



SPA



## TRANSCENDENT RELAXATION

HIGH ABOVE THE BEACH, BRUSHED BY GENTLE OCEAN BREEZES, THE SPA AT FOUR SEASONS RESORT SEYCHELLES PROMISES BLISSFUL SECLUSION. RELAX IN YOUR OWN PRIVATE SPA PAVILION WITH HEAVENLY VIEWS OF PETITE ANSE, OR EMBRACE THE TRANQUILITY OF NATURE AS YOU FIND YOUR INNER BALANCE WITH YOGA. EXPERIENCE PAMPERING INSPIRED BY ANCIENT INDIAN AND ASIAN TRADITIONS, BLENDING LOCAL HERBS AND SPICES WITH A CHOICE OF CHEMICAL FREE AND RESULTS-DRIVEN PRODUCTS. IN THIS HIDEAWAY OF SOARING BEAUTY, FEEL THE SERENITY UNFOLD...



## OUR BRANDS

YI-KING

YI-KING

An organic spa range created exclusively in the Seychelles, Yi-King is founded on the eight master elements of ancient Chinese philosophy, which correlate to eight different time periods of the year. Each master element is represented by custom-blended Yi-King oils, which are assigned to your treatment to match your date of birth, for a truly personalised spa experience.

ilā

ILA

Meaning 'Earth' in Sanskrit, 'ila' reflects the faith in the power of nature as the source of real wellness. Using only the finest natural plant and mineral ingredients, wild-harvested in remote, untainted regions by artisan producers who value traditional, sustainable practices, ila promotes its products from earth to skin. By ensuring the unique purity of each and every ingredient, ila reaches beyond the physical to nourish emotional and spiritual well-being too.

Sodashi

SODASHI

Wholeness. Purity. Radiance. That's the meaning of the Sanskrit word Sodashi, and it perfectly describes the values by which all of the brand's chemical-free skin care products and spa therapies are created – without compromise. Sodashi products and spa treatments employ only therapeutic-grade, ethically-sourced essential oils and plant actives to effectively heal and nurture. From seed to shelf, Sodashi remains true to its name, dramatically regenerating the skin, and imparting a deep sense of wellbeing to spirit and mind.

SWISS PERFECTION

SWISS PERFECTION

Swiss Perfection luxury anti-aging face treatments are truly personalised, customised and offer a unique experience. Expertly prescribed facials are based on a unique Anti-Aging Transdermal System, incorporating deep-cleansing, treatment masks, massage and customised aftercare. Using the Cellular Active IRISA® technology, each Swiss Perfection facial is tailored to achieve a younger, smoother and naturally radiant complexion.

# SIGNATURE EXPERIENCES

UNCOVER A TRUE SENSE OF SEYCHELLES  
IN ONE OF OUR UNIQUE SIGNATURE EXPERIENCES.

## HILLTOP FUSION MASSAGE

*60/90 minutes*

Like the cultural heritage of the Seychelles, our signature massage draws on influences from around the world. Combining techniques from Malaysia, India, Europe and Asia applied with medium to firm pressure, this unique massage eases muscular tension and induces a deep sense of well-being by using your Yi-King element oil, inhalation essence and auratic spray for a truly personalized experience. Enhance your Hilltop Fusion Massage experience with a delicious Bento Box in your Villa, with a menu personalised to your individual Yi-King element with ingredients to complement your sign. (Yi King Bento Box enhancement must be ordered at least two hours prior to your Hilltop Fusion Massage).

## COCO DE MER

*150 minutes*

A tribute to the many tales of love that the Coco de Mer has inspired throughout the ages, this sumptuous ritual encourages us to love ourselves. This ritual begins with an invigorating Coco de Mer body scrub, and a nourishing body mask. A massage with rich Coco de Mer body butter follows, before a relaxing floral bath, complemented by beautiful bay views and a refreshing coconilla drink. A final application of Coco de Mer body lotion leaves the skin luminescent and soft.





# RITUALS

OUR DEEPLY SOOTHING RITUALS COMBINE A VARIETY OF SPA TREATMENTS TO CREATE A MULTIDIMENSIONAL EXPERIENCE.

