



## SPIRIT OF AYURVEDA

120 minutes

This nurturing treatment takes you beyond relaxation to a pure mind/body connection. An ayurvedic consultation allows for a customized experience. This treatment begins with an Indian head massage combined with an inhalation therapy using essential oils to assist in opening your breathing passages and bring you into a state of meditation. A vigorous, full body dry exfoliation using herbal powders and natural loofah precedes a rhythmic friction massage with a specific oil blend based on your dosha. A steam therapy will further open your breathing passages and open your pores to eliminate impurities. This treatment continues with marma point face massage followed by a continuous flow of warm oil directed onto the 6th Chakra, otherwise known as your third eye, to elicit a deep sense of relaxation and transport you to a state of bliss.



## AFRICAN HYPOXIS BODY EXPERIENCE

120 minutes

This ritual begins with an African body scrub that acts as a purifying mask. This process deeply eliminates toxins whilst exfoliating lifeless skin cells preparing the skin for Hypoxis. Extractions using a natural process combined with Marula oil, will soften, soothe and improve skin hydration, while fighting free radicals. Africology warm herbal blend mask relaxes you on application, letting you enjoy the background sounds of Africa to ensure a special way to help your mind focus on this holistic experience. Whilst the wrap moisturises and tones the skin, this therapy sensation is accentuated with an African foot ritual. This experience offers maximum protection against free radicals while helping the growth of fibroblasts, the cells that produce collagen and elastin in the skin.



## SYNERGY

Take your spa experience to a new zenith by opting for two or more consecutive therapies to suit your individual needs and create your very own spa ritual.





**The healing power of touch soothes the senses and awakens the soul.**

## Oberoï therapy

*60/90 minutes*

Relax your mind, body and senses with our signature holistic massage. Your therapist provides you with a combination of rhythmic soothing strokes applying medium pressure, excellent for releasing muscular knots, increasing circulation and removing daily stress and tension from the body. Customised to fit your specific needs.

## Balinese treatment

*60/90 minutes*

This luxurious spa therapy which evolved on the island of Bali is a deep pressure massage using a variety of techniques including skin rolling, deep tissue manipulation, gentle stretching and reflexology.

## Thai massage

*60/90 minutes*

This therapy is an ancient and sacred system of healing with roots in Yoga, Ayurveda and Buddhist spiritual practices. It is a combination of rhythmic massage, acupressure and gentle twisting to stimulate and balance the flow of healing energy providing you with a powerful release of stress and tension. You are provided with loose comfortable clothing for this oil free therapy.



## Hot lava shell therapy

*60/90 minutes*

This massage offers unparalleled benefits with continuous heat and pressure, creating the most powerful and long lasting results. Smooth lava shells are heated from the inside by combining natural ingredients of minerals, sea kelp, algae and salt water. Their seamless glide over your body creates a synergy of warmth and deep relaxation.

## Aromatherapy massage

*60/90 minutes*

Your therapy begins with an aroma journey to create a space for inner harmony. Using gentle pressure and light strokes, this massage targets the lymphatic system to release toxins and soothe your senses.

## Couples massage

*90 minutes*

Magnificent massage suites filled with soothing music and blissful aromas are the perfect setting to share a spa experience with a friend or loved one. Beginning with a massage of your choice, this wonderful experience promotes bonding and togetherness in a unique setting. Your therapy concludes with an aromatic bathing ritual as you sip on our signature tea blend.



# REVITALISING BODY THERAPIES



Blessed by the ancient wonders of Africa and the African ancestors who passed on their healing rituals to cleanse, heal and purify our bodies'. Ageless therapies from Africology have brought tradition and beauty into one correlation. Naturally blended Marula oils and Ghana shea are infused with African potato, Aloe and Rooibos whilst inspiring aromas to work on skin ailments. Let this experience create a safe and calm space for you to re-connect with yourself.

