

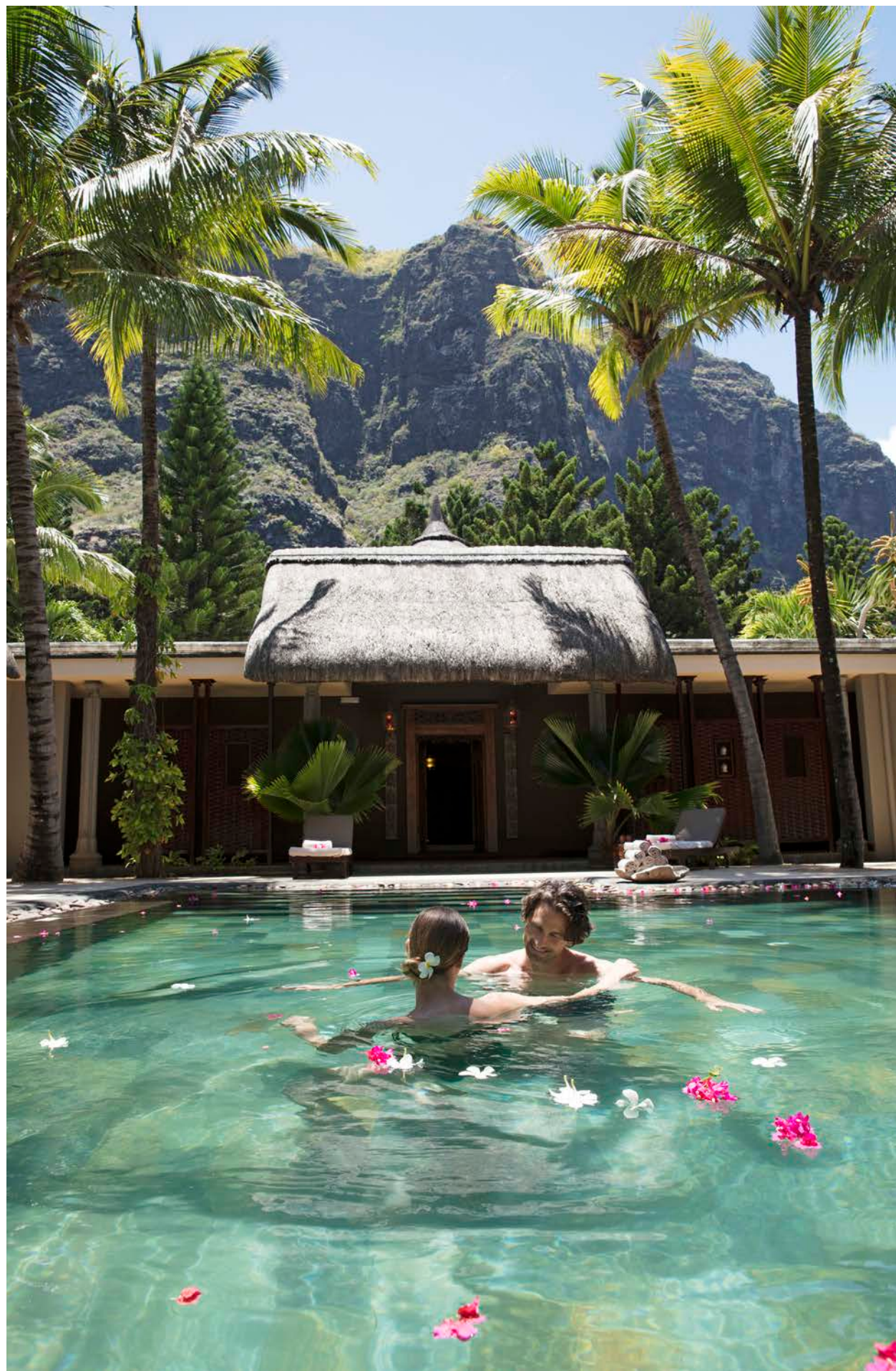


SPA
BEACHCOMBER



The Art of Wellness

TROU AUX BICHES BEACHCOMBER GOLF RESORT & SPA



Beyond the Spa

Beachcomber is reinventing the Art of Wellness and Beauty. A made-to-measure philosophy, to share with you.

Everything combines harmoniously to instil a profound and lasting sense of well-being.

Discover

A unique care and treatment concept perfectly suited to our evolving lifestyles.

Going back to the essentials in a way that your body and mind will not forget in a hurry.

