



## **ETIQUETTE**

### **Arrival time**

All spa experiences will commence with a journey starting 15 minutes prior to treatment. Kindly note that the areas are unisex and swimwear is required. Please feel free to arrive in your hotel robe

### **Treatment timing**

As a courtesy to the next guest, if you happen to arrive late, please be informed that your appointment will need to end as originally scheduled.

### **Spa details**

Lockers are provided for your convenience with a robe, towels and slippers. Spa amenities are available for your use. During all treatments you will be draped to ensure privacy

### **Ambience**

The spa environment is one of tranquility and relaxation. Please respect the privacy of other guests by speaking in a soft voice or simply enjoying the silence. We kindly request that you refrain from using mobile phones in the spa. Smoking is prohibited throughout the spa.

### **Pregnancy**

We have specially designed treatments for expectant mothers. We can assist you in selecting suitable services for this special time. We recommend that you check with your physician before booking a spa service.

### **Valuables**

It is recommended that you leave valuables in your guest room safe. The spa does not assume any liability for any valuables

### **Health conditions**

Please advise us of any health conditions, allergies or injuries that could affect your treatment or use of the spa facilities.

### **Reservations**

To avoid disappointment, we advise making reservations in advance. To discover the perfect treatment combination for you, we recommend a consultation with our resident Spa team.

### **Spa access**

We welcome spa guests from the age of 16 for all treatments. Spa is open from 10h00 to 20h00.

### **Telephone**

From your guest room, dial extension 921.

### **Cancellation and charge policy**

We kindly ask our guests to give a minimum of four hours notice for changes or cancellations. With fewer than four hours notice you will be charged 100% of your treatment price.



## **BODY MASSAGE**

**Hot stone** **90 min** **SR 1485**

*Medium to deep pressure using the therapeutic qualities of hot smooth basalt stones. The method seeks to open chakra points and is often combined with pacific island style massage techniques.*

**Thai massage** **90 min** **SR 1485**

*Firming and energizing. The Thai massage is a blend of Chinese acupressure techniques with yogic manipulation. Authentic Thai massage is performed on a floor mat and both parties wear loose comfortable clothing. No oil is used in this massage.*

**Aromatherapy** **30/60/90 min** **SR 495/990/1485**

*A gentle and deeply relaxing massage which uses long slow strokes. A specially blended mix of essential oils is chosen by the guest to heighten the experience and achieve a certain outcome.*

**Balinese** **30/60/90 min** **SR 495/990/1485**

*An intense deep tissue massage in which the therapist uses thumb and palm pressure and firm strokes, working along Chinese meridian points. This treatment stimulates blood circulation and improves energy flow.*

**Swedish** **30/60/90 min** **SR 495/990/1485**

*A gentle to medium relaxing massage invented in Scandinavia and being one of the most popular treatments in the world.*

**Deep tissue** **30/60/90 min** **SR 495/990/1485**

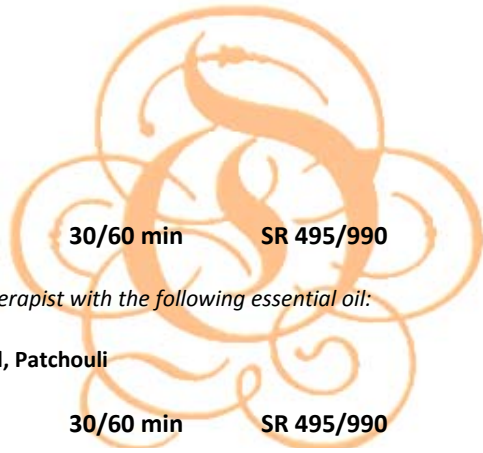
*A deep and strong body relaxing massage for tired muscles and soothe tension.*

**Reflexology** **30/60 min** **SR 495/990**

*A natural healing art to relieve tension, to improve circulation and to help promote the natural function of most of the body areas.*

