



THE SPA



Treatments will offer a uniquely human touch encompassing a sense of mindfulness and balance.

Immersed in the serene ambiance of the spa nestled within the lush, indigenous landscapes of Mauritius, we draw upon the rich tapestry of medicinal plants and our botanical legacy. Here, amidst the heart of this native terroir, our exquisite 100% natural oils and botanical treasures – Lemongrass, Palmarosa, Rosemary, and Moringa await to enhance your tranquility and inner harmony.

Our bespoke treatments and products tell stories and invoke multiple layers of sensation, working with all five senses to awaken the sixth sense. Experience our aromatic blends of Marula, Vetiver, Ravensara.

We welcome you to immerse into a peaceful and balance state by combining beauty, treatments, wellbeing and fitness. Our spa team will guide you along this journey.

Signature Massages

MAURITIAN SIGNATURE MASSAGE (85 MINUTES)

Our signature massage is being mindful of your body. This tailor made therapeutic massage combines different techniques, lemongrass and rosemary essential oil using sugar cane stick , acupressure and draining movement that help to relieve stiffness, improve circulation, and balance the mind and body.

ULTIMATE AROMATHERAPY EXPERIENCE (55 / 85 MINUTES)

Working on your emotional and physical needs, tensions are released throughout the body leaving you feeling deeply relaxed and recharged with our aromatherapy blend.

STRESS RELEASE BACK, NECK & HEAD MASSAGE (30 MINUTES)

Relaxes sore muscles in the back, neck and head while restoring comfort, balance, and promoting better posture.

*Pamper yourself with a massage in our Beach pavilion with the sound of the sea waves. Our Spa team will guide you among our selection.

***Prebooking required**



Indian & Asian Therapies

BALINESE MASSAGE (55/85 MINUTES)

This deep tissue massage uses a variety of techniques including skin rolling, kneading pressure-point stimulation and some stretching to enhance relaxation. This stimulates the flow of blood, oxygen and "Qi" (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation with the help of essential oil of Eucalyptus, Ginger and Palmarosa.

SHIATSU MASSAGE (75 MINUTES)

Shiatsu is all about freeing any blockages or imbalances to the Qi flow and rejuvenating the body by restoring energy to where it is most needed. It involves applying pressure to or stretching any points that lie along the lines of energy, these are referred to as 'meridian channels'. Shiatsu massage releases tension and brings balance to the body, helping to boost your mood, making you feel energized.

HERBAL PINDAS MASSAGE (55 MINUTES)

Pindas massage is a full body treatment using heated herbal pouch, filled with the warming therapeutic herbs. A combination of traditional Ayurvedic massage strokes, using warm organic oil, which has soothing properties on the nerves and joints, relaxing and rejuvenating them.

ABHYANGA INDIAN MASSAGE (85 MINUTES)

Abhyanga promotes joint health, nourishes the tissues of the body and brings doshas back to balance. This massage with warm ayurvedic oil improves the body- mind connection and produces a sense of balance, tranquility and overall well-being.

INDIAN SCALP SHIRODHARA MASSAGE (40 MINUTES)

Relaxing head massage with running Ayurveda warm oil on the third eye. It improves quality of sleep and reduces fatigue. Shirodhara complements nicely an Abhyanga massage.

Indian & Asian Therapies

HOT STONE MASSAGE (85 MINUTES)

The whole body is massaged with warm basaltic stones bringing inner warmth and comfort.

FOOT REFLEXOLOGY (55 MINUTES)

Each reflex point in the feet has a therapeutic action over the whole body. Relaxing the feet enhances the relaxation of the whole body.

Terres d'Afrique

Soulful & Holistic Experience

SLEEP IMPROVEMENT MASSAGE (85 MINUTES)

A deeply relaxing sleep-improvement massage that uses acupressure to stimulate the pineal gland, the body's sleep centre, and induces an all-seeing, dreamlike bliss. Great for sleep conditions, jetlag or restlessness including a meditation.

