escape to a hypnotic haven at the spa

Set against the Indian Ocean, discover the natural tranquility of our award-winning Spa. Carefully blending the African roots of Mauritius with the learned traditions of Asia, our Spa fuses rich cultural elements with modern-day techniques, to ensure a holistic wellbeing experience of the physical, emotional and spiritual bodies.

A professional salon, group and private wellness classes and a spa cuisine menu are also available to offer harmonious additions to a rejuvenating spa experience. Consult our Spa Reception to achieve a customized spa programme that brings balance to your mind, body and soul.



terres d'afrique

For centuries, African people have used powerful botanicals as traditional healing elixirs. Terres d'Afrique has studied how people use these relatively unknown ingredients and evaluated their potential to sustainably develop an organic skincare range that offers maximum benefits.



sundari

Sundari is a distinctive collection of anti-aging skincare products created from the purest ingredients and rarest essences distilled from nature. By adhering to Ayurvedic principles, Sundari offers a holistic approach to wellness that results in outer radiance and inner serenity.



thémaé

THÉMAÉ, the Japanese name for the tea preparation ceremony, symbolizes a world of sensations, pleasure and delicate, refined beauty. THÉMAÉ's products embrace an exclusive blend of spring water and four different varieties of tea, to deliver a luxurious and long-lasting sense of wellbeing.



mccm

Constantly innovating to deliver effective, detectable and safe results, MCCM is the market-leader of hightech cosmetics in health, beauty and well-being. MCCM is dedicated to ongoing research to allow delivery of the very latest resources and solutions in medical cosmetics.

the spas private collection

In addition to the use of treatment specific products, our verdant Spa gardens provide some of our freshes ingredients, including aloe vera and lemongrass, while local honey, sugar and salt are also used as part of many treatments. All products featured within the ensuite areas of our treatment rooms derive from our custom blended Four Seasons range.

AFRICAN SENSATIONS

Organically curative, discover the legend of African botanicals with Terres d'Afrique

facial care



Age-defying facia

Enroute to today, the journey of our lives can be traced in the historical lines on our faces. Smooth and soothe these lines using Terres d'Afrique Lymph Wands to enhance lifting and firming in an age-defying facial that 'straightens' the damaged collagen to reduce fine lines and wrinkles. At the same time, a wealth of Africa's potent antioxidants stimulate the skin's production of new collagen and elastin to restore a glowing, youthful appearance.

afrique arising 60 minutes

Hydrating facial

The Afrique Arising facial brings new life to skin that has played and stayed under the sun a little too long. By stimulating the blood flow to the skin, the Afrique Arising massage technique allows the omega-rich Terres d'Afrique oils to rehydrate and regenerate the deeper layers of the skin. Vitamins from the baobab tree work to restore the skin's elasticity, leaving it supple, plumped and smooth to the touch.

afrique restored

Detox facial

Regenerating the skin of high-octane urbanites, the detox process of this facial begins with a combination of a deeply relaxing massage and stimulation of Shiatsu facial pressure points using Terres d'Afrique signature Lymph Wands. These techniques facilitate lymph drainage, which helps eliminate toxins and reduces congestion. A cleansing masque then extracts toxins from deep within the epidermis, leaving the skin ready to soak in omega oil-rich botanicals to achieve a naturally radiant look.

afrique awakening 45 minutes

Rejuvenating facial

A quick boost for fast-paced lives, this facial uses hydrating, detoxifying and anti-aging African botanicals and enhances their effect by signature massage techniques to smooth away the signs of life's jetlag, leaving skin refreshed, radiant and glowing.



