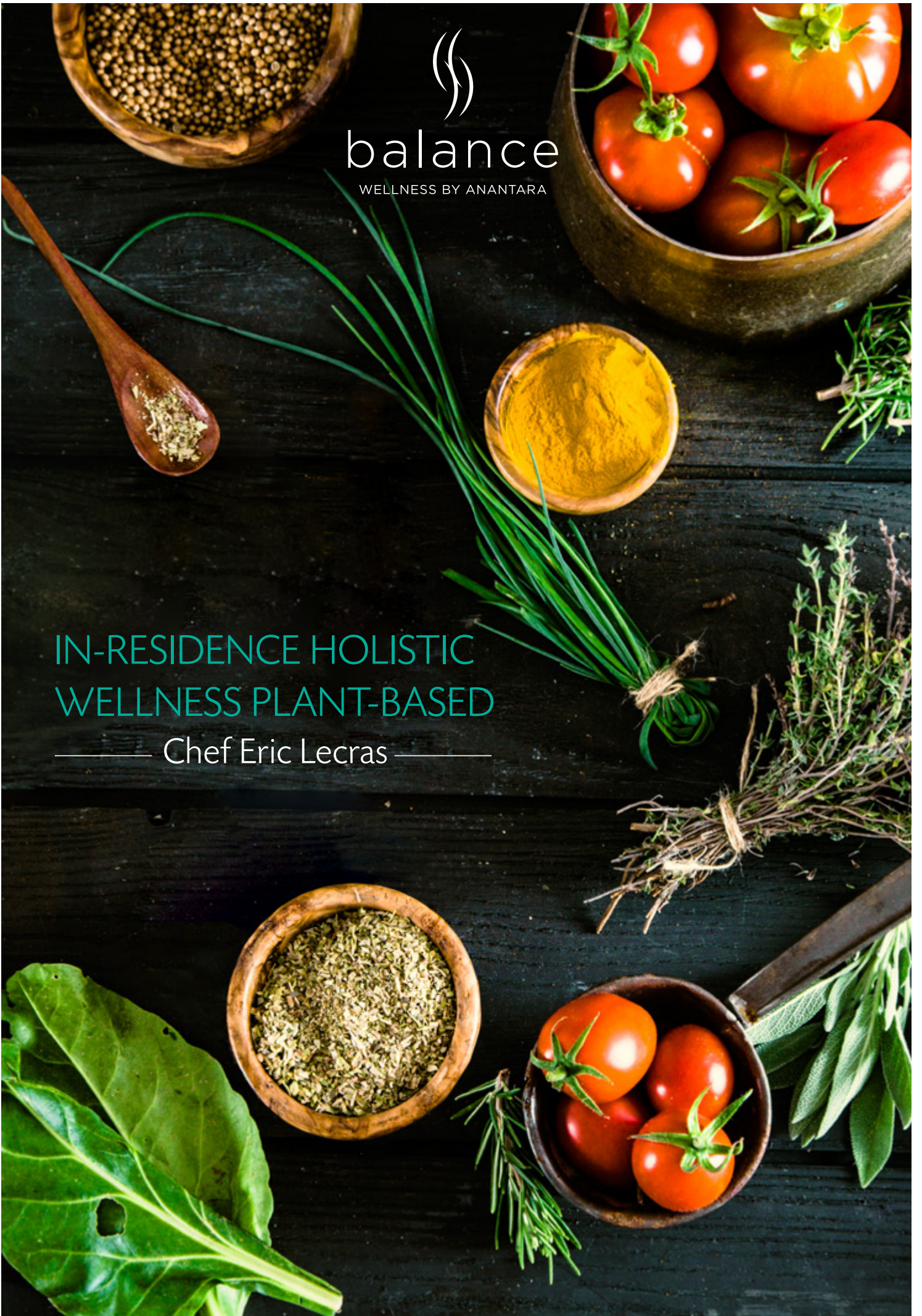


balance

WELLNESS BY ANANTARA

IN-RESIDENCE HOLISTIC  
WELLNESS PLANT-BASED

— Chef Eric Lecras —





Marrying the creative flavours of global cuisines with healthy and nutritious choices, Chef Eric brings wellness to a new level in the Maldives. French-born Eric Lecras has over 30 years' experience as an Executive Chef, with half that time spent specialising in holistic and wellness cuisine.



“Eating well is integral to helping you achieve your personal wellness goals, increasing your energy levels and leaving you feeling great.”

Chef Eric Lecras





A student of Matthew Kenney – celebrity chef and restaurateur with award-winning eateries in New York, California, Florida and London – Chef Eric specialises in plant-based cuisine, raw foods and holistic nutrition, himself also following a plant-based diet.



At Anantara Kihavah, Chef Eric can tailor each menu to your wellness goals and specifications, whether Ayurvedic, plant-based or raw vegan. Using whole, organic, unprocessed foods with a focus on fresh locally sourced produce, whole grains and superfoods, learn to appreciate new flavours while balancing nutritional needs.

*“Holistic nutrition approaches wellness on an individual level, integrating health, fitness and beauty from the inside out.”*





Join Chef Eric for Raw Spoons Cooking Classes both delicious and educational – on raw chocolate making (and tasting), raw juices and cleanses, and probiotics including kombucha, jamu and kefir.