Enjoy

An unforgettable and lasting journey for all the senses to restore your inner harmony and reveal your natural beauty.



‘Enjoying our Spa
Experiences means
taking the time
to maximise your
wellness reserves
so you can leave our
island and beaches
with your fill
of well-being
benefits.’





The Art of Wellness

‘Because the best experiences are those you are still to enjoy...’

Our Wish...

For you to discover fundamental well-being, in a way you haven't experienced before.

Our Locations...

Gentle and sophisticated areas, conducive to letting go, where beauty meets the friendly care and expertise of our teams.

Our Wellness Specialists...

Les Body Thérapeutes et Body Body therapists and Body Wellness coaches who have a thorough understanding of your individual needs and know how to pinpoint them. They advise you, accompany you and provide you with personalised, bespoke treatments that combine caring with healing.

Our Commitment...

Caring for you, your body and those around you.

Introducing you to a lifestyle based on nature's secrets, ancient holistic knowledge and the discovery of beneficial immersive experiences.

Our Promise...

The Art of Wellness offers a unique journey for all the senses. An authentic and lasting experience that reconciles body and mind.

Our Multidisciplinary Expertise...

Inspired by the therapeutic wisdom of the ancients and the richness of nature to make you feel the immense power of a global approach.

Our Know-How...

We are here to guide you on your well-being quest.

Our experienced teams listen to you, adapt to your feelings, needs, requests and your health and beauty goals. Their generosity, skill and dexterity ensure you feel the full benefits of our resources and knowledge.

The Arts of Global Wellness: Mindfulness Experience

You're looking for a wellness journey, with bespoke service from your own body wellness coach...

We will work with you to set up a fully personalised programme based on the analysis of the results from your Must to Be wellness goals assessment

Specific goals to suit your needs and expectations

Energy & Sleep

for those who want to:

- feel re-energised
- improve the quality of their sleep
- find comfort and tranquillity
- regain fitness and balance

Harmonie & Reconnection

for those who want to:

- relax and really unwind
- rediscover serenity and tranquillity
- keep their mind active
- reconnect with balance

Balance & Body Shape

for those who want to :

- be kinder to themselves
- to feel lighter
- a smoother body shape
- to be slim and shapely
- a body detox and toning session

Vitality & Youth

for those who want to :

- regain suppleness and mobility
- boost energy levels
- reduce the load of responsibilities and soften the effects of the passage of time





MINDFULNESS EXPERIENCE PROGRAMMES are designed and offered as follows:

Each fully personalised wellness journey is a combination of made-to-measure and specialist massages, accompaniment and recommendations for an individualised ‘wellness body routine’, all according to your needs and wishes. This in-depth experience allows you to explore, develop and use your potential, to become more aware of how you function and know your own resources, bringing you deep and lasting well-being.

The MUST TO B(e) massage

Duration : 1h15 + 15 minutes Well-Being Goals Assessment

Designed by our global wellness experts, this massage, in addition to relaxation, recognises the body’s physical and emotional messages and takes the body/mind relationship and connections a step further to induce a state of global well-being and allow it to take root.

The Well-Being goals assessment (15 mins) allows us to identify your needs or clarify your expectations, to define the treatment protocol to meet your goals, and to prolong the state of well-being achieved during your stay.

At this first treatment session, our body wellness coaches will feel and interpret your body’s physical and emotional messages, analysing the areas of tension to dissipate blockages.

As the protocol continues, a palette of techniques will be used for meticulous work on the body/mind/mental well-being connections: your body will feel soothed, profoundly relaxed, with subtle work on the mind so that minor emotional issues do not affect the balance essential to achieving the mind/body harmony that leads to a genuine state of global well-being. Vital energy gradually flows in and circulates more freely around your body.

MUST TO B(e) Tailor-made massage

Duration: 1 ½ hours

These massages performed after a MUST TO B(e) session are designed and carried out specifically for you by your private body wellness coach, based on the goals and programme you have chosen.

The tools and techniques used in each session are tailored to your personal needs to ensure you reach your full potential, accelerate the feeling of well-being and let it penetrate deeply into your system so you can achieve your long-term wellness goal.

You schedule the frequency and intensity of your sessions and appointments with your Body Wellness Coach depending on your goals.