## ILA STARLIGHT EXPERIENCE

*90 minutes*

Starting at 7pm, you will live a memorable experience exclusively created by ıla to enjoy under the stars. This warming Potali treatment is inspired by Ayurvedic healing traditions. Our unique earth and fire essential oil blend is applied and facilitated with rhythmic, fluid massage over the whole body. Herbal Potli bags are saturated in warmed pine, amber and frankincense and worked with rapid movements following the pathways of ida and pingala (feminine and masculine energy). This treatment soothes away muscular fatigue and joint pain while encompassing complete polarity within the body.

## CHAKRA WELL-BEING

*150 minutes*

Seven blends of essential oils, chosen for their harmonising qualities with each of the seven chakras, form the basis of this exquisite treatment. Personalised to the individual needs of each recipient, the journey to well-being involves deep relaxation of the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye to relax and revive the senses.

## KUNDALINI DEVI

*120 minutes*

This deeply relaxing ritual journeys into the mystery of the self. It starts with chakra purification using sage smudge sticks. A kundalini back and leg massage follows, using yogic healing, chakra balancing and hot poultices before enjoying the Ananda facial to leave your skin with a healthy glow. This deeply balancing sequence brings heightened awareness, enhanced joy and inner peace.

# RITUALS

## SHIRODHARA

*120 minutes*

Deeply relaxing to the nervous system, this East Indian therapy takes the mind to another level of consciousness. Two therapists perform a synchronised Abhyanga full body massage using warm oils to balance specific dosha types. A stream of warm coconut oil is then poured onto the centre of the forehead – the 'third eye' chakra – inducing a deep sense of stillness whilst intensely nourishing hair and scalp.

## JET-LAG RECOVERY

*120 minutes*

This balancing face and body treatment re-energises the whole system. To begin, invigorating body brushing reduces fatigue and stimulates circulation. Sodashi's natural purifying body mask is then applied to relieve sluggishness and congestion, and the body is cocooned in a comforting wrap. A relaxing scalp and foot massage and application of jet-lag recovery tonics follow, before an energising facial, rich in marine extracts, to awaken and rejuvenate the complexion.

## BLISSFUL CONNECTION

*180 minutes*

This nurturing ritual for couples starts with a romantic love ritual and focuses on the sacral, heart and crown chakras and involves a combination of exquisite essential oils: jasmine to stimulate the flow of love; rose to promote deep love; and orange blossom to uplift the soul with higher energy. Performed side by side, the ritual includes a full body scrub, chakra healing techniques, a private bath, a full body marma massage to open the energy fields and to harmonise the mind, body and spirit. This ritual concludes with a full facial leaving your face glowing and radiant.





# YOGA

REFLECTING THE INFLUENCE OF THE INDIAN CULTURE IN THE SEYCHELLES, YOGA – MEANING ‘UNION’ IN SANSKRIT – PROMOTES PHYSICAL HEALTH AND SPIRITUAL TRANQUILLITY. OUR YOGA PAVILION OFFERS TRULY INSPIRING VIEWS FROM ITS PERCH ABOVE THE SPA, AND OTHER CLASSES IN AND AROUND THE RESORT WILL ALLOW YOU TO FIND PEACE AMONGST THE NATURAL BEAUTY AND SERENITY OF SEYCHELLES.

## **MOUNTAIN MEDITATION**

*Suitable for guests with a good basic level of fitness and previous experience of hiking.*

Unlike any other yoga session offered in Seychelles, this class includes a hike to enjoy the view from the beautiful mountainside just above the resort, to practice breathing techniques during the sunset. Enjoy the stillness as you are surrounded by the wonder of nature, overlooking the ocean.

## **PRANAYAMA**

*Suitable for all levels.*

Breathing is the only tool which connects your mind and your body. It's the only thing which stays with us throughout our life for all 24 hours. So it's very important to follow proper rhythmic patterns of slow deep breathing. These rhythmic patterns strengthen the respiratory system, soothe the nervous system and reduce cravings.

### POWER YOGA

*Suitable for guests with a good basic level of fitness.*

Power yoga is a total body workout that creates longer, leaner muscles and a body with more mobility to improve circulation. This class clears out all the static in both the body and the mind to prepare you for meditation.

