

A close-up photograph of a hand pouring water from a glass into another hand. The water is captured mid-pour, creating a fine mist. The background is a warm, out-of-focus indoor setting.

# SANDS SPA

MAURITIUS

LIFESTYLE™

*Preferred*

HOTELS & RESORTS



# 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 MESSAGES**

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 4000 / RS 5000

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 5000

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 6500

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 thermo-therapy. 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 5000

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. In addition to improving mobility and alleviating pain, this massage also eases joint stiffness, enhances sleep quality, and sharpens mental clarity.  
Pressure: Medium / Hard

## **MUSCULAR ENERGISER MASSAGE** (60 MINS / 75 MINS) - RS 4000 / RS 5000

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 5000

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 5000

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

## **REFLEXOLOGY** (60 MINS) - RS 4000

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 4000

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



## **STRESS RELEASE BACK MASSAGE**

**(30 MINS) - RS 3000**

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 3000**

A targeted massage to comfort and relieve heavy legs and swollen ankles.

Pressure: Medium / Hard

## **SHOULDER & HEAD MASSAGE**

**(30 MINS) – RS 3000**

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 10,000**

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 3500**

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 3500**

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 3500**

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 3500**

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 3500**

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 3500**

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 6500**

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:

Hammam/Sauna or Jacuzzi

Hot Sugar Scrub

Cleansing Ritual of Auras, a Zen Meditation

Back massage

## **MAGHREB RITUAL**

**(2 HOURS) – RS 8500**

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

Inclusions:

Hammam/Sauna or Jacuzzi

Black Soap Scrub

Rassoul Body Wrap Relaxing Massage.

## **NAIL CARE**

### **SPA MANICURE**

**(75 MINS) – RS 4000**

This scented 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 4800**

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 2000**

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 1200

French polish – RS 2000

Wonderlack Extreme Gel - RS 2000

Wonderlack Removal – RS 1000



# BEAUTY BY THALGO

## **REHYDRATION FACIAL**

**(60 MINS) – RS 4500**

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 6800**

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 6800**

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

## **FROID MARIN FACIAL**

**(75 MINS) – RS 5500**

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 3000**

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 3000**

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 3500**

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 3000  
Half-Leg – RS 2500  
Arm – RS 2500  
Underarm -RS 1200  
Simple Bikini – RS 1200  
Integral Waxing– RS 2000  
Chest OR Back - RS 2000  
Upper lip – RS 1000  
Eyebrow – RS 1000  
Chin- RS 1000

## **TINT**

Eyebrow Tint – RS 1000  
Eyelash Tint – RS 1200

## **FOR HIM**

Gent's Hair Cut - RS 1000  
Shampoo–Gent's Hair Cut - RS 1200  
Shampoo–Root color – RS 2200

## **FOR HER**

Wash/ Blow-dry For Short Length – RS 2000  
Wash/ Blow-dry For Medium Length – RS 2800  
Wash/ Blow-dry For Long Length – RS 3000  
Wash/ Cut – RS 2000  
Wash/ Cut/ Blow-For Short Length – RS 3500  
Wash/ Cut Blow-dry for Medium Length – RS 3700  
Wash/Cut /Blow-dry For Long Length – RS 4000

## **HIGHLIGHTS & LOWLIGHTS ONLY**

Root Color (5 cm)/ Blow-dry - RS 3000  
Half Head – RS 3500  
Highlights Full Head – RS 4000  
Hair-Do Up Style – RS 3500  
Hair Braiding as from - RS800  
Scalp Treatment – RS 2000  
Straightener – RS 1000

## **MAKE UP**

Make up - RS 3500

## **FOR THE BRIDE**

Trial Hair-Do – RS 3500  
Hair Do – RS 3500  
Trial Make up – Rs 3500



# YOGA CLASSES

**Experience Yoga with our International Instructor from Kerala, Mr. Dijin**

At Sands Suites Resort & Spa, our yoga sessions, rooted in the traditional practice of Hatha Yoga, are tailored to meet your personal needs. Stemming from the ancient teachings of the Divine Culture University of Kerala, this disciplined approach balances both body and mind. Under the guidance of our highly skilled instructor, Mr. Dijin, we offer personalized programs designed to help you achieve your wellness goals. Whether you're looking for physical health or mental clarity, our yoga and meditation sessions will support you on your journey to a balanced and harmonious life.



## **Yoga Classes**

Discover balance and inner harmony with our tailored yoga sessions.