Body rejuvenation

Follow in the footsteps of the nomadic Himba women of Namibia and allow the centuries-old, warm amber scent of Omumbiri resin to perfume your imagination and nourish your skin and soul. After a gentle exfoliation, the skin is ready for the moisturizing healing of the rich Terres d'Afrique Omumbiri Body Butter. Rediscover the radiant glow of skin that is smooth and soft to the touch.

afrique gold 90 minutes

Deeply-moisturizing

Using the purest ingredients from Mali and Ghana, Terres d'Afrique has carefully handcrafted one of the richest shea butters in the world to generously indulge the skin with intense moisturization. The shea butter is melted to a golden oil and massaged into the skin by slow, deep strokes, resulting in profound relaxation. The essential fatty acids and vitamins of the shea butter rehydrate, recondition and revitalize the body from head to toe, breathing new life into your skin.

AFRICAN SENSATIONS

body care



afrique released

Muscle de-stresser

For those taught with tension and muscles that absorb the stresses of daily life, discover the ancient Madagascan oils of katrafay, ravintsara and ravensara – known for their muscle-relaxing and anti-inflammatory properties. In this deeptissue massage, the oils not only soothe away stress, but also tone and fortify the body, while stimulating the immune system. The addition of healing baobab oil softens the skin to leave you feeling completely restored.

afrique in harmony 90 minutes

Body-balancer

Never stronger than in the plants of Africa, the instinctive balance of nature restores equilibrium between the natural earth and the demands of the environment. Embracing the potent botanicals born from Africa's soils to restore your balance, this massage begins with a fullbody exfoliation to prepare the skin for the best absorption of Mozambican coconut oil, which delivers antioxidants and vitamin E deep into the skin. While the coconut oil absorbs, the hand-carved wooden TriTouch and soothing hands drain the lymph nodes, before the body's pressure points along the meridians are activated by TriTouch stimulation to induce the body's natural curative abilities.

AFRICAN SENSATIONS

body care

terre blanche

90 minutes

Detoxifying and Soothing Body Masque Bentonite clay, combined with proudly African buchu and Aloe ferox, works in harmony with the deep layers of the skin to remove heavy metals and toxins. From too much sun to urban pollution, allow stresses to fade away in this detoxifying body masque, to leave your skin feeling smooth and revived.

terre rouge

90 minutes

Anti-Aging Body Masque

Combining antioxidant-rich rooibos, baobab fruit extracts and naturally moisturizing oils, this unique body masque reduces the negative effects of free radicals and inflammation, preventing the signs of aging from leaving their marks on your body.

terre noire

90 minutes

Firming and Lightening Body Masque Long-known and treasured by the Tsonga women of Southern Africa, kigelia offers natural lifting and firming properties, which are embraced by this body masque and combined with baobab and rooibos to help restore the skin's elasticity, even out skin tones and reduce sun spots. terres d'afrique - personalize your treatment with crystal therapy

BLUE LACE AGATE

Soothes the Mind Helps counteract stress. Promotes inner stability.

POLYCHROME (DESERT) JASPER

Nurtures and protects

Balances emotional energy. Stimulates creativity.

PETRIFIED WOOD

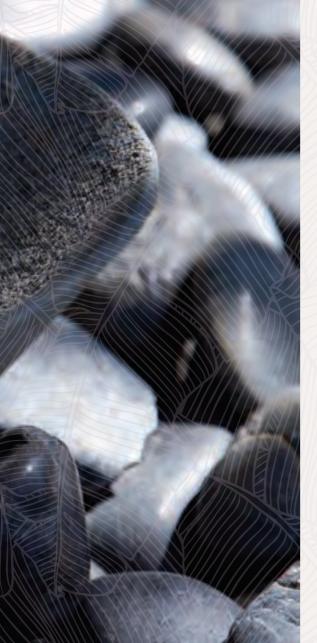
Encourages Feelings of Well-being

Calms the nerves, encouraging a sense of security. Said to be the stone of business success.

