

A close-up photograph of lotus petals, showing their intricate vein patterns and overlapping layers. The petals are in various stages of bloom, with colors ranging from soft pinks and purples to pale greens and yellows. The lighting is soft, highlighting the delicate texture of the petals.

R A F F L E S   S P A



WE ARE COMMITTED  
TO PROVIDING DEDICATED  
PERSONAL SERVICE IN  
AN OASIS OF REFINED LUXURY

The magnificence and beauty of the lotus is admired by cultures across the world. Elegantly delicate at first glance, the flower's daily transformation is an inspiring symbol of revitalisation and raw natural strength. It begins as a bud of pure vitality beneath the water's surface. At sunrise, it breaks through into the fresh air, radiant in full bloom, then retires once more to the calm stillness of the water when night falls. It is this regenerative rise and retreat following the natural rhythm of the day that influences our vision for a Raffles Spa. We believe that a balance between exertion and relaxation is the key to achieving a feeling of inner tranquillity and rejuvenation.

Raffles Spa Journeys are a considered mix between traditional and local methods, each ready to be expertly personalised to ensure that your sensory escape is everything you hoped for and more. Our thoughtful and knowledgeable therapists will guide you on a journey to rediscover mental, physical and spiritual harmony, leaving you feeling enlivened and transformed.

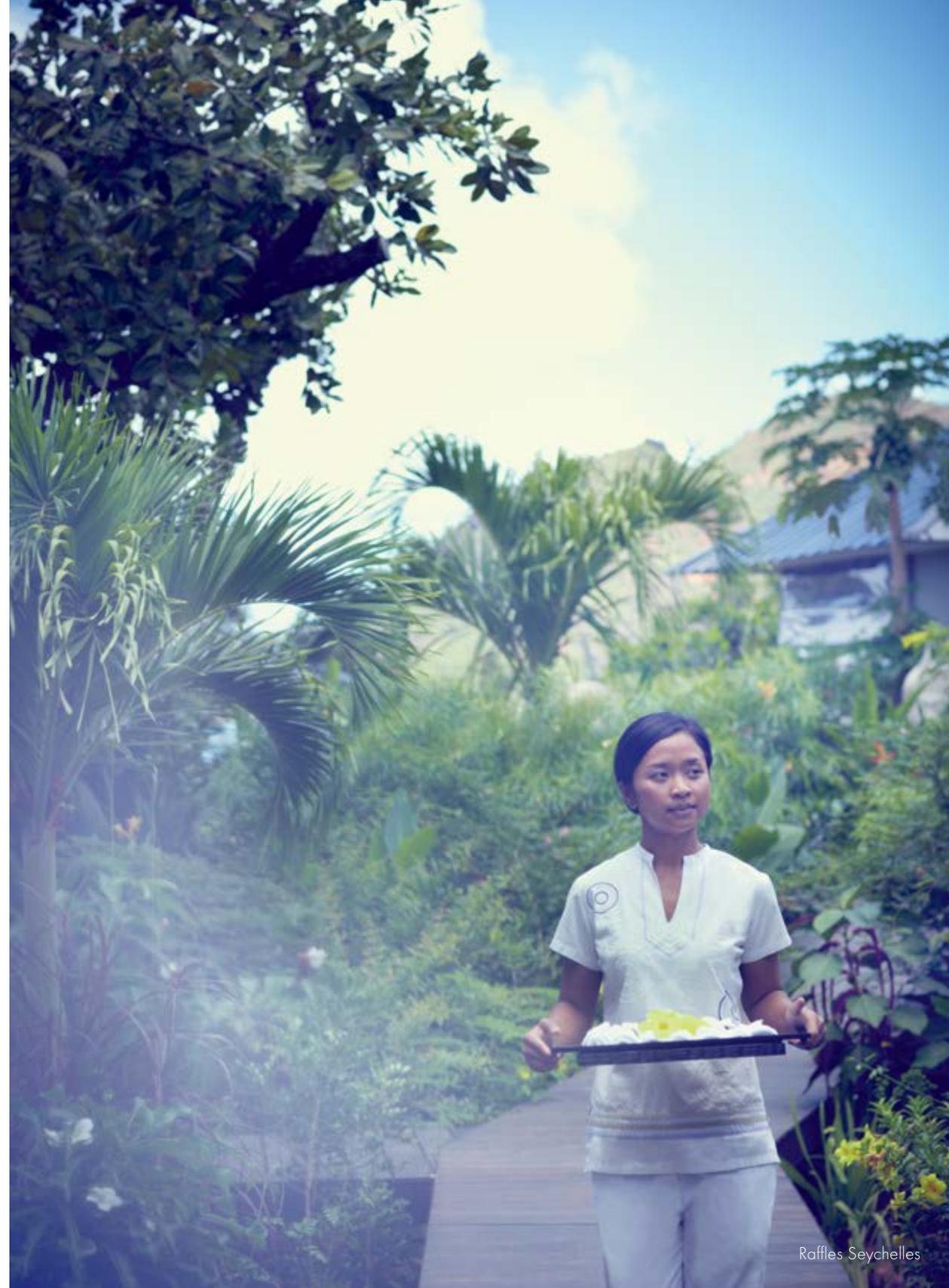
Escape. Indulge. Transform.

