



le Jadis

BEACH RESORT & WELLNESS MAURITIUS



Managed by Banyan Tree
Hotels & Resorts

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 tailormade 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.

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*

7,500

90-minute treatment & 30-minute refreshments and relaxation

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

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*

12,500

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

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.

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

5,800

60-minute treatment & 30-minute refreshments and relaxation

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

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.



HANDS & FEET PARAFFIN

6,400

60-minute treatment

Spa Tip: All the essence of a warm paraffin dip comes complete with beautifully painted or buffed nails, increase in circulation and softer skin.



NAIL PAINTING

1,100

30-minute treatment

Spa Tip: Relax and cleanse the hand/foot with a warm towel followed by shaping and nail coloring.



NAIL ART

1,500

30-60-minute treatment

Spa Tip: Brighten your day with beautifully painted nails. Enhance your hand or foot with a neat application of nail design.

Body Polishes

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

All body polishes are not available individually.



COCONUT LIME GLORY - *Divine Skin Cleanser*

2,600

For all skin types

Spa Tip: This moisturising and nourishing coconut scrub packed with antioxidant properties removes dead skin, promotes new cell growth and lightens skin blemishes.



GINGER LEMONGRASS - *Uplift your Senses*

2,600

For normal skin

Spa Tip: 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.



HONEY SESAME - *As Sweet as Honey*

2,600

For dry or normal skin

Spa Tip: 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.



JASMINE FRANGIPANI - *Flowery Scent*

2,600

For oily skin

Spa Tip: Smell your floral best and show off sparkling skin after the treatment, feeling uplifted, soothed and confident.



OATMEAL BANANA - *Wholesome Delight*

2,600

For dry or normal skin

Spa Tip: Go for this banana and oatmeal scrub for a nourishing treat, packed with B vitamins. Skin is clarified.

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 body toxins. 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

1,000

30-minute treatment

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



NEATLY TRIMMED

1,000

30-minute treatment

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



INDIAN TATTOO

500

30-minute treatment

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.

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.



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.



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.

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.*



FOR SPLIT ENDS

3,100

60-minute treatment

This treatment attracts and retains moisture to smooth the hair which can stop hair breakage.



HAIR FALL TREATMENT

3,500

60-minute treatment

Spa Tip: *Carefully selected ingredients are applied on your scalp and hair to nurture and fight against hair loss.*



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
- Makeup
- Wedding hairstyling (with a free trial)
- Wedding makeup (with a free trial)

As from 2,500

2,600

4,200

4,600



WAXING

As from 700

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

Private Sessions

◆ FITNESS CENTRE & PERSONAL TRAINING

Work towards your fitness goals, including muscle toning, stretching, endurance training, aerobics, core stability, and muscle relaxation at our state-of-the-art Fitness Centre featuring innovative Kinesis and Technogym equipment. Our professional and experienced fitness trainers take a holistic and highly personalized approach to your physical wellbeing, combining fitness regimes with time-honoured spa traditions to achieve your fitness and wellbeing goals.

◆ YOGA FOR BEGINNERS

Beginning a yoga practice can be intimidating and overwhelming. Offered at a slower pace, these classes focus on the basics of yoga, breath work and movement. Absolute beginners will love yoga fundamentals. Our yoga class called "the art of alignment" is an excellent way to learn about each pose.

30 minutes

2,500

60 minutes

5,000

50% OFF for the second person

◆ YOGA - *Fight stress and find serenity*

Yoga is considered a mind-body type of complementary and alternative medicine practice. Yoga brings together physical and mental disciplines to achieve peace of body and mind, helping you relax and manage stress and anxiety. It can also enhance your mood and overall sense of wellbeing.

30 minutes

2,500

60 minutes

5,000

50% OFF for the second person

◆ MEDITATION

Take a deep breath and relax. Watch the tension melt from your muscles and all your niggling worries vanish. The deep rest experienced during the practice of the Transcendental Meditation technique allows your body to naturally dissolve stress and strain. The daily practice of meditation produces a wide range of positive effects on a person's mind, body and behaviour.

30 minutes

2,500

60 minutes

5,000

50% OFF for the second person

◆ REIKI - *Balance mind and body*

"When a mind has only light, it knows only light. Its own radiance shines all around it, and extends into the darkness of other minds, transforming them into majesty". Reiki works on all chronic and acute illnesses, including serious problems like heart disease and cancer as well as skin problems, flu, fatigue, headache, and back pain. Moreover, Reiki helps your mind become calmer, improves memory and self-confidence and enhances personal awareness. You will be able to answer your own questions knowing that you have the answers.

30 minutes

2,500

60 minutes

5,000

Only individual sessions

◆ CHAKRA HEALING

Originated in India over 3,000 years ago, the word *chakra* comes from the Sanskrit word meaning *wheel*. In the Vedic tradition, it is believed that the chakras are like spinning wheels of energy that keep the body in balance. They are energy centers in the body that govern various aspects of our lives. There are seven main chakras, which correspond to the major glands in the body. Each chakra is associated with a certain color, emotion, and aspect of life. The chakras are not organs – they're rather energy centers. When they are open and the energy is flowing freely, we experience health and vitality both physically and emotionally. However, when they become blocked, we can experience pain and dysfunction in our lives. A single blocked chakra can also imbalance all the chakras. This is where chakra healing can help you.

This therapy is done either in sitting position or lying down with sound healing.

After every chakra therapy it is recommended to have a bath in the ocean to retake your power back with sea salt.

30 minutes

2,500

60 minutes

5,000

50% OFF for the second person

Special Events



BRIDE 2 B BRIDAL PACKAGE

Looking great on your wedding day is not just about your hair and make-up - it is also about maximizing your inner glow. Planning and preparation are both key when it comes to having the perfect wedding. Experiencing the spa before your wedding has become a definite "I do!".

- Hair Treatment
 - Hair Styling
 - Make up
 - Facial
 - Massage
 - Manicure & Pedicure
-



BACHELORETTE / GET TOGETHER / BIRTHDAY / ANNIVERSARY CELEBRATION

Spas are a wonderful place for female bonding, and having fun. If you want to combine pampering with bachelorette partying or any special event, allow us to suggest some original activities to choose from.

- Escape/Retreat
- Lady's choice
- Glow
- Hydro Basic or Hydro Deluxe Journey
- Facial
- Hair Treatment
- Manicure
- Pedicure
- Personal Training
- Meditation