AYURVEDA PHILOSOPHY BY SUNDARI

Purified from nature to uncover the radiance within

body & facial care



neem healing facial 90 minutes

Calm and purify even the most delicate skin with Neem, known in India as the "Pharmacy tree". Neem extracts, combined with soothing oils and Marma massage, heal, hydrate and restore sensitive or irritated skin.

gotu kola age firming facial 90 minutes

Reclaim your youthful skin. This advanced treatment feels luxurious yet acts powerfully, instantly firming and improving your skin tone and texture. Combining traditional massage therapies and a potent skin tightening masque, this facial reinvigorates dull complexions.

sundari facial

60 minutes

This holistic facial, customized for your skin's specific needs, will reawaken and rejuvenate your skin using naturally active ingredients custom-blended for exfoliation and renewal.

sundari body conditioning 60/90 minutes

Allow your skin to be polished to a lustrous glow with this nourishing 60 minute exfoliation and back massage. Choose from firming Gotu Kola, simplifying Omega 3 or deep cleansing Neem. For optimal results, the 90 minute option includes a firming, supplifying or deep cleansing body masque, and for the ultimate experience the 120 minute ritual includes a full body Abhyanga massage and facial cleanse.

neem healing body ritual

120 minutes

Created around the benefits of Neem, India's pharmacy tree, this ritual blends therapeutic and aromatic herbs to balance and comfort the spirit as it treats the body. The ritual begins with a purifying footbath followed by a full body Neem and Triphala oil massage. A full body exfoliation and envelopment is followed by healing lotion application to complete this experience.

omega 3 supplifying body ritual 120 minutes

Omega 3 works deeply to nourish and hydrate skin. A cleansing footbath marks the beginning of this ritual followed by a full body massage and exfoliation. A hydrating body envelopment to reveal the skin's natural tone is followed by lotion application to seal in the moisture.

TEA CEREMONIES, WITH THÉMAÉ

Blending cultures and traditions of ancestral heritage

body & facial care

empress original beauty facial treatment

90 minutes

This intensive anti-ageing treatment is designed to combat wrinkles, loss of elasticity and reduce the appearance of pigmentation. After a deep cleanse of the skin, including a detox face masque with tea leaves, you will enjoy a fatigue removal face massage. The treatment is completed with the application of a collagen masque and kneading acupuncture movements, while massaging the arms and legs. The results are radiant skin and a visible reduction in the signs of ageing. Anti-ageing techniques include traditional Japanese and Thai tools such as (Ridokis and Nouat-Na) to stimulate circulation and firm the skin.

oriental massage

Gentle, graceful strokes are used to provide comforting movements to the muscles and skin in a massage that frees the body from all its tensions. The kneading, treading and smoothing movements will leave the body feeling peaceful and calm, while the parallel movements create a sense of well-being, a rested mind and a relaxed body.

Ideally performed after a Hammam, this massage calms the body after it has been submitted to intense warmth.

cocoon massage

90 minutes

This massage, specially developed for expectant mothers, is simultaneously gentle, comforting and toning. It aims at improving blood circulation and relaxing muscles to soothe the legs and back of the mother-to-be. Ideal for expectant mothers seeking a little 'me' time to feel lighter, more relaxed and ultimately radiant.

mccm moisturizing facial

60 minutes

Deeply hydrating, this facial promotes elasticity, firmness and smoothness of the skin. Suitable for all kinds of dehydrated and devitalized skin, the treatment helps to restore the optimal level of hydration, while combating free radicals to prevent aging.

mccm regenerative facial 60 minutes

Through promoting cell proliferation, the Regenerator facial speeds up the recovery process of irritated or damaged skin. Active ingredients focus on skin hydration and nutrition to provide a quick and complete regeneration. The nourishment process forms a layer of proteins on the skin's surface to protect against external aggressions, complementing the treatment's anti-aging properties.

60 minutes

This facial is specifically designed to improve the texture of the skin through stimulating cell renewal that balances the brightness and smoothness of the skin. Dead cells are eliminated by the glycolic acid component and the cellular metabolism is activated to allow an immediate renewal of the skin. The treatment is particularly well suited to those with excess sebum secretion, solar erythema, seborrhoea tendency or hyperkeratosis.



