Wellness Comes in Colours
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 eight dimensions of wellness encompass every aspect of well-being, 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 also teach you how to re-energise and relax: a wellness lifestyle that you will take back home.
Holistic Health Care

+ Osteopathy | 1 HR - Rs. 2,900
Remaining sedentary, long trips or challenging golf sessions can result in uncomfortable or painful sensations. This manual therapy aims at restoring the mobility of the various structures of your body and thus give you a feeling of relief and well-being.

+ Reiki Healing | 1 HR - Rs. 2,900
Nowadays in a fast paced, high stress world, this eastern healing approach is an effective tool for physical healing and mental and spiritual growth to bring awareness, stress relief, peace and balance into your life.

+ Chakra Test | 20 MINS - Rs. 450
Discover which of your chakras are dominant, balanced or blocked. Let us guide you on how to open and balance them to achieve a healthier state of mind and body.

+ Chakra Balancing | 30 MINS - Rs. 1,500
Improves the flow of energy and your emotional state of mind across your chakra system, leading to a feeling of well-being, relaxation, centeredness, increased vitality and self-identity.

Wellness Nature Experiences

Escape to the countryside: unforgettable sensations, enjoying your choice of wellness activity while discovering the pristine wilds of Nature Reserve by 4x4.

Available from Mon to Thurs - Subject to weather conditions
2 trips per day: 8:30 am to 10:30 am and 5:30 pm to 7:30 pm
Booking 24 HRS in advance for a max of 4 Pax

+ Hatha yoga Session | 1 HR - Rs. 2,500 / Person (2 HRS Trip Experience)
+ Tai-Chi Session | 1 HR - Rs. 2,500 / Person (2 HRS Trip Experience)
+ Qi-Gong Session | 1 HR - Rs. 2,500 / Person (2 HRS Trip Experience)
+ Guided Meditation Session | 1 HR - Rs. 2,500 / Person (2 HRS Trip Experience)
+ Pilates Session | 1 HR - Rs. 2,500 / Person (2 HRS Trip Experience)
+ Forest Bathing (ShirinYoku) | 2 HRS - Rs. 2,500 / Person

A Japanese term used to evoke the medical benefits of being in the forest. You will feel the forest reinvigorate and permeate your body as you enjoy total osmosis with its energy, scents and experiences. Every second spent in the tranquility of this majestic forest will make you more mindful of each of your senses.

Mind-Body

+ Private Hatha Yoga Session | 1 HR - Rs. 2,200 / Person
Powerful postures and slower paced stretching exercises to work on your body alignment, build strength, increase flexibility and release tension.

+ Private Ashtanga Yoga Session | 1 HR - Rs. 2,200 / Person
An appropriate yoga method if you are up for building core strength, body toning and purifying sweat that detoxifies muscles and organs, through synchronized breathing and a progressive series of postures.

+ Private Tai-Chi Session | 1 HR - Rs. 2,200 / Person
Gentle exercises that combine movement, meditation and rhythmic breathing to enhance mental and physical health as well as to improve balance, boost mood, alleviate pain, strengthen the immune system.

+ Private Qi-Gong Session | 1 HR - Rs. 2,200 / Person
An enjoyable and powerful type of health exercise having an invigorating and rejuvenating effect, as well being able to help heal a large variety of chronic and acute injuries, as well as some illnesses.

Touch for Peace

+ Ohashiatsu | 1 HR - Rs. 3,900
Well-being through unique ancient oriental body working, hands-on touch techniques and gentle stretches to improve your energy flow and flexibility, giving you a deep feeling of lightness and serenity.
Mindfulness
A powerful practice technique that has been shown to help reduce stress, anxiety and depression, and even help with pain and illness, by training your mind to stay present, calm and in the moment. It changes the physical structure of your brain.

- Guided Meditation | 1 HR - Rs. 2,200 / Person
- Emotional Release | 1 HR 30 MINS - Rs. 2,500 / Person
- Positive Breathing Exercise | 45 MINS - Rs. 1,900 / Person

Fitness

- Private Training Workouts
  | 1 HR - Rs. 2,300 / Person
Our trainer will design your session according to your needs, state of health and goals.

- Pilates / Pilates with Swiss Ball
  | 1 HR - Rs. 2,300 / Person
A method of exercise and physical movement designed to stretch, strengthen and balance the body. With the systematic practice of specific exercises coupled with focused breathing patterns, it is invaluable not only for fitness but also as an important adjunct to all kinds of professional sports training and physical rehabilitation.

