



ANAHITA

WELLBEING

ANAHITA WELLBEING TREATMENT LIST

Anahita, Goddess of all the waters and the source of the cosmic ocean, welcomes you into her embrace, and shares the secrets of her healing powers with you. All her treatments are based on Marine Therapy, which has long been known to be most beneficial for one's health and well being.

The benefits of this therapy rely on the effect of sea water on the skin. The pores of the skin, in contact with seawater, expand and allow the passage of precious oligo-elements that are slowly freed in the blood system, correcting any imbalances. Various types of seaweed, with their well known antibiotic and antiviral power do the rest.

At Anahita Wellbeing, you are enveloped by the healing properties of the Indian Ocean that awaken your senses to the power of water, and the inherent possibilities of growth within such an environment.

Massages

Relaxation massage (60 mins) - Ocean Prana Massage MUR 2,850

A softly rhythmic massage emulating the sound of the waves lapping against the shore, and carried out to the beat of an Ocean Drum. This massage is ideal for total relaxation of mind and body.

Fitness massage (60 mins) - Deep Sea Massage MUR 3,100

A deep tissue massage to knead out all physical tension trapped in the body. Ideal for golfers and serious sport individuals.

Detox Massage (60 mins) - Warm Current Massage MUR. 2,900

A full body massage with warm oil to tone the muscular system. Quick and rapid movements stimulate the body, making this massage ideal for all requiring an energy boost, and for individuals who have recently been following unhealthy living routines, such as dietary habits, smoking, and stress.

Nurturing Massage (60 mins) - Gentle Wave Cradle MUR 2,900

A delicious cocooning for anyone feeling in need of a treat. A thoroughly relaxing massage that soothes away worries, ideal for anyone having recently experienced a psychologically difficult time.

Foot Reflexology (45mins) - Footprints in the Sand MUR 2,300

A deep foot scrub with sand, followed by a professional reflexology session to bring all the bodily systems into balance. This treatment provides a deep sense of well-being.

Body Treatments

Algae Body Scrub (45 mins) - by THALGO **MUR 2,500**

A full body scrub ideal for dry skin. The body is cleansed, exfoliated, and moisturized. The scrub removes dead skin cells, leaving the skin with a natural glow, and is an excellent step in preparing the body for smooth and even tanning.

Exotic Coconut Body Scrub (30 mins) **MUR 2,100**

A full body scrub which cleans, exfoliates and moisturizes. The products used for this treatment are 100% natural. This scrub removes impurities, leaving the skin silky and soft.

Frigi THALGO Treatment (45mins) **MUR 3,100**

A mineralized seaweed treatment to promote the elimination of toxins. This half body wrap is designed for your legs to feel relaxed and rejuvenated. Ideal after a flight.

After-Sun Treatment (30 mins) **MUR 1,600**

Gently soothing, this full body treatment is for all those who have had a bit too much sun. The cucumber and yoghurt used in this treatment soothes the skin, reduces redness, and moisturizes the skin to assist in the prevention of skin peeling.

Slim n Sculpt Expert Treatment by THALGO(90m) **MUR 3,900**

A fitness cabin treatment. The therapist will be your coach. An active muscular sculpting massage ideal against cellulite, which includes a full body scrub and a slimming and firming wrap. Please note that this treatment is recommended in conjunction with a fitness and diet program, and is prescribed by your Fitness pro.

(Package of 3 Treatments: MUR 10,550)

Facials

THALGO - Basic Purity treatment (45 mins) **MUR 2,700**

With a deep scrub, cleansing and steam, the skin is regenerated. Ideal for all women who want to rediscover their skin's natural health and luminosity.

THALGO - Cold Marine treatment **MUR 3,200**

A facial which repairs and revitalizes tired and reactive skin. Its bio-protective cream and extreme comfort eye contour serum will soothe your skin. You will feel revived and hydrated.

THALGO - Oxygen Treatment by BHA (60 mins) **MUR 4,200**

A facial for dull and tired skin. This anti stress facial is ideal for all individuals who have recently had an unhealthy life-style: too much stress and exposure to pollution, leaving the skin tired and dull, often with a greyish tint.

THALGO – Mer & Sens Hydrating treatment (75 mins) **MUR 3,500**

Facial for dry, dehydrated and matured skin. The skin is deeply moisturized and the first signs of aging will be soothed away. For all ladies wanting to redefine the signs of superficial dehydration. Protects and nourishes the skin.

THALGO - Wrinkle Control Fundamental Treatment (60 mins) **MUR 4,200**

This luxurious advanced treatment acts powerfully, firms and improve skin's tone and texture. The micro active marine serum which is "micro injected" into the wrinkles will leave your skin soothed and highly hydrated.

For Him

Relaxing Neck and Back Massage (30 mins) **MUR 1,600**

A massage based on Indian acupressure techniques to release tension in the head, neck and back. The treatment is carried out with oil, is perfect for the tense individual who spends a lot of time behind a laptop, or focusing on life from the right-side of the brain. It's time to let go and enjoy.

Hair & Scalp Delights

This hair remedy can be combined with any of your treatments, or enjoy them on their own. Professional hands massage pure botanical hair masks into your scalp, soothing away stress-induced headaches, balancing your scalp, and leaving your hair silky and shiny.