BALANCE & HARMONY MASSAGE (55 MINUTES)

This treatment gently detoxifies and rejuvenates, with the nurturing touch of Terres d'Afrique's organic coconut oil, delivering antioxidants and vitamin E to your skin. The soothing TriTouch wooden tool aids in lymphatic flow, while the gentle stimulation of pressure points along your body's meridians reawakens your natural healing energies.

CRYSTAL BALL MASSAGE (55/85 MINUTES)

This treatment gently nurtures your immune system, harmonizing your energy flow and promoting blood circulation. It's a serene blend of aromatherapy and the soothing touch of heated and cooled crystal balls, bringing rejuvenation and vitality.



Bernard Cassière Facial

Discover Bernard Cassière, an extraordinary brand where the essence of nature and its reverence are beautifully evident. Inspired by nature's finest, Bernard Cassière offers unique facial treatments with ingredients meticulously chosen for their skin-loving properties. Take, for instance, the organic Aloe Vera, renowned for its moisturizing prowess, a key element in our line for dehydrated skin.

BAMBOO / ORGANIC ALOE VERA HYDRATION TREATMENT (55 MINUTES)

Natural extracts of organic bamboo and aloe-vera from fair trade, combined with moisturizing agents to provide vitamins, minerals and amino acids essential to skin. Strengthen the skin barrier and improves hydration.

BLOOD ORANGE DETOX TREATMENT - HOLISTIC ENERGY (55 MINUTES)

A complete face treatment dedicated to dull and devitalized skin. This treatment associates the technical manual expertise of the beautician to a massage with Crystal Quartz Gua-Sha stones to improve the complexion, even and protect the skin, and helps it to breathe again. You will experiment a relaxation and take time to balance your energies.

MUESLI NUTRI-SENSITIVE SKIN TREATMENT (55 MINUTES)

Designed for fragile and sensitive skin in need of softness while reducing visible redness and discomfort. This treatment envelops fragile skin in softness.

DIAMOND ANTI-AGEING PREMIUM TREATMENT (85 MINUTES)

This exclusive treatment, Bernard Cassière has put at the service of this growth his most experienced formulators. Developed with care as a jewel, this line has been enriched with diamond powder and white pearl extract* to improve the quality and radiance of your complexion.

A face, neck and arm treatment to treat all visible areas. A part anti-wrinkle massage and firmness with our massage pearls, which allows targeting the wrinkles and provides a maximum relaxation of the tissues

ANTI FATIGUE EYE CONTOUR TREATMENT (30 MINUTES)

This treatment brings freshness and efficiency by targeting the eye contour. Reduces puffiness and dark circles and works on the firmness, smoothness and expression lines.

Mauritian Scrubs & Wraps

We begin with a body exfoliation ritual made from natural ingredients that removes dead skin cells followed by a moisturizer. Good start to prepare for the sun and a feeling of a new skin. Choose from our Mauritian selection:

LEMONGRASS & PAMPLEMOUSSE SCRUB (40 MINUTES)

This 100% natural exfoliating blend composed of sesame and castor vegetable oils and oils essentials of grapefruit, lemon, rosemary and lemongrass moisturizes tones, firms and target areas prone to cellulite. Rich in essential fatty acids, vitamins and antioxidants, this synergy, in addition to nourishing the skin, will provide a decongestant effect, stimulates blood and lymphatic circulation and promotes the elimination of toxins and waste cellular level.

COFFEE & CINNAMON SCRUB (40 MINUTES)

This 100% natural scrub with coffee, cinnamon and sugar and vegetable coconut oil stimulates blood circulation, moisturizes the skin and helps reduce the appearance of certain skin problems such as eczema, stretch marks, cellulite, varicose veins, age spots and psoriasis

MORINGA & PALMAROSA SCRUB (40 MINUTES)

Exfoliating and stimulating, the 100% natural scrub composed of sugar, moringa seeds and oils palmarosa and lemon essential oils is the secret to healthy skin. This synergy eliminates impurities and toxins, renews the skin, protects against skin aging and boosts the effectiveness of moisturizing care.



