



le Jadis

BEACH RESORT & WELLNESS MAURITIUS



Managed by Banyan Tree
Hotels & Resorts



Best Luxury Design Hotel
INDIAN OCEAN
Best Luxury Romantic Beach Resort
INDIAN OCEAN
Best Luxury Spa Resort
INDIAN OCEAN



Most Sustainable Luxury Beach Resort
MAURITIUS
Most Sustainable Luxury Honeymoon Resort
MAURITIUS
Most Sustainable Luxury Wellness Retreat
AFRICA



Mauritius's
Best Wellness Retreat

Our Certified Yoga Instructor & Ayurveda Holistic Therapist

Nidhin K.S. is an esteemed Ayurvedic Specialist and Professional Yoga Trainer with over a decade of experience in renowned luxury resorts across the globe. Now based at Le Jadis Beach Resort & Wellness Mauritius, he brings a wealth of expertise in traditional Ayurveda and therapeutic yoga to guide guests on their journey toward holistic well-being. His treatments and practices are deeply rooted in authentic Indian healing traditions, offering tailored therapies that foster balance, relaxation, and vitality. As the lead practitioner in our newly launched Mindfulness Retreat, Nidhin plays a pivotal role in helping guests reconnect with themselves in a serene tropical setting.



PLEASE TAKE A MOMENT TO READ THIS

Etiquette

The Spa is a retreat for your body, mind and spirit. For the consideration of others, we request that visitors keep noise to a minimum. Children are not allowed at the Spa unless they are having a treatment, accompanied by an adult. We ask that you respect other guests' privacy by speaking softly. Cellular phones and electronic devices are discouraged.

Attire

Please arrive at the Spa wearing a bathrobe. Disposable undergarments are available on request.

Reservations

Advance booking prior to your arrival is recommended to secure your preferred date and time of treatment. A credit card number is required at the time of booking for a confirmed appointment.

Check-in

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment time. A late arrival will result in a shortened treatment to accommodate other guests fairly.

Spa Treatment Hours

The Spa is open from 8am to 8pm daily. Last treatment finishes at 8pm.

Special Consideration

If you are pregnant, you may wish to avoid booking treatments that involve the use of essential oils. Massages or stimulating treatments are not recommended during the first three months of pregnancy. If you have high blood pressure, heart conditions, allergies, or other medical complications, we advise that you consult your doctor before signing up for any Spa services. Please inform your therapist of any medical conditions.

Smoking and Alcohol

Smoking and the consumption of alcohol within the Spa are prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to, or after any Spa treatment.

Cancellation Policy

A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a "no-show".

Valuables

We recommend that no jewelry be worn at the Spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the Spa premises.

Gift Certificates

Treat a friend or loved one by giving them an experience they will never forget. Gift certificates are available for any Spa treatments, packages or retail products. Gift certificates are not refundable and must be presented at the time of treatment. Vouchers are valid for six months from date of issue.

Refund Policy

Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.

Payment

Room charge method only. All prices are billed in Mauritian Rupee (MUR) and are net inclusive government tax. Prices are subject to change without prior notice.

Disclaimer

The spa treatments, services and/or facilities received or utilised at the Spa are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that Guests may have. Guests will fully indemnify and hold the spa harmless, its holding company(ies), affiliates, subsidiaries, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities.

Signature Experience

FOR A WHOLLY SATISFYING UNPARALLELED EXPERIENCE

Make the time and indulge in one or more of our blissful signature experiences. In the privacy of your spa treatment suite, choose your preferred treatment or let your massage therapist use her intuition to tailor your treatment from a combination of body polish, facial or mineral-rich sea mud body conditioner. Walk away cleansed, relaxed and rejuvenated.

◆ GLOW - *Wear Radiance Like a Second Skin*

7,800

90-minute treatment & 30-minute refreshments and relaxation

- 30-minute choice of body polish
- 60-minute body massage

Spa Tip: *Tip: Personalise your spa package with your choice of massage and body polish combo to create a healthy glow.*

◆ TONING - *Nice and Firm*

10,000

120-minute treatment & 30-minute refreshments and relaxation

- 10-minute steam bath
- 30-minute salt body polish
- 30-minute natural marine mud body wrap
- 50-minute toning massage

Spa Tip: *Beautiful body comes easy with this nourishing toning package meant to restore the clarity of your skin and enhance your body contour. This unique body toning massage combining the mineral-rich mud, and the high carotenoid and nutrient content of Dunaliella algae, increases the firmness of the tissue and activates blood circulation.*

◆ **COCO DELIGHT - An All-Rounder Treat**

11,500

150-minute treatment & 30-minute refreshments + Coconut Milk Bath Soak and relaxation

- 30-minute pure coconut body polish
- 90-minute body massage
- 30-minute face massage

Spa Tip: *Emerge with smooth and baby-soft skin from the nourishing coconut body polish before you wrap up this blissful session with a soothing body, face massage and a soak in coconut bath. Coconut body polish sloughs off dead skin cells and promotes cell rejuvenation, while anti-oxidant rich coconut oil hydrates your skin. The deep cleansing coconut bath will restore moisture to your skin and reduce the appearance of fine lines and wrinkles.*

◆ **DIVINE - A Journey of Rejuvenation**

13,200

180-minute treatment & 30-minute refreshments + Ylang Ylang Bath Soak and relaxation

- 90-minute massage
- 30-minute Ylang Ylang body polish
- 60-minute facial

Spa Tip: *Experience our signature massage to relieve aching muscles, followed by a gentle exfoliating Ylang Ylang body polish and a revitalising facial. Complete your journey of rejuvenation and relaxation with a soothing Ylang Ylang bath soak and let the sensual, uplifting and relaxing properties of Ylang Ylang work their magic during times of tension and stress.*

The Ultimate in Pampering

RAINMIST TREATMENT

The combination of the healing power of water and the therapeutic benefits of massage in one blissful rejuvenating experience. This innovative signature treatment is a perfect synergistic fusion of a Rainmist Turkish Bath and Vichy rainshower to prepare the body for a toning and firming full-body exfoliation.

