



FREGATE ISLAND PRIVATE

SEYCHELLES



ROCK SPA

Fregate Island's Rock Spa is the ideal spot to both relax and revitalize the mind, body and soul. Drawing on age-old know-how and the healing properties of local plants, the spa's experts offer beauty treatments, massages and yoga instruction in a truly peaceful environment.

We be partner with a Seychellois company “Nourished by Nature” and use ingredients from the Fregate Island complements our range of treatments and therapies perfectly. The products which are made in the Seychelles offer the ultimate in relaxation, revitalization, detoxification.



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MASSAGE RITUALS

❖ FREGATE SIGNATURE MASSAGE

This unique treatment combines highly effective massage styles and techniques with stretching elements in order to vitalize and relax the body from the head to the toe.

60 minutes	SCR 2300
90 minutes	SCR 3200

❖ AROMATHERAPY MASSAGE

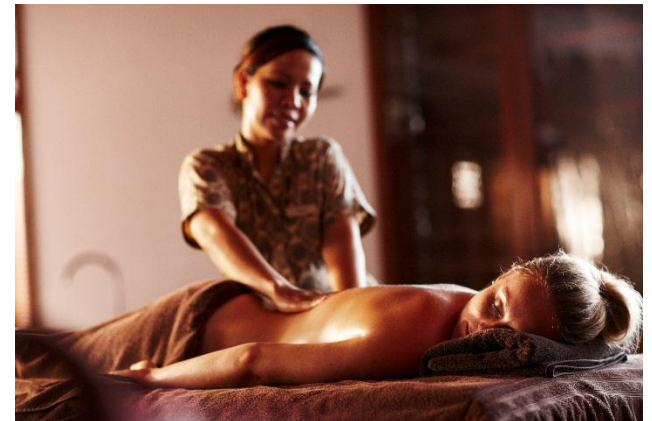
Long sweeping strokes warm the skin and muscles while essential oils derived from plants provide therapeutic benefits which promote healing and well-being. This total body massage can have either a relaxing or stimulation effect, depending on which aromas are used.

60 minutes	SCR 2100
90 minutes	SCR 2900

❖ BACK & SHOULDER MASSAGE

To release the tight and stressed back we use warm oil and focus on your back, neck and shoulders.

45 minutes	SCR 1600
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MASSAGE RITUALS

❖ FOOT & LEG

Reflexology is a therapeutic treatment using pressure points on the feet, this incomparable massage not only relieves fatigue and strain on leg muscles, but is a unique relaxing procedure that also has a direct benefit to the entire body through the stimulation of the reflexology points under the feet.

60 minutes SCR 1900

❖ DEEP TISSUE/SPORT MASSAGE

A reflective deep relaxation therapy with use of kneading, stroking, friction, tapping and vibration, this massage provides relief from muscle tension, aches and pains.

60 minutes SCR 2200
90 minutes SCR 3000

❖ BALINESE MASSAGE

This energizing massage uses thumb, palm pressure and firm strokes working along meridian points. The use of coconut oil improves energy while helping to relax and harmonize your senses.

60 minutes SCR 2300
90 minutes SCR 3200

❖ HOT STONE MASSAGE

Melt away sore, aching bodies with a rejuvenating massage with heated basalt stones using soft, medium to deep pressure to relax tense muscles.

60 minutes SCR 2300



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NATURAL FACIAL

Nourished by Nature combines safe, efficient and gentle scientific principles with the wonders of natural therapeutic practices including homeopathy, Ayurveda, herbalism, aromatherapy and vibrational flower therapy.

Surrounded by abundant nature in Sans Souci, Nourished by Nature honours age-old holistic principles to support balance and wellbeing and to nurture your energetic life force at all times.



❖ **CLARIFYING FACIAL** Nourished by Nature

Our clarifying facial includes gentle skin-type specific cleanser, exfoliation, mask, toning and massage. For sun burnt skin we offer a special product to improve hydration.

60 minutes SCR 2500

❖ **DELUXE FACIAL** Nourished by Nature

Our deluxe facial includes gentle skin-type specific cleanser, exfoliation, mask, toning and massage and ends with a relaxing hand & head massage.

