

Welcome to the Rock Spa

Byenveni o Spa...

When flipping through our carefully designed menu you may be a bit surprised not to find any well known trade marks, names or brands and rightly so: you have come in touch with an altogether new Spa philosophy where we believe in true nature and its products. I cannot imagine anybody to take a sip from a facial scrub tube, a lick from a beauty product pot or a drop from a flacon of some luxuriously designed and created beauty cream...

On Frégate Island Private however we are delighted to invite you to see over 140 different ingredients growing in our gardens, and countless traditional medicinal plants which our grand parents have used for ages and are called Raspay and are growing widely all over the island.

The Bonnom Dibwa (French: Bonhomme du bois (English: the fairy man from the forest) or Madam Dibwa were and still are our much trusted and treasured specialists that have preserved ancient recipes for generations and generations. In our attempt to create unique Seychellois experiences, we are delighted to have put a little collection of treats for your wellbeing together which we trust are enriching, invigorating, relaxing and as pure as nature can be.

Nothing will go on your skin, your hair or body unless it is tasted, sampled and physically tried by us. Only this way we can guarantee a healthy and purely natural experience.

Truly Yours

Bernadette Chang Ty Seng
Madame Dibwa

The little A to Z of most commonly used Raspays At the Rock Spa

Raspay

The remedies

Garlic (Lay)

Clear up that stuffy head from cold. Garlic is also lower cholesterol too.

Ylang Ylang (ilang ilang)

It is good for relaxes muscle tension, lower blood pressure and relieve. Insomnia the oil on the body quiets irritation from eczema or bug bite and fights infection.

Cinnamon (Kannel)

The cinnamon oil is good for toothache, the powder is good for cholesterol and heart problem.

Coconut (koko)

The coconut oil is good against dandruff, its also antifungal agents.

Pawpaw (papaya)

The milky sap from the fruit is good to rubbed on the eczema and ringworm. The roots not any root is good for rheumatism.

Sour sop (corossol)

The leaf is good for hangover, and help with a good night sleep.

Star fruit (Karanbol)

Star fruit is recommended as a diuretic in kidney and bladder complaints.

Aloe Vera

Its has antibacterial, antifungal and antiviral compound to help prevent wound infections

Guava (Gouyav)

It is good to treat gastrointestinal disorder like diarrhea, diabetes and fever.

Raspy's or medicinal plants are used internal or external, for tea, infusion or body treatment.

Madam Dibwa's Secret Treasure Chest

Bees Sting

60mins

While you were walking in the Frégate jungle oop it happened you get sting with the bees, waste no time come and meet madam dibwa, she has just the treatment for your sting. Periwinkle it would be the magic potion for your pain and swollen.

SCR. Two thousands and eight hundreds

Skin infections

90mins

Now a day's people are getting lots of skin allergies and infections from bacteria, unhealthy life, here at the Rock Spa we have a natural treatment for your skin with our beach morning glory. This treatment must be repeated for next time to archive a better result.

SCR. Three thousands and two hundreds

Rheumatic Pain

90mins

Suffering from the pain, its certainly spoil your days, here at the Madame Dibwa sanctuary we have a treatment that can help you to stop complain about the pain, a mixture of our gro bonm potion mixed with the cinnamon camphorate would be rubbing on the body to help re lift those pain. You follow the Madame dibwa advice soon you would be free from pain.

SCR. Three thousands and two hundreds

Onion and Coconut oil anti swollen treatment

60mins

Sometimes accident does happen that we twist our ankle, yes is painful and swollen. With our expertise we can help to reduce both the pain and swollen at the same time a nice relaxing massage follow with the application of onion and warm coconut oil would certainly make the trick.

SCR. Two thousands and eight hundreds

The Rock Spa Collection

All rituals begin with an aromatic foot bath.

Pie Chantez

150mins

This unique treatment named after one of the Seychelles endemic rare birds, one hour bespoke massage, rice and orange scrub, you will then be pamper in a passionfruit, breadfruit and yogurt. This experience is further enhanced by a refreshing facial cleanse and gentle exfoliation before a mask of passion fruit and honey is applied. This gives you a radiant glow after experience 2 1/2hrs treatment you would plunge your self in a warm aromatic bath of frangipani ylang-ylang flowers and vanilla.