A warm steam room with a gently heated raised massage platform in soft colored mosaic tiles awaits you for a journey of transformation. As you lay on the heated platform, work up a sweat. The steam and heat open your pores to prepare for the Exfoliation of your choice. The Exfoliation detoxifies your skin, removes excess oil and dead cells from the skin, leaving it moisturized and glowing. The cascading Rain Vichy Shower multiple overhead jets elevate your senses. Your body then passes on to a state of deep relaxation with the Toning Massage. Enjoy this pampering experience as you are swept away in a journey of rejuvenation and relaxation.

◆ RAINMIST TONE - *The Perfect Silhouette*

8,500

120-minute treatment & 30-minute refreshments and relaxation

- 50-minute toning massage
- 30-minute head & shoulders massage
- 10-minute mud application
- 10-minute Turkish steam bath
- 20-minute salt body polish & Vichy rain shower on heated bed

Spa Tip: *A step nearer to that svelte figure you are dreaming of with this invigorating treatment designed to eliminate impurities and tone the body. Enriched with more than 26 different minerals, mud will penetrate into deeper skin layers and remove harmful toxins and pollutants. Your skin will be hydrated and moistened. It will also look brighter and will enjoy a higher flow of oxygen.*

◆ RAINMIST REJUVENATION - *Feel of Rejuvenation*

8,500

120-minute treatment & 30-minute refreshments and relaxation

- 50-minute choice of body massage
- 10-minute Turkish steam bath
- 30-minute salt body polish & Vichy rain shower on heated bed
- 30-minute hair wash and blow-dry OR mini facial

Spa Tip: *Give your body a completely rejuvenating experience as the Rainmist Turkish Bath opens your pores to prepare for the Herbal Salt Toning Exfoliation. The Exfoliation removes excess oil and dead cells from the skin, leaving it softer to the touch. Your body then passes on to a state of deep relaxation with the Massage of your choice. For a more pampering experience, complete the treatment with a hair wash and blow-dry or mini facial.*

For Her

Surprise your partner and treat her or him to a blissful tailor-made treatment designed specifically for the woman or the man. All treatments include a 60-min full body massage followed by a facial, hand or foot massage.

◆ BODY BLISS - *Nourishing Touch*

7,250

120-minute treatment & 30-minute refreshments and relaxation

- 60-minute body massage
- 60-minute hand or foot treatment

Spa Tip: *Spa Tip: Be delighted by these pampering treats from head to toe.*

◆ PEACE - *Worry Free*

7,800

120-minute treatment & 30-minute refreshments + Orange Bath Soak and relaxation

- 60-minute body massage
- 60-minute facial

Spa Tip: *Drift away on a cloud of contentment as your therapist works wonders. Then conclude with a rejuvenating and refreshing Orange Bath Soak, which will leave your skin toned and softened.*

For Him

◆ EXPRESSIONS - *Wake Up Call*

7,800

120-minute treatment & 30-minute refreshments + Eucalyptus Bath Soak and relaxation

- 60-minute body massage
- 60-minute men's facial

Spa Tip: *A choice of body massage and a facial, together with a Eucalyptus Bath Soak, to perk you up. The Eucalyptus bath's many healing benefits help to relieve stress and will leave you revitalised. You will be ready to face the world after this intensely relaxing experience.*

◆ VITALITY - *Customised Care*

7,200

90-minute treatment & 30-minute refreshments and relaxation

- 60-minute body massage
- 30-minute foot massage

Spa Tip: *Tip: Personalise your spa package with your choice of body massage to target your needs, followed by a foot massage.*

Essence of Ayurveda

A holistic system of healing originating from India 5,000 years ago, Ayurveda is an ancient science, which focuses on establishing and maintaining the balance of energies within the body, and promoting harmony between the individual and nature. Each person is viewed as a unique individual governed by one or more of the universal forces of nature. Good health is promoted by balancing these energies. Ayurvedic treatments are customised according to your 'Dosha' body type and categorised as Vata, Pitta and Kapha.

These therapies are delivered by our certified Yoga Instructor & Ayurveda Holistic Therapist, ensuring a personalized and deeply therapeutic experience.

VATA

The Vata-type individual is active, constantly on the move and can be easily tired, with dry skin texture. The Vata treatment packages are designed to calm the mental and physical state of the body and provide nourishment to the skin. A delightful way to soothe an out-of-balance Vata. Give yourself a warm rejuvenating oil massage made of a synergistic blend of nine herbs and passion flower combined with nutrient-rich organic Sesame and Olive oil to help boost vitality and vigor.

