



THE RESIDENCE
MAURITIUS

by *Cenizaro*

THE SANCTUARY SPA

treatment menu



The SANCTUARY SPA MENU

The Sanctuary, a 600 square metre heaven of peace and serenity located inside the hotel, a harmonious place dedicated to the wellbeing of the body and mind. One of the 10 treatment rooms is set in the tropical gardens, overlooking the blue lagoon, offering massages in a soft seaside breeze.

OUR PHILOSOPHY

It offers a complete relaxation concept inspired by Asian techniques and local rituals. Custom-made programs, based on your individual needs, are offered by our skilled therapists to re-energise and return harmony to both the mind body and soul.

Open daily from 8:00 a.m. to 8:00 p.m.
For information and reservations,
please dial 8809 from
your room.

Some advices for your comfort

- Free access to the Fitness centre, gym and aerobics classes, sauna, steam room.
 - Locker keys and towels are available at The Sanctuary reception desk.
- We will provide you with bathrobes and slippers for all massages and facial treatments.
 - Smoking or the use of mobile phone is not permitted in the Spa.



Reservation

All appointments can be booked with The Sanctuary reception desk or by dialling 8809 from your room. We recommend that you arrive at least 15 minutes before your treatment in order to relax in our sauna or steam room.

Changes or cancellations of appointments are free of charge if made at least 4 hours in advance



Spa shop

To continue your spa regimen at home, all the spa products used in the treatments and services are available in our Spa shop.





SIGNATURE TREATMENTS

The Residence Ylang-ylang signature

The Residence signature massage inspired by flower of ylang-ylang that will leave you feeling renewed and rejuvenated.

The whole body is gently wiped with a warm towel soaked with The Residence Signature fragrant of Ylang-Ylang. The chakras massage starts from the top of the head to stimulate the Sweta Kamala chakra. A head and scalp massage is performed with additional herbal oils mixed accordingly to guest needs.

To end the ritual a relaxing full body massage is executed to bring a real calm of well-being.

90 MINS - Rs 6,000

The Sanctuary Ritual

Inspired by local traditions, this ritual was used by our ancestors for skin rejuvenation and glow.

Take pleasure in a delightful dry body brushing with coconut husk; Enhance your skin glow with local coconut exfoliation. Complete your relaxation with a deep tissue massage by our therapist's expert hands and muscle tension free aroma scents.

90 MINS - Rs 5,500

The Mauritian Ritual

Immerse yourself in the ultimate relaxing massage specially designed for you.

A footbath soak in fresh ginger together with a head, shoulder and neck massage followed by a deep relaxing massage with warm coconut oil ends with a foot acupressure of 30 minutes.

90 MINS - Rs 5,500

LOCAL TREATS

Body Scrubs

Used since ever by our ancestors for soft, silky and glowing skin. Try our selection homemade recipes for a perfect start of your holidays.

- Soothing Rice & Honey Body Scrub (or)
 - Detoxifying Coffee Body Scrub
 - Hydrating Coconut Scrub

45 MINS EACH - Rs 2,500



SUN LOVERS

After Sun Cooling, Wrap

A combination of fresh body conditioner with cooling effect and leaving the skin comfort, soft and moist after the sun exposure.

- * Fresh Cucumber, Yoghurt & Vetiver
- * Aloe Vera Gel

45 MINS - Rs 2,500



ROAD TO INDIA

Ayurvedic Therapies

Originated in India over 5000 years, according to Ayurveda, an imbalance in the doshas is the cause of disease. Ayurveda seeks to achieve balance within the body and mind.



Shiro Abhyanga

Abhyanga massage is a traditional full body massage often referred to as an anti-ageing therapy using herbal infused sesame oil on the skin. This therapeutic massage aimed to improve physical consistency, sleep patterns and renew your overall being. Marma points are practiced to stimulate and restore vital energy of the body and mind. The massage ends with a 'relax of mind' a continuous flow of oil over the forehead.

90 MINS - Rs 6,000

Classic Indian Massage

A wellness of Skin, Body & Mind! Traditional medicated oil that gives radiance to your skin, increases circulation, speeds up the elimination of toxins, relieves stiffness of muscle pain and brings balance to your body energy.

75 MINS - Rs 4,500



ROAD TO INDIA

Shirodhara

Based on the ancient teaching of Ayurvedic medicine, Head massage is performed and soothing warm oil flows in a continuous stream on the "third eye " (middle of forehead) to lull your senses into a deep ocean of calm .

This therapy improves mental clarity and relaxes the whole body.

25 MINS - Rs 2,500

Indian Head Massage

A relaxing massage performed in a sitting position on a special chair. Focusing on the upper back, shoulder, neck and head to relieve tension, help headache, recapture loss of energy and promote quality of sleep.

45 MINS - Rs 3,000

Abhyanga Four Hands Massage

Abhyanga is an ancient full body massage with harmonious movements made in perfect synchronicity, utilizing warm herbal oil known for its soothing properties relieves fatigue and promotes overall mind and body balance.

50 MINS - Rs 5,000



FALL INTO RELAXATION - Massage Experiences

Anti - Jet Lag Recovery

Recover from travel fatigue or lack of sleep due to time zone changes.

Draining movement aromatic cream are used in the massage to promote a general state of well-being.

75 MINS - Rs 4,400

The Residence Massage

Get best of worlds techniques.

Through careful consultation, the therapist will tailor made your massage to individual's needs, selecting from firm to a medium pressure is adapted for the best breaks.

60 / 90 MINS - Rs 3,800 / 5,300

Earth Stone Therapy

Holistic massage combining hot stones with crystals to create a deep sense of well-being and to release muscular tensions.

This treatment ends with the Crystals Chakras balancing to release emotional blockages.

75 MINS - Rs 5,600

Bio-energetic Lymphatic Drainage

This massage combines a Chinese energising technique and lymphatic drainage.

