

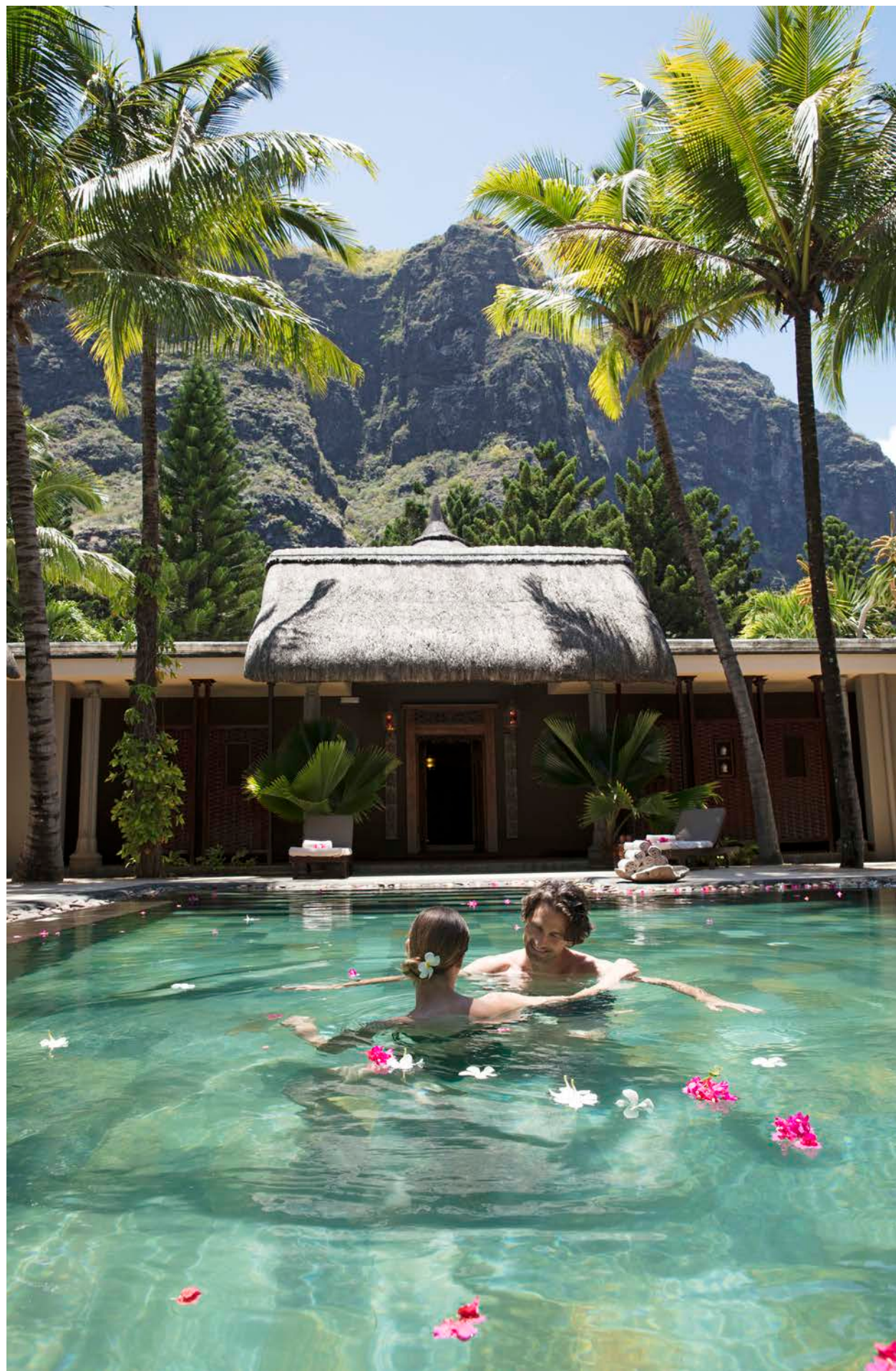


SPA
BEACHCOMBER



The Art of Wellness

SHANDRANI BEACHCOMBER 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 instill a profound and lasting sense of well-being.