◆ PRUSHTA SHANTHI - *Back Relief*

90-minute treatment & 30-minute refreshments and relaxation

- 30-minute Kati Basti or Greeva Vasti
- 30-minute back massage
- 30-minute refreshing body polish

7,500

Spa Tip: A perfect relief for those with strained backs from sports injuries or long hours spent in front of the computer.

◆ VAYU SHANTHI - *Rebound with Vigour*

180-minute treatment & 30-minute refreshments and relaxation

- 30-minute Indian head massage
- 60-minute massage
- 30-minute Podi Kizhi
- 30-minute Shirodhara
- 30-minute refreshing body polish

12,500

Spa Tip: Bid lethargy farewell as you feel refreshed and energised once again.

PITTA

The Pitta-type individual is often affected by hot weather and has sensitive skin. The Pitta treatment packages are created to calm the emotions and soothe the skin. Perfect cooling blend infused with nine traditionally used organic herbs, nutrient-rich organic Sesame and Sunflower oils. Supports healthy circulation and helps remove toxins out of the system.

◆ MANA SHANTHI - *Calm your Mind*

7,500

90-minute treatment & 30-minute refreshments and relaxation

- 30-minute Indian head massage
- 30-minute Shirodhara
- 30-minute balancing body polish

Spa Tip: Clear your mind with the traditional Shirodhara treatment, where the flow of warm oil on your forehead soothes and balances your body, mind and soul.

◆ AGNI SHANTHI - *Quench the Fire*

12,500

180-minute treatment & 30-minute refreshments and relaxation

- 30-minute Indian head massage
- 60-minute waves massage
- 30-minute Chakra Vasti
- 30-minute Shirodhara
- 30-minute balancing body polish

Spa Tip: Reduce body heat and regain inner balance of your body with a combination of Ayurvedic therapies.

KAPHA

The Kapha-type individual is down-to-earth, calm and has oily skin with a tendency to put on weight.

Experience the revitalizing and renewing benefits of Kapha Massages. These invigorating massages, using a blend of nine organic herbs, nutrient-rich Sesame and Sunflower oils, reduce and balance Kapha. They revitalize, stimulate the circulation and cleanse the system.

◆ SUKSHMA SHANTHI - *Trim and Tone*

7,500

90-minute treatment & 30-minute refreshments and relaxation

- 60-minute Udvartanam
- 30-minute invigorating body polish

Spa Tip: Let the wonders of this toning herbal treatment combine with a steam wrap to effectively reduce cellulite from your body.

◆ BHU SHANTHI - *Body Toner*

12,500

180-minute treatment & 30-minute refreshments and relaxation

- 30-minute Indian head massage
- 60-minute deep tissue massage
- 30-minute Podi Kizhi
- 30-minute Shirodhara
- 30-minute invigorating body polish

Spa Tip: A combination of traditional Ayurvedic treatments work to tone the body.

Signature Ayurvedic Treatments

Rooted in the ancient healing traditions of India, our Signature Ayurvedic treatments are thoughtfully curated to restore inner harmony, encourage the body's natural healing mechanisms, and rejuvenate both mind and spirit.

◆ **ABHYANGA - The Classic Ayurveda Massage**

60 / 90-minute treatment

A traditional full-body massage using warm, herb-infused oils, Abhyanga is the cornerstone of Ayurvedic therapy. Applied from scalp to soles, this deeply nourishing technique enhances circulation, pacifies the Doshas, and promotes overall wellbeing. The massage oil is meticulously selected to suit your body constitution and seasonal needs.

Spa Tip: *A daily ritual in Kerala, this treatment improves sleep, reduces stress, and strengthens the immune system.*

5,800

7,200

◆ **SMRITHI - The Memory**

90-minute treatment

This therapy combines Abhyanga with Shirodhara – a continuous stream of medicated oil gently poured over the forehead. Designed to calm the nervous system and balance the mind, this deeply relaxing duo fosters mental clarity and promotes restful sleep.

Spa Tip: *Ideal for those suffering from fatigue, insomnia, or emotional exhaustion.*

◆ **ABHYANGA WITH HOT HERBAL POUCHES - Destress Therapy**

90-minute treatment

A synergistic blend of Abhyanga and Podi Kizhi (herbal pouch therapy), this treatment dissolves tension, improves circulation, and provides immediate relief from fatigue and jet lag. The heated herbal boluses penetrate deep into the muscles, unlocking physical and mental blockages.

Spa Tip: *Recommended before or after travel, or after long working hours for complete reset.*

7,200

◆ **CHAKRA HEALING WITH TIBETAN BOWLS**

60-minute treatment

This subtle energy therapy combines sound healing with vibrational alignment of the body's chakras. Using ancient Tibetan singing bowls, the practitioner stimulates and balances the seven main energy centres, encouraging emotional release, inner calm and renewed spiritual grounding.

Spa Tip: *: Best experienced in a meditative state – lie down or sit and allow the vibrations to wash over you.*

❖ **SHIRODHARA - Oil Stream Therapy for Mental Clarity**

45-minute treatment

A deeply meditative therapy where a continuous stream of warm, herbal oil is gently poured onto the forehead. Shirodhara is revered for its profound calming effect on the mind and its ability to balance the nervous system.