### MAT PILATES

*Suitable for guests with a good basic level of fitness.*

Pilates builds a strong foundation of core stability that results in better posture, improved alignment and decreased pain. Pilates trains the body as an integrated whole; creating optimal muscle balance in strength and flexibility.

### HATHA YOGA

*Suitable for all levels.*

The ancient Hatha yoga postures chosen in this session are slow in nature. Mindfulness is the key element in this practice. This session cycles between stimulation and relaxation giving you the clear experience of effectiveness. It ends with breathing and meditation practice.

### SPINAL CARE YOGA

*Suitable for all levels.*

Regular practice of Spinal Care Yoga increases flexibility. With this, you will notice that you can bend and stretch your spine in ways you never have before. These postures are designed to integrate and benefit the whole body by lengthening connective tissue, expanding range of motion and improving posture.

### YOGIC RELAXATION

*Suitable for all levels – As this is a guided meditation, a basic understanding of English language is required.*

Stimulating Asanas, based on Ashtang Yoga of Patanjali, followed by deep relaxation, will take you to a higher level of awareness, inducing harmony and peace by releasing mental, emotional and muscular tension.

### YIN YOGA

*Suitable for all levels.*

This type of Yoga is gentle, calming and therapeutic, which uses props to support the body as it eases into relaxation and balance.

### LAUGHING YOGA

*Suitable for all levels.*

This session starts with gentle warm-up techniques which include stretching, chanting, clapping and body movement. Breathing exercises are used to prepare the lungs for laughter, followed by a series of 'laughter exercises' that combine the method of acting and visualization techniques with playfulness.

### FITNESS FUSION

*Suitable for guests with a good basic level of fitness.*

This is the combination of body weight workout and Yoga stretching. This hybrid workout will torch calories, chase away boredom, and tone your physique. The result: You can burn anywhere from 600 to 1,000 calories in an hour.

*For a schedule of complimentary and payable classes, view the yoga calendar at the back of this brochure.*



# FACIALS BY SODASHI

RADIATE PURITY WITH A REVITALISING FACIAL FROM SODASHI'S ORGANICALLY NURTURING RANGE.

## MARINE ESSENCE FACIAL

*75 minutes*

Harnessing the remarkable power of marine plants, this facial is rich in spirulina and fucus extracts, bringing radiance and restoring elasticity. Combined with Sodashi's unique facial massage using the semi-precious gems of Rose Quartz, Green Aventurine and Carnelian, this facial promises a vibrant complexion and a deep sense of well-being.

## PURE RADIANCE FACIAL

*75 minutes*

Tailored to individual needs, this deeply relaxing and restorative facial begins with a warm, aromatic compress designed to soften and exfoliate. A nurturing face mask, rich in herbal extracts, purifies and hydrates while a facial massage and Sodashi's plant essences leave the skin feeling fresh and revitalised.

## REJUVENATING FACIAL FOR HIM

*75 minutes*

A Sodashi salt-therapy back massage relaxes the body before this cleansing facial, specially designed to balance the skin's oils and assist in preventing ingrown hairs. Soothing mists with woody aromas desensitise the skin, while a facial massage tones. The skin feels deeply cleansed, detoxified and enjoys a matt finish.

## THERMAL INFUSING FACIAL

*90 minutes*

Experience an intensive boost of vitamins and minerals deep into the layers of the skin with a warm mask tailored to purify and cleanse, or nourish, hydrate and tone. Restoring elasticity and firmness, this is more than a facial: it's a natural facelift.

## SAMADARA FACIAL

*75/105 minutes*

The Samadara ultimate age-defying facial uses a sequence of timeless, anti-aging techniques rooted in Ayurvedic healing traditions that are designed to reawaken the skin's natural healing energies. Turn back the hands of time and transform your skin with this intensely hydrating and nourishing treatment with Rose Quartz Crystal massage. A luxurious treat for any skin.





# FACIALS BY SWISS PERFECTION

DESIGNED TO SUIT THE CHANGING NEEDS OF YOUR SKIN -  
WHETHER THIS IS SEASONAL, HORMONAL OR ENVIRONMENTAL,  
SWISS PERFECTION FACIALS COMBAT SIGNS OF AGING  
THROUGH USE OF THE ACCLAIMED CELLULAR ACTIVE IRISA® TECHNOLOGY  
TO LEAVE YOUR SKIN WITH A YOUTHFUL GLOW.

