

OUR PRODUCTS

Mauritius is a cultural melting pot where African, Indian, Chinese and European cultures have fused together to create a harmonious paradise in the Indian Ocean. Our Spa Menu reflects the very essence of this symbiotic ethnicity. We feature the highest quality and grade of products for your health and well-being. Each product has been carefully selected to connect you with Mauritius and take you through a spectacular sensory journey with a holistic approach.

SUNDARI

Sundari represents the adherence to Ayurvedic principles based on an ancient Indian philosophy with the finest quality ingredients from nature. Sundari's holistic approach to wellness result in outer radiance and inner serenity.

AFRICOLOGY

Invoking the spirit of Africa by discovering and utilizing organic indigenous ingredients, Africology introduces a chemical free product, charged with energy which draws upon the power of nature to protect, heal and revitalize the skin and spirit.

JUST PURE

Our European product Just Pure has a unique philosophy centred on the phases of the moon. Each product is picked, produced and used to correspond with the different types of energy emitted by the moon in each phase. Completely chemical free and organic, Just Pure brings you only the most powerful ingredients.





FOUR SEASONS ORIGINALS

Specially extracted and blended local Mauritian ingredients are prepared and combined to maximize your exposure to the finest elements of our natural surroundings.

Signature Oils:

Mauritian Essence: Ylang Ylang and Coconut Oil

Indigenous flowers of Mauritius are gently pressed and combined with coconut oil to relieve stress, depression, neutralize the skin's PH and soften the skin.

Sensual: Vanilla, Vetiver and Frangipani

The ultimate deep aromatic experience. Excellent for insomnia and tension. Restores peace and harmony to the body, mind and soul. Believed to be an aphrodisiac with cleansing properties.

Detox: Grapefruit, Cajuput, Bergamot

The definitive "pick me up" elixir. A well blended combination of oils assists the lymphatic system to cleanse and detox the body. Citrus blend assists to reduce signs of cellulite while oil of Cajuput alleviates rheumatism and muscle aches. Excellent at opening the respiratory system.

Restorative: Nutmeg, Palmarosa, Ginger

Age old recipe of Nutmeg and Ginger relieves aching muscles and joints. This unique blend increases circulation to assist with muscular repair while Palmarosa oil gently restores the balance of water in the body. Recommended for Jet Lag.



ETHNIC INFUSIONS

Healing journeys which echo the roots of Mauritian culture

SUGAR ADVENTURE

2.5 hours

From the heart of the island, Indigenous products of Ylang Ylang and brown sugar create a body polish to cleanse and soften the skin followed by a deep tissue massage with our Mauritian Signature oil. Specialized technique of rolling sugar cane on the body is used to increase circulation, smooth out muscle tissue and release tension.

Coco Ylang Ylang Sugar Scrub Footbath

Purifying Sugar Body Polish

Sugar Cane Therapy Massage

SENSUAL ESSENCE

2.5 hours

This sensual experience begins with a reflexology footbath to increase the body's natural energy flow in preparation for deep relaxation and purification. Cinnamon and Vanilla steam bath envelops the body with an aromatic fragrance that heals the respiratory system and calms the mind. Salt from the Mauritian flats, Les Salines, is combined with Ylang Ylang oil and gently rubbed on the body to remove negativity and renew the skin. The ritual ends with a combination massage which incorporates lymphatic drainage, Ayurvedic techniques and Chinese meridian therapy to induce deep relaxation, water balancing and boost energy flow.

Cinnamon and Vanilla Steam bath

Reflexology Foot Massage

Tamarin Salt Cleanse

Mauritian Fusion Experience

ISLAND ALOE CLEANSING

2.5 hours

Native to Africa, Aloe Vera is one of nature's miracles for the skin and readily available in Mauritius, used by many locals both internally and externally. This cleansing ritual begins by using an Aloe enzyme combined with fragrant Frangipani to remove impurities in the skin. Followed by an organic Aloe Vera gel and wrap to repair and restore the skin's natural balance.

