



**so1t**

EQUILIBRIUM

Open from 09:00 to 20:00

SALT Equilibrium is about more than the spa.

Forest Therapy at Bras d'Eau: A guided hike through the forest, meditation and gentle stretching

(Every Monday & Saturday from 08hr00 until 12hr00)

**MUR 2000**

Learn to make a "Resilient" smoothie with our Chef

**MUR 320**

Free DIY body scrub or face mask with our spa team

Receive an extra 15 minutes of foot ritual & 15 minutes in the Salt room for all massages booked

Unwind in our Salt Room for 30 minutes to reap the benefits of this magical mineral

**MUR 750**

## **IMMUNE SYSTEM BOOSTER RETREAT**

**Get your body active. Rest your mind. Unwind. Dine on good-for-you foods. Boost your mood. And your immune system. Do it the SALT way.**

### **Day 1: Get balanced in no time**

- 09:00: Welcome
- 09:15: Conscious breathing and crystal pyramid sound bath
- 09:45: Wellness juice designed to reset and rejuvenate your body
- 10.00 : Stand up Paddle Board followed by a Core work out on the beach
- 11:15: Anti-oxidant rich food preparation workshop with Chef; Lunch
- 13.30: De-stress and enjoy the sunshine vitamin D
- 15:00: Afternoon tea
- 15:30: Salt Therapy (Love yourself self-meditation)

**Two-day retreat  
at MUR 9,200 per  
person.**

### **Day 2: Reconnect with Nature**

- 06.30: Morning sunrise beach power walk, stretching and breathing ritual at pool deck
- 08.00: Oh-so-delicious green smoothie
- 08.15: Healthy Breakfast on the lawn
- 10:00: Aqua Fit by the sea
- 11:30: Kombucha demo, followed by a farm-to-table vegan lunch
- 14:30: Foot pampering and Salt Therapy (Gratitude self-meditation)
- 15:00 : Afternoon tea
- 15.30 : Departure (Immune system wellness tips gift)

Get in touch  
by dialing  
“Spa Mood”  
for reservations  
and more  
information

# CURRENT TRENDS

## **RESILIENT EQUILIBRIUM MASSAGE SYNERGY**

**60 Minutes      MUR 5200**

We crafted a unique treatment as a response to what is going on in the world right now. The mix is made to fix. Massage techniques, foot reflexology, herbal poultice, breath-work, sound, aromatherapy...

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## START WITH SALT The Magic of Minerals



A Velvety Aloe Wrap to cool you down, soothe your sunburn, and hydrate your skin.



A Marine Mud Wrap to condition, detoxify, and mineralise your skin.



A Salt & Sugar Scrub to remove those dead skin cells.



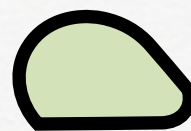
A Mollient Massage Balm to hydrate and nourish your skin.



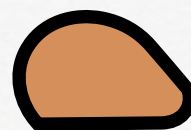
A Buttered Massage Butter to give your skin a lighter level of moisture.



Fleur De Sel regulates hydration and improves potassium absorption.



Dead Sea Salt is therapeutic and nutrient-rich.



Himalayan Salt detoxes, increases circulation and re-energizes.



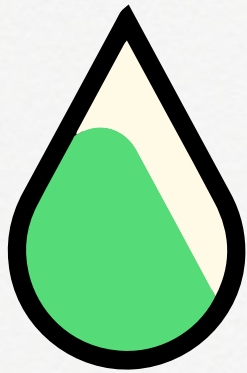
Lava Rock Salt or Infused Activated Charcoal Sea Salt re-balances and keeps muscle cramps at bay.



Epsom Salt is relaxing, hydrating, and good for sore feet.

# STIR BAR SELECTION

## Add an oil



Coco Moringa is anti-ageing, antiseptic, contains vitamin E and C, fights acne, and moisturizes your scalp.



Safflower Rice Bran is an almost unscented anti-oxidant that retains moisture, soothes dry skin, improves circulation, brightens complexions, and fights inflammation.

# STIR BAR SELECTION

## Finish with an aromatherapy



Travel Therapy is ginger and mint. Ideal for before, during, and after travel.



Universe is petit grain and sandalwood. It balances your mood anytime.



Zen is frankincense and chamomile. Bring on the peaceful sleep.



Vibrance is juniper and lemongrass. This one will lift you up.