## CELLULAR EXCLUSIVE LIFT CONCEPT

*60 minutes*

Inspired from Anti-Aging medical techniques, this five-step lifting treatment offers spectacular immediate effects. Specific and highly concentrated formulas working in symbiosis target loss of firmness, sagging, wrinkles. It acts as a natural lifting with long-term benefits.

## CELLULAR HYDRATING REJUVENATION TREATMENT

*60 minutes*

This unique rejuvenating treatment targets wrinkles, loss of hydration and irregular skin texture. It leaves the skin smooth and rejuvenated. The wrinkles are visibly diminished and the optimal skin hydration level is preserved.

## CELLULAR BRIGHTENING RADIANCE TREATMENT

*60 minutes*

Experience a visible reduction in hyper pigmentation, improve texture and brighten your skin. This revolutionary facial is specifically designed to rapidly lighten dark spots, leaving you with an even complexion and refined pores.

## CELLULAR ANTI-OXIDANT TREATMENT

*60 minutes*

Through the power of pure vitamin C, this highly active anti-oxidant facial stimulates collagen production, restores the skin radiance and firmness. The skin is energized and renewed. This treatment is the perfect cure to fight premature signs of aging and environmental damages due to free radicals.

# ADD-ON TREATMENTS

ADD-ONS ARE AVAILABLE FOR ALL CELLULAR FACE TREATMENTS  
OR AS INDIVIDUAL SPA EXPERIENCES (45 MINUTES).

## CELLULAR NECK & DÉCOLLETÉ TREATMENT

*20 minutes*

This specific care rejuvenates and reshapes the neck and décolleté area. It targets wrinkles, skin sagging as well as loss of firmness. The skin of the décolleté is visibly rejuvenated and firmed.

## CELLULAR HAND & ARM TREATMENT

*20 minutes*

This rejuvenating treatment will treat the hyper-pigmentation and perfectly nourish the skin of the hands while fighting the loss of firmness of the upper arm.

## CELLULAR EYE CONTOUR TREATMENT

*20 minutes*

Focusing on the most delicate area of the face, this amazing treatment offers a rejuvenated and uplifted eye contour. Fine lines and wrinkles are smoothed and all signs of fatigue are erased. The skin is luminous and firmed.



# MASSAGES

RELIEVE THE TENSION OF TIRED MUSCLES OR SIMPLY DISCONNECT INTO RELAXATION WITH YOUR CHOICE OF REJUVENATING BODY MASSAGE.

## KUNDALINI

*75 minutes*

This back treatment by ila with light pressure balances the nervous system with soothing and strengthening oils and the application of Himalayan salt and marigold poultices to the chakras. Named after Kundala – the Hindu goddess of awareness who takes the form of a coiled snake – kundalini is the dormant energy in the base of the spine. When awakened, this energy travels upwards to the third eye, increasing vitality and spiritual enlightenment.

## MAHÉ MASSAGE

*90 minutes*

East meets West in this fusion treatment with firm pressure that combines European oil massage with Asian palm pressure and stretching. The addition of an herbal poultice of indigenous Seychellois ingredients soothes aches and tension.

## SIGNATURE EARTH MASSAGE

*60/90 minutes*

Combining the healing power of touch with Sodashi's unique techniques, this treatment uses slow, stroking movements to relieve emotional and physical tension. Incorporating natural wood-scented plant oils and essences, the massage increases lymphatic circulation and clears blockages in the body's energy channels. Deep rest is promoted, and body, mind and spirit are powerfully re-energised and balanced.

## SHELL SERENITY MASSAGE

*60/90 minutes*

Enjoy the penetrating intensity of heated sea shells along tired muscles – releasing knots and tension with medium to firm pressure. Filled with warm sea minerals, dried sea kelp and algae, the shells generate a soothing heat, increasing circulation and alleviating stress.