Spa Tip: *Particularly effective for stress, anxiety, migraines and insomnia*

❖ **SWEDANA - Herbal Steam Therapy**

30-minute treatment

A detoxifying Ayurvedic sweat therapy using aromatic herbal steam, often combined with mild Abhyanga. Swedana helps open the channels of the body, eliminates toxins, and enhances the absorption of oils used during treatment.

Spa Tip: *Ideal as a preparatory or follow-up therapy to any Ayurvedic massage.*

❖ **PADA ABHYANGAM - Foot Reflexology**

45-minute treatment

This pressure-point massage focuses on stimulating reflex zones on the feet that correspond to various internal organs. Performed using warm, medicated oil, it promotes relaxation, improves organ function and encourages grounding.

Spa Tip: *Beneficial for those who spend long hours standing or walking.*

❖ **INDIAN HEAD MASSAGE - Scalp Rejuvenation**

30-minute treatment

A traditional massage using herbal oil applied to the scalp, neck, and shoulders. This energizing yet soothing therapy releases muscular tension and mental fatigue while improving scalp circulation and hair vitality.

Spa Tip: *: Pair with Shirodhara for a profound mental reset.*

Body Massage

Calm your mind and draw in the serenity of your surroundings. Allow our therapist to offer you a soothing foot wipe, herbal drink and a few minutes to leave the cares of the world behind. Our sessions include a Calm Time. Enjoy the difference.

Make the time and indulge in any of the blissful signature experiences. Our signature treatments combine aromatherapy and phytotherapy with touch techniques adapted to provide guests with a sense of total body wellness.



FUSION - *Cuisine for the Soul*

60-minute treatment & 30-minute refreshments and relaxation

5,800

90-minute treatment & 30-minute refreshments and relaxation

7,200

Spa Tip: Embracing a unique blend of Thai and Swedish massage techniques, smooth rhythmic flowing movements of the Swedish technique combined with stretches and acupressure points of the Thai Massage provide unparalleled moments of relaxation. Coupled with the use of powerful invigorating oil infused with Lemongrass, Eucalyptus, Rosemary and Anise, this massage helps to loosen up tightness, increases muscular flexibility, lymphatic flow and soothes the nervous system. A real circulation booster, this fusion of two cultures has lasting effects for overall wellness. You will feel relaxed and yet, revived, refreshed and invigorated.



BAMBOO - *Natural Touch*

90-minute treatment & 30-minute refreshments and relaxation

7,200

Spa Tip: Let the soothing touch of warm bamboo and therapeutic long, firm strokes of this massage ease stiff muscles and stimulate blood circulation, to promote a sense of deep relaxation. Combined with warm nutrient-rich Sesame oil, your skin is moisturized and revitalized.



SIGNATURE - *Our Gift to You*

90-minute treatment & 30-minute refreshments and relaxation

7,500

Spa Tip: A signature massage created exclusively for the Spa, to stimulate your body's key pressure points and strengthen inner "qi" or energy. Feel the uplifting effects of these amazing massage techniques and sense the energy packed in the blend of organic herbal oil infused with Ylang Ylang, Litsea Cubeba, Lemon and Sweet Basil. Slow double-handed finger tips strokes and thumb pressures are applied to alleviate energy blockages, relieve tension and aid blood circulation.

Classic

◆ JAVANESE - *Take a Nap*

60-minute treatment & 30-minute refreshments and relaxation

5,800

90-minute treatment & 30-minute refreshments and relaxation

7,200

Spa Tip: Adapted from ancient Balinese techniques, this deep tissue massage relieves body tension and promotes better sleep patterns. Essential oil infused with a blend of Turmeric, Lavender, Eucalyptus, Ylang Ylang and Rose works on balancing the energy centres or chakras so your energy can flow free again.

◆ WAVES - *Smooth as a Hula Dance*

60-minute treatment & 30-minute refreshments and relaxation

5,800

90-minute treatment & 30-minute refreshments and relaxation

7,200

Spa Tip: This strong massage is inspired by traditional Hawaiian techniques. Your therapist delivers long flowing strokes to restore balance and harmony. The exquisite blend of essential oils contributes to an overall feeling of wellbeing.

◆ AYURVEDIC HOT STONES - *Tension Melts*

90-minute treatment & 30-minute refreshments and relaxation

7,500

Spa Tip: Feel the tension melt away from your body as this palm-based massage blends seamlessly with heated basalt stones and nutrient-rich Sesame oil working in tandem.

◆ SIAM - *Classic Flavour*

90-minute treatment & 30-minute refreshments and relaxation

7,200

Spa Tip: Relieve tension and unwind to a delicate stretching of your body with this massage to improve mobility and flexibility, followed by Thai massage techniques of palming and thumbing, without the use of oil, on your meridian lines.

Soothing

◇ DREAMS - *Perfect for Jet Lag*

60-minute treatment & 30-minute refreshments and relaxation

5,800

90-minute treatment & 30-minute refreshments and relaxation

7,200

Spa Tip: *Created especially for tired and worn-out bodies, this calming massage soothes tense muscles using warm nutrient-rich Sesame oil.*

◇ RHYTHMIC - *Must Try for Mothers-To-Be*

60-minute treatment & 30-minute refreshments and relaxation

5,800

Spa Tip: *For mothers-to-be or those who prefer to lie on their side, this nurturing massage is a good choice. Our therapist will use gentle strokes and a rice flour pouch dipped in warm clarity oil composed of a blend of Olive oil, sweet Almond oil, Sunflower oil, Sesame oil, Jojoba oil, and Vitamin E making it great as an all-around skin care.*

On the Spot

◆ BACK ENERGY - *Iron Out Tense Muscles*

3,000

30-minute treatment & 30-minute refreshments and relaxation

Spa Tip: Iron out aches and tensions in your back with this medium to strong pressure massage working in tandem with nutrient-rich Sesame oil.

