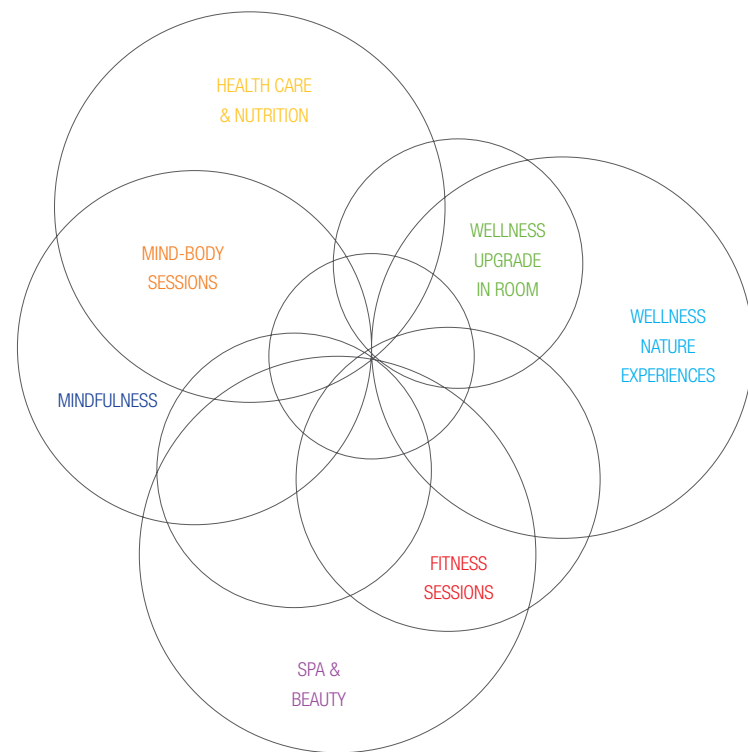


Our Services

7 Colours, 7 forms of wellness. Our holistic method can be conceived as seven different wellness spheres, each taking care of you in a different, important way. Together, they ensure that you'll be spiritually, mentally, and physically nourished, revitalized and serene.



Our Philosophy

We believe that wellness is holistic: every sense needs to be taken care of, every layer of the self replenished and restored. This means that we take care of your mind, your body, your emotions and your spirit, and we do so in an environment that is exquisite in its beauty, peaceful in its mood, and rejuvenating in its energy. Our seven spheres of wellness encompass every aspect of wellbeing, from spa and beauty treatments, to mindfulness sessions, in room wellness services, nature experiences, mind-body sessions, physical and nutritive health, and fitness. We not only heal and take care of you, but teach you how to re-energize and relax: a wellness lifestyle that you'll take back home.

We offer several different kinds of treatments, tailored to your needs and to each of your senses. Whatever you choose, your specific needs will be meticulously, thoroughly met.

We believe in chakras, those energy centres of the body that are a central concept in Eastern philosophy. When harmonized and vitalized, they create a serene state of bliss. With our modern day-to-day life, however, our chakras tend to be unbalanced because of stress and anxiousness. Here at Seven Colours, we fuse the wisdom of ancient, natural healing techniques with the Mauritian culture of caring, all within our beautiful, replenishing local environment: we restore, rebalance, and harmonize the body and mind.

Chakras

OUR RITUALS IDENTIFY WHICH CHAKRA IS IN MOST NEED OF REPLENISHING CARE, AND OUR TREATMENTS WORK TO HARMONISE AND REVITALISE IT. BEFORE EACH TREATMENT, YOU'LL PICK A COLOUR INTUITIVELY: THIS IMMEDIATE CHOICE DETERMINES WHICH CHAKRA NEEDS THE MOST RESTORING.

CHAKRA TEST
FREE

CHAKRAS BALANCING SESSION
30 MIN
RS. 1,200
Harmonise your energies.

CROWN CHAKRA

*Beyond sense
Connection to spirit and Wisdom*

Unity – Intelligence – Understanding
Pineal Gland – Nervous system - Brain

THIRD EYE CHAKRA

*6th sense
Clear perception and Psychic abilities*

Vision – Intuition – Extra Sensory Perception
Pituitary Gland – Endocrine system - Eyes, Sinuses

THROAT CHAKRA

*Sense of Hearing
Self-Expression and Life purpose*

Truth – Communication
Thyroid Gland – Metabolism & Respiratory system –
Lungs, Throat

HEART CHAKRA

*Sense of Touch
Love and Connection*

Compassion – Harmony – Social
Thymus Gland - Immune & Circulatory system – Heart

SOLAR PLEXUS CHAKRA

*Sense of Sight
Power and Identity*

Self-esteem - Self-confidence – Leadership
Pancreas Gland - Nervous & Digestive system –
Stomach, Liver

