

A close-up, artistic photograph of a person's face in profile, drinking from a clear glass bottle. A hand is visible holding the base of the bottle. The background is blurred, showing warm, bokeh lights. The overall mood is serene and relaxing.

SANDS SPA

MAURITIUS



SPA GENERAL RULES & ETIQUETTE

OPENING HOURS

08h00 to 20h00

Kindly be at the Spa 15 minutes before your treatment time.

CANCELLATION POLICY

A 4hrs notice is required. A fee equivalent to 50% of your treatment will be applied for any cancellation without notice (NO SHOW) on your credit card.

PRIVACY

We kindly ask you to fill in our client form so that any pre-existing health or medical condition can be taken into account while delivering the treatment. The information will be treated with utmost confidentiality.

A disposable underwear is provided.

MOBILE PHONE/DEVICE

We kindly ask our guests to switch off mobile phone or any other device and to converse discretely while at the Spa.

PREFERENCES

For a most enjoyable Spa experience, please let us know if you have any preference for the pressure type for your massage, music volume, lighting level or cabin temperature before and at any time during the treatment.

PERSONAL VALUABLES

For your comfort, our treatments are jewellery-free. Please leave your valuables in your safe.

FOOD

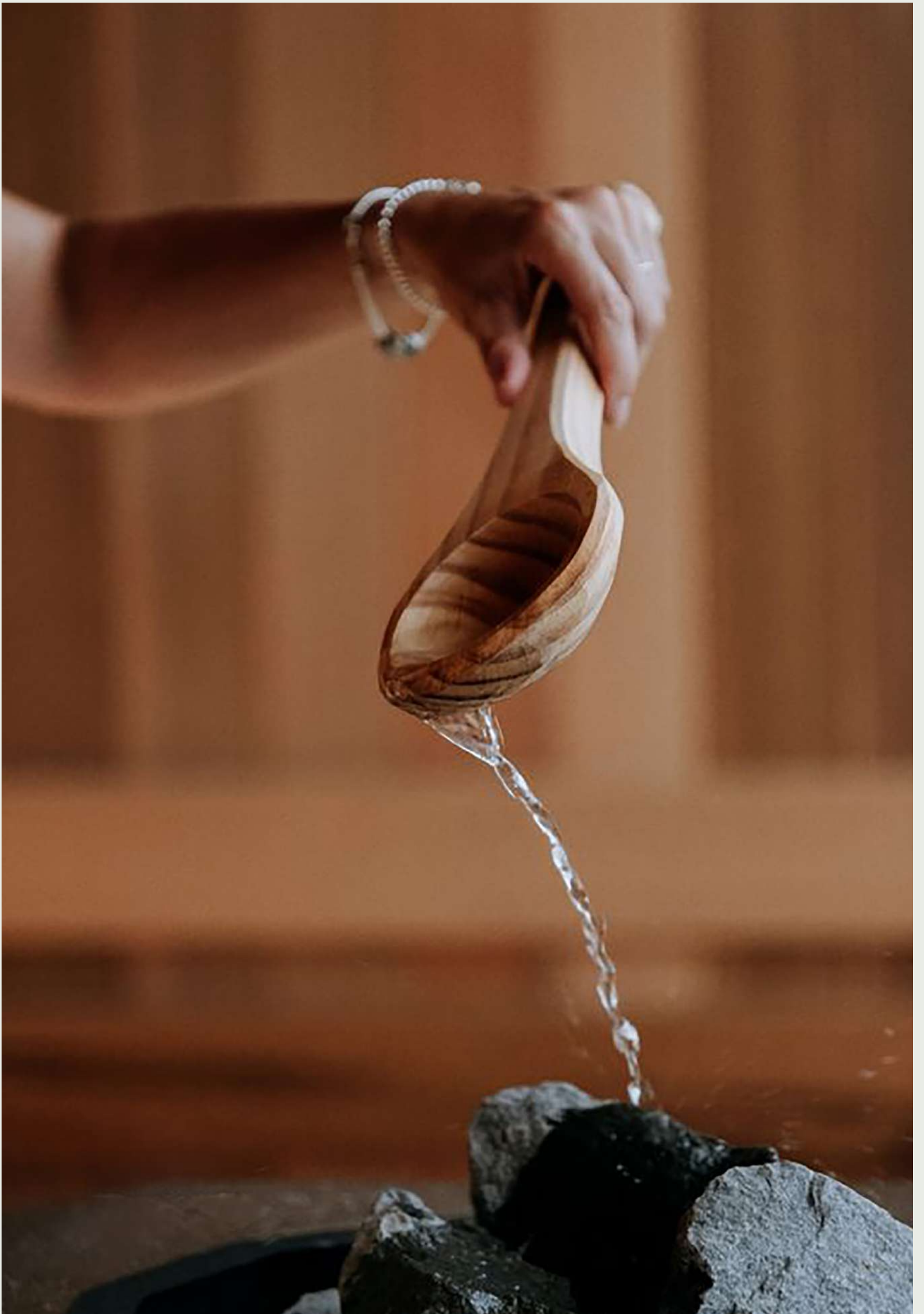
Food is not allowed in any area of the Spa. For your convenience, we provide water and an infusion.