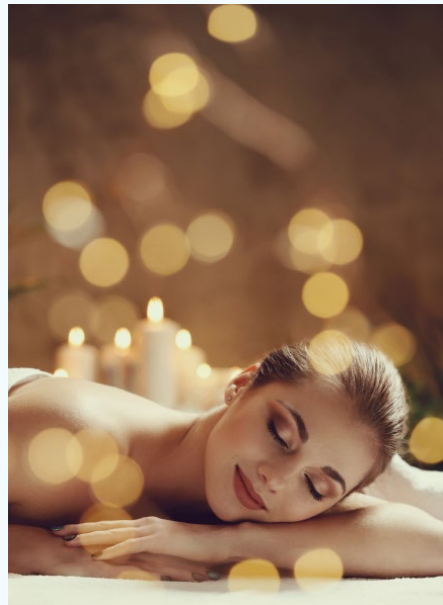
It boosts the circulation and assists the elimination of toxins.

90 MINS - Rs 4,800

Crystal Foot Reflexology

A pressure point massage applied to various reflex zones of the feet to rebalance energy, helps to disperse crystals around the nerves ending, improve vital energy and bring comfort to the feet.

60 MINS - Rs 3,500



FALL INTO RELAXATION - Massage Experiences

Thai Yoga Massage

Combining yoga stretch, Thai massage and acupressure techniques to promote the flow of energy throughout the body.

It is a dry massage performed in a Thai outfit. Ideal for sports enthusiasts or those seeking an increase in flexibility and joint health.

75 MINS - Rs 4,800

Reiki Healing

Ancient Japanese technique (meaning < Higher Power >) used to balance and reinforce the vital organs through the placing of hands on energy centres or chakras

60 MINS - Rs 3,600

Samunprai Massage

A Royal Thai body massage using warm poultices containing therapeutic herbs and oils to alleviate body tensions and joints pain.

Our homemade poultices are filled with therapeutic plants and spices from the island.

75 MINS - Rs 6,000

Mother-to-be Massage

From 3 to 8 months
Ultimate well - being for expecting mothers, this massage is gentle, comforting and relaxing using almond oil.

60 MINS - Rs 3,600

Sports Massage

A vigorous massage concentrated on specific tensed muscles. Perfect for the athletic individual to increase muscle and joint flexibility.

75 MINS - Rs 6,000

Cupping Relieving Leg Massage

Step out with happier feet after an energising foot and legs massage ideal for tired and swollen legs.

45 MINS - Rs 3,000

Stress Relief Back Massage

Designed for loosening tight muscle on the back, neck and shoulder associated with daily tensions. This massage is customised to your personal needs using a blend of Geranium energising oils.

30 / 45 MINS - Rs 2,500 / 3,000

SUMMER COUPLE JOURNEY

'Grand-Bleu'

Seaview Outdoor Bliss for you or together with your loved one. Allow your body and mind to benefit from a soft seaside breeze with natural birds songs while enjoying a relaxing massage by sea, beach and green vegetation.

SINGLE: 60 MINS - Rs 4,500 | 75 MINS - Rs 5,300 | 90 MINS - Rs 6,500
COUPLE: 60 MINS - Rs 8,500 | 75 MINS - Rs 9,400 | 90 MINS - Rs 11,500



Gentleman's Retreat

A full body ANTI- FATIGUE Massage is performed to assist in easing muscle tension and relaxing stiff joints along with improving the body's overall elimination of toxins.

This experience includes a relaxing scalp massage and a mini face care specially designed for you!
Foot care for men

Scrub, nail shaping and cuticles

90 MINS - Rs 5,500

*Silk Revelation Hydrating & Revitalising'

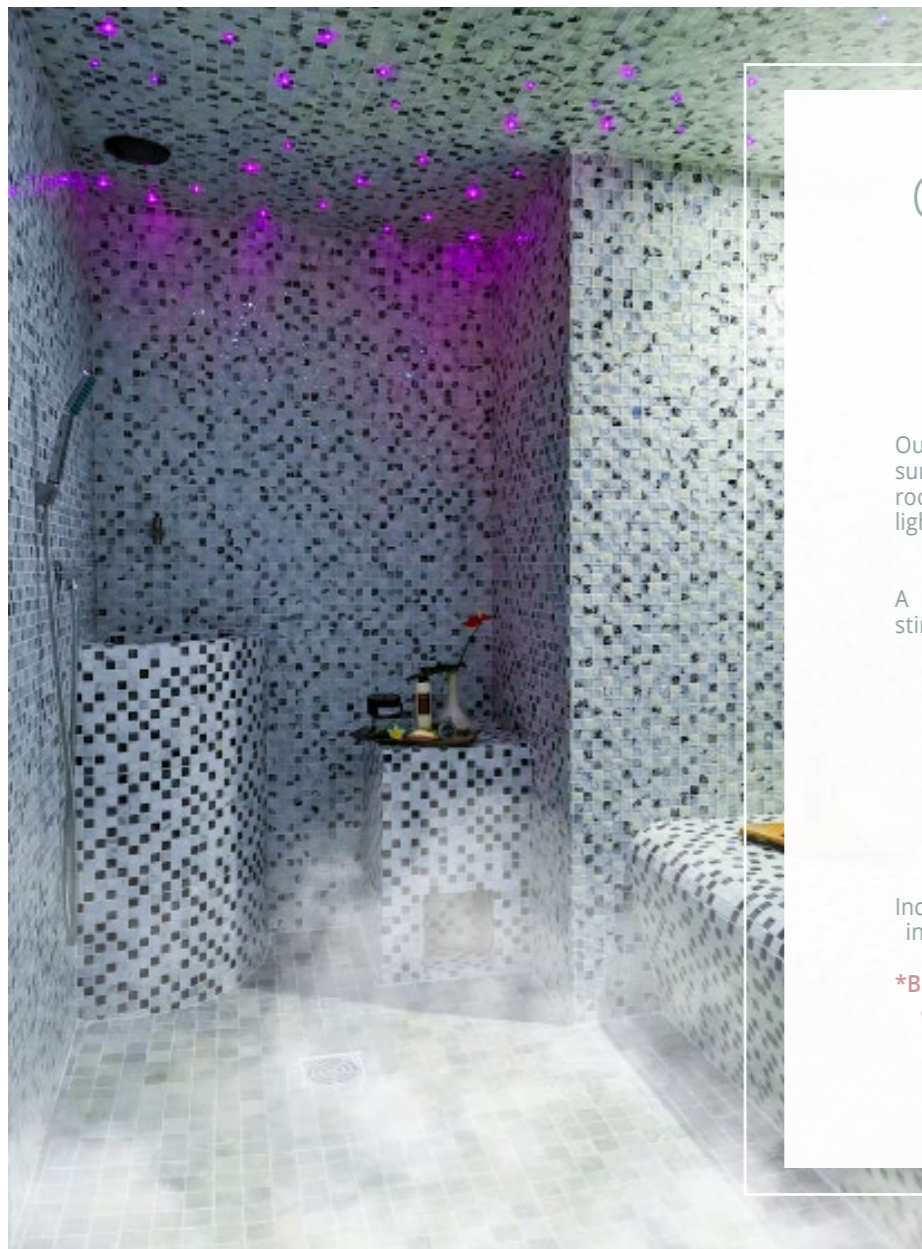
After sun body care.