Intensive Moisture Hair Remedy (25 mins) **MUR 1,500**

An ideal hair treatment for dry, damaged, frizzy or sun-damaged hair.

Anahita Wellbeing Signature Treatments

Luxury Face & Body Relaxation (90 mins) **MUR 4,850**

Indulge in a luxurious full body relaxation massage followed by a face treatment designed to leave you in a soft cloud of soothing comfort.

Couples Harmony (75 mins) **MUR 5,200**

Especially designed for two people, this treatment commences with specific breathing techniques to assist the energetic flow of harmony. This is Prana, the breath of life. A nurturing massage follows to leave the couple in a special cocoon of their own.

Pure Body Temptation (90 mins) **MUR 6,200**

Enter a realm of body bliss with a sea-mint full body scrub, followed by a Warm Current Massage to refresh and rejuvenate the body and mind. Our unique Pure BodyTemptation includes a scalp massage and natural hair mask to bring out the inherent beauty of your hair.

ANAHITA WELLBEING PROGRAMMES

CLASSIC ANAHITA BEAUTY PROGRAMME

Pamper yourself with a spa programme designed to give you a beautiful all-round radiance.

3 DAYS

- 1 x Basic Purity Thalgo Facial (45 mins)
- 1 x THALGO Algae Body Scrub (45 mins)
- 1 x Frigi Thalgo Treatment (45 mins)
- 1 x Manicure
- 1 x Pedicure

MUR 10,400

5 DAYS

- 1 x Purifying Thalgo Facial (60 mins)
- 1x Oxygen BHA THALGO Face Treatment (60 mins)
- 1 x THALGO Algae Body Scrub (45 mins)
- 1 x Frigi Thalgo Treatment (45 mins)
- 1 x Manicure
- 1 x Pedicure
- 1 x Intensive Mosturizing Hair Remedy

MUR 15,500

7 DAYS

- 1 x Purifying Thalgo Facial (45 mins)
- 1x Oxygen BHA THALGO Face Treatment (60 mins)
- 1 x THALGO Algae Body Scrub (45 mins)
- 1 x Frigi Thalgo Treatment (45 mins))
- 1 x Detox Body Massage (60 mins)
- 1 x Manicure
- 1 x Pedicure
- 1 x Intensive Mosturizing Hair Remedy

MUR 18,350

PURE INDULGENCE WELLNESS PROGRAMME

Revitalise your senses with a spa programme designed to relax and refresh your body form head to toe.

3 DAYS

- 1 x Relaxing Ocean Prana Massage (60 mins)
- 1 x Frigi Thalgo leg Wrap (45 mins)
- 1 x Mer & Sens Face hydrating treatmentl (75 mins)

MUR 8,550

5 DAYS

- 2 x Relaxing Ocean Prana Massage (60 mins)
- 1 x THALGO Algae Body Scrub (45 mins)
- 1 x Foot Reflexology (45 mins)
- 1x Oxygen BHA THALGO Face Treatment (60 mins)

MUR 13,350

7 DAYS

- 2 x Relaxing Massage (60 mins)
- 1 x Fitness Massage (60 mins)
- 1 x THALGO Algae Body Scrub (45 mins)
- 1 x Foot Reflexology (45 mins)
- 1x Oxygen BHA THALGO Face Treatment (60 mins)
- 1 x Basic Purity Thalgo Facial (45 mins)

MUR 17,850

Beauty Treatments

Nailcare	MUR.
Manicure	1,500
French Manicure	1,750
Pedicure	1,750
French Pedicure	2,000
Nail varnish	750

Epilation

Full Leg Waxing	1,500
Half-Leg Waxing	1,200
Underarm Waxing	1,000
Full Arm	1,250
Bikini Waxing	1,200
Full Bikini	2,250
Back Waxing	1,250
Lip Waxing	600
Eye Brow Waxing	600
Make-up	1,750
Bridal make-up (includes trial)	2,500

FOR YOUR COMPLETE ANAHITA WELLBEING EXPERIENCE

To ensure that your Anahita Wellbeing experience is complete, we recommend the following:

- As the relaxation process is indispensable for a full Wellbeing experience, book your treatment at a time when you will be able to relax for at least 1 hour prior to, as well as after, your treatment.
- Switch off your cellular phones.
- Take a luxurious warm shower prior to the treatment in order to commence the relaxation process.
- For all facial treatments, we recommend that our gentlemen guests shave a minimum of 4 hours prior to the treatment.
- We suggest you come to the Anahita Wellbeing 10mins prior to your scheduled booking.
- Come to Anahita Wellbeing in the bathrobe provided for you in your Residence, or in loose and comfortable cotton clothing. Keep in mind that you may still have oil on your skin after the treatment which may stain your clothing.
- Remove all your jewellery and valuables in your Residence prior to your treatment time, as it is easy to forget a cherished ring or necklace at Anahita Wellbeing after a thoroughly relaxing treatment.
- In respect for our clients and therapists, please take note that there is a 4-hour cancellation policy, and all treatments not cancelled a minimum of 4 hours prior to their scheduled time will be charged at 50% of the full treatment price.