SHOWERING

Please allow the massage oil to nourish your skin for at least an hour after the treatment. We recommend not to use the Jacuzzi and the hotel pool after the massage.

JACUZZI, SAUNA & HAMMAM

1. Please note that the wet facilities are unisex unless previously arranged.
2. Children aged less than 18 are not permitted to use wet areas.
3. Please shower before using the Jacuzzi, the Sauna and/ or the Hammam.
4. A towel is required and provided within the Sauna and Hammam. It is mandatory to wear a swimsuit when using the steam room and be seated on a towel.



JACUZZI: SAFETY INFORMATION AND ETIQUETTE

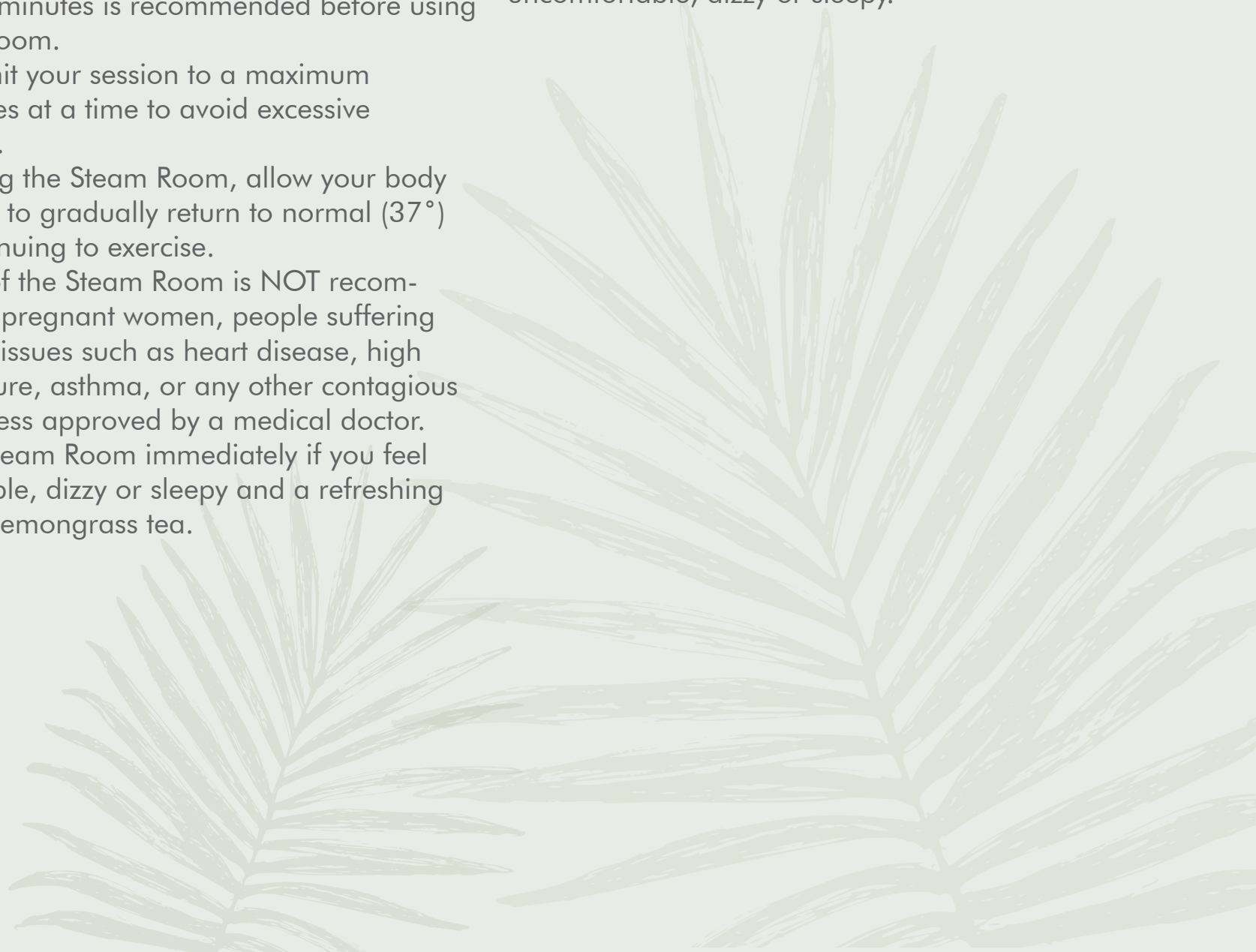
1. Please note that the indoor Jacuzzi is a unisex facility shared by both male and female. As a courtesy to other guests, please take a shower before entering the water.
2. The use of the hot pool is not recommended for persons with heart problems and it is suggested that those who are unwell or prone to fainting from the heat not to use the hot pool alone.
3. It is recommended that anyone with open sores or any skin issue not to use the Jacuzzi.
4. The maximum number of guests permitted in the Jacuzzi is 4.