Revealing results throug high-tech innovation

facial care

mccm anti-aging facial

Providing firmness and elasticity to the skin, the nutritive moisturizing cream for this facial prevents and reduces wrinkles for the face and neck, combating premature aging and expression lines, while achieving a higher luminosity to the skin.

mccm 12h btx gold facial luxury treatment

90 minutes

A brilliant combination of Gold, Rosehip Oil, Soy Proteins and Argireline prolong the health and vitality of the skin in this facial, reducing the appearance of wrinkles and regenerating the inner layers of the epidermis. Moisturizing properties provide maximum hydration, achieving youthful, healthy and vibrant skin.

mccm 24dna platinum facial luxury treatment

Designed to boost nutrient receptivity, improve hydration and protect the skin, this powerfully revitalizing treatment creates attractive and smooth skin that appears rejuvenated and cared for. Platinum acts as the main active ingredient to produce an instant glow effect by reflecting the light in the same way as youthful skin. Recommended for devitalized and dry skin.

mccm collagen facelift

This exclusive treatment is designed to fight premature aging, giving a revitalizing and lifting effect. Combining the efficacy of strong, principle and active ingredients in a high-tech device, penetration of the skin is increased and balance is achieved through an enriching Nano-fiber mask to revitalize, hydrate and tone the skin.

mccm champagne facial treatment

90 minutes

In this intensive anti-aging treatment, the active ingredients of champagne stimulate the defense mechanisms against the physiological process of coetaneous aging. A multi-active exfoliation system incorporates a "champagne effervescent reaction" chemical scrub; a mechanical exfoliation to cleanse the pores and remove any dead cells; and a champagne peeling mask that dries and tightens the skin for a lifting effect. Skin is left looking visibly younger, smoother and more uniform.

ULTIMATE BODY CARE BY MCCM COSMETICS

Revealing results through high-tech innovation

dle-electric lymphatic drainage treatment

60 minutes

Applying the innovative method of electrical lymphatic drainage, this treatment combats the accumulation of toxins in the body. The electric pulse improves the natural lymphatic function of fighting infection, stimulating the immune defenses and boosting the metabolism and cellular reaction, to reduce volume, eliminate water retention and cellulite, and enhance body contouring. By combining this hightech approach with manual massage that is performed using a carbon micro-filament glove, this treatment offers a deep detoxification and is recommended for lymphatic drainage, cellulite and fat loss, and improved circulation.

mccm anti-cellulite

With a high concentration of active ingredients, this treatment helps to reduce fat nodules, while improving the metabolism and circulation. Lipids accumulated in fat cells are released, reducing the appearance of "orange peel" (the visible signs of cellulite), redefining the body's silhouette and reducing excess volume and localized fat deposits. Focus areas: Thighs, abdomen and arms.

mccm body lifting

90 minu

A complete treatment to stimulate the firmness of the skin, restore its brightness and tone, and enhance its elasticity. Active principles are blended, penetrating the skin to promote a deep hydration and stimulating collagen production to create healthy, silky and firm skin. A recommended treatment following weight loss or anti-cellulite treatments, to tone areas of reduced fat and prevent sagging.

mccm derma shaping treatment

Delivering the best results for fat removal and boosted circulation, this treatment employs an exclusive body roller for specific toning massage techniques, while also reducing the visible appearance of stretch marks. Through reduction of fat cells and the reshaping of problematic areas such as the abdomen, back and thighs, the treatment increases the metabolism of stored energy, enhances lymphatic drainage and reduces the size of the fat chamber.

MAURITIAN RITUALS

Healing journeys that echo the roots of Mauritian culture

body care



Detoxify from head to toe on this purifying journey. Through a scrub of coconut shell, rooibos leaves, sugar and baobab oil, dead cells are removed and the rejuvenated skin is ready to be wrapped in soothing and detoxifying mud. The blend of bentonite clay, aloe, buchu and Kalahari melon seed oil extract toxins from deep within the skin, while Desert Jasper stones absorb negativity and reawaken your vitality.