Programmes MUST

3 days

The MUST TO B(e) – including your Well-being Orientation Assessment

- 1 made-to-measure MUST TO B(e) massages (1 ½ hours)
- 1 Art to B(e) massage programmes to suit your goals (1 ½ hours)

5 days

- The MUST TO B(e) – including your Well-being Orientation Assessment
- 2 made-to-measure MUST TO B(e) massages (1 ½ hours)
- 2 Art to B(e) massage programmes to suit your goals (1 hour)

Choose between:

- 2 individual Body workshops plus personalised recommendations* (30 minutes)

OR

- 1 additional Art to B(e) Massage

8 days

- The MUST TO B(e) – including your Well-being Orientation Assessment
- 3 made-to-measure MUST TO B(e) massages (1 ½ hours)
- 3 Art to B(e) massage programmes to suit your goals (1 hour)

Choose between:

- 3 individual Body workshops plus personalised recommendations* (30 minutes)

OR

- 1 additional made-to-measure Art to B(e) Massage (1 ½ hours)

Body Wellness Arts - Experience Massages

An introductory massage is recommended for your first Wellness experience: your Body Therapist will perform an ‘energy analysis’ to determine your body’s current needs and guide you towards the perfect techniques, wellness massages and packages for you.

Art to B(e) Massage palette

Duration: 1 or 1 ½ hours

- **Shiatsu Well-Being**
- **Thai Yoga Massage on Futon**
- **Abhyanga**
- **Shirothampi**
- **Reflexology**
- **Kobido**
- **Harmony Star**
... will give you a feeling of serenity, freedom, comfort, calm and balance.
- **Hawaiian lomi lomi**
- **Thai Massage with oils**
- **Balinese**
- **Prenatal**
- **Swedish**
... will relax your muscles, recharge your batteries, invigorate, revitalise and relax.
- **Lymphatic Drainage**
- **Tui na slimming detox**
- **Balinese**
- **Tui na ‘An Mo’ for the back***
... offer deep drainage, stimulate, detoxify, sculpt, relax and harmonise the body and figure.

Collection Packages

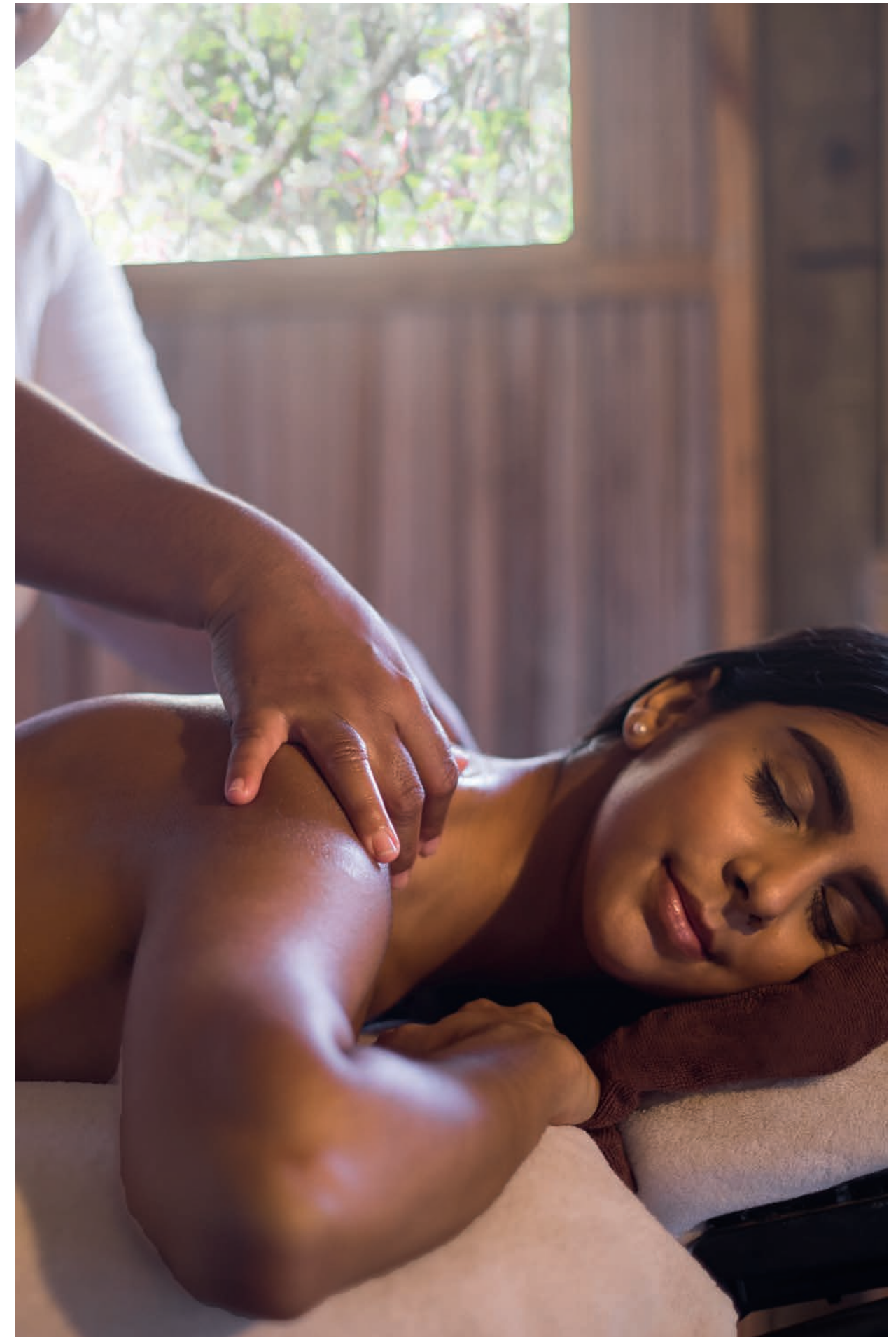
For Collectors of multiple experiences, Art to Be Massage packages to enjoy an infusion of well-being throughout your stay.