STEAM ROOM: SAFETY INFORMATION AND ETIQUETTE

1. The temperature in the Steam Room is 45°C.
2. All users are requested to shower before and after using the Steam Room.
3. The use of cosmetic products and accessories are NOT allowed in the Steam Room.
4. If one has been exercising, a recovery period of 10 to 15 minutes is recommended before using the Steam Room.
5. Kindly limit your session to a maximum of 10 minutes at a time to avoid excessive dehydration.
6. After using the Steam Room, allow your body temperature to gradually return to normal (37°) before continuing to exercise.
7. The use of the Steam Room is NOT recommended for pregnant women, people suffering from health issues such as heart disease, high blood pressure, asthma, or any other contagious disease, unless approved by a medical doctor.
8. Exit the Steam Room immediately if you feel uncomfortable, dizzy or sleepy and a refreshing ginger and lemongrass tea.

SAUNA: GENERAL SAFETY INFORMATION

1. The Sauna temperature is set and maintained at 80°C .
2. All users are requested to shower before entering the Sauna.
3. The use of the Sauna is NOT recommended for pregnant women, people suffering from health issues such as heart disease, high blood pressure, asthma, or any other contagious disease, unless approved by a medical doctor.
4. The maximum recommended time for each session is 15 minutes.
5. It is strongly recommended that users drink water before and after each session.
6. Allow your body to cool down by taking a warm shower after each session.
7. Under no circumstances should water, oil, clothing or any other item be placed on or around the Sauna rocks, on the elements or on the heating element of the Sauna.
8. Exit the Sauna immediately if you feel uncomfortable, dizzy or sleepy.





SIGNATURE MASSAGES

All our massages have been specially crafted to combine sophisticated massage techniques with the healing properties of grape seed's oil and soya oil. We offer 60 minutes and 75 minutes massage, 60 minutes which is a full body massage without head massage however 75 minutes you will have a top to toe massage.

SANDS RELAXING MASSAGE

(60 MINS - 75 MINS) -RS 3000 / RS 4000

A full body massage with long gentle movements to encourage a complete relaxation and the restoration of the body. This massage is ideal for a deep relaxation and a general state of well-being.

Pressure: Soft / Medium

BALINESE MASSAGE

(75 MINS) – RS 4000

The traditional massage from the Indonesian island of Bali helps reduce stress, stimulates blood flow, relieves strained muscles, detoxifies the body, nourishes and softens the skin. This treatment is suitable for both women and men.

Pressure: Soft / Medium

HOTSTONE MASSAGE

(90 MINS) - RS 5000

Composed of pure lava or natural basalt stone, the hot stones are born from the extreme heat of the earth's magma, then from the brutal cooling by sea water. The mineral was collected and polished by hand of infinite softness and non-porous, these stones accumulate heat and coolness for truly incredible effects on the body. The hot stone massage offers a privileged encounter with earthly energy. they are positioned on sensitive points to provide an immediate relaxing effect. On the forehead, stomach, feet or hands, your body will appreciate the virtues of thermotherapy. After an intensive day, your body and mind need to relax. Stone massage eliminates all friction by stimulating energy points on different parts of your body.

