



OBEROI SPA

Mauritius, Indian Ocean

While the sun, sand and ocean breezes through the coconut trees, soothe your spirit by treating your body to a session of revitalisation and relaxation. Get pampered by our trained therapists in exquisitely appointed Spa suites surrounded by lush gardens and tranquil atmosphere. Holistic treatments drawn from Ayurveda and western influences with natural and healing beauty treatments will reenergise you from within and without. Bring your body to a total state of enigma and balance by complimenting your treatment with a session of Yoga, Meditation or Thai Chi. Serenity awaits your presence to begin your journey of transformation at The Oberoi Spa, Mauritius.

*We levy no service charge.
Prices are subject to 15% Government Value Added Tax.
Please take note that all prices are subject to change and without prior notice*



OBEROI SPA

SIGNATURE INDIGENOUS RITUALS

Spirit of Ayurveda	6500
African Hypoxis Body Experience	6000
Synergy	upon consultation

MASSAGE THERAPIES

Oberoi Massage 60/90 minutes	3800/4600
Balinese Massage 60/90 minutes	3800/4600
Thai Massage 60/90 minutes	3800/4600
Hot Lava Shell Massage 60/90 minutes	3900/4700
Aromatherapy Massage 60/90 minutes	3800/4600
Couples Massage 90 minutes	9000

REVITALISING BODY TREATMENTS

Inkomfi Sloughing	2000
Rooibos and Lavender Wrap	5800
Coffee and Mint Wrap	5800

SKIN CARE

Healing	3700
Energising	3700
Soothing	4000
Balancing (add-on to any skin care therapies)	800

NAIL THERAPY

Pomgranate and Fig Spa Manicure	1300
Pomegranate and Fig Spa pedicure	1500
Hydrating and Anti Aging	500

SPA EPILATION

Full leg waxing	1500
Half leg waxing	1000
Arm waxing	1200
Under arm waxing	600
Threading (per area)	600
Bikini wax regular	800
Bikini wax complete	1000
Mens Waxing	upon consultation

SPA HAIR

Frequent Use-Natural PH	1200
Dry Hair	1200
Colour Treated Hair	1200
Oily Hair and Scalp	1200
Anti-Loss	1200
3 Day package	3000
Blow dry (supplement)	800

Shampoo, Cut and Blow dry

Gentlemen	1200
Ladies	1500

Shampoo and Blow dry

Gentlemen	600
Ladies	1000

GENTLEMEN'S SPA FAVOURITE

Gentlemen's Facial	3700
After workout massage	3800
Manicure	1300
Gentlemen's Sport Pedicure	1500

AYURVEDIC THERAPIES

Abhyanga	3900
Hot Herbal Poultice therapy	3500
Shiroabhyanga	3400
Padabhyanga	3400
Marma Point therapy	3800
Shirodhara	3800

SPA JOURNEYS

Escape to Paradise	30000
Spiritual Karma	19500
Holistic Balance	11500

BRIDAL BEAUTY

Bridal Hairstyling	3000
Bridal Make-up	2000

*includes complimentary trial

Prices are in Mauritian Rupees and exclusive of applicable taxes
We levy no service charge.



The Oberoi
MAURITIUS

Massage Therapies

The Oberoi Spa prides itself in traditional Indian therapies with a blend of international influences.

Oberoi Massage

Relax your mind, body and senses with our signature holistic massage that increases circulation, and assists in removing daily stress and tension from the body. Our signature Oberoi massage incorporates a combination of rhythmic movements of wonderful soothing strokes with medium pressure along with palm and fingertip pressure points. The blended oil used for this massages promotes concentration and rejuvenates the spirit.

60/90 minutes

Rs 3800 / 4600

Balinese massage

This rigorous and luxurious spa therapy originating from Bali is a great one to choose if you would like to experience a variety of massage techniques including deep tissue, gentle stretches, acupressure, and reflexology. Aromatherapy oils will stimulate your energy flow and soothe your senses. Relax and feel spiritually renewed.