◆ FOOT LOOSE - *Sole to Soul*

3,000

30-minute treatment & 30-minute refreshments and relaxation

Spa Tip: Step out with happier feet after an energising foot massage. Nutrient-rich Sesame oil acts as a great moisturizer to keep your skin smooth and soft.

◆ INDIAN HEAD MASSAGE - *Clear Headed*

3,000

30-minute treatment & 30-minute refreshments and relaxation

Spa Tip: After a hard day's work, clear your mind with this massage to relax and remove fatigue caused by mental stress.

◆ HAND RELAX - *Hand It Over*

3,000

30-minute treatment

Spa Tip: Take good care of your arms, hands and fingers by reducing stress and tension. This massage prevents locked fingers and increases mobility. It improves circulation and reduces tension (especially after vaccination to reduce side effects). Arm massage greatly aids in healing the major joints of the arm, such as the shoulder and elbow.

Facials

A unique skin therapy that stimulates cellular metabolism to plump up fine lines, improve elasticity and restore natural brilliance to firmer skin. A specially concocted intensive formulation packed with the firming and toning properties of essential oils to rejuvenate and revitalise.

◆ MIRACLE EYES TREATMENT - *Eyes Want to be Gorgeous*

3,500

30-minute treatment & 30-minute refreshments and relaxation

Spa Tip: *An anti-ageing treat with ice-cold cryo therapy benefits the eye contour. This specialised treatment hydrates and focuses on delicate areas around the eyes with lifting techniques to reduce dark circles and puffiness. The blend of natural active ingredients of Ginkgo Biloba, Gourd extract, Hyaluronic Acid has been carefully selected to keep your radiance and protect this sensitive area.*

◆ DEEP MARINE PURIFYING - *Pure as Snow (For Oily Skin)*

6,500

60-minute treatment & 30-minute refreshments and relaxation

Spa Tip: *This deep-cleansing purifying treatment detoxifies and includes sheer indulgence massage techniques to soothe, calm and rebalance the epidermis for a youthful look. The wealth of the ocean brought to your skin to stimulate and renew damaged cells. Packed with mineral elements, vitamins and natural anti-ageing properties, Marine extract acts in synergy with Shea butter to improve the suppleness and elasticity of your skin.*

◆ HYDRA EXPRESS - *Radiance in a Flash (For Dry or Normal Skin)*

6,500

60-minute treatment & 30-minute refreshments and relaxation

Spa Tip: *Soak in the goodness of this skin replenishment facial that instantly adds moisture and brings luminosity back to your complexion. This natural marine wonder of Seaweed packed with powerful antioxidants and natural moisturizing properties helps slow the ageing skin process while protecting it from the harsh environment. Recognized for its ability to revitalize, repair and cleanse, it is used harmoniously with Kaolin to tone and nourish from deep within.*

◆ **SOOTHING REMEDY - *Skin's Best Friend (For Sensitive Skin)***

6,500

60-minute treatment & 30-minute refreshments and relaxation

Spa Tip: *Ideal for sensitive and sun-damaged skin, choose this anti-inflammatory and calming facial that features soothing aromatic complexes to nourish delicate skin and restore skin equilibrium. A concoction of Essential Oils specially formulated with botanical castor oil, Marjoram, Italian lemon zest, Laurel and aqueous extract of Centella Asiatica to pamper your skin.*

◆ **AGE DEFYING - *Beat the Clock (For Matured Skin)***

6,500

60-minute treatment & 30-minute refreshments and relaxation

Spa Tip: *Combat the visible signs of ageing with this ultimate antiaging treatment that uses an innovative botanical extract infused with ice-cold cryotherapy benefits to 'melt' away fine lines. All gathered to fight the passage of time for a newer You: Fabulous Macademia Oil rich in palmitoleic fatty acids with fantastic regeneration and moisturizing properties and great skin penetration abilities delays skin and cell ageing. Anti-inflammatory Beeswax locks in moisture, fosters cells and protects skin from damaging environmental factors while Seaweed extract helps reduce wrinkles and enhances skin appearance.*

◆ **EXCLUSIVELY FOR YOU - *Plump Up the Volume (All Skin Types)***





8,600

90-minute treatment & 30-minute refreshments and relaxation

Spa Tip: *A unique skin therapy that stimulates cellular metabolism to plump up fine lines, improve elasticity and restore natural brilliance to firmer skin. A specially concocted intensive formulation packed with the firming and toning properties of botanical castor oil and essential oils of Tea Tree, Palmarosa, Eucalyptus, Oregano, Ylang Ylang and Bourbon Geranium working in concert to rejuvenate and revitalise. The rejuvenating and revitalising treatment includes a soothing back and shoulder massage to induce deep relaxation and soothe muscular tension.*

Essential Pampering






The key essentials to relax and pamper your hands and feet, leaving them in tip top condition.