BAMBOO MASSAGE

(75MINS) – RS 4000

Heated bamboo is kneaded into the tissue using a deep tissue technique. It employs a firmer and more extensive technique to reach knots caused by lactic acid and other tension-causing wastes. Beyond improving mobility and reducing pain, this massage also enhances joint stiffness, sleep quality and mental clarity.

Pressure: Medium / Hard

MUSCULAR ENERGISER MASSAGE

(60 MINS / 75 MINS) - RS 3000 / RS 4000

A deep tissue massage designed to work on the major group muscles to unlock tension. This massage is ideal in preparing the body for a sport activity as well as relieving tension in the muscular system.

Pressure: Medium / Hard

RELIEVING SUBLIME

POLYNESIAN MASSAGE (LOMI-LOMI)

(75 MINS) – RS 4000

A body massage inherited from Polynesian healers, which uses deep pressure and continuous movements from the practitioner's forearms. Delicate notes of almond and coconut oils accompany you throughout this blissful experience of relaxation.

Pressure: Medium / Hard

AYURVEDIC MASSAGE

(75 MINS) –RS 4000

A full body massage with warm oils and shoulders which will help you feel good. Ayurvedic Massage expels toxins and provides deep relaxation.

Physically, it helps all systems of the body. Mentally, it helps your mind to relax by removing energies from past tensions and emotional problems in your body.

Pressure: Medium

PINDA MASSAGE

(75MINS) – RS 4000

A natural preparation made up of aromatic herbs which are inserted into a linen to create a poultice, the pinda is warmed and pressed all over the body to enhance its soothing, moisturising and detoxifying virtues. The heat which is released combined with the herbs and the almond oil is great for relaxing muscle pain.

Pressure: Medium

REFLEXOLOGY

(60 MINS) - RS 3000

Reflexology is the activation of the healing powers of the body. It is a combination of both old and new techniques.