60 minutes at  
MUR 5200

90 minutes at  
MUR 6500

## **TREATMENT TIME 60 / 90 MINUTES**

Collaborate with your therapist on the six-step journey to your perfect treatment. Learn about the benefits of the all-natural ingredients, and feel free to add Himalayan salt stones along the way to replenish your minerals.

### **1. START WITH SALT**

- Fleur De Sel regulates hydration and improves potassium absorption.
- Dead Sea Salt is therapeutic and nutrient-rich.
- Himalayan Salt detoxes, increases circulation and re-energizes.
- Lava Rock Salt or Infused Activated Charcoal Sea Salt re-balances and keeps muscle cramps at bay.
- Epsom Salt is relaxing, hydrating, and good for sore feet.



## 2. TAKE TWO TREATS

- A Velvety Aloe Wrap to cool you down, soothe your sunburn, and hydrate your skin.
- A Marine Mud Wrap to condition, detoxify, and mineralise your skin.
- A Salt & Sugar Scrub to remove those dead skin cells.
- An Emollient Massage Balm to hydrate and nourish your skin.
- A Blended Massage Butter to give your skin a lighter level of moisture.

## 3. ADD AN AROMA

- Travel Therapy is ginger and mint. Ideal for before, during, and after travel.
- Universe is petit grain and sandalwood. It balances your mood anytime.
- Zen is frankincense and chamomile. Bring on the peaceful sleep.
- Vibrance is juniper and lemongrass. This one will lift you up.

## 4. ADD AN OIL

- Coco Moringa is anti-ageing, antiseptic, contains vitamin E and C, fights acne, and moisturizes your scalp.
- Safflower Rice Bran is an almost unscented anti-oxidant that retains moisture, soothes dry skin, improves circulation, brightens complexions, and fights inflammation.

## **5. GARNISH WITH A MINERAL FACE MIST**

This solé water base refines pores, balances oil production, restores skin's natural pH level, and improves skin barrier function.

Go for:

- Calming chamomile and sandalwood.
- Refreshing ylang-ylang and black pepper.

## **6. STIR AND LET YOUR SALT EXPERIENCE BEGIN.**

No two people in the world are the same so why should two massages be the same?

Our focus is on you and you alone. Instead of offering the same old therapies, our massage techniques are free-style, customized, and designed to target whatever you need to target.

Techniques can be relaxingly light, deeply relieving or anything in between. We can work on dry skin or use oil, warm salt stones or a body wrap. It's a personalized approach that focuses on your physical and emotional wellbeing. Think of it as a collaboration with your therapist.

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more information

# SIGNATURE BODY

90 minutes  
indulgence at  
MUR 6800

If you'd rather just put yourself in the healing hands of our therapists, choose our signature experience. It's a crafted blend of massage and pressure point techniques, applied to your scalp, feet and abdomen, that brings deep relaxation and muscle ease.

# FACE

**We have a super-hydrating, anti-ageing facial for every skin type.**

Better 60 minutes **MUR 5300**

Best 75 minutes **MUR 6500**

# INTRACEUTICAL OXYGEN INFUSION THERAPY

60 minutes  
intraceuticals facial  
at MUR 5500

Eye mask	MUR 600
Lip mask	MUR 600
Atoxelene serum	MUR 1500
Oxygen	MUR 1600

Also known as the Celebrity Facial, it's a non-invasive treatment that targets fine lines and wrinkles and dramatically enhances skin hydration. Instantly.

How? High-pressure pure oxygen infuses your skin with a serum of low molecular weight hyaluronic acid, essential vitamins, botanicals, antioxidants and peptides.

Add 15 minutes to your facial of choice

## TREATMENT ENHANCEMENTS

EYE MASK / LIP MASK /  
ATOXELENE SERUM

### **Atoxelene Serum**

Excellent to smoothen and visibly reduce expression lines, firm the skin.

Eye contour looks more defined and lips look plumped.

## REVITALISING BACK FACIAL

60 minutes at  
MUR 5100

When we think of a facial we usually think of our face. But our back also needs a little love. Our back facial is detoxifying with its salt scrub and mineral mud wrap. Opt for a full hour and reap the benefits of a back and scalp massage.

## LOWER LIMB THERAPIES

60 minutes at  
MUR 5300

90 minutes at  
MUR 6100

### **Lightly Toned Legs**

We use the cupping technique with medical grade silicone to drain excess fluid, strengthen fragile capillaries and stimulate circulation and your lymphatic system. It's the perfect remedy for jet-lag!