## THERAPEUTIC MASSAGE

*60/90 minutes*

This massage uses deeper pressure and a variety of targeted techniques to promote the recovery of injured or strained muscles and increases flexibility and range of movement. Also ideal after vigorous exercise or for massage aficionados seeking a more intense experience.

## TRADITIONAL THAI MASSAGE

*60/90 minutes*

Traditional Thai massage has been practiced for centuries, due to its ability to unblock the meridian line of the body to improve flexibility and boost energy. This healing treatment deeply penetrates by targeting specific areas with massage and gentle, assisted movements resulting in a feeling of both relaxation and invigoration.

## REFLEXOLOGY

*60 minutes*

This ancient method stimulates feet reflex points that correspond to different parts of the body, organs, muscles or bones. Tiredness and distress disappear, and you feel your entire body becoming balanced and revitalised.

## MOTHER CARE MASSAGE

*60/90 minutes*

A pre-natal massage by ila provided by our highly-trained therapists, performed with the expectant mother in a comfortable position, laying side-on, it can be tailored to the needs of the second or third trimester, to include tension release and structural balancing techniques. This specialist treatment will ease any minor discomfort and promote relaxation. The 90 minutes treatment starts with a gentle full body exfoliation.





# BODY SCRUBS AND BODY WRAPS

BUFF AND BEAUTIFY THE SKIN WITH ANY ONE OF OUR TAILORED SCRUBS AND WRAPS. CHOOSE TO TARGET KEY FOCUS AREAS OR ALLOW OUR EXPERT THERAPISTS TO PAMPER THE WHOLE BODY TO LEAVE YOUR SKIN REFRESHED AND GLOWING.

## SUN SOOTHER

*75 minutes*

This specialty treatment soothes sun-dried or over-exposed skin. Comforting compresses of Sodashi's lavender and geranium plant essences calm redness on the face and body and irritation while a cooling mist reduces body heat. Lotions are then applied to moisturise, even skin tone, prevent skin damage and promote rejuvenation.

## REFINING BODY TONER

*75 minutes*

This treatment begins with Sodashi's exfoliating and cleansing jojoba body polish. A pink clay and herbal body mask, comforting wrap and relaxing scalp massage follow. Skin feels firm, hydrated and conditioned.

## DETOXIFYING MARINE BODY WRAP

*90 minutes*

Using deeply therapeutic marine plants and minerals, this cleansing treatment begins with an invigorating exfoliation using Sodashi's organic green tea salts. A warm marine body mask and wrap follow, before a luscious lotion softens and rejuvenates.

## SODASHI CONTOUR

*90 minutes*

A volcanic clay and ground pumice exfoliation prepares the skin for this warm body mask and wrap. Rich in algae and marine extracts, the mask stimulates the removal of toxins – a common cause of cellulite. After a refreshing shower, a contouring body gel leaves skin toned and lustrous.

## BLISSFUL EXPERIENCE/ ENERGISING & DETOXIFYING SCRUB

*60 minutes*

ila products are known for their pure ingredients and deeply nurturing and restorative benefits. These two body scrubs are ideal treatments for cellulite, stress and exhaustion. They stimulate the lymphatic system and help to cleanse from deep within, leaving the whole body feeling rejuvenated and refreshed.

## BATH RITUALS

EXTEND YOUR SPA INDULGENCE BY ADDING A BATH RITUAL TO THE END OF ANY SPA EXPERIENCE. SOAK IN AN OVERSIZED TUB FILLED WITH FLOWERS, CINNAMON LEAVES AND ORANGE SLICES – ALONE OR WITH A LOVED ONE AFTER A SHARED TREATMENT. AS SHADES OF RED AND ORANGE STREAK THE EVENING SKY, SAVOUR THE SOARING VIEWS OF PETITE ANSE BAY AND ENJOY AN UNINTERRUPTED ESCAPE.

### SOOTHING

*30 minutes*

Nourishing coconut milk is enriched with the essences of lavender and ylang-ylang. This indulgent combination calms the mind and engulfs the body with a comforting and uplifting sensation.

### REVITALISING

*30 minutes*

Peppermint-infused milk is enhanced with the essence of eucalyptus. These refreshing fragrances clear the airways, clarify the mind and help restore overall vitality.