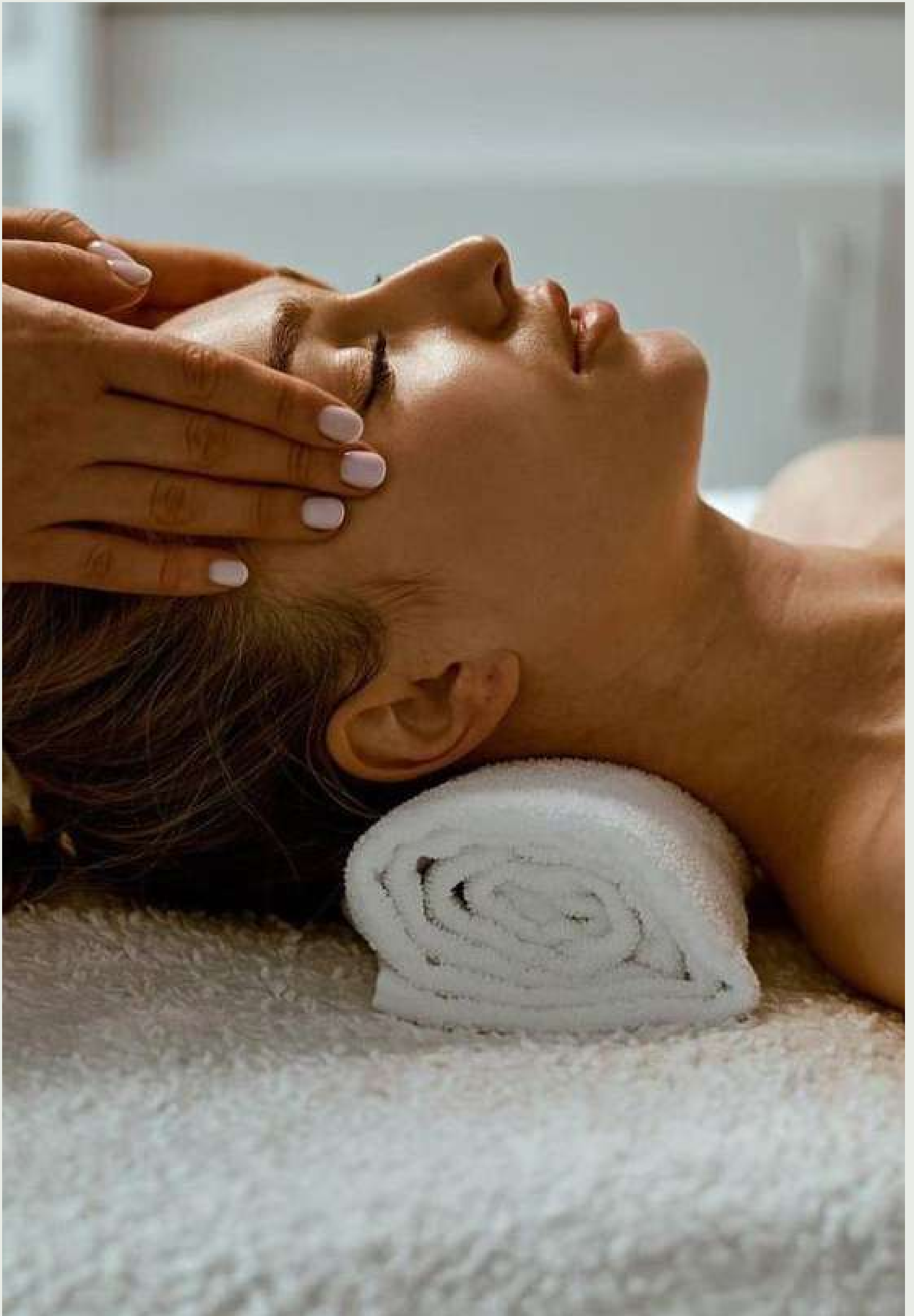
Pressure: Medium / Hard

LYMPHATIC DRAINAGE

(60 MINS) - RS 3000

Ideal for those suffering from water retention problems. This treatment also rejuvenates the skin.

Pressure: Soft



STRESS RELEASE BACK MASSAGE

(30 MINS) - RS 2000

A scalp, neck and back massage based on Indian acupressure techniques to release tensions. Pressure points are stimulated to break down blockage and release toxins. Pressure: Medium / Hard

LEG & FOOT REVIVAL

(30 MINS) –RS 2000

A targeted massage to comfort and relieve heavy legs and swollen ankles. Pressure: Medium / Hard

SHOULDER & HEAD MASSAGE

(30 MINS) – RS 2000

A specialised technique used to stimulate the pressure points in the head, to increase the energy flow and restore balance. This treatment is ideal for those suffering from headaches, sinus problems and stiff shoulders. Pressure: Medium / Hard

COUPLE MASSAGE

(75 MINS) - RS 8000

Relaxing & Lomi-Lomi techniques with candle lighting and flowers for decoration Share a magic and privileged moment with your loved one and enjoy a relaxing couple's massage in a zen atmosphere. Pressure: Soft/Medium

COCONUT BODY SCRUB

(30 MINS) - RS 2000

Reveal softer, glowing skin with gently-exfoliating coconut husks and ground coconut shells in a creamy, moisturising scrub made with pure Community Trade organic cold-pressed virgin oil.

SUGAR SCRUB

(30 MINS) – RS 2000

Sugar scrub benefits can be seen in the healing of blemishes. They help to soften calloused and rough areas, leaving them smoother and softer. Due to their multiple functions and benefits, sugar scrubs can eliminate the need of skin moisturisers and cleansers. Sugar scrubs also help to absorb excess oils and dirt from the skin and assist with the balance of skin's natural oils.

BLACK SOAP SCRUB

(30 MINS) – RS 2500

Well known in Morocco, the black soap scrub is a powerful exfoliator that removes toxins and activates cell regeneration.

MUD BODY WRAP

(30 MINS) – RS 2500

With a blend of a detoxifying fango mask and essential oils, this treatment detoxifies at all levels. Complete with a signature neck massage, it is ideal in providing a wonderful sensation of lightness and well-being in the body.



RASSOUL BODY WRAP

(30 MINS) – RS 2500

A Moroccan journey to ultimate beauty and wellness. This extraordinary mud comes from the warm fertile valleys of Morocco, abundant in the most necessary health and beauty elements: magnesium, iron, calcium, potassium and sodium. It is renowned for its ability to heal sensitivity and smooth rough and scaly skin.

ALOE VERA SUNBURN TREATMENT

(30 MINS) – RS 2200

Look your very best and feel confident with the aloe vera body wrap. Designed to trim, tone and tighten up the body, it also aids to smooth the skin after sun exposure.

SPA RITUALS

Our signature rituals with Grape seed and soya oil are designed to transport you to a place of tranquility and pure rejuvenation.

ZENITUDE RITUAL

(90 MINS) - RS 5000

Take a step back from your busy life with our Zenitude Ritual. Let our specialized therapist restore your inner calm and help you enjoy your holidays.