A combination of lymphatic drainage massage and the stimulation of the Shiatsu pressure points of the face, drain the lymph, detoxifying your body from within while a custom-made acupressure treatment activates your body's self-healing abilities.

The final soothing element is found in a full-body application of organic coconut oil, which is massaged into your scalp, leaving your mind at ease, your body detoxed and your skin radiant.

Full Body Exfoliation / Terre Blanche Soothing and Detoxing Body Mask / Detox Facial / Meditation and Acupressure/ Reflexology / Detox and Balancing Body Massage with Organic Coconut Oil / Head Massage

coconut and aloe island ritual 150 minutes

For thousands of years, coconut and aloe have been used extensively in traditional medicine amongst island populations around the world. There is no better place to enjoy the healing properties of these miracle plants, than the island of Mauritius, where coconut and aloe are fresh and abundant, plucked directly from the spa garden and prepared especially for you by our spa therapists.

Full Body Exfoliation with Dried Coconut / Fresh Aloe, Honey and Coconut Body Masque / Neem & Coconut Oil Scalp Massage / Lomi Lomi Massage with Organic Virgin Coconut Oil

sensual essence

Begin with a reflexology footbath to increase the body's natural energy flow in preparation for deep relaxation and purification. A fragrant steam bath envelops the body with our signature blend of essential oils. Salt from the Mauritian flats, Les Salines, is combined with ylang ylang oil and gently massaged into the body. The ritual concludes with a combination massage incorporating Lymphatic Drainage, Ayurvedic techniques and Chinese Meridian Therapy inducing deep relaxation, water balancing while boosting energy flow.

Foot Reflexology / Rosemary, Lavender and Mint Steam Bath / Tamarind Salt Cleanse / Mauritian Fusion Massage

mauritian sunburn soother

Repair and hydrate sunburned skin using the natural healing and cooling properties in aloe, honey and corn flour. Complete the hydration with an application of our signature after-sun cream blended with organic virgin coconut oil, designed to nourish and soothe.

mauritian fusion 60/90 minutes

This specialized massage incorporates a combination of techniques including Lymphatic Drainage, Meridian Therapy, Reflexology and traditional Swedish massage to increase energy, balance water levels, and release toxins and stress. Medium to deep pressure is used with our signature Mauritian oil of ylang ylang and coconut. On request, sugar cane can be used to massage deep into the muscles.

detox

60/90 minutes

Targeting the lymphatic system and the lower portion of the body, this stimulating massage is designed to release water retention and toxic buildup in the lymph nodes, while treating cellulite and irregularities in the deeper layers of the skin.

hot stone

90 minutes

Heated volcanic basalt stones energized by the moon are used to transfer energy to your Chakras to achieve a sense of complete relaxation, allowing a connection with one's inner self. Stones are smoothly applied to key points on the body to relax the muscles, and release tension and stress.



MASSAGE OFFERINGS

Specially designed to restore natural balance to body and mind

body care



A deep tissue massage using a customdesigned Kaddy golf ball roller. This treatment focuses on the back of the body and the muscles used on the golf course. Its deep pressure increases circulation and liberates sore muscles and joints to bring back mobility, while repairing muscle tissue. The 90 minute option allows for stretching and is recommended for maximum results.

abhyanga massage

60/90 minute.

A profound relaxation for the overstressed using Abhyanga, or literally, "oil massage". This rhythmic and deeply relaxing massage rejuvenates by clearing stagnant energy and restoring the flow of "prana", the life force that stimulates the body's vital energy.

shiro touch indian hair and scalp treatment

30/60 minute.

