

# SANDS SPA

MAURITIUS



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SUITES RESORT & SPA  
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# **SPA GENERAL RULES AND ETIQUETTE**

**OPENING HOURS:** 08h30 to 19h30

Kindly be at the Spa 15 minutes before your treatment time.

## **CANCELLATION POLICY**

A 4hrs notice is required. A fee equivalent to 50% of your treatment will be applied for any cancellation without notice (NO SHOW) on your credit card.

## **PRIVACY**

We kindly ask you to fill in our client form so that any pre-existing health or medical condition can be taken into account while delivering the treatment. The information will be treated with utmost confidentiality. A disposable underwear is provided.

## **MOBILE PHONE/DEVICE**

We kindly ask our guests to switch off mobile phone or any other device, and to converse discretely while at the Spa.

## **PREFERENCES**

For a most enjoyable spa experience, please let us know if you have any preference for the pressure type for your massage, music volume, lighting level or cabin temperature before and at any time during the treatment.

## **PERSONAL VALUABLES**

For your comfort, our treatments are jewellery-free. Please leave your valuables in your safe.

## **FOOD**

Food is not allowed in any area of the Spa. For your convenience, we provide water and a refreshing ginger and lemongrass tea.

## **SHOWERING**

Please allow the massage oil to nourish your skin for at least an hour after the treatment.

We recommend not to use the Jacuzzi and the hotel pool after the massage.

## **JACUZZI, SAUNA & HAMMAM**

1. Please note that the wet facilities are unisex unless previously arranged.
2. Children aged less than 18 are not permitted to use wet areas.
3. Please shower before using the Jacuzzi, the Sauna or the Hammam.
4. A towel is required and provided within the Sauna and Hammam. It is mandatory to wear a swimsuit when using the steam room and be seated on a towel.

## **JACUZZI: SAFETY INFORMATION AND ETIQUETTE**

1. Please note that the indoor Jacuzzi is a unisex facility shared by both male and female.

As a courtesy to other guests, please take a shower before entering the water.

2. The use of the hot pool is not recommended for persons with heart problems and it is suggested that those who are unwell or prone to fainting from the heat not to use the hot pool alone.
3. It is recommended that anyone with open sores or any skin issue not to use the Jacuzzi.
4. The maximum number of guests permitted in the Jacuzzi is 4.

## **STEAM ROOM: SAFETY INFORMATION AND ETIQUETTE**

1. The temperature in the Steam Room is 45°C.
2. All users are requested to shower before and after using the Steam Room.
3. The use of cosmetic products and accessories are NOT allowed in the Steam Room.
4. If one has been exercising, a recovery period of 10 to 15 minutes is recommended before using the Steam Room.
5. Kindly limit your session to a maximum of 10 minutes at a time to avoid excessive dehydration.
6. After using the Steam Room, allow your body temperature to gradually return to normal (37°) before continuing to exercise.
7. The use of the Steam Room is NOT recommended for pregnant women, people suffering from health issues such as heart disease, high blood pressure, asthma, or any other contagious disease, unless approved by a medical doctor.
8. Exit the Steam Room immediately if you feel uncomfortable, dizzy or sleepy.

## **SAUNA: GENERAL SAFETY INFORMATION**

1. The Sauna temperature is set and maintained at 80°C .
2. All users are requested to shower before entering the Sauna.
3. The use of the Sauna is NOT recommended for pregnant women, people suffering from health issues such as heart disease, high blood pressure, asthma, or any other contagious disease, unless approved by a medical doctor.
4. The maximum recommended time for each session is 15 minutes.
5. It is strongly recommended that users drink water before and after each session.
6. Allow your body to cool down by taking a warm shower after each session.
7. Under no circumstances should water, oil, clothing or any other item be placed on or around the Sauna rocks, on the elements or on the heating element of the Sauna.
8. Exit the Sauna immediately if you feel uncomfortable, dizzy or sleepy.

# RITUALS

Our signature rituals with grapeseed oil are designed to transport you to a place of tranquillity and pure rejuvenation.