Plenitude 5, 10 or 20 hours

These Art to Be Massage packages are recommended for individuals or to share in family and/or friend groups

A combination of accessories to offer you maximum comfort during the sessions, amplifying the wellness impact:

Soft cotton sheets, cushions, hot and cold volcanic stones, semi-precious crystals, oshi bori, moxa, cupping therapy.



* Massages exclusively provided by our BODY WELLNESS COACH artisans.

The Art of Global Beauty

The Be Beautiful range : a natural revolution.

Beauty/wellness care rituals that make the body beautiful and soothe the mind.

The Beachcomber Spas have created ethical products for an environmentally friendly approach and use.

Cosmetics sourced from organic raw materials – without pesticides – as part of the development of environmentally friendly products.

New formulations, with powerful active ingredients to suit all skin types, young or mature.

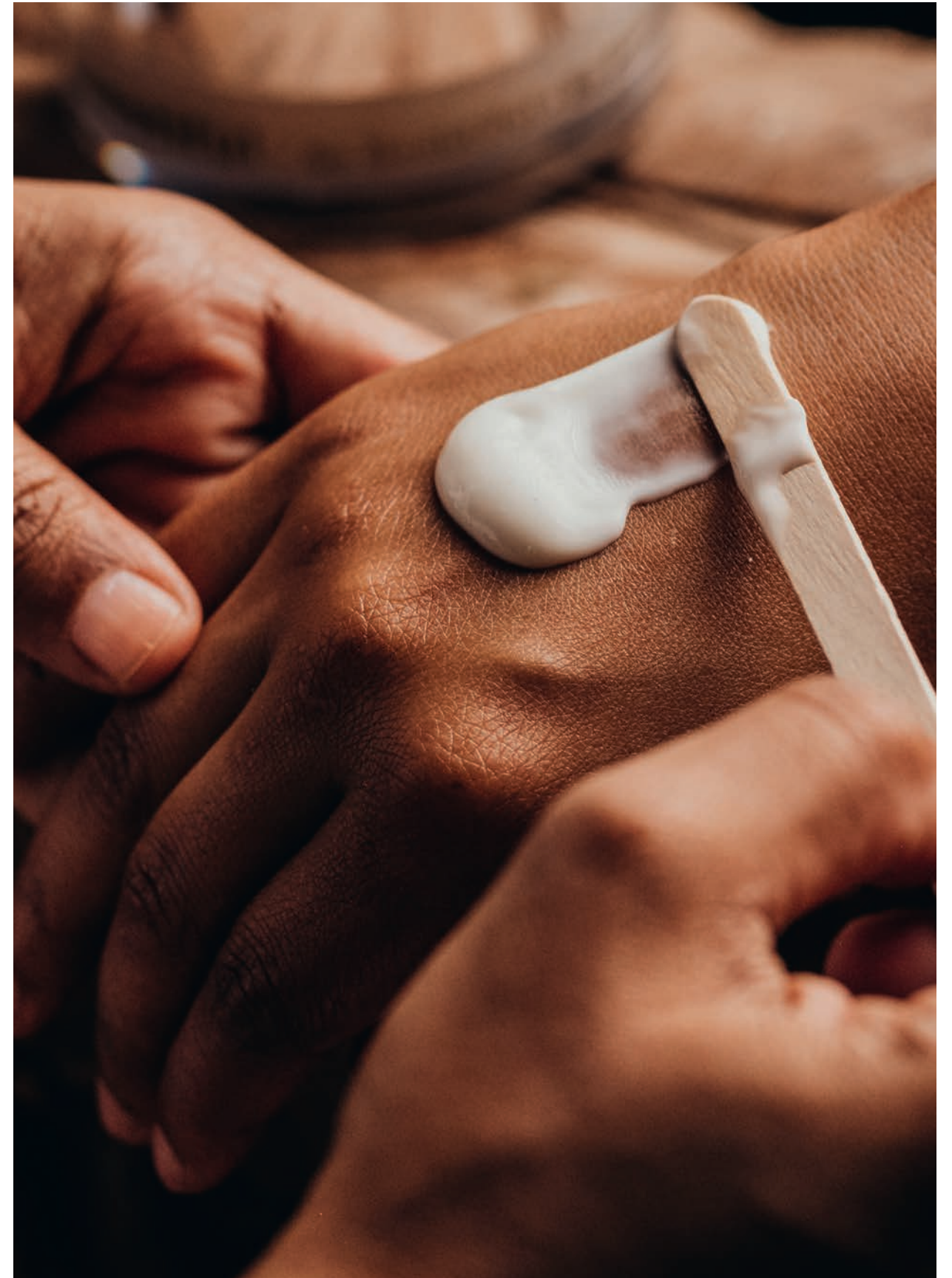
A selection that will benefit your skin while you're on holiday.