- | | |
|--|--------------|
|  DELICATE HANDS & TENDER FEET | 6,000 |
| 60-minute treatment | |
| <i>Spa Tip: Give your hands and feet a decadent treat with nail cleansing, trimming and shaping, followed by an oatmeal and olive oil conditioning mask and a massage - all acting together to strengthen dry brittle nails and promote smooth radiant complexion and elasticity of skin.</i> | |
| <hr/> | |
|  HANDS & FEET PARAFFIN | 6,400 |
| 60-minute treatment | |
| <i>Spa Tip: All the essence of a warm paraffin dip comes complete with beautifully painted or buffed nails, increase in circulation and softer skin.</i> | |
| <hr/> | |
|  NAIL PAINTING | 1,100 |
| 30-minute treatment | |
| <i>Spa Tip: Relax and cleanse the hand/foot with a warm towel followed by shaping and nail coloring.</i> | |
| <hr/> | |
|  NAIL ART | 1,500 |
| 30-60-minute treatment | |
| <i>Spa Tip: Brighten your day with beautifully painted nails. Enhance your hand or foot with a neat application of nail design.</i> | |

Body Polishes

Choose your favourite body polish to complete your pampering spa packages.

All body polishes are not available individually.

- | | |
|---|--------------|
|  COCONUT LIME GLORY - <i>Divine Skin Cleanser</i> | 2,600 |
| <p>For all skin types</p> <p>Spa Tip: <i>This moisturising and nourishing coconut scrub packed with antioxidant properties removes dead skin, promotes new cell growth and lightens skin blemishes.</i></p> | |
|  GINGER LEMONGRASS - <i>Uplift your Senses</i> | 2,600 |
| <p>For normal skin</p> <p>Spa Tip: <i>The warming effect of ginger paired with lemongrass makes this body scrub a perfect cleanser that helps to stimulate blood circulation and relieve symptoms associated with jet lags, with revitalizing benefits.</i></p> | |
|  HONEY SESAME - <i>As Sweet as Honey</i> | 2,600 |
| <p>For dry or normal skin</p> <p>Spa Tip: <i>Smell as sweet as honey after this treatment as your skin emerges smoother after the gentle exfoliation. This power-pair rich in nutrients and antioxidant properties work side by side to improve circulation and control high blood pressure, absorbing moisture in the process and leaving skin soft and supple.</i></p> | |
|  JASMINE FRANGIPANI - <i>Flowery Scent</i> | 2,600 |
| <p>For oily skin</p> <p>Spa Tip: <i>Smell your floral best and show off sparkling skin after the treatment, feeling uplifted, soothed and confident.</i></p> | |
|  OATMEAL BANANA - <i>Wholesome Delight</i> | 2,600 |
| <p>For dry or normal skin</p> <p>Spa Tip: <i>Go for this banana and oatmeal scrub for a nourishing treat, packed with B vitamins. Skin is clarified.</i></p> | |

Body Conditioners

◇ CUCUMBER MINT - After-Sun Treatment

For dry or normal skin

Spa Tip: *Feel the heat leave your sunburnt skin during this treatment using cucumber and mint to cool tender skin. Your body is covered with this special cucumber mixture and then wrapped in a blanket. Your skin will feel soothed and refreshed.*

2,600

◇ MUD MASK - 100% Natural

For oily skin

Spa Tip: *A mineral-rich wrap to provide deep cleansing and to aid the elimination of bodytoxins. This long sought out treatment is known for its healing properties and very high concentration of mineral-rich content of potassium, magnesium, sodium, bromine and calcium, essential minerals for the body's balance. This treatment is recommended for acne, eczema, psoriasis, arthritis, bone and cartilage inflammation, rheumatism, stress, fatigue, sleeplessness, anti-ageing, skin toning, cellulite reduction, remineralization and detoxification.*

2,600

For Kids

There is something even for the little ones.

◆ RELAXING MASSAGE

30-minute Relaxing Massage

2,700

60-minute Relaxing Massage

4,800

◆ PRETTY NAILS

30-minute treatment

1,000

Spa Tip: *Paint your nails in your favourite colour or add artistic nail designs*

◆ NEATLY TRIMMED

30-minute treatment

1,000

Spa Tip: *Pamper your hands or feet and keep your nails clean and trimmed*

◆ INDIAN TATTOO

30-minute treatment

500

Spa Tip: *Let beautiful intricate tattoo designs adorn your arm, hand, ankle or back*

Hydrotherapy

Our Spa offers a haven of serenity with one of the most extensive hydrotherapy facilities unique in Mauritius. Relax and rejuvenate with treatment packages that combine spa treatments with the benefits of hydrotherapy.

◇ **OUTDOOR COLD SHOWER**

Embark on a hydrotherapy journey with a refreshing cold shower to prepare and cleanse your body for the therapeutic experience.

◇ **HAMMAM STEAM ROOM**

Feel your tension melt away in this steam chamber. Amid its high temperatures, heavy perspiration is induced, which in turn promotes the elimination of one's internal impurities. A salt scrub is available for your use to further complement the detoxification process.

◇ **SAUNA**

The high temperatures of this dry chamber promote body detoxification through heavy perspiration. Your immune system also receives a boost as circulation improves.

◇ **COLD PLUNGE**

A brisk immersion designed to stimulate circulation, reduce inflammation, and invigorate the body. The sudden temperature shift activates the cardiovascular system, sharpens mental alertness, and supports muscle recovery. Often used in contrast with heat therapies, it delivers a powerful reset for both body and mind.