## **ZENITUDE RITUAL (90 MINS) - 3500**

Take a step back from your busy life with our Zenitude Ritual.

Let our specialized therapist restore your inner calm and help you enjoy your holidays.

### **Inclusions:**

Hammam

Cleansing Ritual of Aura and Body, meditation

Body scrub with hot sugar

Aloe Vera leg soother

Back massage (30 mins)

## **MAGHREB RITUAL (2 HOURS) - 4500**

An ideal spa journey to start your holidays and, to treat and nourish your tired and dry skin.

### **Inclusions:**

Hammam

Black Soap Scrub

Rassoul Body Wrap

Relaxing Massage

## **COCONUT BODY GLOW (90 MINS) - 3500**

Reveal a brighter and smoother complexion with our incredible combination of tropical coconut scrub to rebalance the skin and complement the scrub with a relaxing massage.

## **SUGAR & HONEY BODY GLOW (90 MINS) - 3500**

A full body exfoliating using a blend of brown sugar, organic honey and grape seed oil followed by a relaxing massage.

You will be left with the purest essence and, a clean and revitalized body.

# MASSAGES

All our massages have been specially crafted to combine sophisticated massage techniques with the healing properties of grapeseed oil.

## **SANDS RELAXING MASSAGE (50 MINS | 75 MINS) - 2000 | 2500**

A full body massage with long gentle movements to encourage a complete relaxation and the restoration of the body.

This massage is ideal for a deep relaxation and a general state of well-being.

Pressure: Soft / Medium

## **MUSCULAR ENERGISER MASSAGE (50 MINS | 75 MINS) - 2000 | 2500**

A deep tissue massage designed to work on the major group muscles to unlock tension. This massage is ideal in preparing the body for a sport activity as well as relieving tension in the muscular system.

Pressure: Medium / Hard

## **AYURVEDIC MASSAGE (75 MINS) - 2500**

A full body massage with warm oils which will help you feel good. Ayurvedic Massage expels toxins and provides deep relaxation. Physically, it helps all systems of the body.

Mentally, it helps your mind to relax by removing energies from past tensions and emotional problems in your body.

Pressure: Medium

## **REFLEXOLOGY (50 MINS) - 2000**

Reflexology is the activation of the healing powers of the body. It is a combination of both old and new techniques.

Pressure: Medium / Hard

## **LYMPHATIC DRAINAGE (50 MINS) - 2000**

Ideal for those suffering from water retention problems. This treatment also rejuvenates the skin.

Pressure: Soft

## **CANDLE MASSAGE (75 MINS) - 3500**

A sensuous massage, performed with warm oil from scented massage candles. The warmth and inebriating aromas set the scene for a real feast for the senses. Gentle on the skin, the experience is designed to restore the balance of body and mind.

## **RELIEVING SUBLIME POLYNESIAN MASSAGE (LOMI-LOMI) (60 MINS) - 2200**

A body massage inherited from Polynesian healers, which uses deep pressure and continuous movements from the practitioner's forearms. Delicate notes of grapeseed and coconut oils accompany you throughout this blissful experience of relaxation.

## **ORIENTAL BAMBOO MASSAGE (75 MINS) - 2500**

A full body massage combining specialised massage techniques and nature's pure bamboo. Using warm bamboo sticks to knead and stretch your muscles, increase blood circulation and ease away tension, this rhythmic massage aids in providing a sense of deep relaxation.

# MASSAGES

## **PINDA MASSAGE (75MINS) - 2500**

A natural preparation made up of aromatic herbs which are inserted into a linen to create a poultice, the pinda is warmed and pressed all over the body to enhance its soothing, moisturising and detoxifying virtues. The heat which is released combined with the herbs and the grapeseed oil is great for relaxing muscle pain.

## **SLIMMING MASSAGE (45 MINS) - 2000**

A detoxifying massage, through stretching and skin rolling, mobilises fat accumulations, enhances the suppleness of the connective tissue and restores the supportive tissue. It also stimulates the circulation.