Discover

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

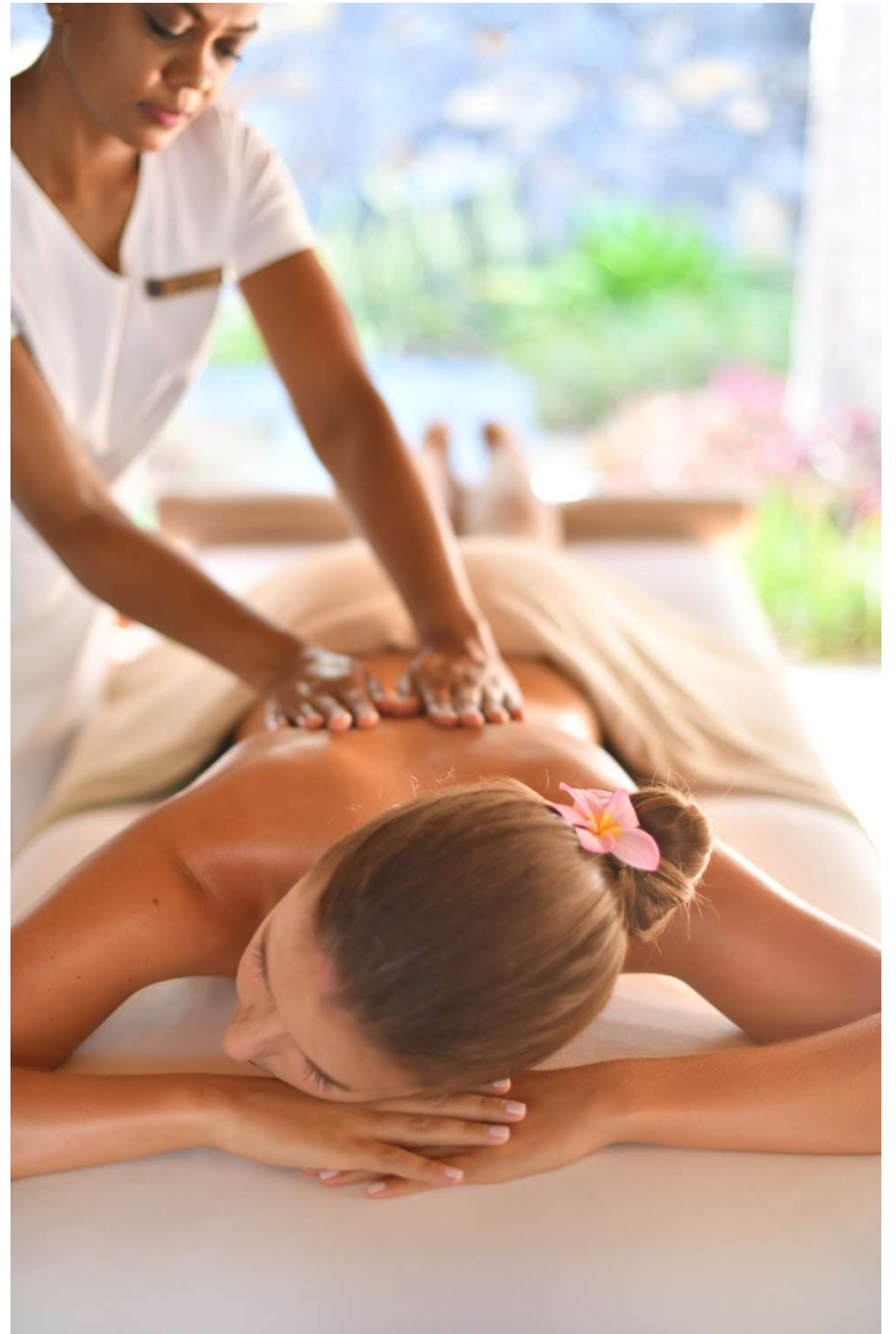
Going back to the essentials in a way that your body and mind will not forget in a hurry.

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 have not 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

Our Body therapists and Body Wellness coaches 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 as well as your health and beauty goals. Their generosity, skill and dexterity ensure you feel the full benefits of our resources and knowledge.

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.

The B(e) Discovery Massage

Duration: 1h or 1h30

Designed by our Wellness specialists for us to be able to give you the best recommendations:

Our Body Wellness therapists have a thorough understanding of the holistic alchemy of this protocol of techniques that unify, envelop, relax and energise the whole body. Each area is given individual attention to help it harmonise with the body as a whole. The combination of specifically directed techniques ensures a complete and all-over massage that begins your relaxation journey, helps free up blockages, alleviates stress and soothes the mind.

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.