## Inkomfi sloughing

*45 minutes*

Traditionally before any ceremony is attended, a preparatory process takes place. This sloughing process gently exfoliates lifeless skin cells while nourishing the skin. Skin is enthused with a warm compress and a nourishing body cocktail. Let the aromas of South African Geranium, Lemon and Neroli essential oils further transform a usually stressful mindset to one of enduring tranquillity since a powerful memory is invoked through this enchanting experience.

## Coffee & Mint wrap

*120 minutes*

Begin this coffee delicacy with a Walnut and Marula shell exfoliating scrub, and then enjoy the proven combination of coffee and mint applied as a wrap and sets on the body to stimulate the lymph and blood flow together with toxin elimination. The wrap is also signatored to aid water retention and cellulite reduction. Pregnant women and high blood pressure clients may take advantage of the divine serenity this therapy will bring.

## Rooibos and Lavender clay wrap

*120 minutes*

African maidens have for centuries captured the spirit of river mud, for a more youthful and radiant complexion. This wonderfully therapeutic wrap contains deep cleansing Kaolin and natural ingredients to treat skin ailments, stimulate blood and lymphatic flow. Enjoy this wrap with a preparation body scrub and conclude with Lavender and Pine aroma massage.





World renowned spa brand, Omorovicza is used exclusively for all of our facials. Inspired by nature and drawing on the latest scientific advances in mineral cosmetology, the Omorovicza skincare range has a rich, romantic heritage, applying unique healing waters to innovative skincare.

## Healing

*For sensitive skin*

*60 minutes*

For sensitive skin in need of special attention, gentle products are used to cleanse and exfoliate. A unique Hungarian facial massage stimulates micro-circulation whilst relieving tension. A nourishing organic poultice supplies ample nourishment and moisture, leaving the skin glowing with new found health.

## Energizing

*Lightening and Brightening*

*Facial for all skin types*

*60 minutes*

Designed to leave complexion rejuvenated and revitalized, this facial begins with a gentle peeling, enriched with copper for an anti-oxidant collagen stimulating punch. A unique facial massage soothes the senses and accelerates micro-circulation whilst a rose and peony scented mask plumps the epidermis to reduce the appearance of fine lines, leaving you energized with a youthful glow.

## Soothing

*For oily and combination skin*

*60 minutes*

Mineral-rich Hungarian moor mud draws out impurities and nourishes the skin. The application of the mud mask follows a thorough cleansing and exfoliation using rosemary and pineapple extracts which treat sensitive skin and refine your pores. This facial is certain to revitalize your skin and sooth your senses.

## Balancing

*15 minutes*

Balance any of our facial treatments with the addition of an eye therapy balancing treatment. This intensive eye treatment is cooling and soothing which reduces puffiness, fine lines and under eye discolouration. Balancing includes cooling hydrating ingredients specific for the delicate eye area along with pressure point techniques which will provide immediate results.





**Hands and feet have been known to be the image of a person's personality. Be sure to enhance your overall beauty by enjoying our Pomegranate and Fig hands and feet full nail and skincare regime.**

### Pomegranate and fig spa manicure

*45 minutes*

Using one of nature's most potent antioxidants to keep your hands in good health, this deluxe pomegranate and fig 'facial for the hands' is the ultimate renewal therapy. An intense 2-step exfoliation will rejuvenate, deeply hydrate and help restore skin to a more youthful appearance. The therapy concludes with a hand massage using essential oil infused with pomegranate, fig and vitamin and a perfect polish of the nails. Your hands are left radiant and glowing.

### Pomegranate and fig spa pedicure

*60 minutes*

Soothe your feet with a combination of pomegranate and fig. Your feet are soaked in a wonderful aromatic blend followed by a scrub to remove rough spots leaving your skin soft and silky. A luxurious foot massage with our pomegranate blend and an application of enamel completes your therapy.