Pressure: Medium / Hard

## **SIGNATURE TREATMENT – SUGAR SCRUB & CHOCOLATE MASSAGE (90 MINS) - 2800**

Indulge in the aroma of chocolate with a sugar scrub and chocolate massage. This full body exfoliation uses sugar to remove dead skin cells; leaving your skin smooth and glowing. Your body is then massaged with chocolate to hydrate and moisturise your skin while leaving you with a lingering scent of chocolate!

## **STRESS RELEASE BACK MASSAGE (20 MINS | 30 MINS) - 1000 | 1200**

A scalp, neck and back massage based on Indian acupressure techniques to release tensions.

Pressure points are stimulated to break down blockage and release toxins.

Pressure: Medium / Hard

## **LEG & FOOT REVIVAL (30 MINS) - 1200**

A targeted massage to comfort and relieve heavy legs and swollen ankles.

## **SHOULDER & HEAD MASSAGE (20 MINS | 30 MINS) - 1000 | 1200**

A specialised technique used to stimulate the pressure points in the head, to increase the energy flow and restore balance. This treatment is ideal for those suffering from headaches, sinus problems and stiff shoulders.

Pressure: Medium / Hard

## **HANDS REFLEXOLOGY (45 MINS) - 2000**

A holistic treatment based on the theory that different points on the hands correspond with different areas of the body.

## **COUPLE MASSAGE (50 MINS | 75 MINS) - 3000 | 4000**

Share a magic and privileged moment with your loved one, and enjoy a relaxing couple's massage in a zen atmosphere.

Pressure: Medium / Hard

## **MOTHER-TO-BE (55MINS) - 2000**

Designed to alleviate pain and to provide support, this massage procures relaxation, reduces stress and relieves the mother to be from muscle cramps and myofascial pain.

## **BODY GLOW, MASKS AND BODY COMPRESSES**

Pamper yourself with a cleansing, relaxing and nourishing body exfoliating, body wrap and soothing compresses.

### **COCONUT BODY SCRUB (30 MINS) - 1800**

Reveal softer, glowing skin with gently-exfoliating coconut husks and ground coconut shells in a creamy, moisturizing scrub made with pure Community Trade organic cold-pressed virgin oil.

### **SUGAR SCRUB (30 MINS) - 1800**

Sugar scrub benefits can be seen in the healing of blemishes. They help to soften calloused and rough areas, leaving them smoother and softer. Due to their multiple functions and benefits, sugar scrubs can eliminate the need of skin moisturisers and cleansers. Sugar scrubs also help to absorb excess oils and dirt from the skin and assist with the balance of skin's natural oils.

### **BLACK SOAP SCRUB (30 MINS) - 1800**

Well known in Morocco, the black soap scrub is a powerful exfoliator that removes toxins and activates cell regeneration.

### **MUD BODY WRAP (30 MINS) - 1800**

With a blend of a detoxifying fango mask and essential oils, this treatment detoxifies at all levels. Complete with a signature neck massage, it is ideal in providing a wonderful sensation of lightness and well-being in the body.

### **RASSOUL BODY WRAP (30 MINS) - 1800**

A Moroccan journey to ultimate beauty and wellness. This extraordinary mud comes from the warm fertile valleys of Morocco, abundant in the most necessary health and beauty elements: magnesium, iron, calcium, potassium and sodium. It is renowned for its ability to heal sensitivity and smooth rough and scaly skin.

### **ALOE VERA SUNBURN TREATMENT (30 MINS) - 1800**

Look your very best and feel confident with the aloe vera body wrap. Designed to trim, tone and tighten up the body, it also aids to smooth the skin after sun exposure.

### **DECADENT CHOCOLATE BODY MASK (30 MINS) - 1800**

This anti-oxidant, anti-ageing natural detox treatment will satisfy your body's craving for replenishment and revitalization while leaving your skin hydrated, nourished and irresistibly smooth.

## **BEAUTY BY THALGO**

### **REHYDRATION FACIAL (60 MINS) - 2500**

A hydrating facial that instantly balances the moisture level in the skin which has been dehydrated after long hours of exposure to the sun. Its coolness and smoothness gives maximum comfort and an incomparable feel.