Aloe Vera Frangipani Body Polish

Aloe Vera Hydro Gel

Aloe Vera Body Cocoon

Aloe Vera Frangipani Facial



HYPOXIS ANTI-AGING EXPERIENCE

2 hours

Harness the power of the African Potato and Marula oil to firm, hydrate and fight free radical damage on the skin. Begin with warm compresses to prepare the skin for the Walnut and Marula scrub, followed by the anti-aging wrap along with a scalp and foot massage. To complete the anti-aging ritual, a full body massage with infused Marula oil, an all over body anti-aging serum seals off and protects the skin from destructive free radicals.

Walnut and Marula Shell Scrub
African Anti-Aging Potato & Marula Wrap
Foot or Scalp massage
Body Conditioning and Hydration Massage

DETOX

2.5 Hours

This detox treatment begins with a ritual Walnut and Marula scrub, enriched with Aloe Ferrox to exfoliate the skin and fight free radicals. Slimming Detox Mud removes toxins from the body with the help of African plants, which act as fat strippers and mobilizers. Pauline Cupani and Cysteric Acid combine to trigger fatty acid liberation. The Detox mud combined with a mint and ginger African steam, stimulates the active ingredients for the ultimate toxin removal. Detox massage concentrating on the lower body helps increase circulation to ensure toxin and fat removal.

Walnut and Marula Shell Scrub
African Slimming Detox Mud Wrap
African Rooibos, Mint and Ginger Steam
Detox massage



AYURVEDIC BODY & SOUL EXPEDITIONS

Sundari presents authentic Ayurvedic therapies for the healing and restoration of the body, mind and soul.

Abhyanga Massage

(60/90)

A profound relaxation for the overstressed using Abhyanga, or literally “oil massage”. This rhythmic and deeply relaxing massage rejuvenates by clearing stagnant energy and restoring the flow of “prana”, the life force that stimulates the body’s vital energy. As your nerves are soothed, you drift into a deep state of bliss.

Healing Body Ritual

2 hours

Restore and find balance in body and mind. Created around the benefits of Neem, India’s pharmacy tree, the ritual blends therapeutic and aromatic herbs to balance and comfort the spirit, as it treats the body. The rituals begin with a purifying cleansing footbath and full body massage with a neem and tripalia oil, followed by full body exfoliation made complete with an envelopment and a healing lotion application.

Supplifying Body Ritual

2 hours

Renew and revitalize the skin back to its natural balance. Omega 3 works deeply to nourish and hydrate skin. A cleansing footbath marks the beginning of this ritual followed by a full body massage and exfoliation. A hydrating body envelopment to reveal the skin’s natural tone is followed by a lotion application to seal in the moisture.

Firming Body Ritual

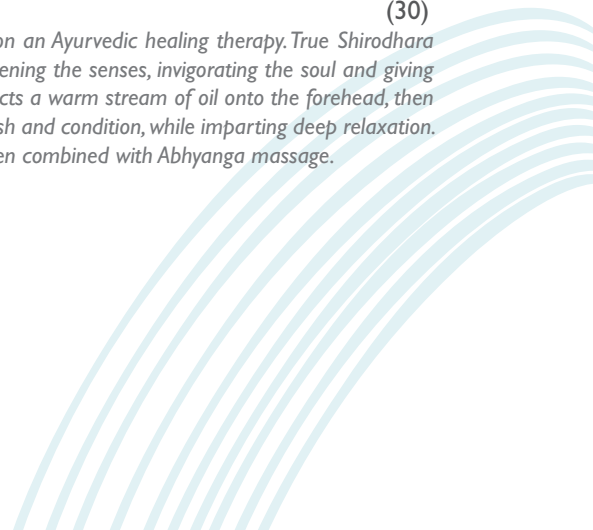
2 hours

Rejoice in your senses. Active ingredients of Cardamom, Rose Hips and Gotu Kola energize and revitalize as they create balance in the skin while the firming action lifts and tightens. The ritual begins with a signature foot scrub; followed by full body massage, exfoliation and finishes with an envelopment and lotion application.