SCR. Five thousands and three hundreds

Lanmour Honeymoon

180mins

An intimate experience for two in the privacy of our hedonistic couple's room. The honeymoon treatment begins with a relaxing foot bath followed by a bespoke massage. Your skin will than be lovingly prepared for a wrap by being polished with a cocktail of passion fruit ginger and lime sugar scrubs. You will than be wrapped and infused with a warm aphrodisiac oil mix of ylang-ylang and coconut. You will experience the delight of a scalp massage and a conditioning hair mask of yoghurt and vanilla then while your hair is wrapped in a steaming towel you will receive a facial cleanse with aloe vera and honey and a gentle exfoliation using papaya seeds and lime. To complete this romantic journey you will relax and unwind in a bath together filled with exotic passion flowers, ylang-ylang and hibiscus, all while sipping champagne and nibbling on fresh fruit and chocolate.

SCR. Ten thousands and five hundreds

Romantic Magic Sunset

180mins

On this paradise island you would found the green trees and colored flower and nice fragrant of the local cinnamon trees around the island. At the rock spa we would make you fill like the king and queen on Fregate island with the pamper head to toes. You would start with a nice aromatherapy massage with special aroma essential oil of your choice the velvety texture of your skin as it is polished with rice mixed with fresh grated coconut.

Your body would then follow with season flower and honey body wrap, a nice relaxing head massaged would be helping you to relax deeper. To finish this luxurious ritual a nice flower bath while sipping a nice glass of champagne bath

SCR. Nine thousands and six hundreds

The Dreaming

180mins

Glide into the luxurious reality of finest treatment with this three hour, one-on-one spa therapy session devoted to shedding physical impurities, restoring clarity and balance and reconnecting the trinity of mind, body and spirit. This includes a foot session, body wrap, massage, facial and hand treatment.

This will leave your body astonishingly energized, subtle, free of tension, and smiling with delight.

SCR. Six thousands and one hundred

Herbal Body Scrub

60mins

you will emerge from this treatment feels renewed and transformed it begins with a relaxing massage, followed by a mixed body scrub with a selection of fresh cinnamon bark, crush basilica, mint. This treatment is great to prepare the body from the dryness.

SCR. Two thousands and eight hundreds

Smoothie Sunburn

75mins

This cooling and soothing treatment begins with a gentle massage. Your body and face will then be coated in cold yogurt and cucumbers were it would make your body fill re fresh. You will awaken to discover your skin is smooth, soothed and beautifully.

SCR. Two thousands and eight hundreds

Anti Cellulite

90mins

A wonderful massage with exotic blend of aroma oil with the technique of draining massage on the fatty area then follow with the warm body wrap with the dark crush coffee beans to burn up the cellulite having this treatment on your holiday you would be amaze with the result.

SCR. Four thousands and four hundreds

Water Fall

60mins

Feel totally abandoned to your senses while having a full body massage out doors under cascades of warm water. To invigorate you even further you will also experience a body polish using crushed hibiscus flower, passion fruit, bilimbi and rice.

SCR. Three thousands and two hundreds

Head & Back (Ritual)

60mins

This is a cleansing therapy for the alleviation of stress, anxiety, insomnia and hypertension. After a back and head massage that stimulates circulation and the flow of energy, a continuous stream of warm herbal oil is poured on to your hair. This restores energy and calms the body and the mind.

SCR. Two thousands and four hundreds

Hot Coconut Oil Ritual

90mins

Begin this sensuous journey with a full body massage using warm coconut oil. Your skin will then be gently buffed to a smooth glow by a scrub of fresh coconut, vanilla and frangipani essence. You will then be wrapped in muslin and smothered in hot coconut oil. Your skin will feel restored and deeply nourished. This treatment is great to maintain your tan.

SCR. Three thousands and five hundreds

Citronella Body Wrap

90mins

This experience is good on the rainy day, warming your body from head to toes with a nice warm coconut oil and essential of citronella oil massage make the blood circulation more active. This is followed by our famous blend citronella and ginger wrap. A facial cleanse with aloe vera and ginger would be applied. Since this is a top to toe experience you will also feel completely invigorated and renewed by our special scalp massage

SCR. Three thousands and five hundreds

Breadfruit & Yoghurt Wrap

90mins

This wrap is full of ingredients that not only soften your skin, but re- builds the skin cells, but it is also deeply hydrating. A full body massage is included in this treatment. It is a good therapy to have just before you go home and helps to extend the life upon of your tan.

SCR. Three thousands and two hundreds

Banyan Body Scrub

90mins

These ingredients are the perfect harmony. They will help restore moisture to dry skin and will help to retain your Youth for your journey back home. This treatment is complemented by a full body massage.