## SALON SERVICES

IN THE HILLTOP SERENITY OF OUR SPA, TREAT YOURSELF TO PAMPERING AND BEAUTIFICATION IN OUR FULL SERVICE SALON.

### HAIR CARE

Excellent for dry or frizzy hair, this treatment restores lustre after a day on the beach. Locally produced coconut oil returns natural moisture to the scalp and hair shaft, followed by a relaxing scalp, neck and shoulder massage.

### COCONUT OIL HAIR TREATMENT

*60 minutes*

### NAIL CARE

These pampering services combine nourishing treatments for the skin with perfect grooming for the nails.

### MANICURE OR PEDICURE

*75 minutes*

*Full salon and waxing services are also available. Please contact the spa for details.*



## SPA JOURNEYS

FOR A TRULY PERSONALISED RELAXATION EXPERIENCE, SAVOUR YOUR TIME IN SEYCHELLES WITH A TAILORED PROGRAMME OF SPA AND WELLNESS EXPERIENCES. OUR MULTI-DAY SPA PROGRAMMES ARE DESIGNED TO ADDRESS SPECIFIC LIFESTYLE NEEDS. EACH ONE IS DESIGNED TO HELP YOU FIND WAYS OF IMPROVING YOUR LIFE BALANCE. JOURNEYS MAY BE EXPERIENCED ALONE, WITH A PARTNER OR A FRIEND AND GIVE YOU ENOUGH TIME TO UNWIND PROPERLY AND FOR US TO MAKE A LASTING DIFFERENCE TO YOUR WELLBEING. FROM LOCAL INSPIRATIONS, AN OCEAN BREEZE EXPERIENCE OR A SPIRITUAL JOURNEY, TO BEAUTY PAMPERING OR A ROMANTIC ESCAPE FOR TWO, JOIN US IN OUR HOLISTIC HAVEN FOR THE ULTIMATE IN SELF-RENEWAL.

# SPA JOURNEYS

## SEYCHELLES' FAVOURITES

High above the beach, brushed by gentle breezes at the summit of the hill, relax in your own private spa pavilion with heavenly views of Petite Anse. Experience pampering inspired by blends of local herbs and spices. In this hideaway of soaring beauty, feel the serenity of this magical paradise unfold as it revives you through its energy.

*Treatments included:*

- *Coco de Mer Ritual*
- *Mahé Massage*
- *Private Mountain Meditation*
- *Hilltop Fusion Massage*

## OCEAN CONNECTION

Life can be stressful for both the body and the mind. Let these everyday distractions vanish from your thoughts as you decompress into a pampered state of being. Awaken to feel recharged by the essences and touches of water, with natural treatments specifically chosen to return you to tranquil relaxation.

*Treatments included:*

- *Private Yoga at the Beach*
- *Detoxifying Marine Body Wrap*
- *Shell Serenity Massage*
- *Marine Essence Facial*

## SPIRITUAL JOURNEY

Release your inner energy from its dormant state. When revived through Kundalini, the body and mind will experience a sense of enlightenment and vitality by balancing your chakras. Just focus on your breath as we practice a variety of ancient techniques to provide a sense of connective energy between you and the earth.

*Treatments included:*

- *Private Mountain Meditation*
- *Private Yoga in Fomba*
- *Refining Body Toner*
- *Kundalini Massage*
- *Ananda Facial*
- *ila Starlight Experience*
- *In Villa Bath Ritual*

## FOR LOVERS

Enjoy this unforgettable journey together with the person you love. Designed for couples to experience together, these sensual rituals help calm the nervous system and promote reconnection on a physical, emotional and spiritual level. A beautiful and memorable way to celebrate your honeymoon, your anniversary or any special occasion.