90 minutes SCR 2900

❖ **CREOLE FACIAL**

Our creole facials are made with natural ingredients from the tropical Island Garden. We start with cleansing, exfoliation, mask, toning and end with a face massage.

60 minutes SCR 2300



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BODY SCRUB

All our body scrubs are organic; they remove dead skin cells and impurities. Leaving the skin toned, revitalized, soft and heavenly scented. The treatment starts with a hot towel to clean your feet and ends with a soothing application.

❖ Coconut

This scrub is perfect for all seasons to keep your skin soft, supple and hydrated. We use the shredded coconut from Fregate, cold-pressed coconut oil and tropical botanical extracts to polish and soften your skin, leaving it soft, pampered and glowing with good health.

❖ Orange

The Orange scrub smoothes and refreshes your skin with natural products.

❖ Creole

We use our seasonal fruits and herbs from the Garden of Fregate Island to create a perfect scrub for your body.

45 minutes

SCR 1300



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BODY MASK

All our body masks are organic; Leaving the skin toned, revitalized, soft and heavenly scented. The treatment starts with a hot towel to clean your feet and ends with a soothing application.

❖ COCONUT & BANANA

Packed full of ingredients that not only soften your skin, but re-build the skin cells. While it hydrates the skin, it is an excellent choice for those looking to extend the life of their well-earned tan!

❖ AFTER SUN

A cooling, comforting treatment that combines the healing benefits of aloe and cucumber to quiet and calm sun-burn or aggravated/irritated skin.

❖ CREOLE

We use seasonal fruits and herbs from the Garden of Fregate Island to moisturize and soften your skin.

45 minutes SCR 1300

DELUXE PACKAGE BODY SCRUB & MASK

❖ CREOLE BODY SCRUB AND MASK

We use seasonal fruits and herbs from the Garden of Fregate Island to moisturize and soft your skin.

75 minutes SCR 2200



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HAIR & SCALP

Treatments begin with an invigorating scalp massage and end with a steaming hot towel wrap. These treatments are designed to promote fuller, healthier hair using traditional recipes from the islands.

You can choose the type of organic product we use for your hair:

- ❖ HIBISCUS (All types of Hair)

Hibiscus is a Conditioning and reconstructive toning treatment.

- ❖ PAPAYA AND YOGHURT (Dry or Chemically treated Hair)

This treatment is moisturizing for even the driest hair and because it is rich in vitamins and minerals it will help reconstruct split ends.

- ❖ BREAD FRUIT AND YOGHURT (Oily Hair)

Breadfruit combined with yoghurt is ideal for cleansing and removing excess oil and product build up without stripping the hair of its natural sheen.

45 minutes

SCR 1300



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PROGRAMMES

Fregate Deluxe

- ❖ Foot ritual
- ❖ Organic body scrub and mask
- ❖ Fregate signature massage
- ❖ Facial

Finish your treatments with a light spa lunch

3 HOURS SCR 4700

Body and mind

- ❖ Yoga class
- ❖ Foot ritual
- ❖ Organic body scrub and mask
- ❖ Aromatherapy massage

Finish your treatments with a healthy seasonal juice and light spa snack

3 HOURS SCR 4700

We kindly inform you that our programmes are not possible to do in the Villa. Thank you for your comprehension.



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MISCELLANEOUS

❖ MANICURE

A luxurious exfoliation, hydration and caring treatment to restore your hands and nails, including nail varnish.

SCR 1400

❖ PEDICURE

A luxurious exfoliation, hydration and caring treatment to restore your feet and nails, including nail varnish.

SCR 1400

❖ NAIL VARNISH RENEWAL

SCR 450

❖ DEPILATION

Face	SCR 300
Half leg	SCR 630
Full leg	SCR 950
Underarm	SCR 450



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IN-VILLA / OFFSITE OFFER

Expand the massage experience to your favorite spot anywhere on the Island. Whether in the privacy of your Resident; 17 meters off the ground in the tree house or any one of our award-winning beaches treat yourself to a massage to remember.

Standard massage fee plus an additional 50% for the in villa / off site service.

We offer this service only for massage treatments!