60/90 minutes

Rs 3800 / 4600

Thai massage

Experience the healing art of Thai massage, an ancient and sacred system of healing with roots in yoga, ayurvedic medicine and Buddhist spiritual practice. This therapy combines rhythmic massage, acu-pressure, asanas, gentle twisting, energy work and pranyama. This massage stimulates and balances the flow of healing energy within, opening the areas which are blocked bringing you deeper into balance and harmony for health, happiness and wellness of being. You will experience a powerful release of stress and tension, an increase in vitality and well-being and a deep connection between mind, body and spirit. You are provided with loose comfortable clothing for this therapy.

60/90 minutes

Rs 3800 / 4600

Hot lava shell massage

Smooth lava shells are heated from the inside by combining natural ingredients of minerals, sea kelp, algae and salt water glide seamlessly over your body creating a synergy of warmth, relaxation, and beauty for a sensation of unsurpassed bliss.

60 minutes/90 minutes

Rs 3900 / 4700

Aromatherapy massage

Your therapy begins with an aroma journey to create a space for inner harmony. Using gentle pressure and light strokes, this massage targets the lymphatic system to release toxins and soothe your senses.

60/90 minutes

Rs 3800 / 4700

Couples massage

A room for two, romantic for couples or shared with a friend. Steam and shower followed by an Indian foot wash ritual and then side by side massage of your choice in a meditative space filled with sounds of the coconut trees with wind chanting through their leaves, soothing music and aromatherapy. Your therapy concludes with an aromatherapy bath and tea ceremony.

90 minutes

Rs 9000

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Ayurvedic Therapies

Ayurveda is a holistic system of healing which evolved among the sages of ancient India over 5000 years ago. This ancient science focuses on establishing and maintaining the balance of energies within us, promoting harmony between the individual and nature. Good health is promoted by balancing these energies. At the Oberoi Spa, our qualified Ayurvedic therapists help determine your body type before recommending the appropriate massage and oils that are best suited to your specific needs. Using the finest Ayurvedic oils and herbs, the therapies are prescribed to refresh the mind, detoxify the body and restore the natural balance of the energies within, leaving you completely rejuvenated.

Abhyanga

This detoxifying therapy uses warm herbs infused with Ayurvedic oils chosen according to your dosha. The oils are generously poured over the entire body and then vigorously massaged into your skin. This traditional Indian massage detoxifies your body and revitalises your spirit

75 Minutes

Rs 3900

Hot herbal poultice therapy

This therapeutic massage begins with an application of warm oil specific to your dosha and followed by a warm fomentation using small linen pinda's filled with Indian herbs and spices to warm the senses and calm the nerves. This massage nourishes, revitalises and strengthens the body creating a sense of stability, both mentally and physically.

60 minutes

Rs 3500

Shiroabhyanga

In this therapy the vital points of the upper body are balanced to calm the senses. The shoulder, neck, head and face are massaged with deep pressure to relax the muscles and ease tension. This is followed by mild fomentation to promote total relaxation.

45 minutes

Rs 3400

Padabhyanga

Known as Indian foot massage, this ancient massage for the sole focuses on the marma points of the feet and lower legs which have an important effect on mind/body function. This therapy increases circulation and activates energy flow as the marma points of the feet are stimulated to detoxify, tonify and rejuvenate your entire body.

60 minutes

Rs 3400

Marma point therapy

Marma points are energy pathways where the body and mind communicate. Using pure essentials oils according to your dosha, marma point therapy is a cleansing and harmonising treatment. It is a combination of energy balancing along with a light stimulation of the marma points which is very subtle, yet profoundly relaxing. This therapy will leave you with a long lasting sense of calm.

60 minutes

Rs 3800

Shirodhara

Rhythmic precision in the gentle flow of warm oil directed onto the forehead and is believed to awaken the third eye, which in turn triggers healing and restores good health. This therapy is particularly effective in calming the mind, relieving head pains and freeing anxiety leaving the mind to recuperate.

60 minutes

Rs 3800

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Skin Care

World renowned spa brand, Omorovicza is used exclusively for all of our facials. Inspired by nature and drawing on the latest scientific advances in mineral cosmetology, the Omorovicza skincare range has a rich, romantic heritage, applying unique healing waters to innovative skincare.