Inclusions:

Hamam/Sauna or Jacuzzi

Hot Sugar Scrub

Cleansing Ritual of Auras, a Zen Meditation

Back massage

MAGHREB RITUAL

(2 HOURS) – RS 5800

An ideal spa journey to start your holidays and to treat and nourish your tired and dry skin.

Inclusions:

Hamam/Sauna or Jacuzzi

Black Soap Scrub

Rassoul Body Wrap Relaxing Massage.

NAIL CARE

SPA MANICURE

(75 MINS) – RS 2500

This scentual spa manicure is ideal to start a new journey during your holidays. Rich in minerals, sea salts first exfoliate and polish your skin.

With an alluring aromatherapy environment, the therapist guides you to a relaxing manicure followed with the nail polish of your choice.

SPA PEDICURE

(75 MINS) – RS 2800

A spa pedicure with Cuccio products. Turn an ordinary pedicure into a lavish pedicure with this unique blend of enriched moisturisers, cleansers and deodorizers.

PARAFFIN TREATMENT

(30 MINS) – RS 1000

Excellent treatment for hands and feet, Paraffin has the property of retaining heat and water in the skin. The Paraffin mask is particularly recommended for the elderly and those who suffer from arthritis, rheumatism or muscle spasms. It also provides moisturising benefits to the skin.

NAIL POLISH

Polish – RS 900

French polish – RS 1800

Wonderlack Extreme Gel - RS 1800

Wonderlack Removal – RS 800



BEAUTY BY THALGO

REHYDRATION FACIAL

(60 MINS) – RS 3000

A hydrating facial that instantly balances the moisture level in the skin which has been dehydrated after long hours of exposure to the sun. Its coolness and smoothness gives maximum comfort and an incomparable feel.

DEEP CLEANSING

(MICRO-ECLATEES SEAWEED) FACIAL

(90 MINS) – RS 3500

Ideal for anyone wishing for a true “thalasso” face to revitalise and rebalance the skin’s vital functions. This care is excellent for those who wish to get rid of their mixed or oily skin of impurities.

THALGO GIVE FIRMING FACIAL

(90 MINS) - RS 4000

The Thalgo give firming facial suits those having a sluggish skin, imperfect oval, plumping or refining.

FROID MARIN FACIAL

(75 MINS) – RS 3000

Ideal for those with skin deeply deficient in water and, presenting wrinkles and skin affected by abuse of sun, great cold and dry climates, Froid Marin facial will make wonders in soothing and softening your skin.

SPECIFIC EYE CARE TREATMENT

(30 MINS) - RS 2000

30 minutes of care exclusively reserved to the eye. Anti-puffiness, anti-dark circles, anti-wrinkle it treats all problematic in the same treatment.