SACRAL CHAKRA

*Sense of Taste
Emotions and Intimacy*

Joy – Creativity – Adaptability
Gonad Glands - Reproductive & Assimilation system -
Small Intestine, Kidneys

BASE CHAKRA

*Sense of Smell
Physical Existence*

Vitality – Strength – Stability
Adrenal Glands – Skeleton & Elimination system -
Large Intestine, Bladder



Massages and Spa Rituals

Seven Colours was conceived by melding the wisdom of ancient, natural healing techniques with the Mauritian culture of caring, all within the beautiful, replenishing local environment. Our holistic approach to wellness means that each treatment is a complete, perfect sensorial experience, which awakens all your senses and balances your chakras for a deep and complete relaxation and well-being of your body and mind.



Massage and Spa Rituals

“MILLESIME” SIGNATURE TREATMENTS (2HR)

THE SEVEN COLOURS MILLESIME COLLECTION UNDERPINS OUR HIGHEST SPA CATEGORY INTEGRATING EXCEPTIONAL AND REFINED FACILITIES, SPA EXPERIENCES, TREATMENTS AND WELLNESS ORIENTED SERVICES WITH THE NATURAL ENVIRONMENT SURROUNDING THEM.

THE COUPLE SPA SUITE EXPERIENCE

120 MIN
RS. 9,700

Embrace the full spa experience together in our unique couple's suite with private relaxation area, outdoor bath amidst nature... a special romantic atmosphere.

THE ULTIMATE MASSAGE

120 MIN
RS. 5,300

A full two hours massage tailor-made to your specific focus areas designed to leave your skin, body and face glowing all over and feeling completely nurtured.

THE COMPLETE HEAD TO TOES

120 MIN
RS. 5,300

A total body experience that integrates all the key elements of spa into a unique complete treatment designed to exfoliate, re-moisturise, and balance the entire body and face. A truly luxurious grooming treatment.

SIGNATURE MASSAGES

SOURCE OF LIFE MASSAGE

120 MIN
RS. 5,600

Harmonise all your Chakras with Seven massage techniques.

MUSICAL MASSAGE

60 MIN
RS. 3,950

Allow yourself to be transported by a rhythmical massage synchronized to the vibrations of music.

HERBAL MASSAGE

60 MIN
RS. 4,100

A massage with plants & herbs picked by Mauritian hands.

AROMATHERAPEUTIC CANDLE MASSAGE

60 MIN
RS. 4,100

Its sweet and delicate aroma and pleasant warmth on your body will bring you a delightful sense of comfort and serenity.

ASIAN FUSION MASSAGE (OIL FREE)

75 MIN
RS. 4,300

Travel through time with this massage and discover the most ancient way of healing by means of Shiatsu and Thai techniques.

SIGNATURE MASSAGES

MAURITIAN HEAD MASSAGE

45 MIN
RS. 3,400

Release all tensions and let your mental stress fade away; experience physical and mental harmony.

MAURITIAN MASSAGE

60 / 90 MIN
RS. 3,950 / 4,700

Discover the Mauritian way of relaxing. A unique blending of local massage techniques and botanical oils.

SEMI-PRECIOUS REFLEXOLOGY

45 MIN
RS. 3,500

A holistic treatment which will act on your Base energy by means of pressure points; stimulating and providing vitality to your entire body.

SEMI-PRECIOUS HOT STONE MASSAGE

90 MIN
RS. 4,900

Discover our massage combined with the soft warmth and energising power of volcanic and semi-precious stones.

AROMATHERAPEUTIC MASSAGES

BACK & SHOULDERS TENSION

RELIEVE MASSAGE

30 / 45 MIN
RS. 2,700 / 3,400

A focused massage to relieve all the tension of the back, neck and shoulders.

RELAX & RELIEVE MASSAGE

60 / 90 MIN
RS. 3,700 / 4,300

Disconnect your mind and body from stress and tension; go into deep relaxation.

REVITALISE MASSAGE

60 / 90 MIN
RS. 3,700 / 4,300

Re-energise your body and relieve your muscles with warm and stimulating movements.

DETOX MASSAGE

60 / 90 MIN
RS. 3,700 / 4,300

Free your body of toxins with a deep draining massage.

SPORT MASSAGE

60 MIN
RS. 3,900

Prepare and tone your body and muscles as per your own goal.

HEAVY LEGS & FEET MASSAGE

30 / 45 MIN
RS. 2,700 / 3,400

A focus massage to relieve puffiness, re-boost circulation and relieve tensions.