A treatment just for you, with subtle nuances, a truly magical experience for your body!

Thanks to the highly original silk balm, specially developed for this treatment leaving your skin incredibly soft and silky.

60 MINS - Rs 4,000





CRYSTAL SUITES

Ritual Hammam

Our luxurious designed spa suite with a sumptuous private aromatherapy steam room with a chromo-therapy starry sky light offer a total privacy & a truly unique personal heaven of serenity.

A stunning space from relaxing to stimulating allowing couples or friends to embark in a privacy of mind.



Private Hammam

Included: Fruit juice, Lemon grass cold infusion, Warm Tea and Fruits of the day.

***Black soap and Kessa gloves are available at the Spa Shop for Rs 1600**

30 MINS - Rs 1,200

Lune de Miel Retreat - *with Tropical Fragrance*

Enjoy our couple retreat. A memorable journey through our tropical fragrances in a romantic ambiance created especially for you. Starting by private session of Hammam followed by a delightful massage with frangipani flower, slow and rhythmic techniques are adapted to ensure a deep relaxation.

90 MINS - Rs 8,800 *couple

Luxury Indulgence

The luxury journey start inside the Hammam by a personalised body massage with a selection of oils of your choice. The Hammam is maintained at low heat temperature during the massage.

A body exfoliation & mask made from sesame seeds rich in vitamins and antioxidants is performed after the massage. This unique blend helps to defend collagen and elastin against UV. Specific techniques are applied to exfoliate and massage the skin gently before the wrap.

1 HOUR 45 MINS - Rs 5.800

Wellness Cruise, Moroccan Ritual

The Moroccan Ritual is mostly recommended at the beginning of your stay as it prepares the skin for a uniform tan. The journey start with a relaxing Hammam session followed by the application of the traditional black soap, a secret concoction of black olives which helps to exfoliate deeply the skin with a Kessa gloves.

To draw out impurities and toxins stuck deeper from the skin, the Rassoul body mask is applied all over the body. A relaxing oriental body massage is performed with warm Argan oil leaving your skin beautifully soft, supple and rejuvenated.

2 HOUR - Rs 6,200

SPA PACKAGE

'The Power To Relax Body & Mind'

As a mean of preventive medicine to relieve stress and maintain the body in a general good health, massage therapy can be an important part of your health maintenance, relieve the strain of tired muscles or aching.

*Improving joint mobility | Improving circulation | Improving lymphatic drainage | Headaches
Relaxes and promotes quality of sleep*



Try our exclusive selection below to create sheer moment of pleasure every day during your stay at The Residence to relax, rejuvenate, renew, resource yourself at The Sanctuary Spa.

The below menu for Just Rs 17,200

- 1 Signature Massage at choice - 90 mins
- Body Scrub in private Hammam - 30 mins
- Foot Reflexology & Stress relief back massage - 60 mins
- Indian Head Massage & relaxing back massage - 45 mins
- After Sun Face & Body Care - 60 mins

Mother-to-be massage

Ultimate well-being for expectant mothers, this massage is gentle, comforting and relaxing using neutral oil.

60 MINS - 3,600



MINDFULNESS

Yoga Classes

TUESDAY & FRIDAY (complimentary group activity) : 08:15 - 09:15

Personalized Private yoga

MONDAY TO SATURDAY (at an additional cost) : 3 PM

Reiki Healing

A divine combination of Yoga breathing techniques, Reiki healing an ancient Japanese technique (meaning < Higher Power >) used to balance and reinforce the vital organs through the placing of hands on energy centres or chakras and by a full body massage to relax, balance the soul and body.

60 MINS- Rs 3,600

Yoga Collective Classes

75 MINS- Rs 5,000

Yoga Collective group class per person

60 MINS- Rs 1,400

Private Yoga Class

60 MINS- Rs 2,500

(reservation 1 day in advance)



ME TOO! KIDS SPA

Wellness has no age! Allow your child to experience a soft and gentle spa indulgence from 5 to 12 years old accompanied by a parent.

Mum or Dad & Me Package

(a combination of any two treatments from the 'LET GO' kids and teens menu)
Enjoy this magnificent moment with your child in the peaceful atmosphere of The Sanctuary.

