



Spa de Constance will put a spell on you thanks to its contemporary naturalness. Its majestic rooms, designed as an itinerary in the heart of the world of plants and wellness, invite you to enjoy delightful moments.

Timeless spaces, each detail was thought in the finest tradition of Mauritius.

In this privileged environment, a wide variety of body cares and world massages will be offered.

Simply luxurious, this is the spirit of Spa de Constance.

Enjoy our thermal pool and wet area facilities with our new range of infusions at your disposal before and after your treatment.

Prince Ayurvedic Treatment

Ayurveda is an Indian ancestral medicine based on the principle of « Knowledge of life »

Powerful, deep and rhythmic, this massage works on the muscular tissue and alternates invigorating moves along with warm sesame oil.

Shirodhara Massage 45mn/3200Rs

Warm, herbalized sesame oil is dripped in a stream onto the forehead to profoundly relax the nervous system, balance the Prana Vata, the Dosha that exerts control over the brain.

Shirobhyanga Massage 45mn/3200Rs

Indian millennium massage, with warm oil, frees your head and scalp from the tensions

Prince signature care "Abhyanga 4 hands massage" 45mn/6600Rs

A true synchronized ballet, this four hands massage tones and relieves you from the tensions to regain energy and vitality

Our Massages

Depending on your desires, a large choice of massages is available.

A festival of delightful fragrances are offered...

Shiatsu 50mn/90mn 3450/5950Rs

Softly stimulates the diverse energetic meridians of your body thanks to the pressure of the thumbs. This Japanese technique offers a sense of utter rest and serenity (massage on a futon, dressed-up, with no oil)

Thai Massage 90mn 5950Rs

Traditional Thai massage to balance the body and mind by working on the whole body softness and soft stretches, pressures and rubdowns.

Revitalizing, energizing and relaxing.

(Massage on a futon, dressed up, with no oil)

Prince foot Massage 45mn 3200Rs

Massage of the acupressure points of the sole of foot to regain the balance of your body.

Back relaxing massage 45mn 3200Rs

This massage focuses on the back, the nape and trapezium, relieving you of bodily tensions accumulated with the passing time, for an utter relaxation

Fusion Massage 90mn 5950Rs

Inspired by occidental and oriental massages such as Thai, Shiatsu and Swedish, it gives wellbeing to body and spirit. The massage works alternately on muscles and nervous system to soothe and give energy.



Bango Bango Massage 75mn 4950Rs

Forget the world surrounding you, soothing Hawaiian ancestral movements while relaxing the body and mind

Prince slimming ritual 30mn 2600Rs

Indian slimming treatment made of spices powder, cardamom and saffron. It has an effect of "fat burner" along with draining and toning maneuvers.

Sport Massage 50mn 3450Rs

This massage gives you a sensation of softness and complete relaxation thanks to a synergy of deep movements and stretches

Prince relaxing Massage 50mn/90mn 3450/5950Rs

Thanks to the rhythm and the soft maneuvers, this massage invites you to a real moment of relaxation.

Massages are also available in villa or in suite. Thanks to get closer to the Spa reception (2331) for further information.

Our Wraps * 45mn 2400Rs

Banana & carrot

Detoxifying, stimulating

Orange & walnut

Toning, cleansing

Rose & Aloe

Repairing, stimulating

Sandalwood & Clay

Mineral and anti-fatigue benefits

** All body wraps include scalp massage.*

Our exfoliations 30mn 2100Rs

For a soft and radiance skin discover our ancestral body scrub...

All our scrubs include a body hydration.

The Gourmand

Sweetness (Sugar cane and coco) to regain velvety and sensuality

Mauritius Body Glow

Regenerating (Sugar cane and sandalwood) to travel thanks to the woody scents

Mauritius Prince

Invigorating (Sugar cane, rice and spices), a must you can enjoy immoderately!

Other delights...

Constance Facial Massage 30mn 2500Rs

This massage anti dull skin takes away the marks of fatigue and gives oxygen to the tissues for a smooth and radiant skin

Mehendi 60mn 2500Rs

Luxurious movements along with the Indian tattooing Art, tells the story of the Mauritian tradition

Our Packages

Discover different experiences depending on your desires and needs.

The Spa reception will be at your entire disposal for any additional information.

In the Mood for Love For two 7560Rs

An afternoon massage at the beach, with your soul mate ... Champagne and macarons for a delightfully romantic...

Prince Detox Ritual (3 days) 11700Rs

Exfoliation of your choice

Two wraps of your choice

Two Prince Slimming Ritual massages

A 50-minutes massage of your choice

Discovery Ritual (2 days) 7300Rs

An exfoliation of your choice

A wrap of your choice

Two 50-minutes massages of your choice



Serenity Ritual (5 days) 15930Rs

Three **50**-minutes massages of your choice
Two **90**-minutes massages of your choice

Promise Ritual for Two (3 days) 15900 Rs

Shared souvenirs of a travel to Mauritius ...