Art to B(e) Massage palette

Duration: 1h or 1h30

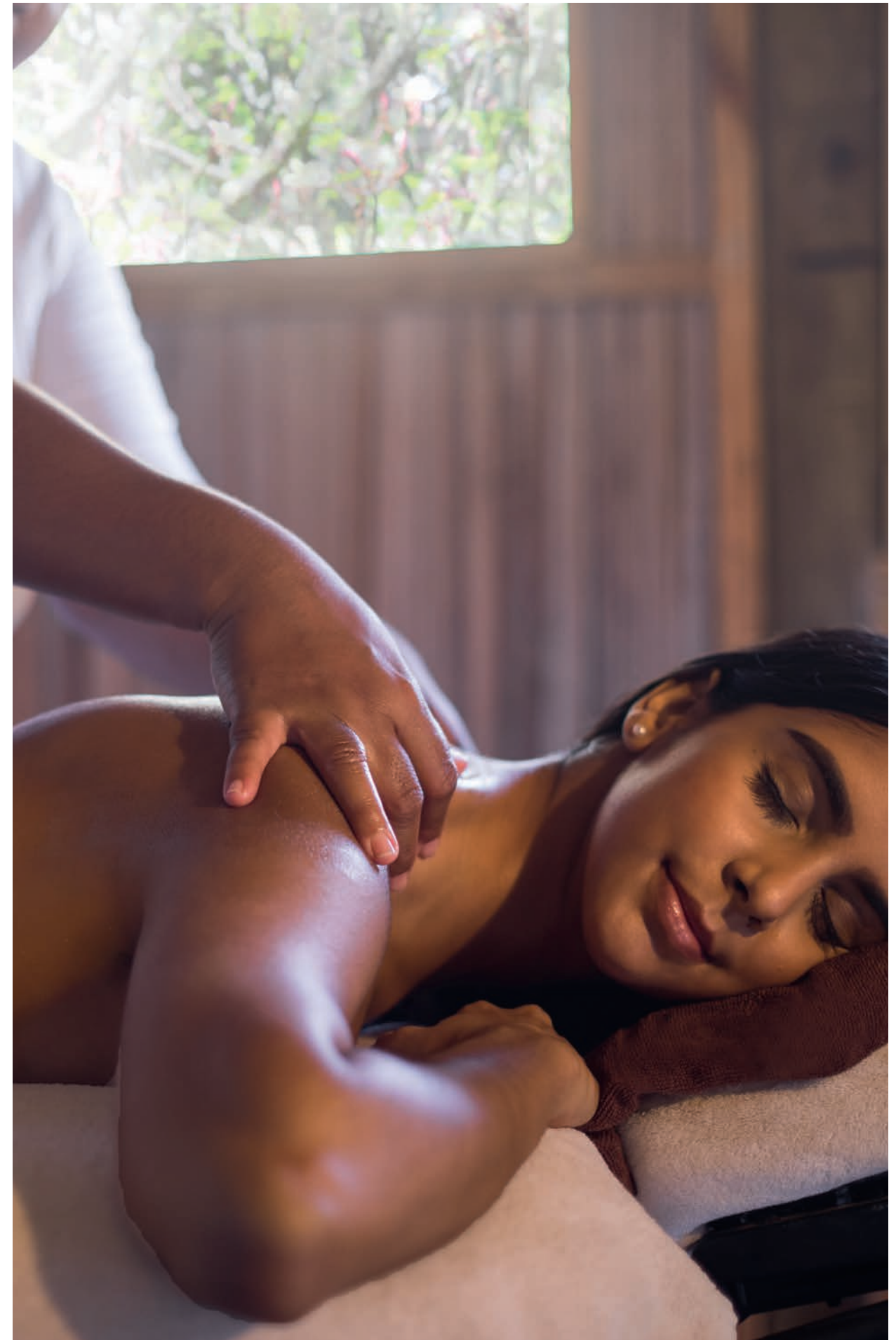
- **Shiatsu Well-Being**
- **Thai Yoga Massage on Futon**
- **Abhyanga**
- **Shiroatchampi**
- **Reflexology**
- **Kobido**
- **Harmony Star**
Will give you a feeling of serenity, freedom, comfort, calm and balance.
- **Hawaiian lomi lomi**
- **Thai Massage with oils**
- **Prenatal**
- **Swedish**
Will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

Collection Packages

For collectors of multiple experiences, Art to B(e) Massage packages are an infusion of well-being throughout their stay.