LET GO!!! Kids Menu 60 minutes each

1 HOUR Rs 6,400 for 2 treatments

- Pamper-Me Massage
- Chocolate Manicure or Pedicure
- Pamper Facial
- *ME TOO!* Coconut Body Scrub or Body Wrap
- Hydrating After Sun Care

Pamper-me massage
30 MINS - Rs 2,300

ENHANCE YOUR BEAUTY WITH EVO HANDS & FEET RITUALS

Ritual Manicure or Pedicure

75 MINS - Rs 3,000

(*Include cut & shaping of nails, cuticle care, scrub, mask and hand or feet massage)

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Express Manicure or Pedicure

30 MINS - Rs 1,400

(*Include cut & shaping of nails, cuticle push care and massage)

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Deluxe Manicure or Pedicure

60 / 75 MINS - Rs 2,000 / Rs 2,500

(Includes cut &shaping of nails, cuticle care, scrub, massage)

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Nail Polish Application

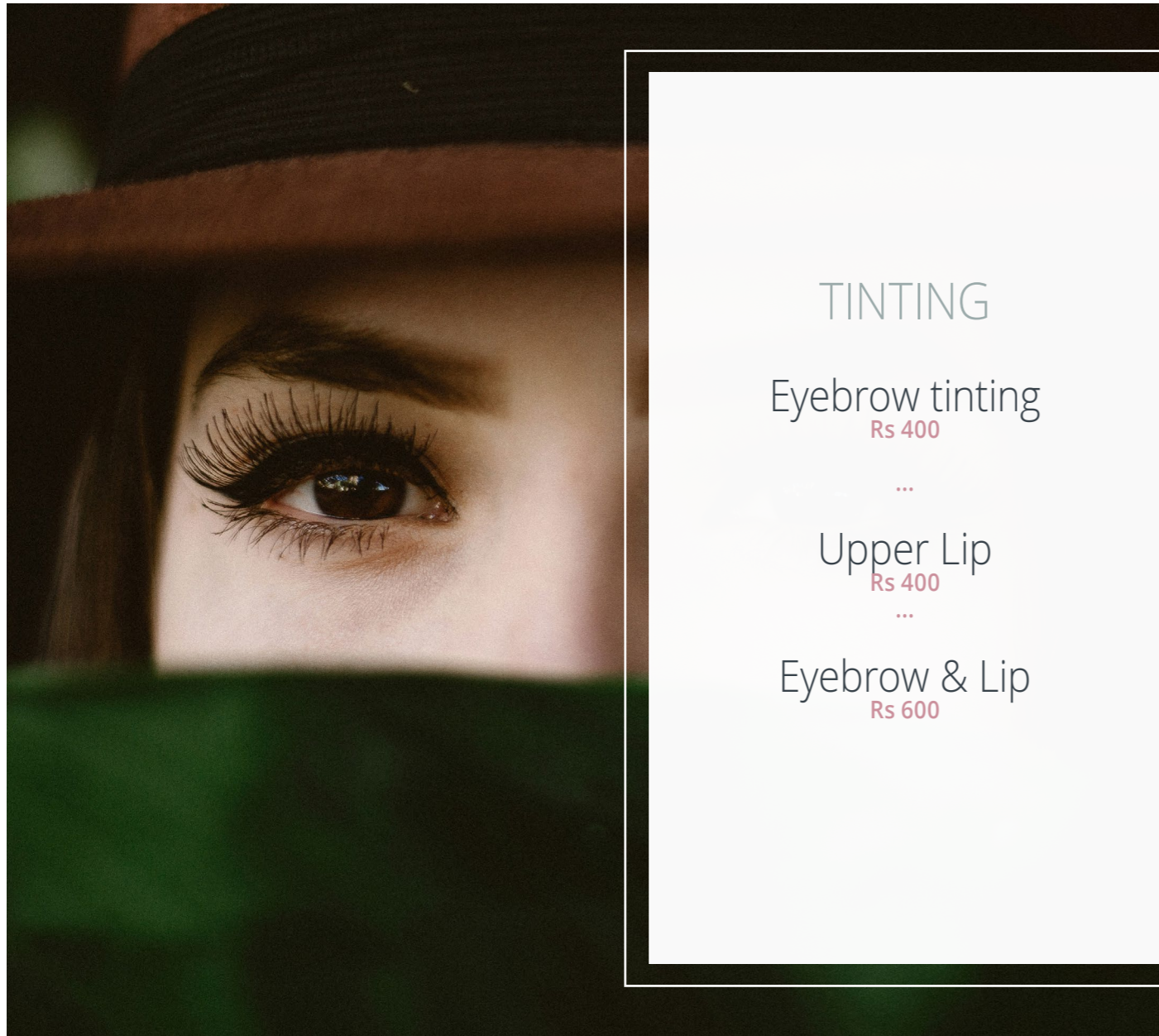
15 MINS - Rs 500

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French Nail Polish Application

20 MINS - Rs 1,200





TINTING

Eyebrow tinting
Rs 400

...

Upper Lip
Rs 400

...

Eyebrow & Lip
Rs 600

EVO, Gel
Application

French Gel
Application

45 MINS - Rs 1,200

...

Gel Application
Classic

45 MINS - Rs 1,000

...

Gel Removal & Nail
Buffing

60 MINS - Rs 1,600

...

Gel Removal & Gel
Polish Application

75 MINS - Rs 2,000





MAKE UP

Day make-up
Rs 2,000

...

Evening make-up
Rs 2,500

...

Party make-up
Rs 3,500

...

Bridal make-up
Rs 5,000

...