Healing for sensitive skins

For sensitive skin in need of special attention, this facial applies gentle products to cleanse and exfoliate. A unique Hungarian facial massage stimulates micro-circulation whilst relieving tension. A nourishing poultice of organic oats and wheat supply amply nourishment and moisture, leaving the skin glowing with new found health.

60 Minutes

Rs 3700

Energising lightening and brightening facial for all skin types

Designed to leave complexion rejuvenated and revitalized, this facial begins with a gentle peeling, enriched with copper for an anti-oxidant collagen stimulating punch. A unique facial massage soothes the senses and accelerates micro-circulation whilst a rose and peony scented mask plumps the epidermis to reduce the appearance of fine lines, leaving you energized with a youthful glow.

60 Minutes

Rs 3700

Soothing for oily and combination skin

Mineral-rich Hungarian moor mud draws out impurities and nourishes the skin. The application of the mud mask follows a thorough cleansing and exfoliation using rosemary and pineapple extracts which treat sensitive skin and refine your pores. This facial is certain to revitalize your skin and sooth your senses.

60 minutes

Rs 4000

Balancing

Balance any of our facial treatments with the addition of an eye therapy balancing treatment. This intensive eye treatment is cooling and soothing which reduces puffiness, fine lines and under eye discolouration. Balancing includes cooling hydrating ingredients specific for the delicate eye area along with pressure point techniques which will provide immediate results.

15 minutes

Rs 800

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Revitalizing Body Treatments

Blessed by the ancient wonders of Africa and the African ancestors who passed on their healing rituals to cleanse, heal and purify our bodies'. Ageless treatments from Africology have brought tradition and beauty into one correlation. Naturally blended Marula oils and Ghana shear are infused with African potato, Aloe and Rooibos whilst inspiring aromas to work on skin ailments. Let this experience create a safe and calm space for you to re-connect with yourself.

Inkomfi sloughing

Traditionally before any ceremony is attended, a preparatory process takes place. This sloughing process gently exfoliates lifeless skin cells while nourishing the skin. Skin is enthused with a warm compress and a nourishing body cocktail. Let the aromas of South African Geranium, Lemon and Neroli essential oils further transform a usually stressful mindset to one of enduring tranquillity since a powerful memory is invoked through this enchanting experience.

30 minutes

Rs 2000

Rooibos and Lavender clay wrap

African maidens have for centuries captured the spirit of river mud, for a more youthful and radiant complexion. This wonderfully therapeutic wrap contains deep cleansing Kaolin and natural ingredients to treat skin ailments, stimulate blood and lymphatic flow. Enjoy this wrap with a preparation body scrub and conclude with Lavender and Pine aroma massage.

120 minutes

Rs 5800

Coffee & Mint wrap

Begin this coffee delicacy with a Walnut and Marula shell exfoliating scrub, and then enjoy the proven combination of coffee and mint applied as a wrap and sets on the body to stimulate the lymph and blood flow together with toxin elimination. The wrap is also signatored to aid water retention and cellulite reduction.

Pregnant women and high blood pressure clients may take advantage of the divine serenity this treatment will bring.

120 minutes

Rs 5800

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Gentlemen's Spa Favourites

Gentleman's facial

This deep cleansing therapeutic facial treatment has been specially designed for the special needs of men's skin including razor burn, ingrown hair and skin sensitivity. A facial massage soothes the skin whilst stimulating micro-circulation. A mineral-rich Hungarian thermal mud mask draws out impurities, deeply cleanses and nourishes the skin. As the mask is activating, your therapist brings you into deeper relaxation providing you with a massage of the neck, shoulders and scalp.

60 minutes

Rs 3700

After workout massage

Powerful, full body massage designed to relieve aching muscles and joints after sports or a day of physical stress and strain. Using a double layer of aromatherapy oils that will soothe away any muscular discomfort along with advanced deep tissue techniques ensures effective penetration and treatment of sore muscles.