Steam Room

Scrub "**le gourmand**" for two

A **50**-minute "**Prince massages**" for two

A **90**-minute "**Fusion massage**" for two

Mauritius Luxury 120mn

7700Rs

Flower footbath

Coco exfoliation

Coco massage

Regenerating tropical mist

On the way to Spices 2h30

8500Rs

Saffron precious foot bath

Spices exfoliation

Sandalwood and Aloe wrap

Spices massage

Energetic drink

Kids (from 3 to 10 years old)

Fun and playful treatments for your children from 9 am to 11 am. With these treatments, surprises will be offered....

The Little Prince 30mn

2400Rs

Bubble footbath

Coco foot massage

A surprise to take away and enjoy*....

The Little Mermaid 30mn

2400Rs

Flowers in the hair

Rose milk foot bath

Rose foot massage

A surprise to take away and enjoy*.

Head in the Stars 30mn

2200Rs

Wheat face massage and head massage

Fizzy drink and popcorn

TEENAGERS

First facial treatment *45mn 2800Rs*

Toning massage *30mn 2600Rs*

Coco exfoliation *30mn 2100Rs*

Candy nail manicure *30mn 1800Rs*

Glam feet *30mn 1800Rs*

Light make up *30mn 1800Rs*

Parents/Kids

Loving Duet Massage for two 4200Rs

Moment of complicity for the old and young

... **30 minutes** of pleasure

Duet Package for two 7000Rs

Dual moment of complicity for old and

young... **60 minutes** of pleasure

Sugar cane exfoliation and your choice of

perfume (coco, spices, sandalwood)

Loving duet massage

A drink to be shared...

HOW TO SPA

What do I need to bring?

Spa de Constance provides you with a locker for your belongings, a bathrobe, underwear and slippers. For the Thai or Shiatsu Massage, please wear loose, comfortable clothes. If you plan to use the fitness facilities, please wear appropriate workout clothes.

Should I bring my valuables?

For the safety of your valuables, we recommend you do not bring them to the Spa. We cannot assume any liability for your valuables.

Will someone help me choose the best treatment?

We offer a selection of Guerlain cares and Spa de Constance treatments for the wellness of your body and mind. Our staff will assist you in choosing a program that suits you.

When should I arrive for my Spa treatment?

We suggest that you arrive at least 15-minutes prior to your first appointment to allow enough time to check in, get changed, acclimate to and fully enjoy the Spa facilities.

What should I do before my treatment?

We recommend you to enjoy Spa de Constance's extensive facilities before your treatment. Arriving early and using our Waiting Area will help your transformation and increase your well-being. Showering is essential before a treatment because a clean skin absorbs the beneficial oils better.

Booking, cancellation and delay

You can book or cancel your appointment by telephone or directly at the Spa reception desk. In case of cancellation, please let us know at least 12-hours in advance in order to avoid a missed appointment charge.

In case of delay, we will have to shorten your treatment in order to avoid rescheduling all the appointments.

Why do I have to fill in the lifestyle consultation form?

The consultation form is designed to determine any important information to ensure your well-being and meet your expectations.

It will help us determinate any preexisting conditions which may affect the Spa treatment you will receive.

Should I avoid the Spa if I'm pregnant?

Spa de Constance invites pregnant women to enjoy services that do not involve deep pressure or heat. Please advise the Spa receptionist of your due date when you book your appointment and he or she will assist in determining the best treatment for you.

Personal requests

May you have us any requests for a specific therapist or gender of therapist, please let us know when booking.

What are the rules of Spa Etiquette?

To ensure that you fully benefit from the Spa experience, we make the following suggestions: The guest arrives early. Remember, all services will end on time, regardless of when the treatment starts, so that the following guest's treatment isn't delayed. The guest must be at least **16 years old**.

The guest must respect the other guests. To preserve the Spa atmosphere of peace and relaxation, please respect all guests' right to privacy and quietness. **Cell phones, pagers and smoking are prohibited.**

When booking a treatment, the guest has access to the Spa swimming pool. We recommend you to shower before using the facilities.

We recommend that you avoid alcohol immediately before or after any spa treatments.

Do I have to undress entirely for a Spa treatment?

This is your experience and we want you to feel comfortable. While it might be customary for some guests to completely undress for the Spa services, you must wear a swimsuit or undergarment. Keep in mind that our therapists are trained to drape you discreetly and to protect your privacy at all times. The boundaries you may define will be respected. For the Thai or Shiatsu Massage, please wear loose, comfortable clothes.

Feel free to let us know about any desires, suggestions and opinions, may they be positive or negative. Sharing your experience with our therapists will help us meet your expectations.