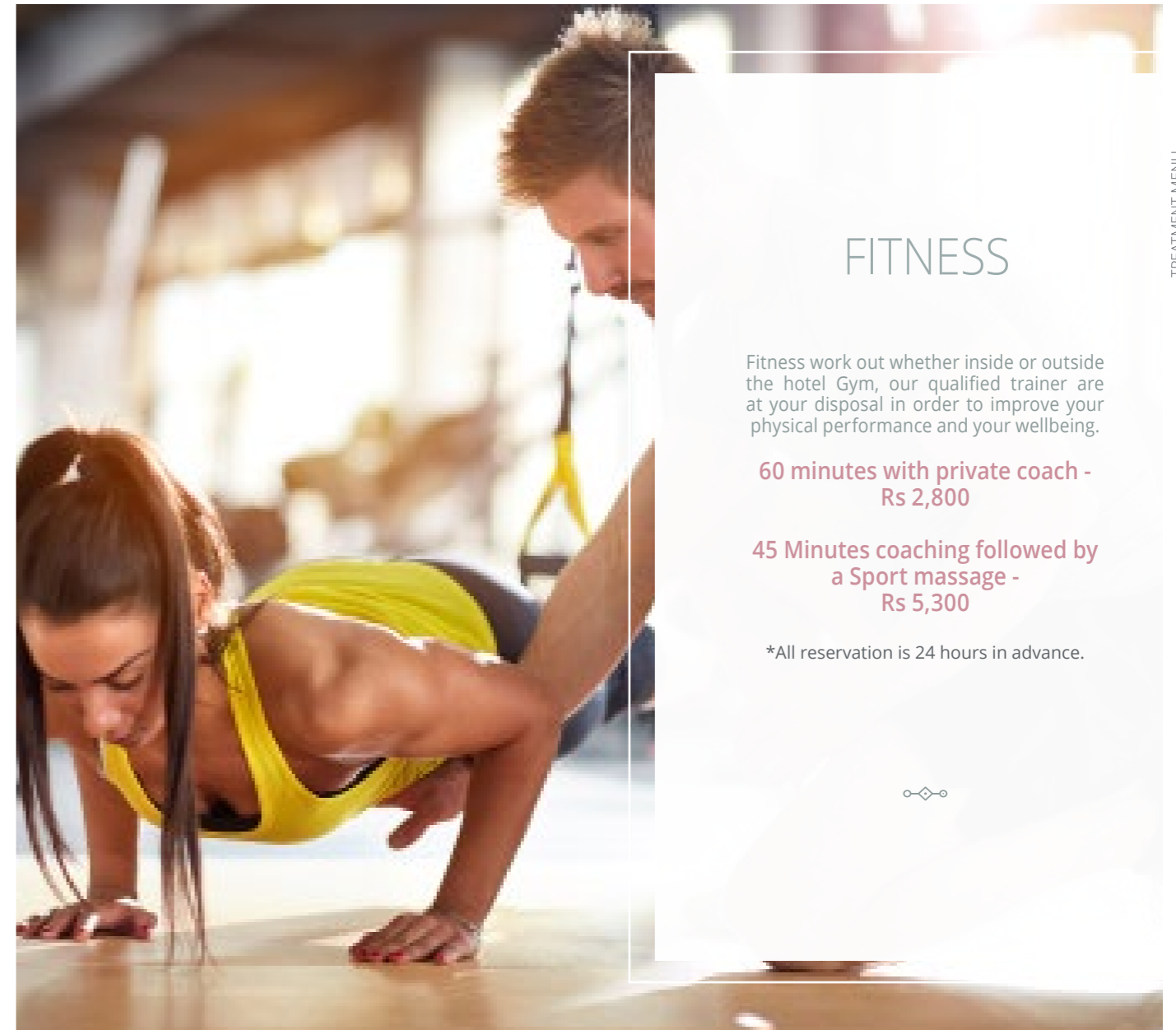
Bridal make-up & hair doo
Rs 12,900

...

Trial make-up
Rs 4,500

...

Hair styling
Rs 3,500



FITNESS

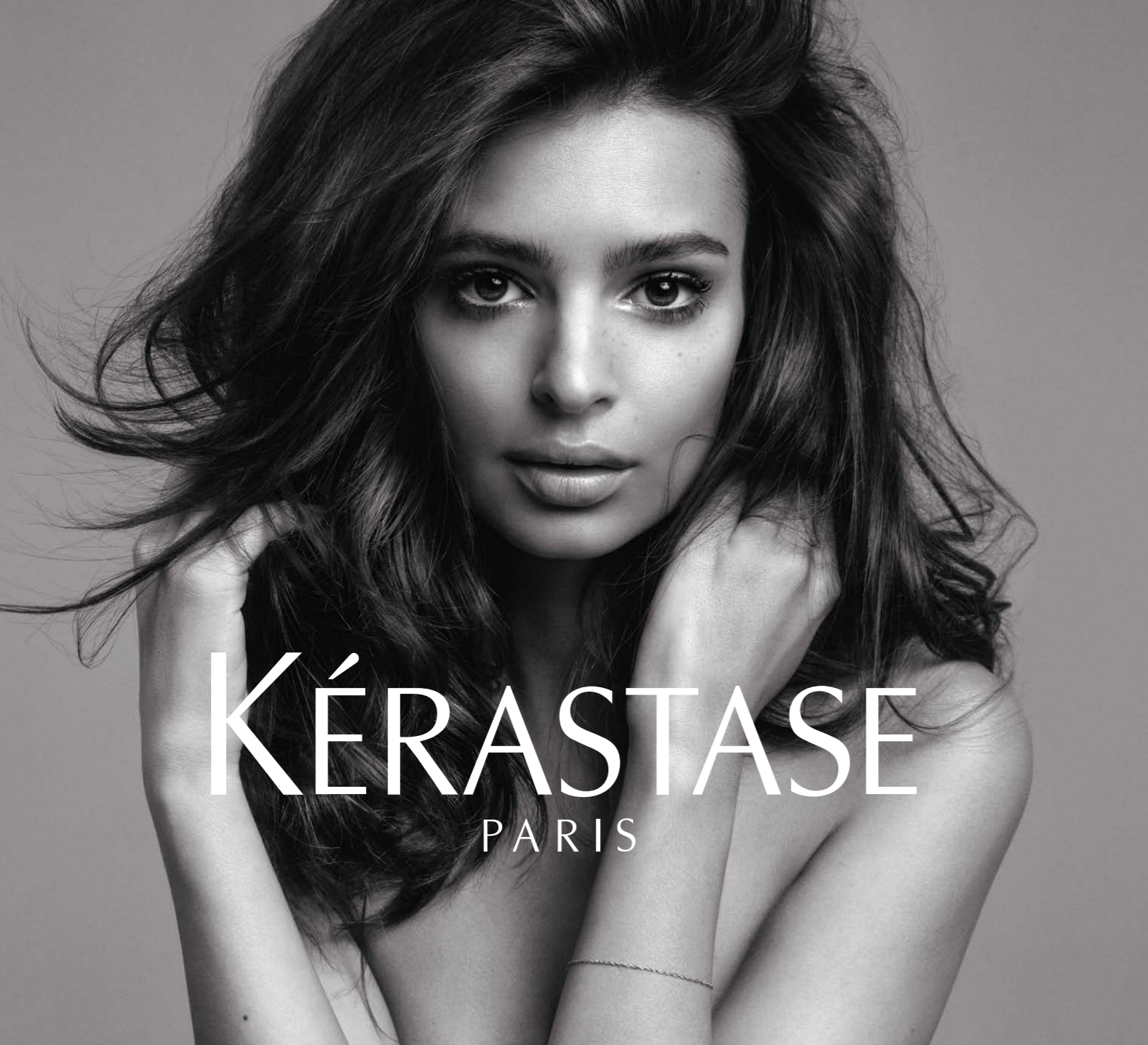
Fitness work out whether inside or outside the hotel Gym, our qualified trainer are at your disposal in order to improve your physical performance and your wellbeing.