SCR. Four thousands and four hundreds

Bon Voyage Beauty

90mins

A must have treatment on your last day in paradise. It will leave your skin hydrated and glowing for your arrival back home to show off your sun kissed island skin. It begins with a bespoke massage your skin will then be smothered in oranges, honey, milk and warm coconut oil. While you lay cocooned in your wrap you will enjoy a facial cleanse of aloe and breadfruit followed by a gentle gommage of crushed cashew nuts, cinnamon and coconut. Then we will apply a wonderfully replenishing facial mask of clay infused with papaya and honey. Your hair will also shine with health after you have a conditioning treatment of coconut milk and vanilla. You will look and feel radiant.

SCR. Four thousands and four hundreds

Marmite Kreol

90mins

Whole body treatment using fresh local ingredients such as Papaya, Banana, Bread fruit, Aloe Vera stalk, Vanilla beans, Cinnamon bark, banana leaves and home made Yoghurt. Enjoying an invigorating body massage that revitalizes the skin and relaxes the mind. A body scrub of Dead Sea salt mix with Seychelles local oranges prepares your skin for the mix fruit wrap and, once you are cocooned in banana leaves which helps to detoxify your skin, receive a face cleansing with smash bread fruit mash and aloe vera and a mask of cinnamon bark. To finish enjoy a head massage with yoghurt and vanilla.

SCR. Three thousands and five hundreds

Rejuvenate body peeling... Cinnamon & Breadfruit

90mins

To remove the dry surface on your skin and make it moisturizing and radiant this describes how you will look and feel after your full body massage and an exotic peeling for your body.

SCR. Four thousands and nine hundreds

Cinnamon Ritual

120mins

Blend cinnamon oil will be the ideal oil to ease your stress, a body scrub with blended cinnamon bark will remove old dry skin from your body, a lovely past of cinnamon and honey will restore all the love, smoothing and care to your body. A nice cinnamon bath will bring your mind to sleep.

SCR. Five thousands and three hundreds

Chocolate Lovers Bliss

60mins

This sensual and decadent experience begins with a full body massage. Your skin will then feel soft and smooth after receiving a body scrub with ground cocoa beans and vanilla. Then your body will be smothered in velvety warm Belgian chocolate. Chocolate is stimulating to the circulation and is full of anti oxidants. This treatment will leave your skin looking and smelling good enough to eat...and guess what you can, all ingredients are fresh and edible. At the conclusion of this ritual you will enjoy a hot cup of cocoa and a plate of Belgian chocolates.

SCR. Three thousands and five hundreds

Silky Smooth Face & Hair

60mins

A sensual and smooth body treatment for yogurt lovers. Your body will be cleansed, toned and nourished. A silky coating of yoghurt and turmeric as bright as the sun, as yellow as a sunflower will leave your skin soft and glowing. Aloe vera, honey and cinnamon bark will gently exfoliate your face and yoghurt and vanilla will be a soothing and cooling luxurious head massage.

SCR. Two thousands and eight hundreds

Milk, Orange and Honey Body Treatment

90mins

A sensory of delight to moisturize and soften the skin. Begin with a fully body Massage with our homemade coconut oil that would make you relax in the most comfortable atmosphere, your body would be coat in a nice silky body past of the fresh blend orange mixing with honey and milk that would soften your skin in the most gentle way.

SCR. Three thousands and two hundreds

Coconut and Yogurt Body Soothing

75mins

Being in the sun the whole day without protection gets your skin dry and sensitive. We have a special treatment for after sunbath. Begin with a moisturizing and relaxing body massage for the dryness of the skin. Continue with a smooth coconut body peeling to remove the dead skin follow with a cooling and smoothing yogurt body wrap. Your skin will feel fresh after sunbath smoothing treatment.

SCR. Three thousands and one hundred

Coconut Cucumber Skin Softener

60mins

A wonderful massage with virgin coconut oil to relax your body and soul, including a nice blend of cucumber, milk, coconut oil and a few drops of the sea salt grain that would apply on your skin in a gentle massage movement to help loosen dead skin cells while the salt easily brush the dead skin away.

SCR. Two thousands and eight hundreds

Hibiscus and Cucumber Sunburn Cooling

75mins

You cannot sleep at night, your skin is sore due to sunburn, The Rock spa has one of the best solutions for you. A nice cool and gentle body massage with our unique coconut oil will help you ease the pain, follow by applying our special body cooler mask made from hibiscuses and cucumber that has been collected from our garden, to absorb the heat and smoothen your skin from getting dry. While the skin is cooling down, your hair would be pampered with a blended mask of hibiscuses and coconut oil to help moisturizing the hair from dryness.