- **Essential oils to choose from** -

***Black pepper, Roman, Geranium, Eucalyptus, Ylang Ylang, Patchouli, Lavender, Sandalwood, Kafir lemon, Grapefruit, Tea tree, Nutmeg, Lemongrass, Vanilla Extra, Cinnamon.***



**TAILOR-MADE MASSAGE FOR HIM**

**30/60 min**

**SR 495/990**

*Create your tailor-made massage with one of our therapist with the following essential oil:*

**Netmug, Sandal wood, Patchouli**

**TAILOR-MADE MASSAGE FOR HER**

**30/60 min**

**SR 495/990**

*Create your tailor-made massage with one of our therapist with the following essential oil:*

**Grapefruit, Camomile, Black pepper**

Your massage can be embellished with our selection of romantic spices, used with the oils:

**Black pepper & geranium, camomile & grapefruit, vanilla & patchouli, tea tree & geranium,  
grapefruit patchouli and geranium or black pepper**

**IN VILLA TCHABA BATH TONIC**

**SR 415**

*Treat yourself with a wonderful bath experience in the privacy of your villa. Our therapist are happy to create a most sensual and blissful experience. A sensual mix will leave your skin radiant, soft and velvety.*

*Please contact the spa for assistance and allow 3 hours notice for preparation purpose. The in villa tchba bath tonic is available for Villas de Charme, Villa de Charme Elégance or Presidential Villas only, as a bathtub is required.*

**WHIRLPOOL & HAMMAM**

**60 min**

**SR 415**

*Indulge yourself and enjoy Hammam and whirlpool session at Eden Rock. Hourly rate for up to two persons.*

**“LANMOUR HONEYMOON” TREATMENT**

**180min**

**SR 6980**

*A treatment for two...*

*An intimate therapy in the privacy of our hedonistic couple’s room. Enjoy a rejuvenating massage with a passionflower, ginger and lime scrub, followed by a coconut oil wrap infused with the oil of love – the rose. You are then coated with cooling yogurt and vanilla. Then relax in an Ylang Ylang and hibiscus flower bath, while sipping champagne and nibbling on fresh fruit and chocolates.*

## BEAUTY OF EDEN ROCK SPA – BODY TREATMENT



### **Coconut Ritual**

**60 min**

**SR 1250**

*Begin this sensuous journey with a full body massage using warm coconut oil. Your skin will be gently buffed to a smooth glow by a scrub of fresh coconut, vanilla and frangipani essence. You will be wrapped in muslin and smothered in hot coconut oil, to restore and nourish your skin. This treatment also maintains your tan.*

### **Lekor Experience**

**60 min**

**SR 1250**

*The experience begins with an aromatic foot bath, followed by our famous Pacifica salt glow, a blend of oranges sandalwood coconut oil and salt. The body is covered in freshly blended papaya, banana and tumeric and cocooned in banana leaves while you receive a facial cleanse with aloe vera and bread fruit. Since this is a top to toe experience you will also feel completely invigorated and renewed by our special scalp massage plus an avocado and yoghurt hair mask.*

### **Bon Voyage Beauty**

**90 min**

**SR 1850**

*A must-have treatment whilst staying on La Digue. Bon Voyage Beauty treatment will hydrate and glow your skin before you go back home. The experience starts with a soft massage, before your skin is smothered with oranges, honey, milk and warm coconut oil. Whilst you lay cocooned in your wrap you will enjoy a facial cleanse of aloe and local breadfruit, followed by a gentle exfoliating scrub of crushed cashew nuts, cinnamon and coconut. A replenishing facial mask of clay infused with Papaya and honey is applied. Your hair will healthy shine and radiant after you have a conditioning coconut milk and vanilla treatment.*

## SUN TREATMENT



**Papiyon pre-sun body scrub      60 min      SR 990**

*Papiyon mean butterfly in local Creole. Alike butterflies, you will emerge transformed, rejuvenated. The treatment starts with a bespoke massage followed by a scrub using a selection of fresh oranges, sea salt and spices of sandalwood and tumeric. This treatment is great to prepare the body for a deeper tan.*