This is Raffles Spa.

## OUR SPA

Imagine a revitalising oasis, nestled in the Indian Ocean. Steps away from the coastline of Anse Takamaka, amidst stunning surroundings, it is carefully designed to calm the spirit and awaken the senses. The luxurious spa features Outdoor Pavilions, each showcasing the spectacular view of the blue ocean, tropical gardens and dramatic granite boulders. Our two couple's spa suites, a first in the Seychelles, are fitted with steam showers, Japanese soaking tubs, and observation decks where guests can enjoy stunning vistas in privacy.

Our Spa features male and female relaxation areas with saunas, steam rooms, and Jacuzzis. Our outdoor pool offers stunning panoramic views of the ocean with one of the best voted beaches in the world. Completing our suite of facilities are a yoga, TechnoGym® equipment, and a hair and nail salon.





## OUR PRODUCT PHILOSOPHY

When choosing products for each of the Raffles Spas around the world, we place careful emphasis on many aspects. With luxury in mind, each chosen brand is proven in delivering results-driven treatments which are tailor-made to suit the needs of our valued travelers. Environmental sustainability is considered whenever and wherever possible, reflecting our social responsibilities as a brand. Our relationships with the product houses are important in ensuring we have the finest spa products and training available for each and every encounter with our guests.

### KERSTIN FLORIAN

Kerstin Florian is a luxury skincare company that focuses on results. The guiding philosophy of Outer Beauty, Inner Health inspires a sense of wellbeing through powerful plant, marine and technically-advanced ingredients as well as professionally-designed spa services.

### AROMATHERAPY ASSOCIATES

Experience the simple pursuit of sharing the true power of essential oils and the incredible effects they have on the body and mind. These blended essential oils with unique active botanicals have led to remarkable innovations in skincare resulting in beautiful, glowing, healthy skin free from harsh chemicals and unnecessary synthetics. Experience the benefits of Aromatherapy Associates.

### REFINERY

Expert skincare combining aromatherapy expertise with the unique knowledge of specialised male grooming at The Refinery. Designed for any age, the skin is soothed, calmed and protected from aggressive environmental stresses. Day to Night needs are included - from shaving preparations to intensive treatments.





## RAFFLES WELLNESS

We know that exercise is a vital component to daily life, especially for travellers on the go, and we appreciate the desire for high-quality, well-equipped fitness facilities. Our TechnoGym® provides spacious, customised, wellness areas and supplies fitness facilities to meet all your needs. Catering to your own fitness level, ability or age, our dedicated wellness professionals are here to assist you in achieving your personal health and fitness goals, supporting you every step of the way.

Raffles Spa is the perfect environment for living well, with access available exclusively to hotel guests offering the following facilities and services:

- Group and private yoga classes in our private studio overlooking the ocean (additional cost)
- Outdoor swimming pool
- Wet areas, complete with experience showers sauna, steam room and Jacuzzi
- Male and female relaxation areas
- Shower and locker area

### YOGA

The word “yoga” translates as the “union” or “discipline” of breath control, simple meditation, and the adoption of specific bodily postures, widely performed for a greater sense of well-being. The practice of yoga has been known to increase flexibility, decrease stress levels and energies and restore the mind. Our certified instructors at Raffles Spa offer a variety of different yoga techniques, available in personal or group classes at our private studio.

## HYDROTHERAPY WELLNESS EXPERIENCES

### Steam Room Wellness

Maintained at 42-45°C, the humid aromatic heat experience is highly beneficial for those that suffer from asthma and bronchitis, as it opens up the breathing passages and alleviates congestion. We recommend that a session last 10-15 minutes and that you keep your body well hydrated afterwards. Humid heats are especially beneficial before or after a massage treatment to increase circulation.

### Sauna Wellness

Maintained between 85-110°C, this dry heat soothes and warms the muscles, relieving tension from your body and minimising joint pain. This is especially beneficial for those who suffer from illnesses such as arthritis, painful migraines, and headaches, or as a way of warming the body after an intense workout or treating the common cold. Dry heat is recommended for 10-15 minutes daily and it is important to ensure that your body is kept well hydrated afterwards.

### Experience Showers

Experience showers have a unique variety of multi temperature water sequences, combined with soothing warm and cold jets to relax the body.



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## SPA ETIQUETTE

### SPA EXPERIENCE

Raffles Spa offers a variety of luxury experiences using only the very best in spa products. Choose from a variety of massages, body treatments, facials and spa day packages.

### SPA ENVIRONMENT

Raffles Spa is a quiet sanctuary. For your peace and privacy, phones and other electronic devices are not permitted. If you wish to receive messages during your time with us, please let our staff know.

