

Spa Rates

Spa Garden Pavilion

Restore/Elevate/Unwind	90 min.	Rs 8,700
Couples Massage	90 min.	Rs 15,500
ESPA Aromatherapy Massage	90 min.	Rs 8,700

Signature Experiences

Le Saint Gérant Signature Ritual	90 min.	Rs 6,800
Unwind/Restore/Elevate	90 min.	Rs 6,800

Advanced Body Treatments

Chakra Balancing, hot stones	120 min.	Rs 9,700
Back, Face & Scalp treatment	120 min.	Rs 9,700
Four Hand Synchronised Massage	90 min.	Rs 6,800

Body Scrubs

Unwind/Restore/Elevate	25 min.	Rs 2,200
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Body Wraps

Unwind/Restore/Elevate	60 min.	Rs 4,600
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Body Massage

Unwind,		
Restore or Elevate	60/90 min.	Rs 4,600/6,800
Svedish Massage	60/90 min.	Rs 4,600/6,800
Sports Massage	60/90 min.	Rs 4,600/6,800

Holistic Rituals

ESPA Holistic Body Ritual	120 min.	Rs 9,200
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ESPA Intensive Facials

Unwind/Restore/Elevate	60 min.	Rs 5,100
Skin Brightener	60 min.	Rs 5,100
ESPA Super Active Toning,		
Lifting & Firming	90 min.	Rs 6,100
Eye Treatment	30 min.	Rs 1,900

Target Zone

Pre & Post Natal Treatment	80 min.	Rs 6,800
Stimulating Hip & Thigh	60 min.	Rs 4,600

Sun Treatments

Pre-sun Body Scrub	25 min.	Rs 2,200
After-sun Cooling Wrap	60 min.	Rs 4,600

For Men Only

ESPA Purifying Facial	60 min.	Rs 3,900
Stressbuster Body Treatment	120 min.	Rs 9,700
Sports Massage	60/90 min.	Rs 4,600/6,800

Bastien's Pedicure

Bastien's Pedicure	60 min.	Rs 5,500
Nail Brightness	45 min.	Rs 3,400
Foot Refoundation	35 min.	Rs 3,400
Bastien's Manicure	45 min.	Rs 2,400
Bastien's Duo	75 min.	Rs 7,500

Paraffin Touch	20 min.	Rs 1,200
Colour Touch	20 min.	Rs 700
French Touch	20 min.	Rs 900

Health & Fitness One-to-One

Personal

Training	30/60/90 min.	Rs 1,900/2,900/3,900
Health & Fitness Assessment	90 min.	Rs 4,400
Assisted Stretching	30 min.	Rs 1,900
Core Stability	30 min.	Rs 1,900
Boxing Session	30 min.	Rs 1,900
Kinesio Programmes	60 min.	Rs 2,900
Power Plate® Session	30 min.	Rs 1,900
Aqua Training	30/60 min.	Rs 1,900/2,900
Swimming	30/60 min.	Rs 1,900/2,900
Running Partner	60 min.	Rs 2,900
Technogym TGS	60 min.	Rs 2,900

Yoga & Pilates

One-to-one	60 min.	Rs 2,900
Couple	60 min.	Rs 4,400

Health and Fitness packages

Personal

Training Package	4 hrs.	Rs 9,700
The Complete Personal		
Training Package	7 hrs.	Rs 17,400

Youth Fitness

Swimming Lesson	30 min.	Rs 1,900
Swimming Packages:		
Short (5 lessons)		Rs 7,500
Intense (10 lessons)		Rs 15,000
Nipper Programme 11-15 yrs	5 hrs.	Rs 9,950
Boxing Session	30 min.	Rs 1,900
Outdoor Personal		
Training +10 yrs	30 min.	Rs 1,900

Hair salon

Ladies cut	Rs 1,700
Men's cut	Rs 1,400
Child's cut	Rs 800
Kérastase Ritual	Rs 1,400
Transformation cut	Rs 2,300
Shampoo	Rs 400
Conditioner	Rs 550
Masque	Rs 700
Bridal Hair service	Rs 3,900 to 5,800
Colouring	Rs 1,400 to 3,300
Brushing	Rs 1,500 to 2,000
Make-up	Rs 1,900

Spa Etiquette

Arrival Time

All Spa experiences will commence with a journey starting 30 minutes prior to treatment. This includes the use of our heated infinity-edge pool, steam, sauna and outdoor ocean-view day beds and indoor relaxation areas. Please note these areas are unisex and swimwear is required. Please feel free to arrive in your hotel robe.

Treatment Timing

As a courtesy to the next guest, if you happen to arrive late, please be informed that your appointment will need to end as originally scheduled.

Spa Details

Lockers are provided for your convenience, with a robe, towels and slippers. Spa amenities are available for your use. During all treatments you will be properly draped for ensured privacy.

Ambience

The spa environment is one of tranquility and relaxation. Please respect the privacy of other guests by speaking in a soft voice or simply enjoying the silence. We kindly request that you refrain from using mobile phones or cameras in the spa. Smoking is prohibited throughout the spa.

Pregnancy

We have specially designed treatments for expectant mothers. We can assist you in selecting suitable services for this special time. We recommend checking with your physician before booking any spa service. Certain treatments and techniques may not be available during the first trimester.

Valuables

It is recommended that you leave valuables in your guest room safe. The Spa does not assume liability for any valuables.

Health Conditions

Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the spa facilities.

Reservations

To avoid disappointment, we advise making reservations in advance. To discover the perfect treatment combination for you, we recommend a consultation with our resident Spa team.

Spa Access

We welcome spa guests from the age of 16 for all treatments.

Telephone

From your guest room, touch the One&Only Spa button on your telephone or dial extension 7658.

Hours of Operation

Spa	8:30am to 8:00pm
Fitness Centre	7:00am to 8:00pm
Hair Salon	10:00am to 8:00pm
Bastien Studio	9:00am to 8:00pm

Cancellation and Change Policy

We kindly ask our guests to give a minimum of four hours notice for changes or cancellations. With fewer than four hours notice you will be charged 100% of your treatment price.

Prices

All prices are inclusive of 15% VAT.