SEVEN COLOURS SIGNATURE RITUAL

90 MIN
RS. 4,900

Carefully designed for a truly personalised experience taking your body and mind on an indulging and relaxing journey.

Exotic body exfoliation, Aromatherapeutic Massage, Facial Refresher

ADD-ON TREATMENTS*

ADD-ON TENSION FOCUS MINI MASSAGE

15 MIN
RS. 900

ADD-ON STRETCHING TECHNIQUES

15 MIN
RS. 900

ADD-ON BELLABACI CUPPING TECHNIQUES

15 MIN
RS. 900

ADD-ON HEAVY LEGS TECHNIQUES

15 MIN
RS. 900

ADD-ON MINI BODY EXFOLIATION

15 MIN
RS. 900

ADD-ON MINI FACIAL REFRESHER

15 MIN
RS. 1,100

“JET LAG” TREATMENTS

RELIEVE MY BODY FROM TENSION
AND PUFFINESS

JET LAG BOOST UP

30 MIN
RS. 2,500

Tea scrub and detox draining techniques to choose from the below:

- Anti-Fatigue facial treatment
- Back pain relieve after flight
- Legs & Feet draining boost up

JET LAG FOCUS MASSAGE

60 MIN
RS. 3,700

Cupping tension relieve, Detox massage, Anti-Fatigue facial treatment.

JET LAG SIGNATURE RITUAL

90 MIN
RS. 4,500

Full body tea scrub, cupping and detoxifying massage.

LEARN HOW TO MASSAGE (FOR 2 PERS)

90 MIN
RS. 4,600

'Learn how to massage' is a soothing massage with basic techniques easy to reproduce at home with family or with friends and helps strengthen relationships.



Facials, Body and Beauty cares

Our exquisite, natural treatments rejuvenate and treat your skin: we massage vitamins, essential oils and plant extracts deep into your pores in our facials and body care services, to make you truly glow. We also of course provide all the services you'd expect of a stellar beauty centre.

Facials, Body and Beauty Cares

FACIALS

TREATMENTS DESIGNED TO BRING HEALTH AND BEAUTY TO YOUR SKIN WHILE USING SEVEN COLOURS NATURAL PRODUCTS, AN EXCLUSIVE BRAND OF COSMETIC PRODUCTS DEDICATED TO WELLBEING AND BEAUTY. THE SEVEN COLOURS PRODUCTS ARE MADE UP OF THE HIGHEST QUALITY ESSENTIAL OILS, PLANT EXTRACTS AND VITAMIN COMPLEX.

THE COMBINATION OF AROMATHERAPY, REFINED TEXTURES AND EXOTIC PERFUMES ARE THERE FOR A PLEASURABLE EXPERIENCE WITH REMARKABLE RESULTS.

SEVEN COLOURS ESSENTIAL SPA FACIAL

60 MIN
RS. 3,800

SEVEN COLOURS SEMI-PRECIOUS FACIAL

90 MIN
RS. 4,400

SEVEN COLOURS MINI FACIAL

30 MIN
RS. 2,900

ADD-ON MINI TREAT

ADD-ON NAIL GROOMING

15MIN
RS 900

ADD-ON TENSION FOCUS MINI MASSAGE

15MIN
RS 900

BODY CARES

COCO SPA RITUAL

90 MIN
RS. 4,700

Used since ever by women in tropical islands, coco is a natural beauty ingredient for soft and firm skin and silky hair.

This ritual includes:

- ✓ Warm coco milk Feet Bath
- ✓ Exotic coco Face & Body Exfoliation
- ✓ Beauty coco Hair & Body Mask

'NOS GOMMAGES SOINS GOURMAND'

30 MIN
RS. 1,950

Carefully selected Mauritian natural ingredients and refined body oils for the beauty of your skin and the pleasure of your senses.

A delicious experience!

Choose your scrub:

- 🍌 Sweet Coco Scrub
- 🍌 Tea Scrub
- 🍌 Coffee Scrub
- 🍌 Sugar Scrub

AFTER SUN SKIN REPAIR CARE

45 MIN
RS. 2,500

A body wrap made of natural healing ingredients to sooth skin irritations and speeds skin regenerations

HANDS & FEET

MANICURE TREATMENT

60 MIN (approx)
RS. 2,300

PEDICURE TREATMENT

75 MIN (approx)
RS. 2,700

MINI MANICURE CARE

30 MIN (approx)
RS. 1,400

MINI PEDICURE CARE

30 MIN (approx)
RS. 1,400

NAIL VARNISH APPLICATION

15 MIN (approx)
RS. 750

FRENCH NAIL VARNISH APPLICATION

20 MIN (approx)
RS. 1,100

NAIL DECO SUPPLEMENT (PER NAIL)