**60 minutes with private coach -
Rs 2,800**

**45 Minutes coaching followed by
a Sport massage -
Rs 5,300**

*All reservation is 24 hours in advance.





KÉRASTASE
PARIS

FOR HER

Shampoo Hair Cut

(S) - Rs 2,500 | (M) - Rs 3,000 | (L) - Rs 3,500

...

Shampoo / Hair cut / blow dry

(S) - Rs 2,900 | (M) - Rs 3,400 | (L) - Rs 4,000

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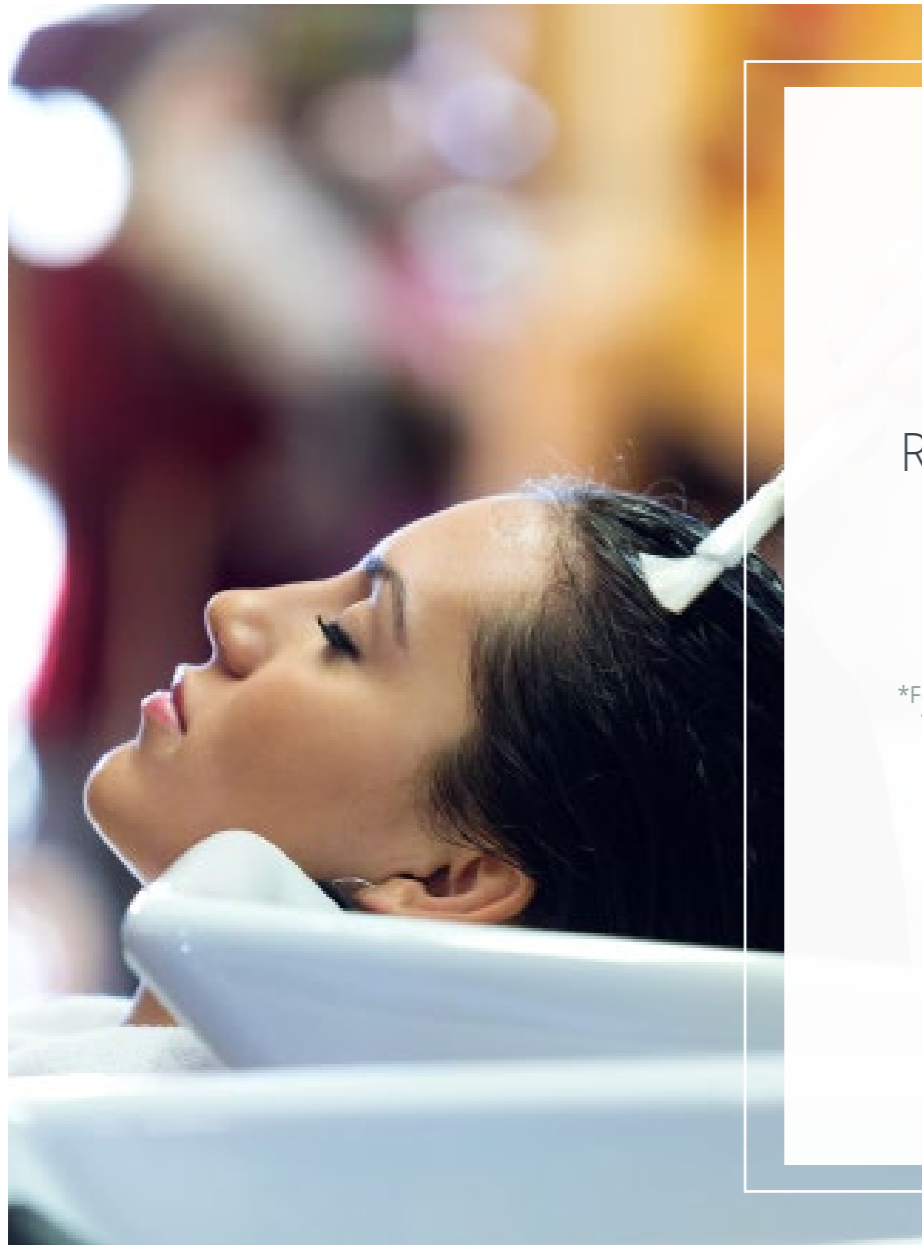
Shampoo / blow dry