Natural face and body scrubs, balms, creams, lotions, masks with no chemical additives to ensure safe treatments during your holiday in the sun – unlike standard imported cosmetics.

Eco-certified Cosmos Natural products, comprising unique local ingredients, which you can take home with you as a beautiful souvenir of your holiday.

Back home, our products are like Proust's madeleines, stored in your bathroom as you follow a beauty routine that will bring out all your natural beauty: the wonderful memories of your holiday in the Indian Ocean will resurface and make you want to go back there.

Our expert Artisans will advise you on the best 'madeleines' to suit your treatment needs and preferences.





B(e) Beautiful Body & Mind

The Baths: The benefits of water

Steam baths have been used around the world for millennia and are an essential prelude to relaxation and letting go.

‘Radiant, relaxed, switched off, the body and mind are ready to welcome the magic of the products and the soothing massages.’

Take full advantage of a humid bath (the Oriental ‘hammam’) or a dry bath (the Nordic ‘sauna’). The duration and timing depend on

recommendations for use and state of health**, as well as what you are using it for.

- **Duration: 15 minutes**
 - **As a prelude** to a massage session to prepare the body for relaxation and to start letting go.
 - **Duration: 30 to 45 minutes**
 - **As a classic weekly session,** this rest and relaxation session soothes tensions, helps relieve stress, soothes the nervous system and strengthens the body’s natural defences.
- **As part of a beauty and relaxation session** a traditional Mauritian island sugar body scrub kit is at your disposal for a purification ritual, that leads to supple, toned and soft skin session.

Transform your skin!

Three of our own natural body scrub treatments that give your skin its radiance back. Our body scrubs soften and purify your skin – an essential weekly ritual for healthy, satin smooth skin – choose your preferred recipe and enjoy the pleasures of magnificent skin.

The Original Natural Sugar

Duration: 45 minutes

Soothing Caramel honey by Rodrigues

A gourmet body scrub with aromas of light caramel to nourish, smooth and improve your skin.

or

Soothing butter balm with sweet almond and coconut powder

A wonderful texture bursting with the fragrance of the islands and of childhood that takes you back to the basics.

After a deep exfoliation and purification, your skin can be massaged and richly moisturised.

Mother-of-Pearl

Duration: 1 ½ hours

Mother-of-pearl is a living material transformed into powder and mixed into an ointment that subtly erases skin imperfections, cleansing, brightening and protecting it.

This powdery cream with tonic beads promises a global, precious and delicious treatment.

Your skin is exfoliated, cleansed, moisturised, massaged and deeply nourished.

B(e) Beautiful Face & Mind

A unique palette of holistic beauty treatments, enhanced by natural recipes packed full of powerful ingredients that grow on our island.