Shiro Touch ‘Indian head massage’

(30)

A powerful therapeutic experience based on an Ayurvedic healing therapy. True Shirodhara changes the balance of your body by awakening the senses, invigorating the soul and giving back a sense of well-being. A therapist directs a warm stream of oil onto the forehead, then massages it into the hair and scalp to nourish and condition, while imparting deep relaxation. Excellent Ayurvedic full body treatment when combined with Abhyanga massage.



BODY EXPLORATIONS

Specially designed massage therapies focused on restoring natural balance to body and mind.

Mauritian Fusion Therapy (60/90)

Specialized combination massage with Lymphatic drainage, Ayurveda, Swedish, Meridian Therapy and Reflexology to increase energy, balance water levels, release toxins and stress. Medium to deep pressure is used with our Mauritian signature oil of YlangYlang and coconut with special concentration on releasing muscles in the back.

Aromatherapy Immersion (60/90)

A light to medium pressure massage with gentle hand movements and rocking motions to encourage deep relaxation and restoration of the body. Signature oils add to the benefits of this treatment.

Sugar Therapy Massage (90)

A first on the Island of Mauritius, this deep pressure massage focuses on unlocking muscles and joints in the body to increase circulation and energy flow. A piece of Sugar Cane is used to roll-out lactic acid in the muscles, increasing blood flow and releasing toxic build-up.

Detox Massage (60/90)

Targeting the lymph system and the lower portions of the body, this strong deep tissue massage increases the circulation to both the muscles and surrounding skin to increase oxygen and restore balance to deprived cells,thus allowing elimination and regeneration.

Golfer's Sports Restorative Massage (60/90)

Deep tissue massage focuses on the back of the body and muscles used on the golf course. Restorative oil of Nutmeg, Cajuput and Ginger increase circulation and liberate sore muscles and joints to bring back mobility and repair muscle tissue.

Soul of Africa Massage (90)

Warm Detox mud is applied to the back, removed and followed with warm compresses to deepen the relaxation in the muscles. Marula oil, traditionally used in ceremonies to bless and anoint, is blended with Neroli and Benzoin to soften signs of ageing, repair sun damage and hydrate lacking skin. A rhythmic full body draining massage will strengthen the power of the oils and the body's ability to rejuvenate.

Hot Stone Massage

(90)

Heated volcanic stones are placed and guided along the muscles of the body to encourage deep relaxation. Essential oils warmed on the stones boost the benefits of the oils and allow for a total sensory experience, which unlocks body and mind.

Double Handed Massage

(60/90)

The ultimate sensory experience. Two skilled therapists synchronize their movements in gentle fluid strokes to unwind and balance the body while increasing circulation and releasing toxins. This massage is especially recommended for those who want to relieve mental stress. Benefits are increased by your choice of Signature oils.

Foot and Hand Reflexology

(30/60)

This aged old therapy, thought to have originated in China, uses pressure point manipulation on the foot and the hands to increase energy flow and restore balance to the major organs and muscles of the body. This is a deep pressure treatment that can be tailor-made to target requested areas of the body.





SKIN REVELATIONS

Unveil a softer side of your skin with all natural ingredients

Sun Burn Soother (60)

Cool, repair and hydrate sun burned-skin. Aloe Vera nature's curative ingredient reduces skin redness and is a natural anti-inflammatory which alleviates the feeling of sun burn. Rooibos and Lavender mask draws the heat from the skin, smooths and refines the skin.

Gotu Kola Body Polish (60)

Polish skin to a lustrous, silken glow. This nourishing, exfoliating treatment hydrates with Rosehip Seed Oil, firms and smoothes with Gotu Kola and Cardamom Oil.

Gotu Kola Firming Body Envelopment (90)

Turn over a new leaf. Complete with a Sundari signature back massage and a full body exfoliation with Gotu Kola and Walnut Scrub, followed by a Lotus oil mask; finishing with a unique skin-firming body envelopment.