### MAKING SPA APPOINTMENTS

T +248 4 296 800

Extension 6800

E [spa.praslin@raffles.com](mailto:spa.praslin@raffles.com)

The Spa is located between the main reception and the pool.

Advanced reservations are recommended to ensure availability. Our Spa Hosts will be delighted to guide you to select your spa experience.

### FEES AND SERVICE CHARGE

All prices are in Seychelles Rupees and inclusive of local taxes and service charge.

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## SPA ETIQUETTE

### SPA CANCELLATION POLICY

If you must reschedule or cancel any spa appointments or packages, please notify the Spa 4 hours in advance. Missed appointments without proper notices are subject to a 100% charge for reserved services. The same applies for no shows.

### SPA ARRIVAL AND ETIQUETTE

We recommend you arrive 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience.

To make any changes to your booking, please contact Spa reception at T +248 4 296 800

### PERSONAL MATTERS

Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we may better customize your experience to your needs.

### SPA ATTIRE

You will receive a robe and sandals to wear between treatments and a locker for your personal belongings. We request that you please leave jewellery and valuables in your hotel room or the safe provided for you.

## TO BOOK YOUR SPA JOURNEY

T +248 4 296 800

Extension 6800

## OPENING HOURS

Pool: 7.00am - 7.00pm

Spa Treatments: Starting from 9.00am

Spa Facility: 9.00am - 8.00pm

Fitness Centre: 24 hours for hotel guests

## RAFFLES SPA

Raffles Seychelles

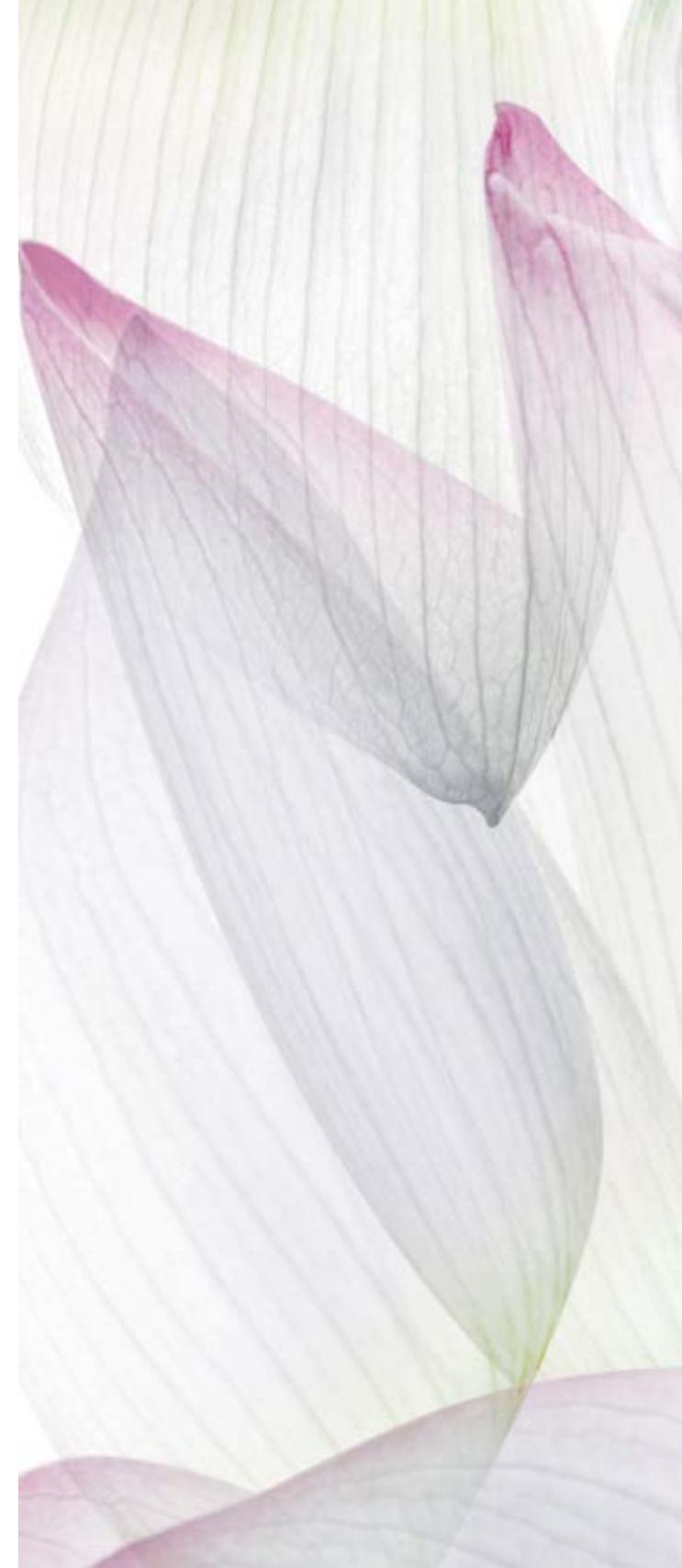
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RAFFLES  
SEYCHELLES