RS. 90

WAXING

FULL LEGS

45 MIN (approx)
RS. 1,800

1/2 LEGS OR ARMS OR BACK

30 MIN (approx)
RS. 1,100

UNDERARMS

10 MIN (approx)
RS. 750

BIKINI LINE

15 MIN (approx)
RS. 900

BRAZILIAN OR HOLLYWOOD STYLE BIKINI

30 MIN (approx)
RS. 1,100

EYEBROWS OR UPPERLIP OR CHIN

10 MIN (approx)
RS. 500

FINISHING TOUCHES

EYELASHES TINT

20 MIN
RS. 900

EYEBROWS TINT

10 MIN
RS. 800

HENNA TATTOO

AS FROM RS. 800



Customised Treatments and Spa Packages

Come talk to us, and step by step, we'll craft a treatment based on your needs. Whether you're a radiant mother to be, a child wanting a very special treatment or two, a golf pro wanting to improve your muscle flexibility, or even a serious gentleman trying to find a perfect spa offer: we'll take care of you.

Customised treatments and Spa Package

KIDS SPA “TIMOMO”

*WELLNESS DOESN'T WAIT FOR YEARS!
FROM 4 TO 12 YEARS OLD;
ACCOMPANIED BY A PARENT*

FAMILY SPA PACKAGE

Share a spa experience with your family in a dedicated spa room
1 treat of 30min from below selection per member of the family

“TI” MASSAGE

30 MIN
RS. 1,900

“TI” FACIAL

30 MIN
RS. 2,100

“TI” MANI OR PEDI

30 MIN
RS. 1,200

“TI” NAIL DECO OR HENNA

15 MIN
RS. 800

“MOTHER-TO-BE” RITUALS

*DEDICATED TREATMENTS USING SOFT TECHNIQUES
AND NEUTRAL OIL TO RELIEVE YOUR BODY AND
ULTIMATELY CARE FOR YOU.*

“MOTHER-TO-BE” MASSAGE

60 / 90 MIN
RS. 3,700 / 4,300

“MOTHER-TO-BE” MASSAGE & BEAUTY

90 MIN
RS. 4,600
Massage of 45 min, Anti-fatigue Facial Refresher, Nail Grooming or Nail Varnish application

“GENTLEMAN” SPA TREATMENTS

Especially customised for you to bring back balance, purity and hydration to your skin, but also to unwind from your responsibilities while enjoying a grooming experience.

GENTLEMAN SPA FACIAL

30 / 60 MIN
RS. 2,900 / 3,800

GENTLEMAN MASSAGE & GROOMING

90 MIN
RS. 4,600
Massage of 45 min, Gentleman Facial Refresher, Nail Grooming

“FIT FOR GOLF” GOLFER MENU

GOLF PRE-GAME MASSAGE

30 MIN
RS. 2,500

Warm your muscles, gain in flexibility, avoid injury and calm your mind for a better concentration.

GOLF PERFORMANCE MASSAGE

60 MIN
RS. 3,700

Will contribute to you playing harder on the course and contribute to improving your swing by focusing on your wrists, elbows, shoulders and lower back.

GOLF RECOVERY MASSAGE

75 MIN
RS. 4,400

Overcome your game's aches and stiffness, by enjoying deep relaxation and retrieving suppleness in your tired muscles.

CREATE YOUR OWN PACKAGES

Benefit from a discounted rate on several treatments or products

* “SWEET” PACKAGE

AS FROM 3
10% OFF

* “SHARY” PACKAGE

AS FROM 5
15% OFF

* “LET’S” PACKAGE

AS FROM 10
20% OFF

**Add-on mini treatments can be added in complement to our main treatments, but cannot be counted as a treatment in packages.*



CONDITIONS

Packages:
Discounts are non-cumulative. 6 months validity.
All prices may be subject to modifications without previous notice.
All prices are inclusive of local taxes.
***Add-on:**
Can be added in complement of spa treatments, but cannot be counted as 1 treatment in packages.

ETIQUETTE

SPA FACILITIES
Spa is open 7/7 from 9hr00 to 20hr00 on reservation. Children, as from the age of 4 years, are allowed in the spa for treatments, but must be accompanied by a parent. Facilities are accessible to guests 13 years and older.

LATE ARRIVAL
Arriving late for your treatment will limit the time of your spa service thus lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time to accommodate the next guest's scheduled appointment.

CANCELLATION
Any cancellation should be communicated to us before 20hr00 on the evening before your scheduled booking. If we are not informed of your cancellation, then 25% of the price of the treatment will be charged to your account.