The Milky Way

Duration: 1 hour

Brightens, hydrates, smooths and soothes. Infinitely calming and reassuring:

An almond and coconut milk cream takes you back to your childhood, calms and hydrates your skin deep down.

A special facial massage and gentle beauty treatment removes all traces of tension.

Sublime Wonder

Duration: 1 ½ hours Refreshes, purifies and sculpts. Infinitely energising:

Upper back and neck massage, torso body scrub, neckline and face massage, relaxation of the Hara (abdomen),

Secret of Origins mask, hand massage, gentle awakening. Pure bliss.

Eternal Alchemy

Duration: 2 hours

including 1 AAA (Capsules) infusion of your choice Energise, lift, smooth, oxygenate and rejuvenate. The anti-aging experience:

Hot and cold oshibori (small towels) promote cell renewal and skin regeneration. The active ingredients in the mother-of-pearl cream reduce wrinkles and fine lines, giving your skin a clear, healthy complexion. The technical effects of the incomparable and time-honoured Japanese Kobido facelift, traditionally only used by Geishas, is combined with WISHpro Technology infused into your epidermis, according to your needs and priorities: Collagen, Botox, Hyaluronic acid.

A global treatment with amplified effects that visibly and naturally reduces the signs of time.

Infusion AAA Colour of Time

COLLAGEN, BOTOX, HYALURONIC ACID, REPAIRING, CALMING

A full range of active ingredients in AAA infusion (capsules)

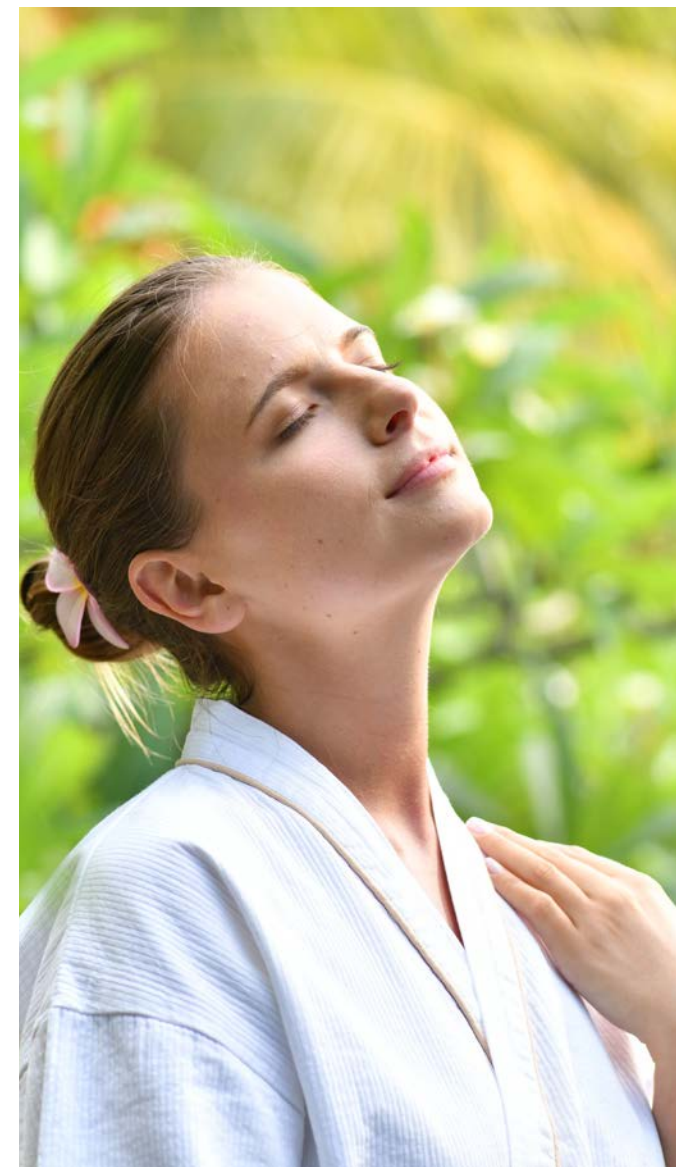
- Express (30-minute treatment)
- As part of a facial treatment or massage of at least 90 minutes
- As a 20-minute addition to an AAA infusion included in a treatment of less than 90 minutes

AAA Colour of Time Programme

Duration: 3 ½ hours

A synergy of 3 treatments (2 to 3 days minimum)

- Mother-of-pearl body scrub + AAA Infusion (1 hour)
- Eternal Alchemy + AAA Infusion (2 hours)
- AAA Infusion and manual lift (30 minutes)





My Sunshine Dream

The essential product for your skin during your Sunshine Dream programme:

Sunshine OIL – roucou oil comes from the anatto or bixa plant, (Urucum) a shrub native to South America that is also found in the Mascarene Islands.