# LOWER LIMBS THERAPIES

60 minutes at  
MUR 4800

## **Acupressure Foot Massage**

Pressure is applied on various energy points on your feet and hands, which match with different parts of the body. The result is an overall sense of wellbeing and healing.

## **Foot Treatment**

Our feet spend most of their time in socks and shoes. Standing, walking or running. They deserve some love and care. Our foot treatment which includes a scrub and a wrap removes dead skin and soften and hydrates your soles.

60 minutes at  
MUR 5200

## NAIL CARE

### TREATMENT TIME AS FROM 15 MINUTES

## MEDI—PEDI

60 minutes at  
MUR 3700

### FOOTLOGIX

Scientifically-formulated using Dermal Infusion Technology, this medicure is designed to treat uncomfortable calluses, cracked heels, nail fungus infections, peeling or rough skin.

## EVO NAIL POLISH (HANDS OR FEET)

15 minutes at  
MUR 700

GEMINI contains hardening plant extract agents derived from Aloe Vera, lemon and Ginseng. It is fast drying, long lasting and will add strength to the nail. Gemini has a UV filter and is styrene free.

## **Removal of semi-permanent nail polish**

MUR 1500

## **Manicure**

60 minutes

MUR 3300

**File and polishing** MUR 1800



**Upper Lips**

15 Minutes at MUR 700

**Eyebrows**

15 Minutes at MUR 800

**Under Arms**

30 Minutes at MUR 1600

**Bikini Line**

45 minutes at MUR 1500

**Full Bikini**

60 Minutes at MUR 2000

**Full Legs**

60 Minutes at MUR 2200

**Half Legs**

30 Minutes at MUR 1500

**Full Arms**

60 Minutes at MUR 2200

**Half Arms**

30 Minutes at MUR 1200

**TREATMENT TIME  
AS FROM 30 MINUTES**

Shampoo & Blowdry  
(Short/medium/long hair)  
**MUR 1900/2200/3050**

Hair up-do  
**MUR 2900 - 5000**

Bridal Trial  
**MUR 2800 - 3900**

Bridal Hair Styling  
**MUR 3700 - 5000**

Gentlemen's cut  
**MUR 1300**

Beard trim **MUR 850**

Hair trim **MUR 1000**

Ladies trim  
& Shampoo **MUR 1600**

Fringe trim **MUR 850**

Ladies  
Transformation  
Cut **MUR 2200**

Shampoo & Mask **MUR 1900**

# **THE OUTDOOR SPA EXPERIENCE**

(Subject to weather conditions)

**1. PICK AN EXPERIENCE OR  
COMBINE MORE: COOLING WRAP,  
FACE & SCALP MASSAGE, FOOT  
THERAPY, NECK & SHOULDER  
MASSAGE.**

**2. PICK A SHADED LOUNGE**

**3. ADD AN AROMA**

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- Universe is petit grain and sandalwood. It balances your mood anytime.
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**4. AND A REMEDY**

- Velvety Aloe is for cooling you down, soothing sunburn, and hydrating your skin.
- Coco Moringa is anti-ageing, antiseptic, contains vitamin E and C, fights acne, and moisturizes your scalp.
- Safflower Rice Bran is an almost unscented anti-oxidant that retains moisture, soothes dry skin, improves circulation, brightens complexions, and fights inflammation.

**5. STIR AND LET YOUR SALT  
EXPERIENCE BEGIN**

## **TAKE IT EASY**

Don't rush away after your treatment. Spend an extra 30 minutes or so in the spa to relax to the max.

## **BE REJUVENATION READY**

Leave your phone in your room and wear comfortable clothing so that nothing can distract you from the experience.

## **FEEL THE PRIVACY**

During your treatment, we will make sure your modesty is protected.

## **CANCEL AND MAKE CHANGES THE SUSTAINABLE WAY**

Please give us notice of any changes or cancellations at least four hours before your appointment time. Otherwise, we'll have to charge you 100% of the cost of your booked treatments.

## **GIVE US THE LOW DOWN**

Let us know of any existing health conditions when you book your appointment. It helps us to look after you.

## **MEN: MAKE THE MOST OF YOUR FACIAL**

To give your skin the biggest boost, shave a few hours before your appointment.