◇ **HYDROTHERAPY MULTI JETS POOL**

Find pure relaxation in the magnificent outdoor Hydrotherapy Jets Pool equipped with air and water jet features such as Hydro back bench, body massage jet stations, neck and shoulders massage spouts and stand up jets for body and feet. This water massage technique soothes, oxygenates and tones your muscles. Your body and mind will find their balance as you feel your muscles completely relax like magic. Feel your tensions disappear. Blood circulation is accelerated.

The Hydrotherapy Jets Pool consists of the following stations:

- Hydro Massage Cascade Jets for Upper Body
- Hydro Massage Jets for Lower Body
- Waterfalls for Neck & Shoulders
- Swan Neck Jets for Neck & Shoulders
- Snake Bubble Jets for Body & Feet
- Integrated Bench Jets for the Back

◆ HYDRO BASICS JOURNEY - *Personal Time*

4,200

60-minute experience

Hamam + Body Scrub + Sauna + Hydrotherapy Jets Pool

Spa Tip: *Journey through our hydrotherapy facilities and let the unique effects of this experience indulge you along the trail. Begin your journey of relaxation and invigoration in the steam room where the self-body scrub of sea salt works on cell renewal by cleansing your skin and removing dead skin cells. Continue your journey in the dry chamber of sauna where heavy perspiration is induced to promote body detoxification. Then finish off by stepping in the Hydrotherapy Jets Pool and letting the water jets work their acupressure magic all over your body, boosting your circulatory immune system and calming your aches and pains.*

◆ HYDRO DELUXE JOURNEY - *Liquid Indulgence*

4,200

60-minute treatment & 30-minute refreshments and relaxation

Hamam + Sauna + Hydrotherapy Jets Pool + Body Massage

- 30-minute hydro basics
- 30-minute on-the-spot massage

Spa Tip: *Indulge in the benefits of the hydrothermal facilities and relax your mind. Complete the pampering hydrotherapy journey of relaxation, invigoration and rejuvenation with an on-the-spot massage of your choice. Let the wonderful synergistic combination of Hamam, Sauna, acupressure jets of the Hydrotherapy Jets Pool and body massage work wonders to calm, moisturize, detoxify, oxygenate and soothe your muscles.*

Hair Therapies

Choose your natural homemade hair treatment

- | | |
|--|-------|
| ◆ HAIR PROTEIN TREATMENT | 3,100 |
| 60-minute treatment
Protein treatment boosts the hair with a variety of nutrients and proteins from natural ingredients to help reconstruct and strengthen hair strands. | |
| <hr/> | |
| ◆ HAIR GROWTH | 3,100 |
| 60-minute treatment
This treatment makes the roots stronger and prevent hair fall. It has the ability to stimulate hair growth. | |
| <hr/> | |
| ◆ FOR DEEP CONDITIONING/NOURISHING/DRY HAIR | 3,100 |
| 60-minute treatment
For dehydrated scalp and dry brittle hair
A complete thorough treatment that nourishes, moisturizes and protects your hair.

<i>Spa Tip: The creamy texture rich in polyphenols and anti-oxidants produces a full-bodied rich foam, whilst the mixture of surfactants gently washes the hair structure.</i> | |
| <hr/> | |
| ◆ FOR SPLIT ENDS | 3,100 |
| 60-minute treatment
This treatment attracts and retains moisture to smooth the hair which can stop hair breakage. | |
| <hr/> | |
| ◆ HAIR FALL TREATMENT | 3,500 |
| 60-minute treatment

<i>Spa Tip: Carefully selected ingredients are applied on your scalp and hair to nurture and fight against hair loss.</i> | |

◆ **OILY HAIR** 3,500

60-minute treatment

***Spa Tip:** Normalizes sebum production, keeping the scalp clean without stimulating sebum production*

◆ **SHINY HAIR** 3,500

60-minute treatment

It is a treatment that enhances color, adds high shine, and intensely softens for revived and healthy hair.

◆ **HAIR & MAKEUP**

- Hairstyling As from 2,500
- Makeup 2,600
- Wedding hairstyling (with a free trial) 4,200
- Wedding makeup (with a free trial) 4,600

◆ **WAXING** As from 700

- Eyebrow
- Upper lip
- Bikini line
- Underarms
- Half legs
- Full legs

Yoga & Meditation

◆ YOGA FOR BEGINNERS

60-minute treatment

Designed for those new to yoga or returning after a break, this gentle introduction focuses on foundational postures, correct breathing, and basic alignment. The session promotes flexibility, balance, and body awareness in a supportive, non-intimidating environment.

Spa Tip: *A grounding experience that builds confidence and cultivates inner calm.*

3,100

◆ HATHA YOGA

60-minute treatment

A classical and balanced form of yoga, Hatha incorporates a steady sequence of physical postures (asanas), breathing techniques (pranayama), and relaxation. This session promotes alignment between mind and body, enhances vitality, and prepares the practitioner for meditation.

Spa Tip: *Suitable for all levels, especially those seeking a slower-paced, restorative experience.*

◆ IYENGAR YOGA AT THE BEACH

60-minute treatment

Experience the precision and alignment of Iyengar Yoga in the calming embrace of the ocean breeze. Using props such as blocks, straps, and bolsters, this method emphasises correct posture and structural balance, allowing for deeper awareness and a safe, sustained practice. Ideal for both beginners and seasoned practitioners, the beachside setting enhances mindfulness and sensory connection.