60/90 minutes

Rs 3800

Manicure

A man's manicure with special attention to the distinct needs of men's hands. Includes nail buffing.

30 minutes

Rs 1300

Gentleman's sports pedicure

This aroma therapeutic ritual soothes and hydrates the feet. Your feet are relaxed & soothed with a therapeutic soak, followed by a raw Sicilian sugar scrub to exfoliate and smooth the skin. Finished with a moisturizing foot massage, nail grooming, and cuticle clean up and buff of the nails.

60 minutes

Rs 1500

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Signature Indigenous Rituals

Spirit of Ayurveda

This nurturing treatment takes you beyond relaxation to a pure mind/body connection. An ayurvedic consultation allows for a customized experience. This treatment begins with an Indian head massage combined with an inhalation therapy using essential oils to assist in opening your breathing passages and bring you into a state of meditation. A vigorous, full body dry exfoliation using herbal powders and natural loofah precedes a rhythmic friction massage with a specific oil blend based on your dosha. A steam therapy will further open your breathing passages and open your pores to eliminate impurities. This treatment continues with marma point face massage followed by a continuous flow of warm oil directed onto the 6th Chakra, otherwise known as your third eye, to elicit a deep sense of relaxation and transport you to a state of bliss.

120 minutes

Rs 6500

African Hypoxis body experience

This ritual begins with an African body scrub that acts as a purifying mask. This process deeply eliminates toxins whilst exfoliating lifeless skin cells preparing the skin for Hypoxis. Extractions using a natural process combined with Marula oil, will soften, soothe and improve skin hydration, while fighting free radicals. Africology warm herbal blend mask relaxes you on application, letting you enjoy the background sounds of Africa to ensure a special way to help your mind focus on this holistic experience. Whilst the wrap moisturises and tones the skin, this treatment sensation is accentuated with an African foot ritual. This experience offers maximum protection against free radicals while helping the growth of fibroblasts, the cells that produce collagen and elastin in the skin.

120 minutes

Rs 6000

Synergy

Take your Spa experience to a new level and choose two or more treatments off The Oberoi Spa menu and enjoy the benefits of a discounted package price.

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Nail Therapy

Hands and feet have been known to be the image of a person's personality. Be sure to enhance your overall beauty by enjoying our Pomegranate and Fig- hands and feet full nail and skincare regime.

Pomegranate and fig spa manicure

Using one of nature's most potent antioxidants to keep your hands in good health, this deluxe pomegranate and fig "facial for the hands" is the ultimate renewal treatment. An intense 2-step exfoliation will rejuvenate, deeply hydrate and help restore skin to a more youthful appearance. Topped off with an essential oil-infused with pomegranate and fig and a vitamin massage and a perfect polish of the nails. Your hands are left radiant and glowing.

45 minutes

Rs 1300

Pomegranate and fig pedicure

Soothe your feet with a combination of pomegranate and fig. Your feet are soaked in a wonderful blend of aromas of pomegranate and fig. Then a sea salt scrub will rub away your rough spots leaving your skin soft and silky. A luxurious foot massage with our pomegranate blend and an application of enamel completes your treatment.

60 minutes

Rs 1500

Hydrating and Anti Aging

Top up your Pomegranate mani and pedi experience with an anti aging mask that contains a fruit acid alpha hydroxy to remove skin damage and restore sluggish surface skin. Double this skin charge with a warm paraffin wax coating containing the hydrating powers of olive oil and milk. Nail conditions are treated with our chemical free solution giving a potent lasting result.

30 minutes

Rs 500

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Spa Hair

Naturica hair care offers you natural and specific treatments for the beauty and health of your hair as well as the wellbeing of your scalp.

Choose one of the 3 Day spa hair packages for your hair condition and enjoy the pampering and tender care of our professional hairstylists in our Spa Salon.

45 minutes / per treatment

Rs 3000

Individual treatment per day

45 minutes

Rs 1200

For frequent use,neutral PH

With Ginko-Biloba and rice milk to reinforce capillary fibres and structure of hair follicle.

For dry hair

With Milk protein and Wheat milk to nourish and smooth hair fibres without weighing the hair down.

