

SPA MASSAGES & RITUALS

MILLESIME SIGNATURE RITUALS

Beloved Spa Suite Experience	2 HR Rs. 10,400
Couple Massage, Flower bath and Private relaxation area and pool	
Mauritian Journey	2 HR Rs 11,400
Body Scrub Gourmand, Mauritian Massage Mauritian Head Massage, Coco Facial appetizer And Aloe Body moisturizing care	

SEVEN COLORS SIGNATURE MESSAGES

Mauritian massage Full Body	1 HR Rs 4,400
Head & Shoulders	45 Mins Rs 3,600

Unique blend of massage techniques from all cultures of Mauritius

Aroma therapeutic Candle massage	1 HR Rs 4,300
Deepened relaxation with warm aromatic massage oil	

Musical Massage	1 HR Rs 4,100
Rhythmic massage perfectly synchronized to the vibration of the music	

Semi-Precious Stone Massage Full body - Hot Stone	1.5 HR Rs 5,400
Deep relaxing massage using the soft warmth and energizing power of volcanic, Crystal and semi-precious stones	

Foot- Reflexology	45 Mins Rs 3,700
A deep relaxing foot massage to improve the blood circulation, energy flow and activate The organs functions	

HEALTH CARE MASSAGE

Back & Shoulder pain relieve Massage	45 Mins Rs 3,600
	30 Mins Rs 2,800
Digestive Massage	45Mins Rs 3,600
	30 Mins Rs 2,800
Lymphatic Massage – Full Body	45 Mins Rs 3,500
Legs & Feet	30 Mins Rs 2,700

CHAKRA BALANCING MESSAGES

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 HR Rs 6,600
Harmonizing massage with seven massage techniques	

OPTIMISERS

Aroma therapeutic warm candle oil - relaxing	Rs 600
Cupping - toxin drainer and tension reliever	Rs 600
Warm volcanic stones - tension reliever	Rs.600

MASSAGES BY THEMMAE

Revitalising Massage by Themmae	1 HR Rs 4,600
Powerful and stimulating, this traditional Indian massage rebalances the bod and mind	
Le Telfair Signature Massage By Themmae	1HR 15 Rs 5,100
Inspired by the island's rituals, this massage uses the wave technique To release muscle tension	

WELLNESS EXPERIENCES

MIND AND BODY

Hatha Yoga	1 HR Rs 2,200
Powerful postures and slower-paced stretching exercises to work on your body alignment, build strength, increase flexibility and release tension.	
Ashtanga Yoga	1 HR Rs 2,200
An appropriate yoga method if you are up for building core strength, body toning and purifying sweat that detoxifies muscles and organs, through synchronised breathing and a progressive series of postures.	
Taichi	1 HR Rs 2,200
Gentile 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.	
Qi-Gong	1 HR Rs 2,200
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 5,200
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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.

WELLNESS NATURE EXPERIENCES

2 trips per day: 8.30am and 5.30pm
(Booking 24hrs in advance for a maximum of four pax)
Available from Monday to Thursday – subject to weather conditions

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

Hatha yoga session	1 HR Rs 2,500 (2hr trip experience)
Taichi session	1 HR Rs 2,500 (2hr trip experience)
Qi-Gong session	1 HR Rs 2,500 (2hr trip experience)
Guided Meditation session	1 HR Rs 2,500 (2hr trip experience)
Pilates session	1 HR Rs 2,500 (2hr trip experience)
Forest Bathing (ShirinYoku)	2 HR Rs 2,500 (2hr trip experience)

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.