### **DEEP CLEANSING (MICRO-ECLATEES SEAWEED) FACIAL (60 MINS | 90 MINS) - 2500 | 3000**

Ideal for anyone wishing for a true "thalasso" face to revitalise and rebalance the skin's vital functions. This care is excellent for those who wish to get rid of their mixed or oily skin of impurities.

### **THALGOGIVE FIRMING FACIAL (90 MINS) - 3900**

The Thalgogive firming facial suits those having a sluggish skin, imperfect oval, plumping or refining.

### **FROID MARIN FACIAL (60 MINS | 75 MINS) - 2500 | 3000**

Ideal for those with skin deeply deficient in water and, presenting wrinkles and skin affected by abuse of sun, great cold and dry climates, Froid Marin facial will make wonders in soothing and softening your skin.

### **SPECIFIC EYE CARE TREATMENT (30 MINS) - 1200**

30 minutes of care exclusively reserved to the eye. Anti-puffiness, anti-dark circles, anti-wrinkle it treats all problematic in the same treatment.

### **EXPRESS SHEER TREAT FOR FACE AND EYE (30 MINS) - 1200**

You are in a hurry but still wish to revive the brightness of your eyes and your face in record time?  
Express Sheer Treat of 30 minutes is specially designed for you!

Any facial waxing is additional and we recommend that you book it a day prior to your facial treatment.

## **NAIL CARE BY CUCCIO**

### **SPA MANICURE (45 MINS) - 1800**

This scented spa manicure is ideal to start a new journey during your holidays. Rich in minerals, sea salts first exfoliate and polish your skin. With an alluring aromatherapy environment, the therapist guides you to a relaxing manicure followed with the nail polish of your choice.

### **SPA PEDICURE (55 MINS) - 2000**

A spa pedicure with Cuccio products. Turn an ordinary pedicure into a lavish pedicure with this unique blend of enriched moisturisers, cleansers and deodorizers.

## **NAILS BY CUCCIO**

POLISH - 500

FRENCH POLISH - 900

WONDERLACK EXTREME GEL - 1300

WONDERLACK REMOVAL - 500

## **MEHENDI APPLICATION**

MEHENDHI (HANDS + FEET) - 2000

## **TINT**

EYEBROW TINT - 500

EYELASH TINT - 500

## **WAXING**

FULL LEG - 1800

HALF-LEG - 1200

ARM - 1200

UNDERARM - 500

SIMPLE BIKINI - 700

INTEGRAL WAXING - 1800

CHEST OR BACK - 1300

UPPER LIP - 400

EYEBROW - 400

CHIN - 400

## HAIR TREATMENT BY L'OREAL® PARIS

CHILDREN (1 YEAR - 7 YEARS OLD) - 500

### FOR HIM

GENT'S HAIR CUT - 600

SHAMPOO - GENT'S HAIR CUT - 900

SHAMPOO - ROOT COLOR - 1500

### FOR HER

WASH / BLOW-DRY FOR SHORT LENGTH - 1600

WASH / BLOW-DRY FOR LONG LENGTH - 2000

WASH / CUT - 1300

ROOT COLOUR (5 CM) / BLOW-DRY - 2500

WASH / CUT / BLOW-DRY FOR SHORT LENGTH - 2800

WASH / CUT / BLOW-DRY FOR MEDIUM LENGTH - 3000

WASH / CUT / BLOW-DRY FOR LONG LENGTH - 3200

WASH / HIGHLIGHTS / BLOW-DRY FOR HALF HEAD - 2800

WASH / HIGHLIGHTS / BLOW-DRY FOR FULL HEAD - 3200

WASH / HAIR-DO UP STYLE - 2500

HAIR BRAIDING - 500

HAIR TREATMENT - 1800

### FOR THE BRIDE

TRIAL HAIR-DO - 1500

HAIR-DO - 2800

TRIAL MAKE UP - 800

MAKE UP - 2500