Plenitude 5, 10 or 20 hours

These Art to B(e) Massage packages are recommended for individuals or to be shared by the family and/or friends.



The Art of Global Beauty

The B(e) 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.

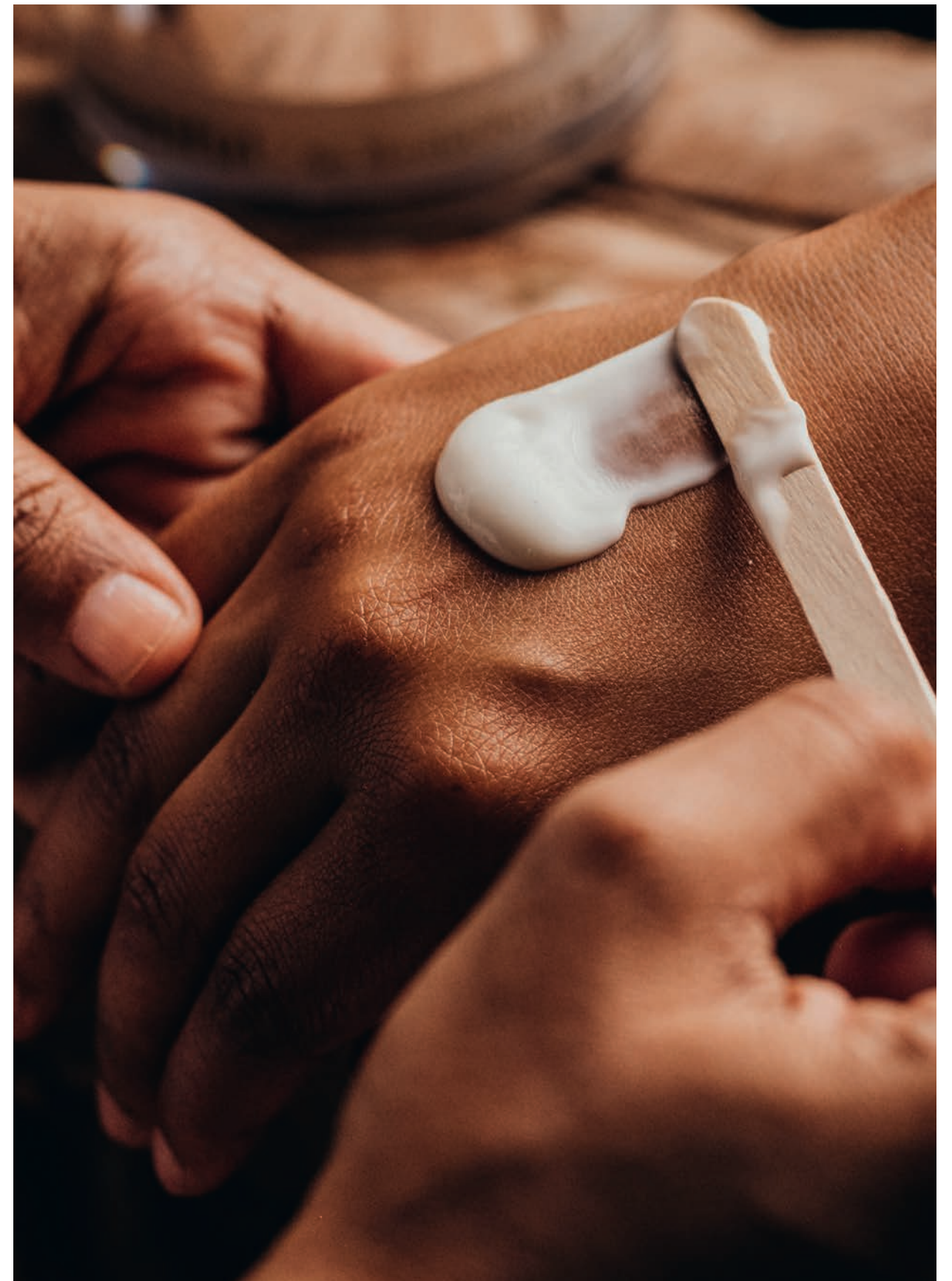
A selection that will benefit your skin while you are on holiday.

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.

Stored in your bathroom back home, our products will be like Proust's madeleines. As you follow your beauty routine to 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.

