

A woman with dark hair tied back is lying on her stomach in a white spa bath, her eyes closed in relaxation. Her hands are clasped under her chin. The background is softly lit with several lit candles, creating a warm, ambient glow. A green plant is visible in the background. In the top right corner, there is a yellow line-art illustration of a tropical leaf. In the bottom left corner, there is a black line-art illustration of a tropical leaf.


THE SPA

Hilton.
MAURITIUS
RESORT & SPA



THE SPA

Our treatments bring a mindful, human touch, restoring balance and serenity.

Nestled in Mauritius' lush landscapes, our spa draws on a rich botanical legacy with 100% natural oils like Lemongrass, Palmarosa, Rosemary, and Moringa to enhance harmony and tranquility.

Bespoke therapies awaken the senses through exquisite blends of Marula, Vetiver, and Ravensara, creating a deeply immersive journey.

We invite you to discover peace and balance, guided by our expert team through beauty, wellbeing, and fitness.



MASSAGES

MAURITIAN SIGNATURE MASSAGE (85 MINUTES)

Our signature massage is being mindful of your body. This tailor made therapeutic massage combines different techniques, lemongrass and rosemary essential oil using sugar cane stick , acupressure and draining movement that help to relieve stiffness, improve circulation, and balance the mind and body.

 850,000

GIFT CODE: HT01

RELAXING AROMA MASSAGE (55/85 MINUTES)

Working on your emotional and physical needs, tensions are released throughout the body leaving you feeling deeply relaxed and recharged with our aromatherapy blend.

 700,000/835,000

GIFT CODE: HT02

DEEP TISSUE MASSAGE (55/85 MINUTES)

This deep tissue massage uses a variety of techniques including skin rolling, kneading pressure - muscle and joint stimulation and some gentle stretching to enhance relaxation. This stimulates the flow of blood, oxygen and "Qi" (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation with the help of essential oil of Eucalyptus, Ginger and Palmarosa.

 715,000/850,000

GIFT CODE: HT03

HEALING HOT STONE MASSAGE (85 MINUTES)

The whole body is massaged with warm basalt stones bringing inner warmth and comfort.

 850,000

GIFT CODE: HT04

FOOT REFLEXOLOGY (55 MINUTES)

Each reflex point in the feet has a therapeutic action over the whole body. Relaxing the feet enhances the relaxation of the whole body.

 635,000

GIFT CODE: HT05

MOTHER TO BE MASSAGE (55 MINUTES)

Relaxing massage specifically and safely designed to relieve stress and strains before and after baby's arrival.

 690,000

GIFT CODE: HT06

PERSONALISED MASSAGE (55/85 MINUTES)

This massage is customized to your personal needs. After a brief consultation with your therapist, the best massage techniques will be used for the duration of your treatment.

 715,000/850,000

GIFT CODE: HT07

INDIAN AND ASIAN THERAPIES

HERBAL PINDAS MASSAGE (55 MINUTES)

Pindas massage is a full body treatment using heated herbal pouch, filled with the warming therapeutic herbs. A combination of traditional Ayurvedic massage strokes, using warm organic oil, which has soothing properties on the nerves and joints, relaxing and rejuvenating them.

 850,000

GIFT CODE: HT08

ABHYANGA INDIAN MASSAGE (85 MINUTES)

Abhyanga promotes joint health, nourishes the tissues of the body and brings doshas back to balance. This massage with warm ayurvedic oil improves the body- mind connection and produces a sense of balance, tranquility and overall well-being.

 850,000

GIFT CODE: HT09



TERRES D'AFRIQUE

SLEEP IMPROVEMENT MASSAGE (85 MINUTES)

A deeply relaxing sleep-improvement massage that uses acupressure to stimulate the pineal gland, the body's sleep centre, and induces an all-seeing, dreamlike bliss. Great for sleep conditions, jetlag or restlessness including a meditation.

 850,000

GIFT CODE: HT10

BALANCE & HARMONY MASSAGE (55 MINUTES)

This treatment gently detoxifies and rejuvenates, with the nurturing touch of Terres d'Afrique's organic coconut oil, delivering antioxidants and vitamin E to your skin. The soothing TriTouch wooden tool aids in lymphatic flow, while the gentle stimulation of pressure points along your body's meridians reawakens your natural healing energies.