SCR. Three thousands and two hundreds

Anti Wrinkle Body and Face Beauty

90mins

Getting older and getting wrinkles that we can't stop, but the wrinkles we can be prevented. Here at The Rock Spa we have the treatment that can prevent you from getting wrinkle at an early age. All our treatment starts with a full body massage with a flow of warm coconut oil, followed by our unique body scrub of yogurt and rice powder mixed together in the coconut oil. Your body would be cocooning in the most relaxing ambience with the blend of fresh banana and honey to moisturizing and firming the skin. Last but not least you will experience our best anti wrinkle facial with the mixture of aloe vera gel, breadfruit, yogurt, honey and banana. After experiencing our cocktail treatment you would fill young as ever.

SCR. Three thousands and two hundreds

Extra Pamper Natural Foot Care

60mins

After a long nature trail walk around the island, you feel that your feet are tired and swollen. We have something special to treat your feet. Your feet will be soak in warm water mixed with bath salt and few slice of lemon, follow with wonderful coffee foot scrub to remove the hard skin create by your shoes during the walk.

A wonderful massage will be applied on both feet and legs to make it feel lighter and your feet will be also envelope in a past of fresh crush mint and cinnamon to help your blood circulation flows gently.

SCR. Two thousands and five hundreds

Kids Spa Experience

60mins

We had not forgotten about the little ones, we have something for all. For the little girls we have massage and beautiful nail design flower, butterfly for your hands. , to make you look like a little princess.

As for the boys a nice body massage would help to relax your mind then you would go in the bath tube make the spa cuisine by mix the cocoa, coconut milk. Put the chocolate past on your body to make it smell nice a smooth and the swim in the bath tube.

All Children would enjoy them self with nice milk shake and cookies after the treat. I wish a was a Kids

SCR. Two thousand and one hundred

Bespoke Massage

60mins / 90mins

Our therapists are literally trained in massage techniques from the entire globe. For your bespoke massage experience, tell your therapist the amount of time you would like and the feeling you would like to get from the massage i.e. hard/soft pressure, stretching, calming, and invigorating to relieve pain or injuries or specific conditions. Based on this information your therapist will perform a particular style of massage or a combination of massage techniques that is tailor made for you. Feel like having your massage in the privacy of your own villa then this can be arranged.

SCR. Two thousands and one hundred / SCR. Three thousands and two hundreds

Swedish

An energetic massage from medium to strong move of hacking, pinching, effleurage and cupping movement, to circulate the blood circulation

Remedial

Usually medium to deep pressure, it is used to remedy a problematic area.

Hot Stone massage

Soft, medium to deep pressure. utilizing the therapeutic qualities of hot smooth basalt stones. It seeks to relax the tense muscle and help with the poor blood circulation.

Thai

Firming and energizing. It is a blend of time honoured Chinese acupuncture techniques with yogic manipulation. Authentic Thai massage is performed on a floor mat and both parties wear loose comfortable clothing. No oil is used in this massage.

Foot Reflexology

Firming and energizing, to help with the blood circulation under the feet and relaxation on the body nice massage on the pressure point meridian.

Balinese

A soft to deep tissue massage, in which the therapist uses thumb and palm pressure and firm strokes. Working along meridian points. This treatment stimulates blood circulation and improves energy flow.

Aromatherapy

A gentle and deeply relaxing massage which uses long slow strokes. A specially blended mix of essential oils is chosen by the guest to heighten the experience and achieve a certain outcome.

Off site massages

Unique to Frégate Island!

60mins / 90mins

Expand the Spa experience to your favorite spot anywhere on the island! no matter whether in the privacy of your villa, 17 meters off the ground in our tree house, in the heart of the jungle, on blissful cliff tops with stunning views, on internationally awarded private beaches or in the shadow of the look out of Glacis Cerf, we will deliver an experience you will not forget...

SCR. Two thousands and five hundreds / SCR. Three thousands and five hundreds

Yoga Journey

60mins

In a stressful world of high tech and fast paced living, more and more people are turning to relaxation to halt the deteriorating influences of contemporary lifestyle. Let's begin our journey with three introductory Yoga sessions. Yoga practices are based on thousands years of use. Yoga is not dogmatic but rather a science for personal evolution. Yoga is far from being mere physical, breathing acrobatics or demonstration of magic or supernatural powers; it is a science of the future with a holistic vision relevant to a progressive society. It is a conscious process for raising us to a level of mental and emotional serenity through holistic approach to body & Mind. You can have it any were on the island.