African Slimming Detox (60)

Walnut and Marula shell powder filled with vitamins and minerals gently exfoliate the skin to make way for the African Detox Mud. A powerful blend of seaweed, horsetail and biting clematis known for its slimming and firming action and acceleration of free fatty acids. As the products are resting you will have the choice of a scalp or foot massage. Add a sixty minute Detox massage with Cellulite oil for a stronger and lasting effect.

Coffee and Mint Body Scrub and Wrap (60)

Especially formulated for water retention and cellulite reduction, this treatment begins with a Walnut and Marula scrub, followed by a wrap with Kaolin known to absorb excess oils and toxins and combat cellulite.

** Safe enough to use during pregnancy*

Purifying Sugar Body Polish (30)

Locally produced sugar and Ylang Ylang oil gently restore skin tone, soften and balance the skin. Excellent for sensitive skin.

Tamarin Salt Cleanse (30)

Salt scrub from the local salt flats of Tamarin combined with our Sensual signature oil removes the skin impurities, disinfects and disperses negative energy from your system. Recommended for hard tough skin.

AQUA ESCAPES

Get away in one of our specialized Aqua Suites complete with handmade Mangrove wood Vichy showers beds, private herbal steam, sauna, ice fountain and outdoor showers.

60 minute treatments include mini facial, Vichy shower scrub, herbal steam & ice fountain followed by a moisture application.

90 minute Escape includes purifying sauna, facial treatment, Vichy Shower scrub, mud mask, herbal steam & ice fountain followed by a sealing moisture touch

120 minute treatments include sauna, facial, Vichy Shower Scrub, body, face and hair purifying mask, herbal steam, back massage & balm wrap following an outdoor shower and moisture drench

Chakra Glow

(60/90/120)

A stimulating scrub to charge the seven chakras and energize your body, mind and spirit. A collection of selected products are recommended weekly.

African Purification and Detox

(60/90/120)

Using Africology Marula Oil, Walnut Shell, Shea Butter collection of products geared towards, elimination, renewal and tightening of the skin with the fragrant sweet aroma of Vanilla

Tamarin Salt Cleanse

(60/90/120)

Fresh salt from the local salt flats, Les Salines, this cleansing scrub removes tough skin to reveal a softer and more toned complexion.



FACIAL DISCOVERIES

Choose from our Sundari or Just Pure products to pamper and restore your skin

Sundari Facial (60)
Reawaken and rejuvenate skin with a holistic facial customized for your skin's specific needs. Naturally active ingredients are custom-blended for intensive exfoliation and renewal. Marmassage completes the experience, for newly radiant skin.

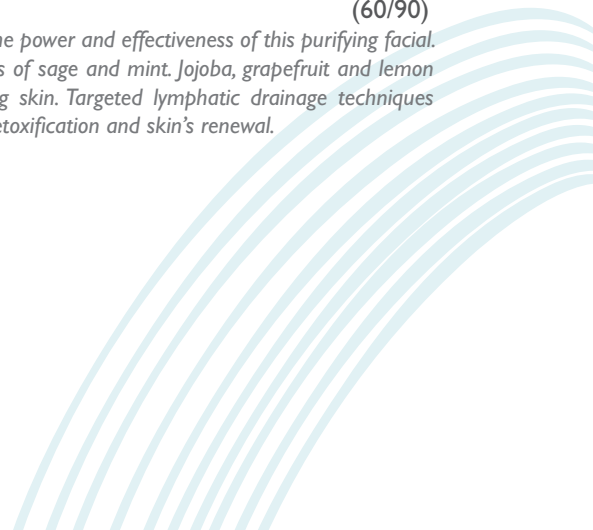
Neem Healing Facial (90)
Soothe, and purify, even the most delicate skin by sharing the benefits of Neem, known in India as the "Pharmacy tree". Extracts of the plant combine with soothing oils and Marmassage heal, hydrate and restore firmness to sensitive or irritated skin. Restores the skin glow.

Gotu Kola Age Firming Facial (90)
Reclaim your skin's youth. This advanced treatment feels luxurious but acts powerfully, instantly firming and improving skin's tone and texture. Combining traditional massage therapies and a potent skin tightening mask, this facial reinvigorates dull complexions.