Nutrition
(To be booked 24 HRS in advance)

Beginner | 1 HR 30 MINS - Rs. 1,500 / Person
Advanced | 2 HRS 30 MINS - Rs. 1,800 / Person

*Gluten-Free:
Beginner
Example of recipes taught: classic loaf, moist raspberry cake, raspberry cheesecake, cookies, quiche, brownies, pancakes and exotic maringues.

Advanced
Fig and walnut loaf, exotic Pavlova, profiteroles and almond tart.

*Detox & Fortifying Cocktails
Our Seven Colours selection of healthy cocktails promotes healthy body functions and supports daily detoxification for optimal health. (See our restaurant and bar menus for details)

*Lactose-Free/Vegan:
Beginner
Recipes include moist apple cake, moist exotic cake, apple tart and brownies.

Advanced
Macaroons, almond tart, chocolate mousse and Chef’s dessert.

*Wellness Cuisine
A selection of healthy and tasty dishes, fresh and unprocessed, additive free and conserving their nutritional values. (See our restaurant and bar menus for details)
Wellness Bliss Programme

This programme addresses most wellness goals through a tailor-made consultation allowing you to achieve more specific outcomes and adjust the intensity and duration of your programme or focus on a particular modality, depending on your needs.

With the support and guidance of our experienced team, we together create a wellness programme that is ideal for you, based on our eight Dimensions.

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Every Wellness Bliss experience begins with a consultation to define your individual needs and goals.

多样性—an Individual Programme

We use the consultation to design the most appropriate mix of therapies and activities, taking into account your habits, medical history, dietary lifestyle, personal preferences and desired outcomes. You can choose a Wellness Bliss Retreat of 3, 5 or 7 days.

3-day Wellness Bliss including 5 treatments | Rs.12,000 / Person

5-day Wellness Bliss including 7 treatments | Rs.16,800 / Person

7-day Wellness Bliss including 9 treatments | Rs.21,600 / Person
CHAKRA BALANCING MASSAGES

- Inspiration Massage 1 HR - Rs. 3,400
  Energy balancing massage with healing techniques.
- Harmony Massage 1 HR - Rs. 3,900
  Soft relaxing massage with generous strokes.
- Serenity Massage 1 HR - Rs. 3,900
  Relaxing massage with mild pressure.
- Balancing Massage 1 HR - Rs. 3,900
  Rhythmic massage to relieve tension.

- Purity Massage 1 HR - Rs. 3,900
  Draining massage to detoxify your body.
- Tonic Massage 1 HR - Rs. 3,900
  Energetic massage with muscle stimulation & stretching techniques.
- Energy Massage 1 HR - Rs. 3,900
  Deep tissue oil-free massage, mixing Thai & Shiatsu techniques.
- Source of Life Massage 2 HRS - Rs. 6,600
  Harmonising massage with seven massage techniques.

MASSAGE BY THÉMAÉ

- Le Telfair Signature Massage By THÉMAÉ 1 HR - Rs. 4,900
  Inspired by the island’s rituals, this massage uses the wave technique to release muscle tension.

MASSAGE’S OPTIMISERS * 1 Supplement - Rs. 350
- Bellabaci Cupping - Toxin Draining & Tension Relieve
- Warm Volcanic Stones - Tension Reliever
- Therapeutic Healing Oil - Skin & Body Healer

LEARN HOW TO MASSAGE

- 1 HR 30 MINS - Rs. 4,600
  Learn relaxing techniques, easy to reproduce at home with family or friends.

SEVEN COLOURS SIGNATURE MASSAGES

- Mauritian Massage 1 HR - Rs. 4,300
  Unique blend of massage techniques from all cultures of Mauritius.
- Head & Shoulders Massage (Mauritian style) 1 HR 45 MINS - Rs. 3,600
  Soothing massage easing any accumulated tension in the head and shoulders’ area.
- Feet Reflexology Massage (Mauritian style) 1 HR 45 MINS - Rs. 3,600
  Rejuvenating massage to restore, balance and boost energy through the body as a whole.
- Aromatherapeutic Candle Massage 1 HR - Rs. 4,300
  Deepened relaxation with warm aromatic massage oil.
- Musical Massage 1 HR - Rs. 4,100
  Rhythmic massage perfectly synchronised to the vibration of the music.
- Semi-Precious & Volcanic Hot Stone Massage 1 HR 30 MINS - Rs. 5,300
  Deep relaxing massage using the soft warmth and energising power of volcanic, crystal and semi-precious stones.