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 350
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 1,400
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 EXPERIENCES

MINDFULNESS AT THE WELLNESS PAVILION

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
Emotional Release	1, 5 HR Rs 2,500
Positive breathing exercise	45 Mins Rs 1,900

FITNESS

Private Training Workouts	1 HR Rs 2300
Our trainer will design your session according to your needs, state of health and goals.	
Pilates/ Pilates with Swiss ball	1 HR Rs 2300

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, 5 HR S Rs 1500 /Pax
Advanced:	2, 5 HRS Rs 1800 /Pax

***Gluten- Free:** Selection of recipes taught: classic loaf, moist raspberry cake, raspberry cheesecake, cookies, quiche, brownies, pancakes and exotic meringues

***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 PROGRAM

This program addresses most wellness goals through a tailor-made consultation allowing you to achieve more specific outcomes and adjust the intensity and duration of your program or focus on a particular modality, depending on your needs. With the support and guidance of our experienced team, we together create a wellness program that is ideal for you, based on our eight Dimensions.

Wellness Consultation

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

Tailor-made program

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-days Wellness Bliss including 5 treatments	Rs 12, 000/Pax
5-days Wellness Bliss including 7 treatments	Rs 16, 800/Pax
7-days Wellness Bliss including 9 treatments	Rs 21, 600/Pax

SPA EXPERIENCES

MOTHER-TO-BE, KIDS AND FAMILY SPA EXPERIENCE

Mother-To-Be Massage 1 HR Rs 3,800

Soft techniques and neutral oil to relieve your body and care for you

Kids Spa Treatments **TiJf Massage** 30 Mins Rs 2,200

TiJf Facial 30 Mins Rs 2,400

TiJf Mani or Pedi 30 Mins Rs 1,200

TiJf Nail deco or Henna 15Mins Rs 1200

Wellness doesn't wait for years! From 4 to 12 years old. Accompanied by a parent

Learn How to Massage 1.5 HR Rs 4,900

Learn relaxing techniques, easy to reproduce at home with family or friends

BEAUTY CARE- FACIALS BY THEMÆ

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

Your skin is oxygenated, purified and renewed

Hydra 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 COLORS MAURITIAN BODY CARE

Coco Spa Ritual 1.5 HR Rs 4,900

Warm coco milk feet bath

Exotic coco face & body exfoliation

Beauty coco hair & body mask

Body Scrub Gourmand 30 Mins Rs 2,100

Mauritian ingredients for the beauty of your skin and pleasure of your senses

Aloe Skin Repair Care – After Sun 45 Mins Rs 2,600

Soothes skin irritation and speeds skin regeneration

Nepalese Style Tea Exfoliation by Themæ 30 Mins Rs 2,300

HAIR SALON BY KERASTASE (TREATMENT ONLY)

Discipline Ritual 45 Mins Rs 2,000

A unique combination of fiber soothing active ingredients to control movement and ensure

fluidity. Anti-frizz and anti-moisture action for 72hrs

Revitalising Ritual – Densifying 20 Mins Rs 1,000

Regenerates the beauty of the hair, revitalizes and preserves the hair capital

Nutrition Ritual 20 Mins Rs 1,000

Provides complete nutrition to the hair, enhanced by antioxidant protection for sustainable

nourishing results

Restoring Ritual – Resistance 20 Mins Rs 1,000

the capillary fiber is reconstructed. Hair regains volume, elasticity and brilliance

Ritual 24 Carats – Ultimate Elixir 15 Mins Rs 1,000

Sublimating treatment with precious oils for silky, light and fragranced hair

Purity Ritual – Specific 15 Mins Rs 800

Scalp exfoliation action to restore its optimal balance

Radiance Revealing Ritual – Reflection 15 Mins Rs 800

Protects and maintains the brightness and intensity of colored hair

Instant Ritual - Fusio Dose 5 Mins Rs 400

Personalized ritual with instant transformation of the fiber

SHAMPOO BRUSHING

Short hair: Rs. 1,600 / Medium hair: Rs. 1,800 / Long hair: Rs 2,000

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. 1,300 / Classic | 15Mins Rs 950

Semi-Permanent Nail Varnish French 50 Mins Rs. 2,400

Classic 40 Mins Rs. 2,100

Removal Only 20 Mins Rs. 1,600

Removal 20 Mins Rs. 1,500



Wellness Pavilion

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