*Treatments included:*

- *Blissful Connection*
- *Romantic ila Starlight Experience*
- *In Villa Bath Ritual*

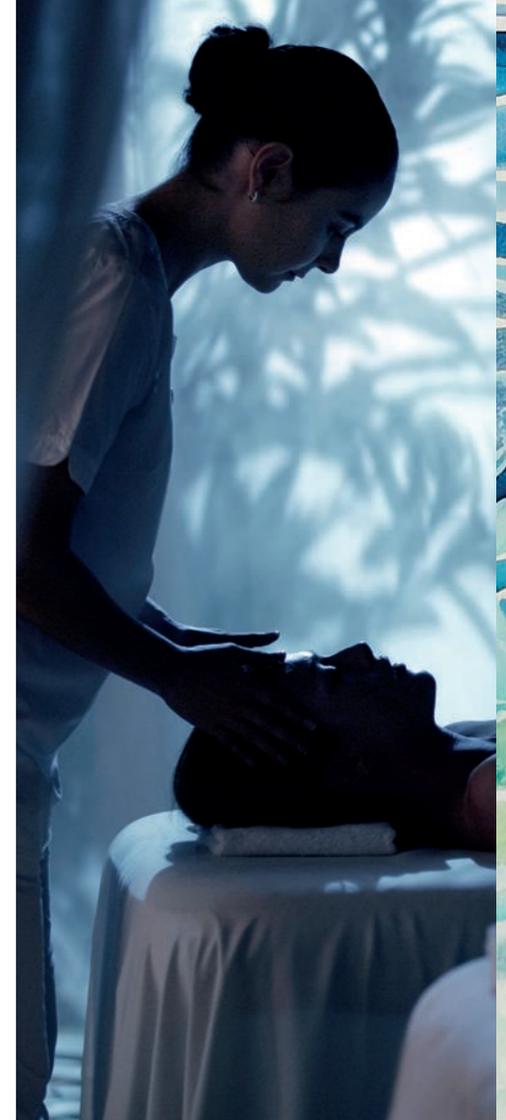
## GRACE & BEAUTY

Escape with this beauty journey, combining a variety of spa treatments to create a multidimensional experience. From head to toe, you will feel pampered, energized and rejuvenated, after this very unique beauty journey.

*Treatments included:*

- *Samadara Facial*
- *Refining Body Toner*
- *Signature Earth Massage*
- *Coconut Oil Hair Treatment*
- *Manicure and Pedicure*

*By booking a Spa Journey, you will be able to benefit from a minimum of a 10% saving compared to a la carte booking and have complete flexibility on the scheduling of treatments, whether preferring to arrange a daily Spa session or combine treatments for days of complete rejuvenation. Each programme can be further customised to meet individual needs and treatments can be booked across several days or in a series of back to back sessions – our expert Spa team will guide you in the planning of your chosen Spa journey.*



# KIDS' SPA EXPERIENCES

IT'S NEVER TOO EARLY TO LEARN THE BASICS OF GOOD SKIN CARE OR THE BENEFITS OF RELAXATION. OUR KIDS' SPA TREATMENTS ARE FOR GUESTS AGED 6 TO 11 YEARS.

## COCONUT AND VANILLA COCKTAIL BODY TREATMENT

*60 minutes*

Warm coconut oil is applied to your hair, before being wrapped and braided. Then enjoy a Jojoba hand treatment and foot and leg massage with coconut shea butter. Total bliss from top to toe!

## SLEEP TIME MASSAGE

*60 minutes*

The perfect introduction to massage; using gentle pressure and long-flowing strokes. This treatment promotes relaxation and restful sleep and enhances self-confidence.

## FANCY FINGERS NAIL CARE

*30 minutes*

A complete treat for busy hands: start with a warm scented compress, enjoy fragrant and exfoliating Jojoba beads and luscious hand cream, followed by a manicure with choice of pretty polish.

## SWEET FEET NAIL CARE

*45 minutes*

Revitalize toes and feet with a gentle Jojoba beads scrub, before relaxing into a lower leg and foot massage with a soothing body lotion. The treatment is completed with shaping and painting of your toenails with a polish of your choice!

*In order to maintain a safe and relaxing atmosphere we require that kid Spa goers are accompanied by a parent or guardian who must sign a waiver to allow the treatment.*





## TEEN SPA

OUR TEEN SPA TREATMENTS OFFER YOU A GENTLE APPROACH TO HELP DEVELOP AN UNDERSTANDING OF HOLISTIC HEALING. TREATMENTS ARE FOR GUESTS AGED 12 TO 17 YEARS.