For colour treated hair

With Soy milk and Ceramide to repair over treated hair.

For oily hair and scalp

With Tiolisin, Burdock, Milfoil, Vitamin F and Amino acids that purify, absorb and eliminate excess sebum.

Anti-loss

With Ginseng, Watercress, Eucalyptus and vitamins to stimulate the micro circulation of the blood in the scalp, fortifies the hair and reduces hair loss.

Spa Epilation

The spa has a wide range of epilation treatments for all skin types including sensitive and coarse hair. Epilation services available with natural hot wax and threading techniques.

- Full and half leg
- Full and half arms
- Facial hair
- Sensitive areas
- Mens waxing

Price upon consultation

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Spa Journeys

Embrace and reawaken yourself in the beautiful surroundings of The Oberoi Spa and enjoy all the elements of our menu by taking a journey over several days in a haven of serenity.

Escape to Paradise – 9 Days

Oberoi Massage - 60 minutes
Hot Lava Shell Massage - 60 minutes
Thai Yoga Massage - 60 minutes
Head & Scalp Massage – 20 minutes
Coffee and Mint Wrap – 60 minutes
Hydrating and Anti Aging Hands & Feet treatment -145 minutes
Energising Facial – 60 minutes
Balancing Eye Treatment -15 minutes
Spirit of Ayurveda – 90 minutes
Padabhyanga-60 minutes
Rooibos & Lavender Wrap-90 minutes

Rs 30000

Spiritual Karma – 6 Days

African Hypoxis Body Experience – 120 minutes
Pomgranite and Hands & Feet Treatment – 105 minutes
Ayurvedic Massage – 75 minutes
Shirodhara – 60 minutes
Balinese Massage – 60 minutes
Aromatherapy Massage – 60 minutes
Indian head Massage - 30 minutes

Rs 19500

Holistic Balance – 3 Days

Inkomfi Sloughing – 30 minutes
Balinese Massage - 60 minutes
Marma Point therapy – 60 minutes
Soothing Facial – 60 minutes

Rs 11500

* Please note that the spa packages are for individual use and regretfully may not be shared.

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FOR THE COMPLETE SPA EXPERIENCE

To ensure that your spa experience is a relaxing journey into a different world, we recommend the following:

- Ⓢ **Take time** ~ Give yourself plenty of time so you can enjoy the steam and sauna prior to your treatment. This will relax the muscles, and aid in the therapeutic benefits of all of our treatments and services.
- Ⓢ **Shower** ~ A quick shower just before your massage or treatment is relaxing and washes off any salts, minerals or chemicals that could clog pores when mixed with oils or other treatment products.
- Ⓢ **Treatment attire** ~ Unless the service description specifies otherwise, it is customary to wear just your robe to your service. You will be given the opportunity to disrobe and cover yourself in privacy. Throughout your treatments, your body will be completely draped. At no time will you be fully exposed.
- Ⓢ **Communicate** ~ Prior to the start of your treatment; please tell your therapist the areas you would like to focus on, and any areas to be avoided. During your treatment, let the therapist know if you feel any discomfort. Communication is the key to getting what you want out of your Oberoi spa experience. Keep in mind that all bodywork is similar to exercise in that, lactic acid and other toxins are released from the muscles may cause some soreness for a few days.
- Ⓢ **Relax** ~ Close your eyes and allow your mind to be free. Breathe deeply and let the tension slip away with each breath. Remember, this time is for you.
- Ⓢ **Health matters**~ Please inform us of any health conditions when booking your appointment, e.g. high blood pressure, heart conditions, allergies or if you are pregnant.
- Ⓢ **Home spa** ~ Most of the body and skin care products that we use in our treatments are available for purchase. We encourage you to ask your therapist how to use these products to continue your spa experience at home.

Reservations and Cancellations

All spa treatments can be scheduled or cancelled at the spa. We understand that unavoidable circumstances may arise and cancelling your appointment might be necessary. If you find yourself unable to keep your appointment, please contact the spa within a 4 hour time frame to avoid the full charge of your service.

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