



LUXURY RESORT & SPA | MAHÉ | SEYCHELLES

MAIA Spa
by La Prairie

As the morning sun warms the earth,
join us for movement practices, remove stiffness and invigorate your day.
Sessions in the spa garden at 7:30am

Accompanied yoga: Awaken your body with a yoga session to increase circulation, improve mobility and bring clarity to the mind

Self Shiatsu: from the rural village of Breemava, these gentle movements open meridians (pathways of energy) to improve vitality

Qi Gong: a meditative introductory session of 8 basic movements, balancing and harmonizing heaven and earth

TREATMENT COMBINATIONS FOR PURE PLEASURE

Morning Magic at Maia

Enjoy a 60-minute accompanied yoga session, followed by a 90-minute massage of your choice.

Limited reservations are available at 10:00 am. 3 hours

Island Pleasure

Natural sea salts and fresh vanilla exfoliate and polish your skin. Choose a scented bath and Massage to follow 2.5 hours

Deep cleansing cocoon of sea mint and clay + 30 minutes

Add Caviar firming treatment + 60 minute

Mahé

A 75-min Massage and 60-min Cellular Purifying treatment 2.5 hours

Praslin

Caviar body treatment followed by 90 minutes massage 2.5 hours

La Digue

Invigorating and cleansing body scrub, and cocoon followed by a Caviar Firming treatment 2.5 hours

Anse Louis

75-min Massage, nourishing crème bath and head massage followed by a softening hand wax and manicure 3 hours

IDEAS FOR A WEEK OF SPA EXPLORATIONS

Day One: La Prairie Diamond Perfection for body (body exfoliation) followed by 75-minute massage

Day Two: 60-minute yoga session followed by 90-minutes La Prairie Caviar Facial.

Day Three: Massage of choice followed by cooling bath and La Prairie body exfoliation.

Day Four: 60-minute yoga session followed by nutritious crème bath and head massage. Finish with a manicure or pedicure.

Day Five: Gentle Soul Massage followed by application of cooling aloe vera crème with natural banana leaf wrap. Includes head and foot massage with refreshing foot masque

Day Six: Sunset massage in the privacy of your villa followed by canapés, champagne and candle light dinner for two.

Day Seven: Final body polish and relaxing massage of choice. Manicure and pedicure followed by La Prairie caviar facial



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Sunset Special for Two: As the Day Fades

90-minute intuitive massages before champagne, canapés and candle light dinner in the privacy of your villa. Fragrant bath drawn in the garden, with dessert and coffee served under the stars 3 hours

Massage Rejuvenation

Series of ten massages to enjoy throughout your stay

Maia Signature Massage

A unique fusion of consistent pressure, long strokes and gentle stretching blended with a soothing, rhythmical flow of delivery to ease muscle tension. 75 or 90 minutes

Gentle Soul Massage

For massage connoisseurs, this signature massage is presented on a floor mat without using oil. Full-palm pressure, synchronized with the breath, moving deeply and gently into tired muscles. 60 minutes

Intuitive Massage

Advanced techniques and personal intuition meld into creative sessions to release tension. Yoga-influenced stretches offer new ways to release back stress while the guest is comfortably laying face up. 90 minutes

“Dancing Fingers” Massage

Massage is a traditional art where firm techniques use thumb pressure, deep presses and gripping techniques along meridians to release energy and improve circulation.

Minimal oil used 75 or 90 minutes

Muscle Relaxing Massage

A deep massage focusing on knotted muscles. 60 minutes

La Prairie Care – Facial Treatments

Caviar Firming treatment	90 minutes
Swiss Cellular De-Ageing treatment	90 minutes
Cellular Hydrating treatment	90 minutes
Cellular Purifying treatment	90 minutes
Cellular resurfacing treatment	90 minutes
Swiss cellular treatment for Men	60 minutes
After Sunset treatment	60 minutes

La Prairie Care – Body Treatments

Caviar Body treatment	90 minutes
Cellular Detoxifying Back treatment	60 minutes

Polishing Body Cleansings & Aromatherapy Bliss

A fusion of pure, natural and organic ingredients cleanses the skin followed by a rich honey milk moisturizer. Choose from:

- white herbal turmeric
- fresh sea mint
- natural coconut and vanilla

Melt into a steaming bath before a cleansing exfoliation and the deep drawing pull of a body cocoon	90 minutes
La Prairie Body Cleansing Ritual	60 minutes



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SALON CARE

Herbal Crème Nutrition & Hair Care

Fragrant coconut crème and tangerine essential oils soothe sun-kissed hair after days of island sun. 45 minutes

Crème Bath and Steam Conditioning

Ginseng or avocado enhanced crème to heal hair 45 minutes

Manicure & Polish

Professional salon care and polish for hands 60 minutes
Hydrating Paraffin masques for hands +15 minutes

Pedicure & Polish

Professional salon care and polish for feet 60 minutes
Hydrating Paraffin masques for hands or feet
Hair Wash & Blow Dry Hair Cut

Waxing

Hot Wax Hair Removal
Bikini Waxing
Arms or legs
Back or Chest

NATURAL BATHS ENHANCED WITH AROMATHERAPY

Bath Salts Enhanced with Aromatherapy
Calming: Lavender, Geranium and Sandalwood
Sensual: Ylang-Ylang, Sandalwood and Bergamot
Uplifting: Bergamot, Orange and Ylang-Ylang
Sinus Relief: Eucalyptus, Peppermint and Lavender
Jet Lag: Lavender, Eucalyptus and Geranium

Bubble Bath

Replenishing: Wild honey and Frangipani Bubble Bath

Milk Bath

Moisturizing: Hibiscus and Coconut Milk Bath
Muscle Warming: Ginger Coconut Bath Milk

Exfoliating Soaks with essential oils in a "Tea Mitt"

Stimulating: Peppermint and Tangerine
Cleansing: Chamomile and Lemongrass
Refreshing: Rosa petals and Vanilla

FOR THE YOUNGEST GENERATION

SPA EXPLORATION PACKAGE:

- 30-minute Massage with aromatherapy oil
- Cleansing foot bath, massage and painted on foot masque.
- Choice of nail polish on fingers or toes
- Bubble bath and snack
Chocolate fudge or banana split bath scent
- Gentle skin cleansing with fresh coconut

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