## Hydrating and Anti Aging

*30 minutes*

Top up your Pomegranate manicure and pedicure experience with an anti aging mask that contains a fruit acid alpha hydroxy to remove skin damage and restore sluggish surface skin. Double this skin charge with a warm paraffin wax coating which contains hydrating powers of olive oil and milk. Nail conditions are treated with our chemical free solution giving a potent lasting result.



NAIL CARE





# SPA HAIR

**Hair care offers you natural and specific treatments for the beauty and health of your hair as well as the wellbeing of your scalp. As beautiful hair grows from a healthy scalp like a plant in fertile soil; discover naturally beautiful hair from roots to end.**

Choose one of the 3 Day spa hair packages for your hair condition and enjoy the pampering and tender care of our professional hairstylists in our Spa Salon.

*45 minutes/per treatment*

## For dry hair

Nourish dry hair with the power of Shea butter and oil. Crucial vitamins lock in moisture, provide in-depth nutrition and restructure hair.

## For colour treated hair

Captures and maintain color with Hamamelis extract while Okara extract, a protein from the soybean, repairs and rebuilds damaged hair. Provide long-lasting, luxuriously vibrant hair color.

## For oily hair and scalp

With plant base Squash seed extract regulates sebum production while Thyme, rosemary and clove deep cleaning. The scalp and hair feel light, reducing the necessity of frequent washes.

## Anti-loss

Contains Vitamins A, B5, F, Methionine and Amino-Proteins Helps promote healthy hair growth and hydrate hair bulb Loaded, invigorate micro-circulatory growth factor in hair bulbs Infused with Essential Oils of Lemon and Sage Unveils stronger, more vigorous hair.



# FOR GENTLEMEN



## Facial

*60 minutes*

This deep cleansing, therapeutic facial for men is designed to cater to your specific skin care needs such as razor burn and skin sensitivity. This therapy includes a de-stressing facial massage and a mask of Hungarian moor mud to refine the pores. A relaxing scalp and shoulder massage relieves tension and rejuvenates your senses.

## After workout treatment

*60/90 minutes*

This powerful full body massage is designed to relieve aching muscles and joints after periods of physical stress and strain. Using a double layer of aromatherapy oils that will soothe away any muscular discomfort, your therapist will apply advanced deep tissue techniques to ensure effective absorption.



## Manicure

*45 minutes*

A gentleman's manicure with special attention to the distinct needs of men's hands. Includes nail buffing.

## Sports pedicure

*60 minutes*

This aroma therapeutic ritual soothes and hydrates your feet. Beginning with a relaxing therapeutic soak, followed by a warm mineral scrub to exfoliate and smooth the skin. Your therapy is finished with a moisturizing foot massage, nail grooming and buff of the nails.



# AYURVEDA INSPIRED RITUALS



Ayurveda is a holistic system of healing which evolved among the sages of ancient India for over 5000 years. This ancient science focuses on establishing and maintaining the balance of energies within us, promoting harmony between you and nature. At the Oberoi Spa, our therapists help determine your body type or dosha and recommend the appropriate massage and oils. Ayurvedic therapies detoxify the body and restore the natural balance of the energies within.



## Abhyanga

*75 minutes*

A traditional Indian massage applying a combination of soothing and symmetrical long strokes to regulate the circulatory and nervous system of the body. The warm herbal oil chosen according to your body type balances the doshas. A steam bath is recommended following this massage.

## Hot herbal poultice therapy

*60 minutes*

This therapeutic massage begins with an application of warm oil, specific to your dosha. A warm herbal fomentation is applied to relax the muscles while stimulating circulation and energy flow. Heat and herbs reduce aches and pains, increase lymphatic drainage and condition the skin leaving you refreshed and relaxed.

## Shiroabhyanga

*45 minutes*

Using Ayurvedic oils, vital points of the shoulder, neck, head and face are massaged to loosen tight muscles and encourage circulation. With a special focus on 'Marma' points around the head, you will feel an immense calming and balancing effect throughout the body. This therapy concludes with a mild fomentation, leaving you totally relaxed.