Yoga – Basics

A gentle form of traditional Yoga practices which involves physical postures, breathing and deep relaxation technique. These practices can be customized to individual needs. Yoga postures and breathing techniques geared towards the beginner to unwind inner being through this ancient science

Art of breathing

Conscious control and regulation of breathing; restful poses to rejuvenate and relax your body and mind at the end of the day breath control to purify the mind. This involves paying attention to breathing and regulating the duration of inhalation and exhalation

Strengthen your back through Yoga

Collection of remedial poses in building and strengthening the spine; holding the pose helps to give a mild traction to the spine and stretches the muscles attached. Total relaxation practiced through awareness and detachment through autosuggestion

SCR. One thousand and four hundreds

Facials

60mins /90mins

The beauty of our body start with our face, the nature around us has a lot to offer. Here on Fregate Island we have all the fresh ingredient grown in our garden, our specialist of the Rock spa guarantee you 100% free chemical beauty treatment. Below are a few suggested recipes;

SCR. Two thousands and one hundred

Radiance facial

Gommage: cinnamon and honey
Mask: papaya, yogurt

Firming facial

Gommage: bilimbis, and papaya
Mask: passion fruit and lime

Oily skin

Gommage: orange and Mangoes
Mask: star fruit and Aloe vera

Mature skin

Gommage: Cinnamon and Aloe vera
Mask: papaya and Banana

Over sunned skin

Gommage: papaya seeds
Mask: Bread fruit and Coconut

Tired skin

Gommage: Grated coconut
Mask: Tomatoes and honey

Hair and Scalp Treatments

45mins

All our hair and scalp treatments begin with an invigorating scalp massage and end with a nice steaming hot towel wrap.

SCR. One thousand and one hundred

Papaya and Yoghurt

(Dry or chemically treated hair)

This treatment is moisturizing for even the driest hair and because it is rich in vitamins and minerals will help reconstruct split ends.

Bread Fruit and Yogurt

(Oily hair)

Breadfruit combined with yogurt is ideal for cleansing and removing excess oil and product build up without stripping the hair of its natural sheen. The bread fruit and yogurt conditioner promote thicker and healthier hair.

Hibiscuses

(All hair types)

Hibiscuses are conditioning and reconstructive. It will promote hair growth and the hair shining.

Watercress and milk

(All hair types)

Water cress and coconut milk is a luxurious and conditioning treatment used as a ritual performed on special occasions such as weddings and rites of passage

Hand & Foot Therapies & Rituals

Hideaway Manicure

60mins

Restores and softens hands. Begin this relaxing experience with your hands soaked in hot milk and ylang ylang flower bath. The milk is full of enzymes that will soften the skin and prepare the cuticles. You will then have a scrub your hands will then be lovingly massaged and a traditional manicure performed, before a moisturizing hand mask of papaya is applied. Nail varnish is available upon request.

SCR. Two thousands and one hundred

Hideaway Pedicure

60mins

A relaxing and restorative treatment for the hardest working and most neglected part of the body...the feet. Your Rock Spa Pedicure begins with a foot soak in a bath of warm water and lemon slice. Your feet and legs especially the heels will be polished and buffed follow with a scrub of raw rice and orange. A full traditional pedicure is then performed with a revitalizing reflexology foot massage. To further condition the feet a mask of mango, banana and passion fruit will be applied. Nail varnish is available upon request.

SCR. Two thousands and four hundreds

Spa Policy

Spa Opening Hours

The Rock Spa opens daily from nine o'clock in the morning to eight o'clock in the evening.

Arrival

We suggest you arrive **15 minutes** prior to your chosen treatment, to allow time for you to relax in our spa environment to ensure you receive the most benefit from your treatment. Please allow more time if you require consultation on the treatment to choose.

Spa Cancellation Policy

We understand that you may need to change your schedule. We kindly request that you give us three hours prior notice if there is a need to change your appointment. Unfortunately, we do charge a full fee for late cancellations and a 50% fee if cancellations are made **3 hours** before the scheduled time.

Valuables

Please ensure you leave all valuables and jewelry in your villa safe. The hotel cannot take any responsibility for items and valuables left behind.

Payment

Treatments and retails are charged to your villa account.

Non smoking Policy

We ask our guests to respect the non-smoking policy in our Rock Spa and its environment.

Rates

All our rates are quoted in Euros and may be subject to change.

**Treatments are subject to change and subject to seasonal changes/since all the ingredients are fresh, they are subject to seasons