Exclusive tanning support service – Daily moisturising and relaxation

Sunshine Beach Ritual

Duration: 1¼ hours

Face and Body

- A choice of body scrubs to remove dead cells (mother-of-pearl or brown sugar, almond and coconut scrubs)
- A cocktail of cream + balm + roucou Oil for:
 - careful skin preparation
 - balanced rehydration
 - preventing sun damage and blemishes
 - preparing the skin for exposure to the sun
 - applying sun protection cream in the best way
 - triggering natural tanning mechanisms

Sunshine Serenity

Duration: 30 minutes

- Exclusive tanning support service – Daily moisturising and relaxation
- Every day following sun exposure, visit the Spa for our signature massage
- AFTER SUN (duration 30 minutes) with application of our cocktail (cream + balm + roucou oil): pampering your skin to make it soft again after your day on the beach

Sunshine After Sun

Duration: 1¼ hours

A massage treatment for tanned skin in the middle and/or at the end of your stay perfect for a long-lasting, luminous tan.

- A gentle mother-of-pearl scrub to revive the radiance and colour of the tan and prevent the dullness on very dark skin.
- A moisturising balm and roucou-oil based massage to restore the skin's elasticity and maintain balance.

Package

Sunshine B(e)fore and After

Duration: 2 ½ hours

1 Sunshine Beach Ritual

1 Sunshine After Sun

Sunshine Dream – 7 days

1 Sunshine Beach Ritual

1 Sunshine After Sun

5 Sunshine Serenity

The Mindfulness Arts – Body therapy practices

To breathe and move better and more freely

Because the art of movement and breathing contributes in a big way to your balance, we help you discover some body therapies especially chosen for their effectiveness and simplicity. Together, we'll introduce you to these practices that you can adopt in your daily life.

Santa Yoga

A new twist on an age-old practice that meets the needs of individuals in today's world.

Our practice is designed to enable you to overcome the contradictions and pressures of modern lifestyles (isolation, work-related stress, general uncertainty, pushing oneself to the limit, burn-out).

Makko ho

A Japanese method consisting of specific stretches developed in the 20th century by the Shiatsu master Shizuto Masunaga: 10 minutes a day of gentle gymnastics for the meridians that awakens the body's energy, thus ensuring it functions properly.

5 Tibetans

These 5 ancient yoga rites are simple, fun physical exercises that everyone can do. They are a powerful practice to reactivate vitality, re-energise the body and give it strength. Practised on a daily basis, they maintain youthfulness and contribute to longevity.

Respirology

Breathing is innate but most of us don't breathe as nature intended. This gentle method –already well-known in Germany, Canada and among freedivers – consists of simple exercises you can learn to master breathing and regain control over your emotions, efforts and sensations. The exercises can be specifically targeted: starting the day well, restoring your energy levels, stopping a panic attack, etc.