## Padabhyanga

*60 minutes*

This Ayurvedic reflexology is an ancient massage for the sole which focuses on the marma points of the feet and lower legs. Padabhyanga promotes quality sleep, increases circulation and energy flow to boost immunity, rejuvenating your entire body. This therapy incorporates the use of a kasa bowl which is warmed and oiled creating a more intense therapy as the metal interacts with the energy force of the body.

## Marma point therapy

*60 minutes*

Marma points are energy pathways where the body and mind communicate. Using pure Ayurvedic oils according to your dosha, marma point therapy is a cleansing and harmonising therapy. It is a combination of energy balancing along with a subtle stimulation of the marma points. This therapy will leave you with a long lasting sense of calm.

## Shirodhara

*60 minutes*

Shirodhara is an ancient Indian therapy using warm, medicated oils which flow from a specially designed copper vessel. A gentle stream of warm oil is directed onto the third eye which in turn triggers healing, restores balanced health and calms the mind.





# SPA JOURNEYS

Embrace and reawaken yourself in the beautiful surroundings of The Oberoi Spa and enjoy all the elements of our menu by taking a journey over several days in a haven of serenity.

## ESCAPE TO PARADISE - 9 DAYS

- Oberoi Massage - 60 minutes
- Hot Lava Shell Massage - 60 minutes
- Thai Yoga Massage - 60 minutes
- Head & Scalp Massage - 20 minutes
- Coffee and Mint Wrap - 60 minutes
- Hydrating and Anti Aging Hands & Feet therapy - 145 minutes
- Energising Facial - 60 minutes
- Balancing Eye therapy - 15 minutes
- Spirit of Ayurveda - 90 minutes
- Padabhyanga - 60 minutes
- Rooibos & Lavender Wrap - 90 minutes

## SPIRITUAL KARMA - 6 DAYS

- African Hypoxis Body Experience - 120 minutes
- Pomgranite and Hands & Feet therapy - 105 minutes
- Ayurvedic Massage - 75 minutes
- Shirodhara - 60 minutes
- Balinese Massage - 60 minutes
- Aromatherapy Massage - 60 minutes
- Indian head Massage - 30 minutes

## HOLISTIC BALANCE - 3 DAYS

- Inkomfi Sloughing - 30 minutes
- Balinese Massage - 60 minutes
- Marma Point therapy - 60 minutes
- Soothing Facial - 60 minutes

\* Please note that the spa packages are for individual use and regretfully may not be shared.



## Spa epilation

The spa has a wide range of epilation therapies for all skin types including sensitive and coarse hair. Epilation services are available with natural hot wax and threading techniques.

### For the complete spa experience

*To ensure your spa experience is a relaxing journey into a different world, we recommend the following:*

Schedule your therapy 24 hours in advance in order to ensure availability.

Consult our therapists who will be pleased to advise you on a therapy that suits your individual needs.

Cellular phones and electronic devices must be switched off.

Enjoy a relaxing shower before your therapy.

Arrive at the spa reception 30 minutes prior to your therapy in order to change and prepare yourself.

Gentlemen who are having a facial are advised to shave at least 3 hours before their therapy.

Schedule your therapy at a time when you will be able to relax for at least one hour after the therapy.

Guests with high blood pressure, heart condition or other medical complications and ladies who are pregnant should consult their doctor before scheduling an appointment for spa therapies.

Home spa - Most of the body and skin care products that we use in our therapies are available for purchase.

We encourage you to ask your therapist how to use these products to continue your spa experience at home.

### Reservations and cancellations

All spa therapies can be scheduled or cancelled at the spa. We understand that unavoidable circumstances may arise and cancelling your appointment might be necessary. If you find yourself unable to keep your appointment, please contact the spa within a 4 hour time frame to avoid the full charge of your service.



*The Oberoi*

MAURITIUS

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