IN-VILLA PACKAGE

Honeymooners delight

- ❖ Romantic bath with flowers and a glass of champagne
- ❖ Organic body scrub and mask
- ❖ Hair & scalp treatment
- ❖ Fregate signature massage

Finish your romantic couples treatment with a light spa lunch in your villa.

3,5 HOURS SCR 9800



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ISLAND KIDS

❖ For your little princess

We offer a body massage using aroma therapy oils of happiness designed for young ladies. We follow up with a manicure that will leave hands embellished to make her look and feel as beautiful as she is.

❖ For your little prince

For your prince, nothing beats a body scrub of chocolate and a body massage with aromatherapy oils designed for young skin.

90 minutes SCR 2400

We recommend children under 13 years not to do any facial treatments.



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YOGA

Yoga practices are based on thousands years of use. Yoga is not dogmatic but rather a science for personal evolution. Yoga is far from being mere physical, breathing acrobatics or demonstration of magic or supernatural powers; it is a science of the future with a holistic vision relevant to a progressive society. It is a conscious process for raising us to a level of mental and emotional serenity through holistic approach to body & Mind. Our YOGA MASTER involves physical postures, breathing and deep relaxation techniques. These practices can be customized to individual needs. Yoga postures and breathing techniques can be geared towards the beginner to unwind the inner being through this ancient science.

THE ART OF BREATHING

Conscious control and regulation of breathing combined with restful poses to rejuvenate and relax your body help to purify the mind at the end of the day. This involves paying attention to breathing and regulating the duration of inhalation and exhalation.

STRENGTHEN YOUR BACK

Collection of remedial poses in building and strengthening the spine; holding the pose helps to give a mild traction to the spine and stretches the muscles attached. Total relaxation practiced through awareness and detachment through autosuggestion.

60 minutes	SCR 1900
90 minutes	SCR 2400



Daily resort group yoga session is complimentary. Private lessons can be booked thru the Spa Reception or your Private Assistant.



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GENERAL INFORMATION

OPENING TIMES

The Spa is open daily from 9 am to 8 pm, In-Room service on request

The gym is open daily from 7 am to 8 pm.

APPOINTMENTS

Advanced bookings for spa treatments are highly recommended. Should you arrive late for your scheduled appointment; we will endeavor to accommodate you to the best of our abilities.

CANCELLATIONS

All spa appointments may be cancelled free of charge 4 hours before the treatment is due to commence, after that we charge 50% of the treatment price.

VALUABLES

While we endeavour to look after your belongings, the spa will not be liable for loss of your valuables. We urge you to leave your valuables in the safe located in your room.



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SPA ETIQUETTE

- To preserve the tranquil environment of the spa, we respectfully request you to switch off your mobile phones, pagers and electronic devices at all times. We also request you to use a lowered speaking volume in the spa.
- Rock Spa is an alcohol and smoke free environment. Guests under the influence of alcohol, high energy drugs and medication will not be allowed to use the wet areas, gym or treatment facility.
- Please arrive 15 minutes before the start of the treatment.

SPECIAL CONSIDERATIONS

- We recommend that men shave a few hours prior to a facial treatment
- Avoid shaving or waxing one day prior to body scrubs.
- Please note certain oils used during some treatments may stain the skin or clothing.
- Rest and avoid vigorous activity for at least one hour after treatments.
- Drink water before and after all treatments.
- Guests with high blood pressure, heart conditions, who are pregnant or have any medical complications, are advised to consult their doctors before booking any spa treatments/services. Please inform your spa therapist of any medical conditions.
- Entry to the Rock Spa is at your own risk and although strict policies and procedures are implemented to maximize safety, Rock Spa, its employees and representatives will not be held liable or accountable for any incident experienced by any person entering the premises and/or undergoing spa treatments.



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NATURAL INGREDIENTS FROM THE FREGATE ISLAND

For some Spa treatments we use following ingredients from the Fregate Island:

- Coconut
- Papaya
- Star fruit
- Cinnamon (fresh from the bark of the cinnamon tree)
- Bread fruit
- Guava
- Banana
- Aloe Vera
- Soursop
- Mango
- Orange
- Cucumber
- Passion fruit
- Avocado