- **As a prelude** to a massage session to prepare the body for relaxation and to start letting go.
Duration: 15 min
- **As a classic weekly session,** this rest and relaxation session calms tensions, helps relieve stress, soothes the nervous system and strengthens the body's natural defences.
Duration: 30 to 45 min
- **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 min

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: 1h30

Mother-of-pearl is an organic substance 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 full of powerful ingredients that grow on our island.

The Milky Way

Duration: 1h

**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: 1h30

**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: 2h

**Includes 1 AAA (Capsules) infusion of your choice
Energises, lifts, smooths, oxygenates
and rejuvenates. 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 and 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 and calming:**

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

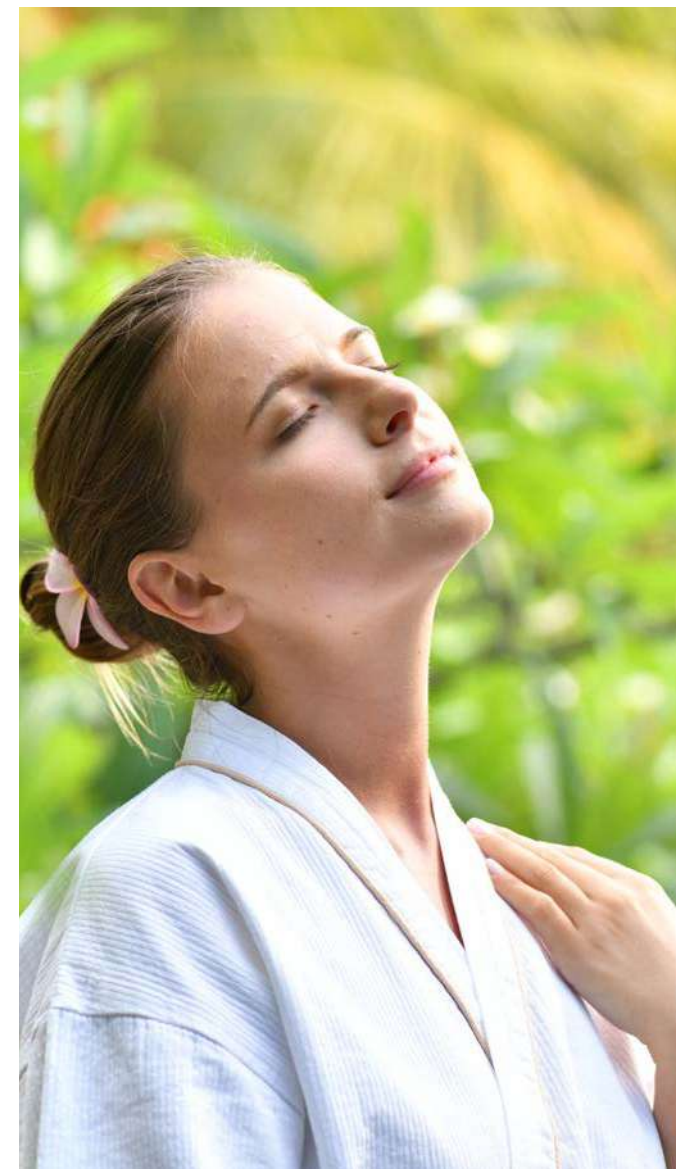
- Express (30-minute treatment)
- As part of a facial treatment or massage of at least 90 minutes
- As a 20-minute addition to an AAA infusion included in a treatment of less than 90 minutes

AAA Colour of Time Programme

Duration: 3h30

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

- Mother-of-pearl body scrub + AAA Infusion (1h)
- Eternal Alchemy + AAA Infusion (2h)
- AAA Infusion and manual lift (30 min)





My Sunshine Dream

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

Sunshine oil – Roucou oil comes from the Anatto plant also known as Bixa or 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: 1h15

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 min

- Exclusive tanning support service – Daily moisturising and relaxation
- Every day following sun exposure, visit the Spa for our signature massage
- After Sun (duration 30 min) 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: 1h15

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: 2h30

- 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 will 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).

Mindfulness

This is the practice of being aware of what is happening in and around yourself in the present moment. It promotes a calm mental state to protect against stress and improve the quality of life. This method is particularly aimed at people who are always in a rush, anxious or controlling.

Neuroscientists are studying the practice for its positive impact on the functioning of the human brain.