Spa Tip: *A restorative yet focused session for improving posture, flexibility, and inner stability.*

◆ PRANAYAMA & MEDITATION

60-minute treatment

Harness the power of breath and stillness through a guided session of Pranayama (yogic breath control) and silent meditation. This deeply calming practice purifies the respiratory system, balances mental activity, and encourages a state of inner quietude. Regular practice is known to reduce stress, enhance focus, and support emotional well-being.

Spa Tip: *Ideal at sunrise or sunset to reset your internal rhythm and cultivate mental clarity.*

◇ AQUA YOGA / STAND-UP PADDLE YOGA

60-minute treatment

A playful yet powerful practice that combines classical yoga poses with the gentle resistance of water. Whether performed in the pool or on a stand-up paddleboard, Aqua Yoga enhances core strength, flexibility, and balance while offering a refreshing alternative to traditional mat-based practice.

Spa Tip: Suitable for all levels, especially those recovering from fatigue or joint tension.

3,100

◇ ASHTANGA YOGA – Advanced Level

60-minute treatment

A dynamic and physically demanding form of yoga, Ashtanga follows a structured sequence of postures linked by breath and movement. Ideal for experienced practitioners, this session builds internal heat, detoxifies the body, and cultivates strength, endurance, and discipline.

Spa Tip: A challenging yet deeply rewarding practice for those seeking transformation through movement and breath.

Private Indulge

◆ FITNESS CENTRE & PERSONAL TRAINING

60-minute treatment

Elevate your physical conditioning with guided training in our state-of-the-art fitness centre, equipped with advanced cardiovascular and strength-training equipment. Our certified Personal Trainer offers customised sessions tailored to your fitness level and goals—whether it's weight management, endurance, or functional strength.

Spa Tip: *Ideal for guests seeking structured physical activity as part of a comprehensive wellness journey.*

◆ REIKI – Balance Mind and Body

60-minute treatment

A deeply relaxing Japanese energy therapy, Reiki works to restore balance by channelling universal life force energy through the practitioner's hands. Without physical manipulation, this subtle healing practice supports emotional release, mental clarity, and physical well-being.

Spa Tip: *Best experienced in silence to allow the energy to flow freely and harmonise the body's natural rhythms.*

◆ SPA BATH SOAK

60-minute treatment

Have an unforgettable escape with a personalised bath ritual. Our thoughtfully crafted bath menu offers multiple bath soaks tailored to your needs, from Relaxing to Energising, Hydrating, and Detoxifying. As you immerse in your cocoon-shaped bathtub, the blend of essential oils works on your mind, muscles, and skin, leaving the body eased and the senses calmed.

Spa Tip: *A fitting choice before or after any treatment to enhance relaxation and improve overall absorption of therapeutic benefits.*

Ayurvedic Retreat

A Journey to Inner Balance and Rejuvenation

Discover the timeless wisdom of Ayurveda in a serene beachfront sanctuary at Le Jadis Beach Resort & Wellness. Our exclusive 5-day and 7-day Ayurvedic Retreats are designed to restore harmony between body, mind, and spirit through a holistic blend of yoga, authentic Ayurvedic therapies, and nutritional guidance.

Led by Dr Aiswarya Krishnakumar, an experienced Ayurvedic physician from Kerala, the birthplace of Ayurveda, this transformative wellness experience offers a personalised approach to rejuvenation, healing, and self-discovery.

THE 5-DAY AYURVEDA RETREAT

Reawaken Your Vitality

A concise yet deeply restorative journey to revitalise the body and mind. Through a combination of daily yoga sessions and therapeutic Ayurvedic treatments, this programme restores energy flow, eases tension, and promotes deep relaxation.

Day 1 – Introduction to Hatha Yoga (60 mins)

Abhyanga Massage (60 mins) – Traditional full-body warm oil massage promoting circulation and relaxation.

Days 2–4 – Hatha Yoga (60 mins)

Abhyanga with Podikizhi Therapy (90 mins) – Application of heated herbal poultices to stimulate detoxification, reduce inflammation, and relieve muscular tension.

Day 5 – Smrithi – The Memory (90 mins)

A combination of Abhyanga and Shirodhara (warm oil flow over the forehead) that deeply calms the nervous system and enhances sleep quality.



THE 7-DAY AYURVEDA RETREAT

A Complete Rejuvenation Experience

An immersive healing journey designed to align the body's natural rhythms and promote long-term wellness. Over seven days, participants experience a sequence of therapies that detoxify, nourish, and revitalise from within.

Day 1 – Introduction to Hatha Yoga (60 mins)

Abhyanga Massage (60 mins) – Traditional full-body warm oil massage promoting circulation and relaxation.

Days 2–4 – Hatha Yoga (60 mins)

Abhyanga with Podikizhi Therapy (90 mins) – Herbal powder compress therapy to soothe inflammation, enhance circulation, and support musculoskeletal health.

Days 5–7 – Hatha Yoga (60 mins)

Smrithi – The Memory (90 mins) – Full-body Ayurvedic oil massage followed by Shirodhara for deep relaxation and mental clarity.

Advance booking required.