EXPRESS SHEER TREAT FOR FACE AND EYE

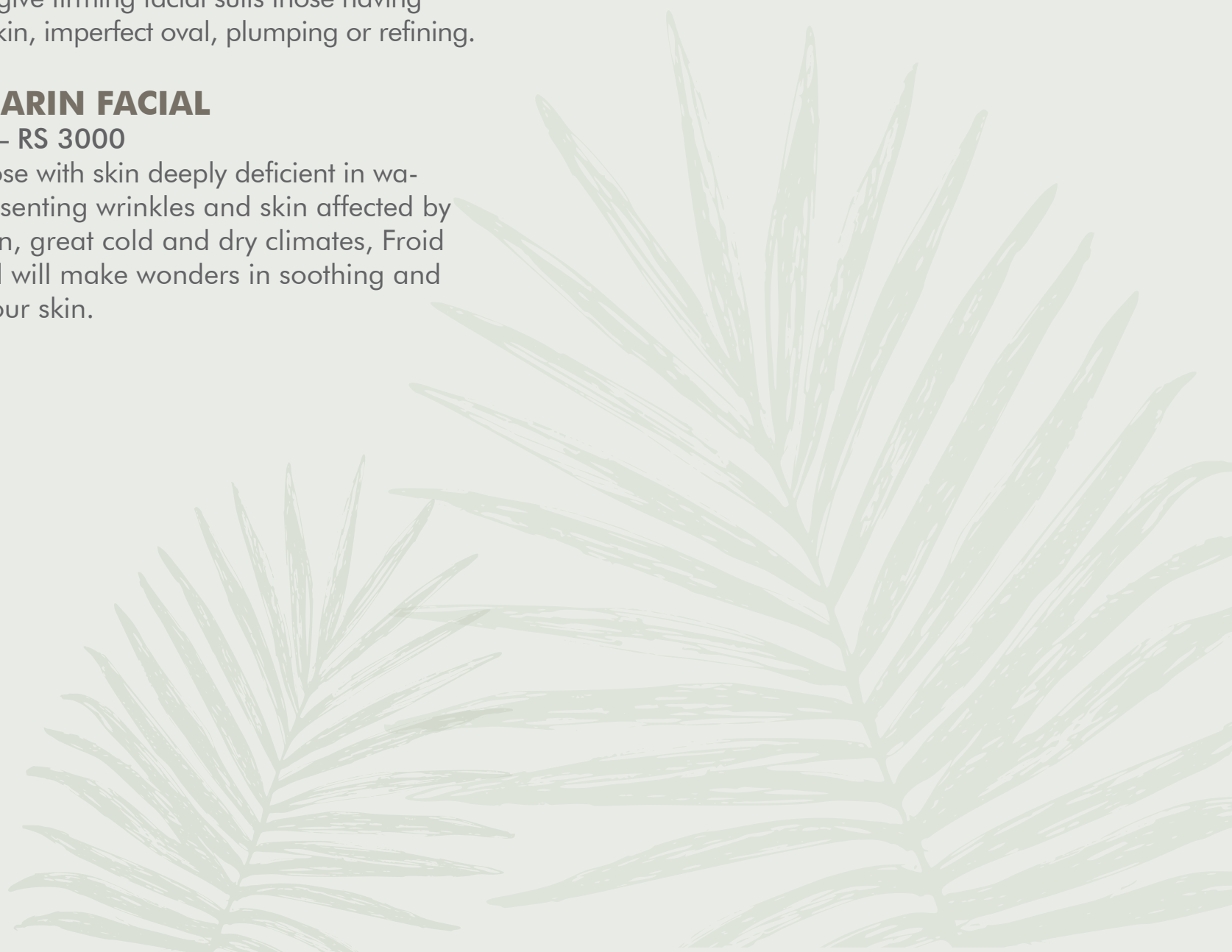
(30 MINS) - RS 2000

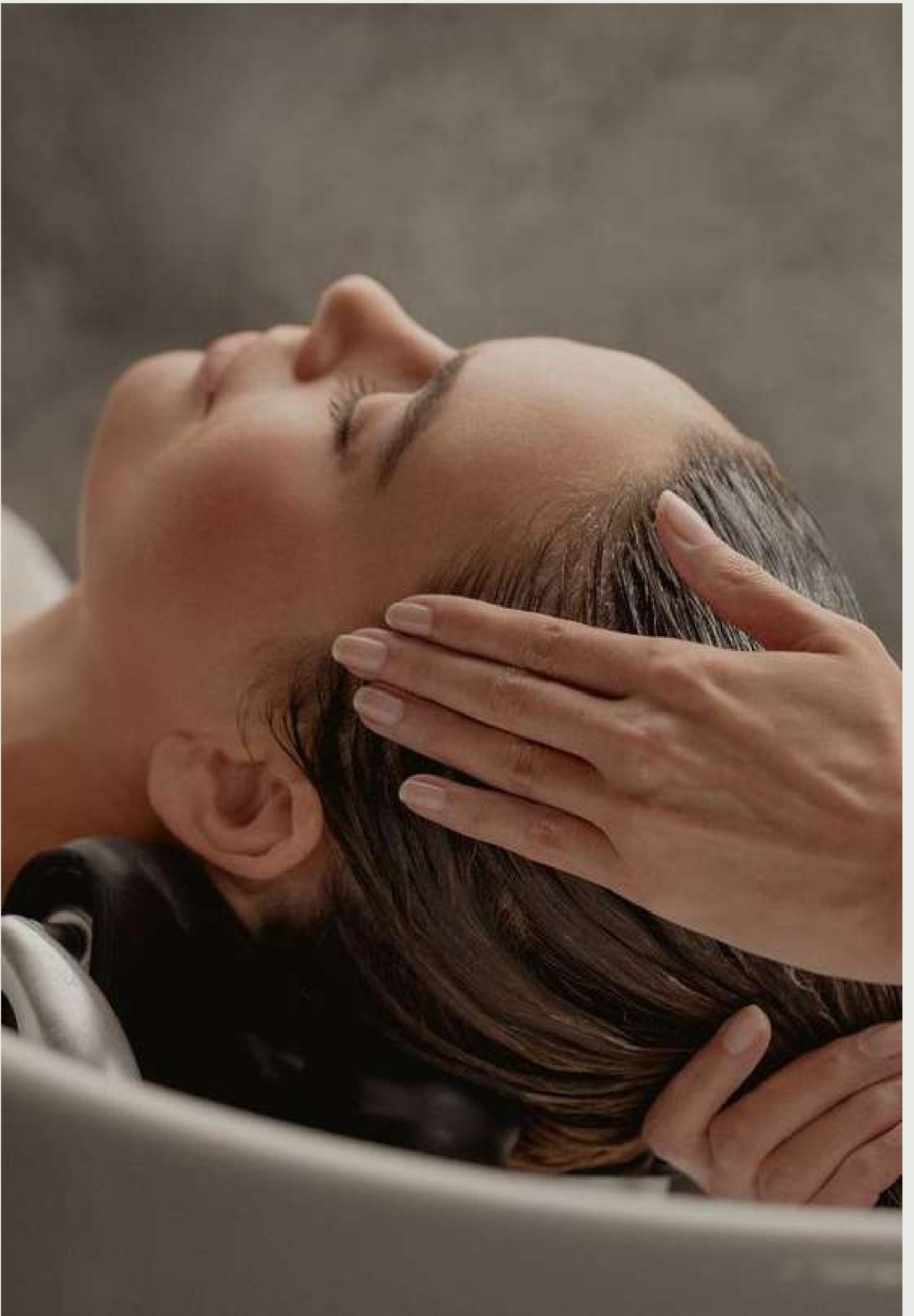
You are in a hurry but still wish to revive the brightness of your eyes and your face in record time? Express Sheer Treat of 30 minutes is specially designed for you!