Body Wraps

ALOE VERA SOOTHING WRAP (40 MINUTES)

Our after sun Aloe Vera recovery wrap, calms down discomfort due to sunburn and dryness. Brings moisture and freshness to your skin.

BODY MASK & CRYSTAL THERAPY (85 MINUTES)

Firming & lightening

Extracts of Kigelia, Baobab and Rooibos helps restore the skin's elasticity, even out skin tones and reduce sunspots. Suitable for all skin types. Recommended for mature skin and skins exposed to the sun's harmful UV rays.

Babymoon Treatment

MOTHER TO BE MASSAGE (55 MINUTES)

Relaxing massage specifically and safely designed to relieve stress and strains before and after baby's arrival.

MOTHER TO BE FACIAL (55 MINUTES)

Bring out the best of your skin with this pampering, nourishing and comfort facial that will leave you looking radiant. Our prenatal facial ends with a hand and foot massage to soothe your limbs.

Add an extra 20 minutes of bliss Face and scalp massage • Body polish • Express manicure/pedicure /Leg massage.

*Pregnancy is an individual experience. We recommend consulting your physician before booking a spa treatment.

Spa Escape

TROPICAL BLISSFUL SPA EXPERIENCE (90 MINUTES)

This elegant experience starts with a couple bath and followed by a massage candle shimmers with a light golden glow. Explore the sweet tropical coconut aroma with pleasing notes of vanilla as you unwind from your day, feel rejuvenated as the wonderfully warm massage oil melts away tension, and awaken the senses. Experience the pinnacle of relaxation as the oil effortlessly absorbs into the skin, making your body feel nurtured, pliable and your thoughts away on a paradise island.

*Available with lemongrass candle oil

COUPLE ROMANCE SUITE EXPERIENCE (120 MINUTES)

Relax and unwind with your own private double steam shower. Each couple will enjoy a welcome drink on arrival, followed by half an hour of relaxation in your own private steam room. Enjoy a two-hour spa treatment with your personalized choice of three of the following 40-minute treatments: tension relief massage with essential oil and body exfoliation, rassoul body wrap, cleansing facial.

Price is per person.

Kids Spa Time

Kids deserve to live their best life too. These customized rituals are adapted to their taste and age and spa time can be shared with parents. Parental company is mandatory.

Mini Massage (30 minutes)

Beautiful Nails (starting 15 minutes)

Haircut & hairstyle (30 minutes)

Mummy & Me (30 minutes massage)

Daddy & Me (30 minutes massage)

JUST ME & YOU (85 MINUTES)

Indulge in tranquility and connection as you cherish these precious moments with our rejuvenating Mauritian body scrub, designed to renew and soften your skin. Savor a couple's full-body massage and luxuriate in the revitalization of your skin with our Radiance Express Facial, leaving you both feeling refreshed and radiant.

Inclusion • Fruit platter and Flute sparkling wine

BIRTHDAY BEAUTY TREATS

Pamper yourself with our express manicure with polish, express pedicure with polish and blow dry.

Inclusion • Fruit platter and Flute sparkling wine



Spa & Wellness Thrive Experiences

For a complete reboot of mind, body and soul, join us over two days for a wellbeing immersion that focuses on your inner balance.

MY THRIVE IMMERSION- 2 DAYS (min 2 pax)

Breathe and feel a morning or afternoon nature walk from sea breeze to forest and reconnect and heal your mind and soul. this 2 day program is the perfect combination to take time for yourself.