(S) - Rs 2,200 | (M) - Rs 2,600 | (L) - Rs 3,000

FOR KIDS

Shampoo Hair Cut

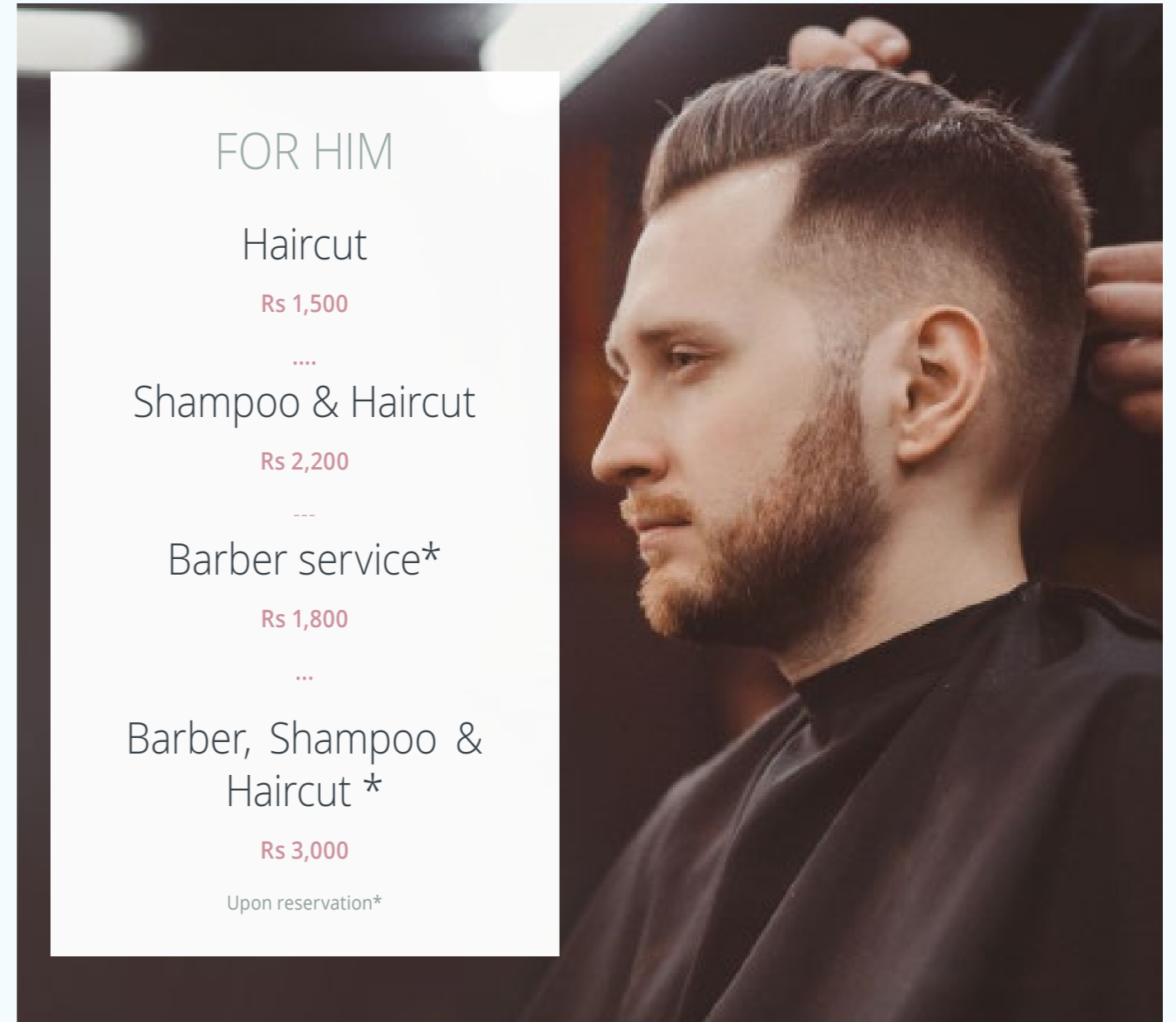
Rs 1,000



KERASTASE' THE RESIDENCE LUXURY RITUAL

*including Diagnos, Bathe, Masque,
Specific treatment
*Foot massage, Head & Shoulder massage
*Canape and 1 glass of sparkling wine

90 MINS - Rs 3,900



FOR HIM

Haircut

Rs 1,500

....

Shampoo & Haircut

Rs 2,200

Barber service*

Rs 1,800

...

Barber, Shampoo &
Haircut *

Rs 3,000

Upon reservation*



WAXING

Half Legs
Rs 1,300

...

Full Legs
Rs 1,800

...

Bikini Line
Rs 1,200

...

Bikini Brazilian
Rs 2,300

...

Underarm
Rs 800

...

Arms
Rs 1,300

Back
Rs 1,600

...

Face
Rs 800

...

Eyebrow
Rs 400

...

Upperlip
Rs 300

...

Eyebrows & Upperlip
Rs 600



Natura Bissē
Barcelona

FACIAL TREATMENTS

THE CURE

DETOXIFIES · RESTORES ·
HYDRATES

A true antidote against the ravaging effects of our modern lifestyle on our skin. This deeply cleansing facial includes an innovative enzymatic detox, a steam to open and purify pores and a meticulous extraction process, for extraordinarily soft, radiant skin.

60 minutes -Rs 5,400

THE O2 RELAX

PURIFIES · BRIGHTENS · BALANCES

This essential exfoliating and invigorating treatment reenergizes cellular function for visibly hydrated skin. The revitalizing power of pure oxygen cleanses and brightens a dulled complexion, restoring clarity and a healthy glow.

60 minutes -Rs 5,400



THE CITRUS ESSENCE

REVITALIZES · STIMULATES · FIRMS

An antioxidant treatment that restores vitality to sun-damaged skin and helps minimize signs of premature aging. Vitamin C stimulates collagen production and renews skin firmness, while improving luminosity and hydration.