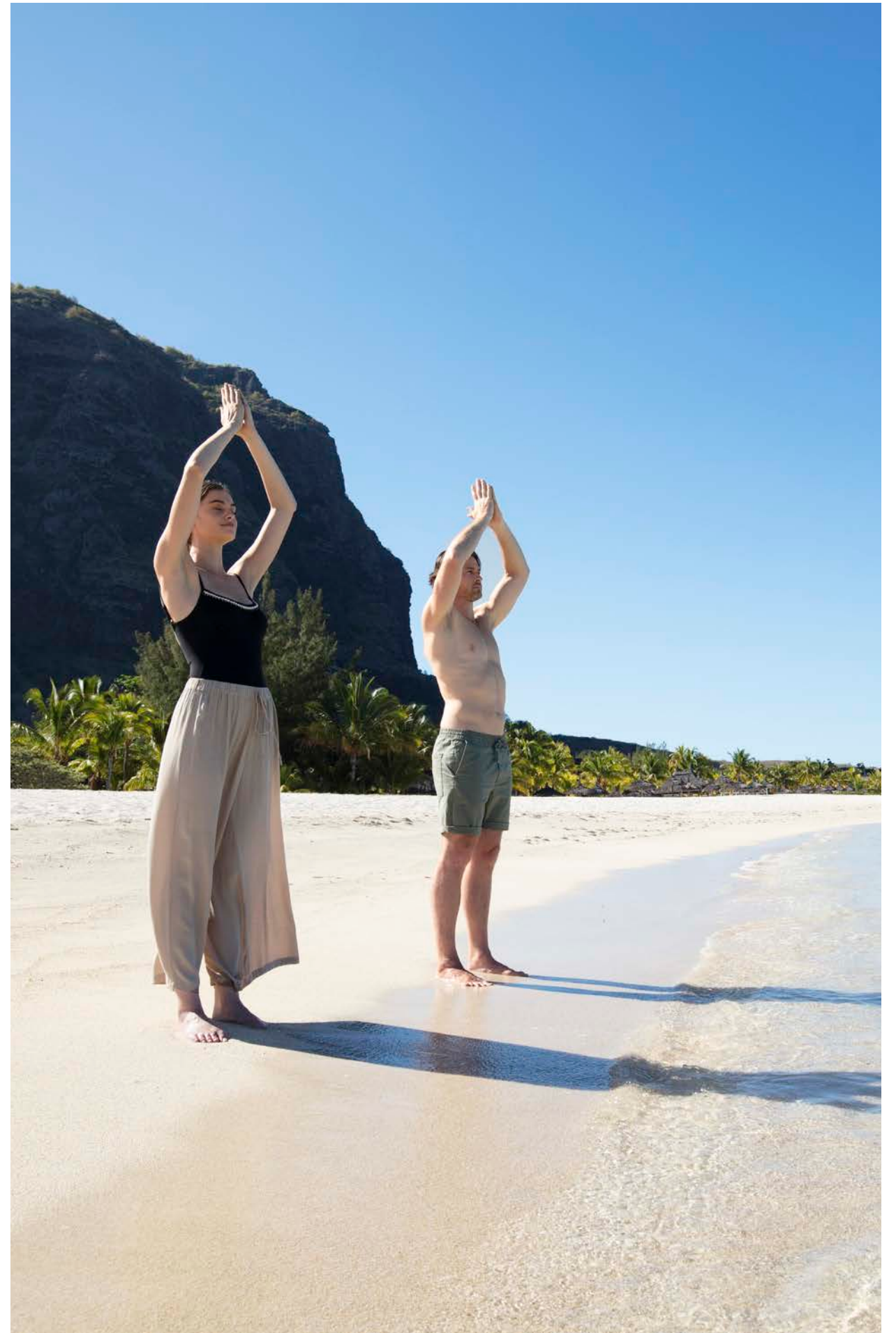
Qigong

Traditional Chinese gymnastics and breathing science based on the knowledge and control of vital energy that is a combination of (often slow) movements, breathing exercises and concentration. There are many benefits to regular practice: prevention and healing capacities, staying healthy, improving quality of life, longevity, self-development.

Body Care workshops

**30-minute / 1-hour sessions
or packages with 3, 5 or 10
workshops**

**Individual package or to share
with family and/or friends**



The Children's Island

The Art of a World of Wonders on the Children's Island for 6- to 15-year-olds, from 11 am to 3 pm

It's never too early to learn how to take care of yourself, and to be aware of your body and pamper it. For children and teenagers, we have designed specific treatments suitable for youngsters: shorter sessions, modified hand pressure, product ranges with smells they love (chocolate, vanilla, caramel, almond, candy). Our aim is to show them that beauty is within them and they should take care of it throughout their lives.

B(e) Tender Kiddy Scrub

Duration: 30 minutes

Introduction to smoothing and exfoliation techniques (hands, back and calves) using brown sugar from the island.

B(e) Gentle Massage

Duration: 30 minutes

Find your children in a dreamy, relaxed state when you come to collect them...Introduction to massage techniques (back, half leg, hands, face) with candylicious oil.

B(e) Duo Experience with Mum or Dad

Duration: 1 hour

Gentle smoothing 'Coco Bounty' scrub, followed by a 30-minute massage for two.

And other special care and treatments with Rituals for Boys and Girls.

B(e) Little Princess & Little Prince

Duration: 30 minutes

Mini-facial for little beauties: cleaning, gentle exfoliation, mask and moisturising for those sweet little faces... Fun and relaxing.

B(e) Mermaid & Pirate

Duration: 30 minutes

Mini-treatment for feet, nail varnish and decoration.

B(e) Tinkerbell & Peter Pan

Duration: 30 minutes

Mini-treatment for hands, nail varnish and decoration.





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