90 minutes' walk from resort and back

55 minutes restorative massage

60 minutes sunset yoga and breathe work exercise

Daily sauna and spa pool facilities

Wellness drink at the spa

*More options are available at THE SPA, 48 hours reservation required

Yoga and Tai Chi classes available upon booking



DAVINES HAIR CARE

“Sustainable Beauty”, can improve our lives and the world around us

Find your perfect hair scalp treatment with Davines. Our collection includes a range of care designed to target your hair wellbeing

NOURISHING HAIR TREATMENT 45 MINUTES

Designed for dehydrated scalp, dry, and brittle. Hydrating treatment after a long day at the beach.

HAIR RADIANCE TREATMENT 45 MINUTES

Formulated with nourishing Roucou oil, this treatment provides instant softness, shine and leaving your hair with a sensory scent. Extremely soft, full-bodied and luminous hair.

HAIR & MAKEUP

Shampoo and Blow-Dry (upwards of 30 minutes)
Shampoo, Blow-Dry and Style (upwards of 60 minutes)
Gentleman's Haircut and Styling (45 minutes)
Kids Haircut (upwards of 30 minutes)
Shampoo, Cut and Blow-Dry (upwards of 60 minutes)
Day & Evening Make up

BRIDE & GROOM

Bride Hair Styling & Make up Trial and Consultation (120 minutes)
Bride Hair Styling & Make Up (upwards of 90 minutes)
Bride Make up Session (45 minutes)
Groom Hairstyle & facial (upwards of 60 minutes)

NAIL TREATMENTS

Choose from Express manicure/pedicure /Spa manicure and Spa pedicure
Gel Manicure Nail varnish and application
Classic Nail polish

WAXING

Face (eyebrow / upper lip / chin)
Back Arms (underarm/half/full)
Legs (half/full/bikini/ Brazilian)
Gentleman's chest

All treatment services and facilities are available at The Spa

Spa & Wellness Etiquette

OPERATING HOURS

The Spa: 9 am to 8 pm daily.
Gym: 24 hours daily for hotel guests

ADVANCE BOOKINGS

Our friendly reception team will be delighted to assist you and guide you in making treatment reservations or alterations as required. Please be advised that advance reservations are recommended to ensure you secure your preferred day and time. All reservations are subject to availability.

SPA ARRIVAL

We recommend you to arrive at least 30 mins prior to the scheduled appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrival will result in a reduction of your treatment time in respect for the next guest.

SPA ETIQUETTE

Our Spa environment is one of tranquility and relaxation. Please respect all spa guests' right to privacy and serenity. Mobile phones and other electronic devices must be switched off or switched to silent mode. Kindly note the spa is a non-smoking zone.

CANCELLATION POLICY

Any changes or cancellation made in less than 4 hours prior to appointment and any no-show will be charged 100%.

ATTIRE

For your privacy and comfort and out of respect towards our professional therapists, disposable underwear will be provided for treatments unless you wear your own. Kindly note that swimming wear is compulsory in the sauna and steam room facilities. During your use of the facilities, nudity is not permitted for the comfort of all guests.

Sportswear and sport shoes are compulsory in the Fitness center.

HEALTH CONDITION

Please advise us of any conditions, allergies or injuries which could affect your treatment when making your reservation.

PREGNANCY

Our team will guide you on the most suitable treatment options.

AGE REQUIREMENT FOR SPA & FITNESS

Children and teenagers under 16 are not permitted to use the Spa facilities. However, we do offer some treatments, which are available with parental supervision. Children and teenagers under 16 are not permitted to use the Fitness Center.

PRICING

All treatments are in Mauritian Rupees and are inclusive of 15% value added taxes.

PAYMENT TERMS

Discounted packages are tailor-made at the spa and full payment is done on first treatment. Treatments done or products purchased cannot be discounted upon departure.

THE GIFT OF SPA

We are happy to assist in providing the perfect gift whether it is to celebrate a special occasion or arrangements or to create unique experiences. Please contact The Spa for treatments and/ or products gift vouchers.

**For information or reservation, please contact us on 4031011 or directly on extension 4207 or email
MRUHI_Spa@hilton.com**