Makko ho

A Japanese method consisting of specific stretches developed in the 20th century by the Shiatsu master Shizuto Masunaga: 10 min a day of gentle gymnastics for the meridians that awaken 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 do not 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.

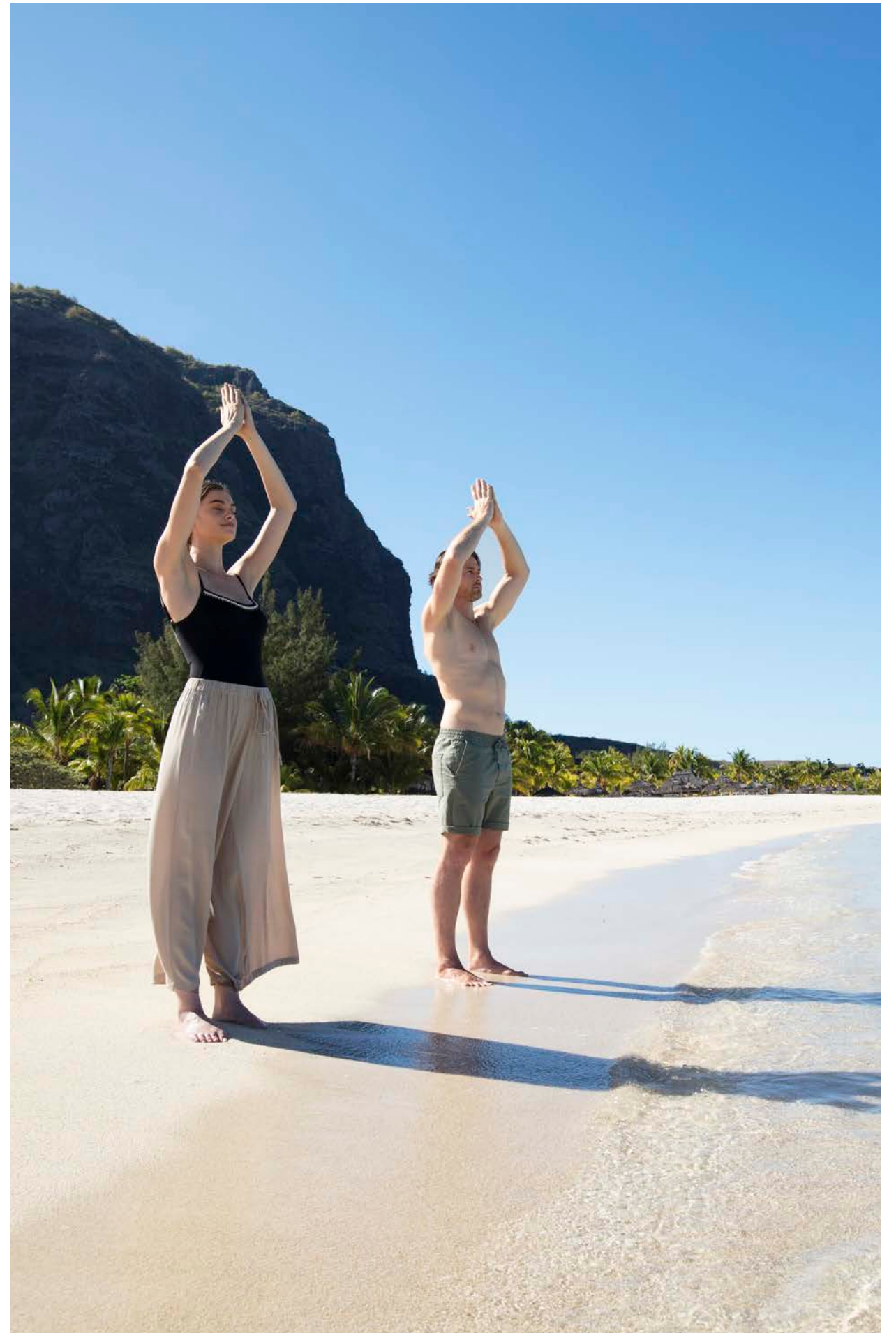
Qigong

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 a.m. to 3 p.m.

It is 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 min

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

B(e) Gentle Massage

Duration: 30 min

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: 1h

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 min

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 min

Mini-treatment for feet, nail varnish and decoration.

B(e) Tinkerbell & Peter Pan

Duration: 30 min

Mini-treatment for hands, nail varnish and decoration.





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