### TOTALLY YOU MASSAGE

*60/90 minutes*

The perfect massage, using gentle pressure and long-flowing strokes. Discover the best way to re-balance the body, stretch the muscles and stimulate circulation – now and for years to come.

### TEEN SPIRIT FACIAL

*30/60 minutes*

Uniquely designed for teenage skin, this deep cleansing treatment uses mineral-rich clay cleanser to refresh and balance congested pores. For best results, book a series of treatments and ask your therapist to recommend the best products to continue treating your skin at home.

### MOTHER & DAUGHTER RITUAL

*2 hours 45 minutes*

Over two hours of pure togetherness: Teen Spirit, Manicure & Pedicure for daughters; Marine Essence Facial, Manicure and Pedicure for Mum. Guaranteed bliss for both.

### LIKE FATHER, LIKE SON RITUAL

*2 hours 15 minutes*

No need for the boys to miss out! Teen Spirit Facial and Neck, Back & Shoulder massage for sons; Men's Facial and Neck, Back & Shoulder Massage for Dad. Quality bonding for both.

### NAIL IT NAIL CARE

*45 minutes*

Indulge in a full manicure or pedicure and give a complete treat to your hands or feet. Choose a nail polish to suit your mood; with classic shades or something fun for your vacation!

*In order to maintain a safe and relaxing atmosphere we ask that teen Spa goers ensure that their parents or guardian sign a waiver.*



## HOW TO SPA

TO HELP YOU MAKE THE MOST OF YOUR FOUR SEASONS SPA EXPERIENCE,  
HERE ARE ANSWERS TO SOME FREQUENTLY ASKED QUESTIONS:

### WHAT SHOULD I WEAR?

Wear whatever is comfortable for you. We recommend wearing no clothing for most treatments, though you may wear undergarments if you prefer (optional disposable underwear is provided in each treatment suite). All Four Seasons therapists are highly skilled professionals who are trained in draping procedures to ensure your complete comfort and privacy.

### WHAT IF I HAVE SPECIAL HEALTH CONSIDERATIONS?

Please notify the spa before booking your treatments if you have high blood pressure, allergies, any physical ailments or disabilities, or if you are pregnant. Please let us know of any other health concerns you may have.

### WHAT IF I AM PREGNANT?

In the first trimester of pregnancy, for your own safety and the safety of your child, we do not provide any massages or body treatments. For the second and third trimester we do offer our pregnancy massage which is tailor-made for pregnant ladies. Facials and nail services may be enjoyed during all pregnancy.

### WHAT IF I WOULD LIKE TO RECEIVE A TREATMENT IN THE PRIVACY OF MY VILLA?

We are delighted to offer you our spa treatments in your villa. A 100% supplement would apply and please allow 15-30 minutes prior to your booking for the set-up and preparation.

### WHAT IF I AM LATE FOR AN APPOINTMENT?

Starting your treatment late will reduce the time available for your treatment. Your treatment will end at the appropriate time so the next guest is not delayed.

### WHAT IF I NEED TO CANCEL A TREATMENT?

We reserve your appointment time especially for you. We require four hours' notice for cancellations or changes, or a 100% charge will apply. If you do not appear for your scheduled appointment, the total fee will be charged.



ALYSSA ADAMS



TRISTAN ADAMS



TRISTAN ADAMS

## TRISTAN ADAMS

Tristan Adams took up painting in 2007, inspired by the works of his Father, Michael Adams MBE and sister, Alyssa Adams, who all live and work in Seychelles as full time artists. Born in Seychelles, Tristan's art reflects his love for the islands and the musicality of the nature found here.

He tries to paint every day, with much of his work on display at his father's gallery, which he also shares with his sister, Alyssa Adams. You can visit their gallery during your stay in Seychelles and it is only a short drive from the Resort.

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### Michael Adams Art Gallery

Anse Aux Poules Bleues

Phone: +248 4361006

Mobile: +248 2523153

E-mail: [adams@seychelles.net](mailto:adams@seychelles.net)

*Open*

*10 – 4pm Monday to Friday*

*10 – 12pm on Saturdays*

*Closed on Sundays*

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*русский*



*Français*



中文



FOUR SEASONS  
RESORT  
SEYCHELLES

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