Wednesday – Sunrise Yoga at 8:00 am

Friday – Sunset Yoga at 5:00 pm

Sunday – Sunrise Yoga at 8:00 am

## **Personalised yoga session**

Hatha Yoga Initiation on the beach or at a location of your choice

Price per person: Rs 1200

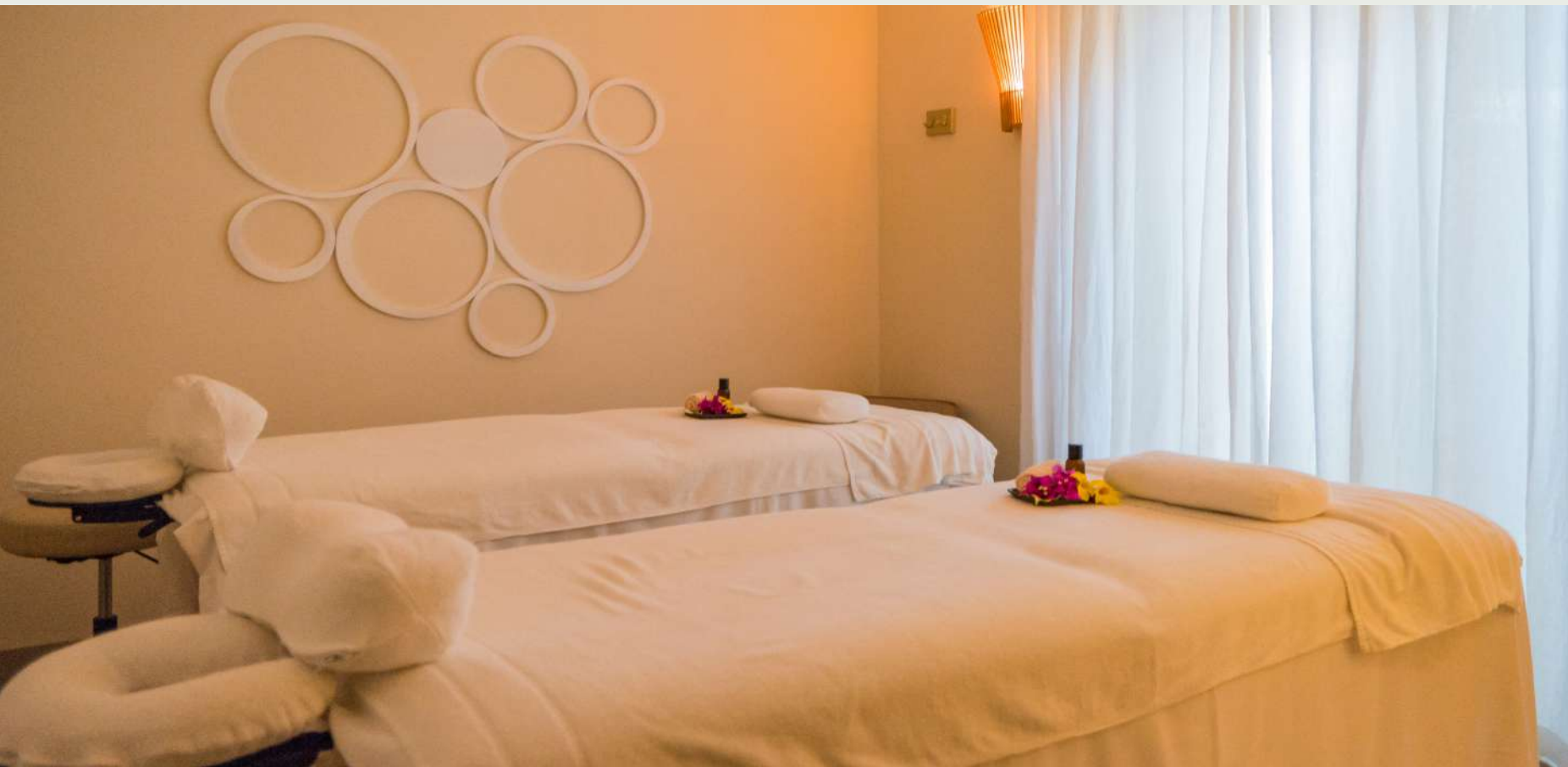
Private 1-hour session

Ashtanga Yoga Course on the beach or at a location of your choice

Price per person: Rs 1500

Private 1-hour session

Kindly book 24 hours in advance on 1280



## 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.