60 minutes -Rs 6,600



FACIAL TREATMENTS

THE 3D COLLAGEN SHOCK

SCULPTS · FIRMS · TIGHTENS

Remodeling and firming treatment with three types of collagen of different molecular weights (high, medium and low), that sculpts and defines facial contour, improves skin density and preserves moisture. This innovative facial provides an outstanding lifting and firming effect for incredibly supple and plump skin.

60 minutes -Rs 7,600

DIAMOND COCOON EXPERIENCE

LIBERATES · FORTIFIES · SHIELDS

Activate the full potential of your skin with this prebiotic, revitalizing, renewing treatment designed to counter the effects of modern pollution and stress: a detoxifying ritual that leaves your skin healthy, luminous and protected due to its enveloping massage techniques and its highly effective ingredients that purify, fortify and repair.

60 minutes -Rs 7,200

DIAMOND WELL-LIVING EXPERIENCE MASSAGE

SOOTHES · HYDRATES · RELAXES

What do you need today? A boost of vitality? To leave fatigue behind you? To switch off and relax? To detoxify mind and body?

You choose how much time you have available and the sensations you want to experience. Enjoy this exceptional tailored ritual that gives the mind and body exactly what it deserves.

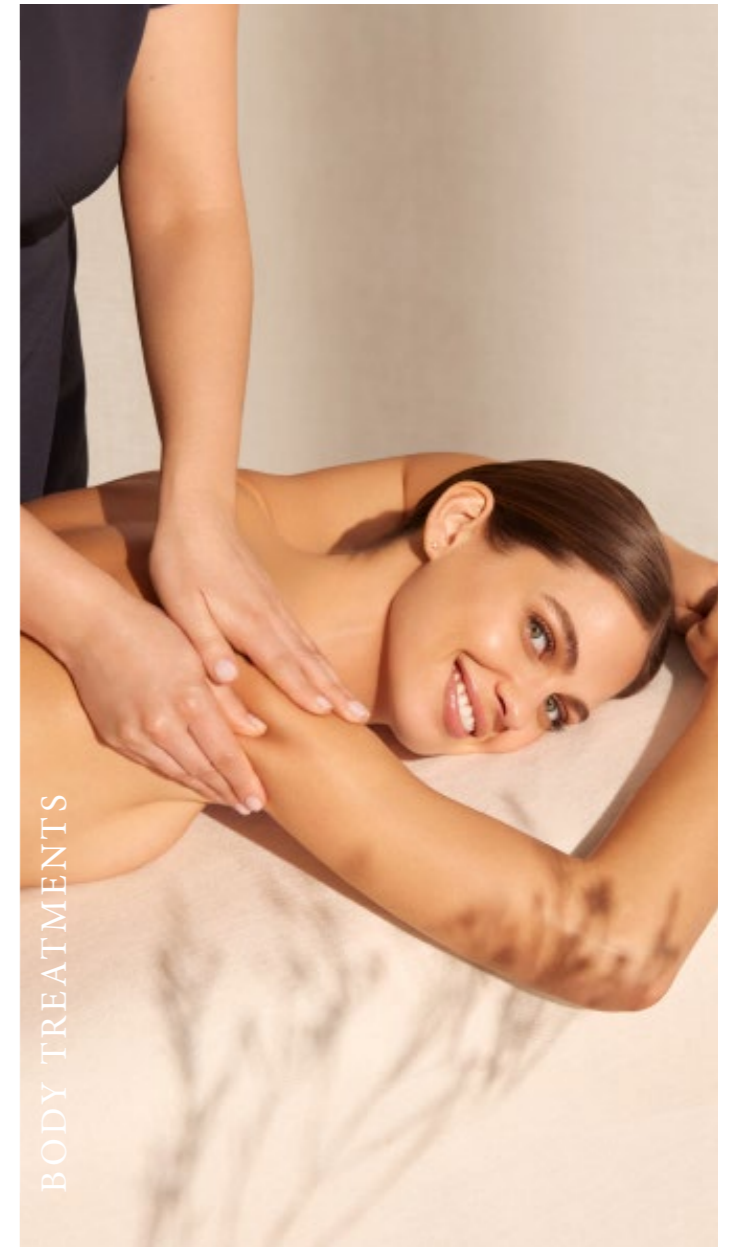
90 minutes -Rs 6,800

DIAMOND WELL-LIVING BODY PERFECTION

RENEWS · NOURISHES · RELAXES

Dare to renew yourself. Sink into this indulging texture and re-emerge with amazingly soft, supple skin. Feel the exfoliating magic of Dead Sea salt crystals and rice powder and the sumptuous nourishment of a delightful body mask and oil of your choice. An extraordinary journey that leaves your skin revived, hydrated, ultra- smooth, and illuminated

60 minutes -Rs 5,400



BODY TREATMENTS

CITRUS DRENCH

REVITALIZES · FIRMS · ENERGIZES

Highly concentrated vitamin C emulsions will protect the skin against dryness and premature aging.

60 minutes -Rs 5,400

DETOX MARINE ESSENCE

DETOXIFIES · REGENERATES · HYDRATES

Sea salt, rice powder and grape seeds soften and renew the skin while marine algae hydrate, detoxify and firm the body.

60 minutes -Rs 5,400

ADD ON

BODY POLISH BAR

EXFOLIATES · SOFTENS · RENEWS

Choose between citrus exfoliation that revitalizes and brightens, and Diamond Well-Living The Body Scrub that effectively eliminate dead cells for smooth, soft and nourished skin. A full-body exfoliation that is the perfect addition to any treatment.

30 minutes -Rs 2,700



FACE & BODY TREATMENTS

ROYAL CITRUS RITUAL

REVITALIZES · NOURISHES · PROTECTS

Powerful antioxidant treatment for face and body using pure vitamin C to target hyperpigmentation, protect against free radicals and intensely hydrate the skin.

90 minutes -Rs 5,400





Cenizaro
HOTELS & RESORTS