Omega 3 Supplifying Facial (90)
Breathe new life into dry or stressed skin with this deeply nourishing, intensely hydrating facial. Omega 3 complex uses naturally active ingredients to restore skin's lost lipids - softening, renewing and awakening your natural glow.

Chi Yang Facial (60/90)
Specially formulated for any skin type, this facial is used only during the waxing and full moon periods to relax and harmonize the skin. Active ingredients of Aloe Vera, Bee Propolis, Frangipani and Hibiscus work in unison to restore the skin natural balance and brighten the skin.

Chi Ying Facial (60/90)
The waning moon and new moon charge the power and effectiveness of this purifying facial. Skin problem is soothed with by the effects of sage and mint. Jojoba, grapefruit and lemon regulate the moisture in tired and lacking skin. Targeted lymphatic drainage techniques removes excess moisture and encourage detoxification and skin's renewal.



MOTHER TO BE

Pregnancy Massage

60/90

Let the skilled hands of our qualified therapists ease your tension, restore balance to the body, alleviate water retention and encourage elasticity to the skin. Sixty minutes is recommended for your first treatment, which will include consultation and ensure that massage is comfortable for you and your baby.

**Available only after the first trimester.*

Other Pregnancy Friendly Treatments

- Coffee and Mint Body Scrub and Wrap
- Shiro Touch Indian Head Massage
- Soothing Scalp Massage
- Facial Treatments

MENS JOURNEYS

Akarshan Men's Face Treatment

(60)

A targeted treatment for the unique needs of men's skin using the healing power of Neem. Keeps skin fit and fresh with enzyme exfoliation. Neem and Avocado moisturizer leaves skin cleansed and soothed.

Men's Soothing Scalp Treatment

(30)

Melt your stress away! Soothing massage techniques induce full relaxation while encouraging hair growth. Adapted from ancient Indian head massage, this treatment targets scalp, neck and upper chest with a blend of therapeutic oils.

Balancing Back Treatment

(60)

Our version of a back facial; choose from our Just Pure or Sundari line of products to clarify skin for a healthy even finish. This treatment uses a special cocktail of botanicals and herbs, combined with Abhyanga back massage movement that stimulates lymphatic flow to cleanse, detoxify and de-stress.

ADDED TREASURES

Add a little something extra to enhance your favourite treatments

Beautiful Eyes

(30)

Pamper and firm delicate eye areas with this luxurious treatment. Signature massage techniques plus firming formula soothe, de-puff and hydrate eyes.

Neck Revive

(30)

Undo the sun's damage to neck and décolletage. Sundari or Just Pure ingredients reduce the look of fine lines, uneven skin tone and wrinkles. Then, an energizing mask and massage leave the skin visibly firmer and with a healthy glow.

Mini Facial

Refresh and tone with the mini version of our facial, Sundari, Just Pure or Africology products. Mini facial includes cleansing, exfoliation, toning, facial massage and moisturizer. Great to add on any treatment.

Jet Lag Envigorator

(45)

Excellent treatment to eliminate swelling, relieve sinus and headaches and immediately boost the immune system. Coffee and Mint wrap is applied on the legs to increase circulation, revive muscles and remove excess water. While resting, relax and recharge with a rejuvenating scalp and foot massage. Warm compress are then applied to remove the wrap with no need to shower and you are ready to start your holiday!

Inkomfi Renew

(45)

The African solution to a full body cleansing; Inkomfi Renew begins with a full body exfoliation with Walnut shell and Marula oil. Once removed, a special moisturizing cocktail of lotion and oil is rubbed into the skin. The face is cleansed, scrubbed and moisturized, leaving your skin fresh and renewed. The treatment is recommended before sun exposure to guarantee an even skin tone. Great addition to any massage.

Herbal Steam Bath

(30)

Fresh local ingredients are combined with fragrant essential oils to enhance purifying benefits of this treatment. A perfect combination for all treatments, including facials and massages.