A classic Ayurvedic healing therapy to awaken the senses, invigorate the soul and create a sense of wellbeing. You will enter a dream-like state of deep relaxation as a warm stream of herbal oil gently and continuously flows over your forehead, followed by a soothing scalp oil massage to nourish and condition your hair. Consider combining this treatment with an Abhyanga Massage for an authentic Ayurvedic full body treatment.

the vaishaly experience

A transformative spa experience

This unique treatment incorporates massage and healing cranial sacral therapy techniques; focusing on the neck, shoulders, scalp and face to gently release tension, banish stress, and restore balance. Vaishaly's own blended range of products is used throughout, with the scent of healing lavender, balancing geranium, moisturizing rose, calming ylang ylang and chamomile essential oils carrying you to a dream-like state. The face is cleansed and gently massaged, revealing a fresh, youthful glow. The Vaishaly Experience harmonizes the body and brings about a deeper, meditative level of relaxation, enduring radiance and a blissful sense of peace.

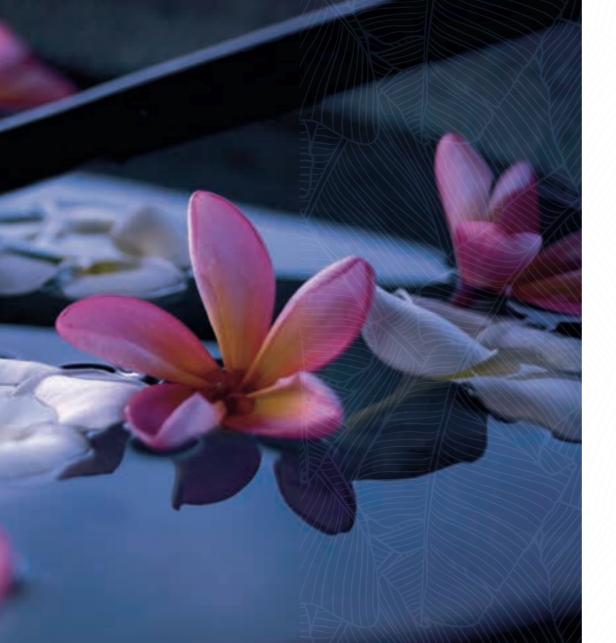
healing reiki

60 to 90 minutes

High power with life force energy

Discover the famous Japanese technique for stress reduction and relaxation that promotes healing through the concept of an unseen "life force energy". Through a 'no-touch' interaction with your healer, feel the glowing radiance that flows through and around you, to achieve a calming sense of relaxation and peacefulness.





spices of bali ritual 120 minutes

Bringing Balinese traditions to Mauritius

Indulge in a combination of roots, spices and bark crushed into a herbal pack, which helps to warm the body, relieving aching joints and sore muscles. Handed down through the generations, this traditional Balinese treatment is recognized as native healing. This treatment combines the benefits of the herbal scrub and massage with a spice wrap that is infused with ginger, clove and nutmeg, to leave you with a heavenly sensation. Finish your experience with a "Jus Alpukat", a traditional detoxifying avocado shake.

WORLD NSPIRATIONS

1 harmony of global influences

body & soul care

thai herbal massage

120 minutes

The ancient secrets of Thailand

From Thailand we bring round cotton bundles containing herbal mixtures that were once the secret tools of ancient healers, and up until recently, could be obtained only from traditional healers of Thailand. A mentholated feeling reaches deep into sore aching muscles to provide relief. Pressure and kneading from the steam-heated bundle produces deep relaxation and stress relief. A final touch is offered with your chosen oil, which is massaged into the body to leave you with soft, glowing skin. Your experience culminates with a "Nam Manglak", a traditional fresh drink.

the art of thai traditional massage 120 minutes

The movement of the life force through the body A sophisticated sequence of deep rhythmic acupressure targeting muscles and Sen (energy) lines during assisted stretches and yoga, this integrated approach stimulates the body's natural healing ability by unblocking the flow, resulting in an enlivened calm of body, mind and spirit.

ancient thai foot massage (Reflexology) 60 minutes

The Health of your feet

A holistic healing technique that provides relaxation and balance in the body's systems. Known as a therapy to foster general good health and mental serenity, specific techniques using a traditional wooden Thai instrument relieve tension and discomfort from your feet.

indian bliss

120 minutes

A touch of Indian herbs

Used for centuries in Ayurvedic sanctuaries throughout India, this therapy uses traditional herb bundles for healing and relieving muscle tension. A 120 minute experience with two therapists will completely revitalize your body and balance your mind and spirit. After the treatment, enjoy an iced tea with Indian spices and a selection of 'Nariyal' sweets in the tranquility of our outdoor relaxation area, as your balance is restored by the art of the ancient Indian Ayurvedic touch.