**Sunburn smoothing      60 min      SR 990**

*This treatment is designed to take the heat and pain out of your sunburn and to replenish with moisture to prevent peeling. This cooling and soothing treatment begins with a gentle massage. Your body will then be coated in cold cucumber carrot, aloe vera, pineapple and watermelon, and then wrapped in exotic banana leaves. You will awaken and discover a smooth, beautifully sun kissed soothed skin.*

**After sun cooling wrap      60 min      SR 990**

*This soothing and cocooning treatment is a blissful delight for sun-burnt skin. Tender parts are gently stroked with soothing lavender oil, aloe vera, coconut water, cucumber and carrot. Then your body is wrapped in exotic cooling banana leaves. You will awaken to discover your skin is smooth, soothed and beautifully sun-kissed.*

## FACIAL TREATMENTS



*Treatments are provided with Nourished by Nature amenities, a Seychelles-made spa products and amenities line. It combines safe, efficient and gentle scientific principles with wonders of natural therapeutic practices. As nature consistently seeks to create balance, so does Nourished by Nature with products designed to support the vital healing force at all times and to provide excellent skin nurturing. The ingredients are selected among the finest available to work synergistically and ethically with the bioactive components that are indigenous to the Seychelles and its continent.*

**60 min** **SR 1155**

**90 min (intensive)** **SR 1650**

### **Radiance facial**

*Exfoliation: crushed cashew nuts, cinnamon and honey*

### **Firming facial**

*Exfoliation: bilimbis, lime and papaya seeds*

### **Oily skin**

*Exfoliation: bilimbis, lemon juice and tamarind rind*

### **Mature skin**

*Exfoliation: crushed walnut and yoghurt*

### **Over sunned skin**

*Exfoliation: papaya seeds*

### **Tired skin**

*Exfoliation: yoghurt sugar and honey*



## **HAIR TREATMENT**

*Consisting of an invigorating hair massage and a steaming hot towel hair wrap*

*Duration : 30 minutes*

### **Papaya Yoghurt (dry hair)**

**SR 495**

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

### **Yoghurt Vanilla (oily hair)**

**SR 495**

*Yoghurt is conditioning and reconstructive. The mint will promote hair growth and the vanilla is soothing to the scalp and conditioning to the hair.*

### **Hibiscus (all hair type)**

**SR 495**

*The local hibiscus is ideal for cleansing without stripping the hair of its natural sheen. The flower promotes softer and healthier hair.*

## **EDEN ROCK HAND & FEET RITUALS**

Nail repaint	<b>SR 245</b>
French paint	<b>SR 245</b>
Classic pedicure (45 minutes)	<b>SR 650</b>
Intensive pedicure (60 minutes)	<b>SR 890</b>
Classic manicure	<b>SR 450</b>
Intensive manicure	<b>SR 690</b>

## HALF DAY PACKAGE

### Eden Rock Spa ritual

240 min (4 hours)

SR 3995

*A package therapy in the seclusion of Eden Rock, combining whirlpool and Hammam session, foot massage, body scrub, massage and wrap for the alleviation of stress, anxiety, insomnia and hypertension.*

## PACKAGE 3 DAYS

SR 6500

- **Day 1 : The Dreaming**  
*Steam scrub, wrap, body massage, whirlpool (2h30 session)*
- **Day 2 : Pampered**  
*Facial treatment, manicure & pedicure (2h00 session)*
- **Day 3: Bon Voyage**  
*Body massage, wrap and hair treatment (1h30 session)*

## PACKAGE 5 DAYS

SR 9990

- **Day 1 : Eden Secret**  
*Whirlpool, foot massage, hammam, scrub and body massage (2h30 session)*
- **Day 2 : Pamper**  
*Facial, manicure, reflexology, hair treatment (2h00 session)*
- **Day 3 : Relaxation**  
*Body massage and body wrap (1h30 session)*
- **Day 4 : Massage**  
*Hot stones massage (1h30 session)*
- **Day 5 : Farewell treatment**  
*Hammam, body massage and wrap, facial and hair treatment (2h30 session)*