 700,000

GIFT CODE: HT11

CRYSTAL BALL MASSAGE (55 MINUTES)

This treatment gently nurtures your immune system, harmonizing your energy flow and promoting blood circulation. It's a serene blend of aromatherapy and the soothing touch of heated and cooled crystal balls, bringing rejuvenation and vitality.

 700,000

GIFT CODE: HT12



BERNARD CASSIÈRE FACIAL

Discover Bernard Cassière, an extraordinary brand where the essence of nature and its reverence are beautifully evident. Inspired by nature's finest, Bernard Cassière offers unique facial treatments with ingredients meticulously chosen for their skin-loving properties. Take, for instance, the organic Aloe Vera, renowned for its moisturizing prowess, a key element in our line for dehydrated skin.

BAMBOO / ORGANIC ALOE VERA HYDRATION TREATMENT (55 MINUTES)

Natural extracts of organic bamboo and aloe-vera from fair trade, combined with moisturizing agents to provide vitamins, minerals and amino acids essential to skin. Strengthen the skin barrier and improves hydration.

 700,000

GIFT CODE: HT13

BLOOD ORANGE DETOX TREATMENT - HOLISTIC ENERGY (55 MINUTES)

A complete face treatment dedicated to dull and devitalized skin. This treatment associates the technical manual expertise of the beautician to a massage with Crystal Quartz Gua-Sha stones to improve the complexion, even and protect the skin, and helps it to breathe again. You will experiment a relaxation and take time to balance your energies.

 700,000

GIFT CODE: HT14



MUESLI NUTRI-SENSITIVE SKIN TREATMENT (55 MINUTES)

Designed for fragile and sensitive skin in need of softness while reducing visible redness and discomfort. This treatment envelops fragile skin in softness.

 **700,000**

GIFT CODE: HT15

DIAMOND ANTI-AGEING PREMIUM TREATMENT (85 MINUTES)

This exclusive treatment, Bernard Cassière has put at the service of this growth his most experienced formulators. Developed with care as a jewel, this line has been enriched with diamond powder and white pearl extract* to improve the quality and radiance of your complexion.

A face, neck and arm treatment to treat all visible areas. A part anti-wrinkle massage and firmness with our massage pearls, which allows targeting the wrinkles and provides a maximum relaxation of the tissues.

 **875,000**

GIFT CODE: HT16





BODY WRAPS

BODY MASK & CRYSTAL THERAPY (85 MINUTES)

Firming & lightening

Extracts of Kigelia, Baobab and Rooibos helps restore the skin's elasticity, even out skin tones and reduce sunspots. Suitable for all skin types. Recommended for mature skin and skins exposed to the sun's harmful UV rays.

 740,000

GIFT CODE: HT17



SPA & WELLNESS ETIQUETTE

OPERATING HOURS

The Spa: 9 am to 8 pm daily. Gym: 24 hours daily for hotel guests.

ADVANCE BOOKINGS

Our friendly reception team will be delighted to assist you and guide you in making treatment reservations or alterations as required. Please be advised that advance reservations are recommended to ensure you secure your preferred day and time. All reservations are subject to availability.

SPA ARRIVAL

We recommend you to arrive at least 30 mins prior to the scheduled appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrival will result in a reduction of your treatment time in respect for the next guest.

SPA ETIQUETTE

Our Spa environment is one of tranquility and relaxation. Please respect all spa guests' right to privacy and serenity. Mobile phones and other electronic devices must be switched off or switched to silent mode. Kindly note the spa is a non-smoking zone.

CANCELLATION POLICY

Any changes or cancellation made in less than 4 hours prior to appointment and any no-show will be charged 100%.

HEALTH CONDITION

Please advise us of any conditions, allergies or injuries which could affect your treatment when making your reservation.









amexmr@mcb.mu



+230 403 1011 / extension 4207



MRUHI_Spa@hilton.com

The Spa, Hilton Mauritius Resort and Spa,
Flic en Flac, Mauritius