FOCUS MASSAGES

- Back & Shoulders Tension Relieve Massage 1 HR 45 MINS - Rs. 3,600 / 30 MINS - Rs. 2,800
- Digestive Massage 1 HR 45 MINS - Rs. 3,600 / 30 MINS - Rs. 2,800
Kids & Family Spa Experience

KIDS SPA TREATMENTS
Wellness doesn't wait for years! From 4 to 12 years old; accompanied by a parent

- "Ti" Massage | 30 MINS - Rs. 2,200
- "Ti" Facial | 30 MINS - Rs. 2,400
- "Ti" Mani or Pedi | 30 MINS - Rs. 1,200
- "Ti" Nail Deco or Henna | 15 MINS - Rs. 1,200

"MOTHER-TO-BE" RITUAL
- "Mother-to-be" Massage | 1 HR - Rs. 3,800
Gentle massage to relax tense muscles, ease sore spots, improve circulation and mobility

FAMILY SPA EXPERIENCE
- Share a relaxing spa experience with your kid(s), 2 to 4 pers.
Beaut Care

FACIALS BY THÉMAÉ

Hydration Strategy - Brilliance
| 1 HR - Rs. 4,300
Hydration and nourishment are key to this exceptional skin soothing treatment.

Puri’tea Skin Renewal
| 1 HR - Rs. 4,300
Skin is oxygenated, purified and renewed.

Puri’tea for Men
| 1 HR - Rs. 4,300
Detoxifying facial to reduce the effect of stress and fatigue.

Vitali’tea Facial
| 75 MINS - Rs. 5,100
Lifting and rejuvenating treatment, which will result in a younger looking skin.

Original Beauty
| 75 MINS - Rs. 5,100
Unique sensory journey to youth. Your skin is plumped and the contours of your face redesigned.

SEVEN COLOURS MAURITIAN BODY CARE

Coco Spa Ritual
| 1 HR 30 MINS - Rs. 4,900
Warm coco milk feet bath
Exotic coco face & body exfoliation
Beauty coco hair & body mask.

Body Scrub “Gourmand”
| 30 MINS - Rs. 1,950
Mauritian ingredients for the beauty of your skin and pleasure of your senses.

Aloe Skin Repair Care - After Sun
| 45 MINS - Rs. 2,200
Soothes skin irritation and speeds skin regeneration.

BODY CARE BY THÉMAÉ

Nepalese Style Tea Exfoliation
| 30 MINS - Rs. 2,300

HANDS & FEET CARE

Manicure
Treatment | 1 HR - Rs. 2,400
Mini Care | 30 MINS - Rs. 1,500

Pedicure
Treatment | 75 MINS - Rs. 2,900
Mini care | 30 MINS - Rs. 1,500

Classic Nail Varnish
French | 20 MINS - Rs. 1,150
Classic | 15 MINS - Rs. 950

HAIR SALON BY KÉRASTASE

Consult our hairdresser for a hair diagnosis to design the suitable treatment for your hair.

Revitalising Ritual - Densifying
Nutrition Ritual
Restoring Ritual - Resistance
| 20 MINS - Rs. 800

Purity Ritual - Specific Radiance
Revealing Ritual - Reflection
Ritual 24 Carats - Ultimate Elixir
| 15 MINS - Rs. 600

Discipline Ritual | 45 MINS - Rs. 1,800
A unique combination of fibre soothing active ingredients to control movement and ensure fluidity.
Anti-frizz and anti-moisture action for 72hrs.

Semi-Permanent Nail Varnish
French | 50 MINS (approx) - Rs. 2,100
Classic | 40 MINS (approx) - Rs. 1,850

Removal only
| 20 MINS (approx) - Rs. 1,200

Removal (before re-application)
| 20 MINS (approx) - Rs. 900

Nail Deco Supplement | Rs. 90 / nail

Instant Ritual - Fusio Dose | 5 MINS - Rs. 200
Personalised ritual with instant transformation of the fibre.

Shampoo Brushing
Short Hair | Rs. 1,700
Medium to Long Hair | Rs. 2,200

Hairstyling
Basic | 45 MINS (approx) as from Rs. 5,500
Structured | 1 HR (approx) as from Rs. 8,500

Make Up
Basic | 30 MINS (approx) as from Rs. 3,000
Structured | 1 HR (approx) as from Rs. 8,500
Conditions

● Packages
Discounts are non-cumulative, 6 months validity. All prices may be subject to modifications without prior notice. All prices are inclusive of local taxes.

● Optimisers*
Can be added in complement to your main treatments, but cannot be counted as a treatment in packages.

● Spa Facilities
Spa is open 777 from 9 am to 8 pm 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 8 pm 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.

● Languages
Menu available in other languages in Spa.

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