FACIAL TREATMENTS

(30 MINS) – RS 2000

Any facial waxing is additional and we recommend that you book it a day prior to your facial treatment.





REHYDRATION FACIAL WAXING

Full Leg – RS 1800
Half-Leg – RS 1200
Arm – RS 1200
Underarm -RS 600
Simple Bikini – RS 700
Integral Waxing– RS 1800
Chest OR Back - RS 1300
Upper lip – RS 600
Eyebrow – RS 600
Chin- RS 600

TINT

Eyebrow Tint – RS 800
Eyelash Tint – RS 800

FOR HIM

Gent's Hair Cut - RS 800
Shampoo–Gent's Hair Cut - RS 1000
Shampoo–Root color – RS1500

FOR HER

Wash/ Blow-dry For Short Length – RS1800
Wash/ Blow-dry For Medium Length – RS 2200
Wash/ Blow-dry For Long Length – RS 2500
Wash/ Cut – RS 1500
Wash/ Cut/ Blow-For Short Length – RS 3000
Wash/ Cut Blow-dry for Medium Length – RS 3200
Wash/Cut /Blow-dry For Long Length – RS 3500

HIGHLIGHTS & LOWLIGHTS

Root Color (5 cm)/ Blow-dry - RS 2700
Half Head – RS 3300
Highlights Full Head – RS3800
Hair-Do Up Style – RS 2700
Hair Braiding as from - RS700
Scalp Treatment – RS 2000
Straightener – RS 800
Hair color And Blow-dry Short – RS 3100
Hair Color Medium – RS 3500
Hair color long – RS 4000

MAKE UP

Make up - RS2900

FOR THE BRIDE

Trial Hair-Do – RS 2900
Hair Do – RS 2900
Trial Make up – Rs 2900





MEET THE SANDS SPA TEAM

Welcome to Sands Spa, where every moment is an invitation to unwind and rejuvenate. Our team of highly skilled therapists is dedicated to creating a personalized spa experience tailored to your needs. They bring a wealth of expertise to every session, from aromatherapy to reflexology and holistic Ayurvedic treatments, helping you find balance and harmony in both body and mind.

Our Spa consists of two couple rooms, two single rooms, sauna, steam and Jacuzzi. Our therapists are from the exotic island of Mauritius, whilst some therapists come all the way from Bali, Indonesia.

OUR BALINESE THERAPISTS

We are delighted to introduce our Balinese therapists, who bring traditional techniques from Bali to enhance our treatment menu with their authentic touch. They specialize in:

Balinese Massage: A traditional technique that relieves muscle tension and promotes overall well-being.

Bamboo Massage: An innovative therapy using heated bamboo to provide a deep, soothing massage.









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