

Package Spa – The Residence ***** – Mauritius

Book before departure your Spa Package at The Residence Mauritius– Special programme from the Sanctuary! Please call us

Réserver avant votre départ votre Package Spa à l'hôtel The Residence Mauritius – programme inédit au Spa the Sanctuary!

2 days package / 2 jours Spa : Rates/Prix : 420 euros/ £282

3 days package / 3 jours Spa : Rate/Prix – 558 euros/£374

5 days package / 5 jours Spa : Rates/Prix :: 864 euros/£579

Discovery : 2 days package

1st day - 2h

Steam bath

Cane Sugar Body Polish

Using fresh cane sugar soaked in a sparkling blend of citrus oils, this treatment is ideal for restorative moisture repair.

Reflexology - An authentic Well-Being!

A Millennium Chinese technique: A Massage by acupuncture under the arch of the foot and ankle: Pressures &

frictions on reflex zones to balance and stimulate all the vital functions of our organs.

Scalp Massage

The ultimate relaxation through pressures and effleurages of the neck and scalp.

2nd day - 2h45

The Sanctuary Massage

An inspired cocktail of scents & fragrances of Mauritius: The Body, The Mind and The Soul

This exclusive massage is based on the osmosis of different therapies as follows:

Yoga and deep breathing

Aromatic Body Massage with essential oils

Reiki is an ancient form of hands on healing that harmonises the centres of vital energies, the 'Chakras'

Cellular Hydrating La Prairie Facial Treatment

The most dramatic results for stressed or fatigued skins. An intensive hydrating facial with energizing masks and massages.

Rates/Prix : 420 Euros

The Stop Over : 3 days package

1st day - 2h

Steam bath

Golden scrub

Complete body exfoliation followed by a massage that leaves your skin cleansed, smooth, soft and ready for an even amber tan.

Reflexology - An authentic Well-Being!

A Millennium Chinese technique: A Massage by acupressure under the arch of the foot and ankle:

Pressures & frictions on reflex zones to balance and stimulate all the vital functions of our organs.

Scalp Massage

The ultimate relaxation through pressures and effleurages of the neck and scalp.

2nd day - 2h15

Gym - personalised program

The Sanctuary Massage

An inspired cocktail of scents & fragrances of Mauritius: The Body, The Mind and The Soul

This exclusive massage is based on the osmosis of different therapies as follows:

Yoga and deep breathing

Aromatic Body Massage with essential oils

Reiki is an ancient form of hands on healing that harmonises the centres of vital energies, the 'Chakras'

3rd day - 3h30

Cellular Hydrating La Prairie Facial Treatment

The most dramatic results for stressed or fatigued skins. An intensive hydrating facial with energizing masks and massages.

Manucure

Pedicure

Rate/Prix - 558 euros

The Cruise: 5 days package

1st day - 2h

Steam bath

Golden scrub

Complete body exfoliation followed by a massage that leaves your skin cleansed, smooth, soft and ready for an even amber tan.

Reflexology - An authentic Well-Being!

A Millennium Chinese technique: A Massage by acupuncture under the arch of the foot and ankle: Pressures & frictions on reflex zones to balance and stimulate all the vital functions of our organs.

Scalp Massage

The ultimate relaxation through pressures and effleurages of the neck and scalp.

2nd day : 2h

Serenity Walk "The Awakening of the Body "

Facing the ocean and the rising sun, on a magnificent beach and accompanied personally by your teacher, discover the ultimate synergy of the body and Soul with nature, by stretching exercises, deep breathing.

SAMUNPRAI - Ytsara massage - Thai technique Specific Thai treatment: « Royal Thai Massage » using 'herbal poultice', a little hot pack filled with plant extracts and essential oils. This technique was used at the XIVth century by war soldiers of The Emperor after rude battles. Supreme Relaxation and Revitalisation

3rd day - 2h15

Gym - personalised program

The Sanctuary Massage

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4th day - 2h

Yoga

Stone Therapy - A Divine Escape!

A massage using hot basalt stones and cold marble,

An alternation between hot, cold and essential oils:

Light touches that tones and envelops your body helping it to relax, by releasing muscular tensions.

5th day - 2h30

After Sunset La Prairie Facial Treatment

The specific after-sun soothing treatment. To save the skin from the sun damages while vacationing.

After Sunset La Prairie Body Treatment

A deep moisturizing, soothing and regenerating after-sun treatment for the entire body. From head to toe, cranial shiatsu and foot reflexology add pure pleasure to the overall sense of well being that your body craves for after exposure to the sun.

Rates/Prix :: 864 euros