MY FIRST SPA WITH TOOFRUIT

Nourishing the skin of those most precious.

fruit and cupcakes manicure or pedicure

30 minutes

This manicure or pedicure lets you experience the true flavours of fruits and cupcakes! Relax your hands or feet in a bath bomb soak followed by a gelato scrub of your choice. All the while, enjoy a delicious fresh fruit smoothie with jelly beans before your nails are decorated with the polish of your choice. Without the production of sebum, children's skin is vulnerable to the effects of dehydration, temperature changes, pollution and UV rays. TooFruit's 100% organic products are especially designed for children, hydrating and protecting young skin. Delicious fruity scents make for a fun learning discovery, with all treatments adjusted to suit their young years.

toofruit academy ^{30 minutes}

3 children minimum / 6 children maximum

Riddles, games and short team tests are all part of the TooFruit Academy, where skin care mechanisms are discovered through fruity fun!

discoveries massage 30 minutes

A gentle massage of the back, face, neck and arms with a tropical scent of coconut and mango. A nourishing and relaxing massage for kids to first experience the pleasure of spa.

children and parent session

45 minutes

No need to find a baby-sitter to have a relaxing time at the spa anymore; come with your little one and discover the spa together!

'glam' hands and feet

Achieve beautiful hands and feet in a pampering treatment with nail polish application.

gourmet fruit facial 30 minutes

A facial treatment for boys as well as girls, using mild cleaning foam, a banana and fig masque and a special 'good looks' massage.

Treatments available for children aged 6 – 11 years

SALON

Our professional salon offers a full range of hair and beauty treatments, including manicure, pedicure and waxing. Please review the price list insert at the back of this menu to browse all available treatments.

KERASTASE

Since 1964, Kérastase has represented the finest in luxury care for hair, setting new standards in professional haircare products that are distributed through selected salons. Hair is analyzed in detail in a process that transcends into a ritual of beauty and well-being.

HAIR CARE RITUALS

instant ritual 5 minutes

For all hair types

Made-to-measure blend of highly concentrated active ingredients that instantly penetrate the hair fiber for profound transformation.

material renewal ritual 10 minutes

Reconstruction and reinforcement for weakened and damaged hair Instant reconstruction for the fiber. Hair is deeply and durably strengthened from root to tip.

perfect colour ritual 15 minutes

Protection and radiance for colour-treated hair Protect and maintain your colour radiance and intensity with a mirror-like shine.

nutritive revival ritual

20 minutes

Exceptional nutrition and immunity to dryness for dry to sensitized hair

Optimal nutrition from root to tip that replenishes dry hair and prolongs the nutrition result

LUXURY RITUALS

24 carats ritual 15 minutes

Global beautifying effect for all hair types Nourish, protect, stimulate and restore instantly with tailored care for silky, weightless and fragrant hair.

v.i.p. ritual 30 minutes

Exceptionally revitalizing care for all hair types

Reveal hair's original beauty with an indulgent treatment enriched by the precious virtues of caviar, natural life source.

HAIR SKINCARE RITUALS

revitalizing ritual 20 minutes Abundant hair mass for hair lacking density Create beautiful hair at the source, revitalizing and preserving hair capital.

purity ritual 15 minutes

Regulating and purifying the scalp for scalp imbalances Peeling action efficiently cleanses the

scalp and restores its optimum balance.

head spa ritual 20 minutes Wellness and healthy scalp for scalp discomforts Instant soothing effect for maximum comfort and relaxation.