

# EDEN HOLISTIC SPA

AT L'ESCALE RESORT - SEYCHELLES

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# Massage

## *Hot Himalayan Salt Stone Massage*

Hot Himalayan Salt Stone Massage is an innovative healing technique using heated Himalayan Salt Crystals to ground and balance the body's electromagnetic field (through negative ions), central nervous system and energy meridians. The salt stones are full of active minerals which help to draw out toxins, reduce inflammation & improve circulation while also restoring depleted minerals to the skin, thereby softening & moisturizing it. These special salt crystals originate from an ancient primal sea beneath the Himalayan Mountains & are hand-carved into massage stones that gently soothe away any accumulation of stress, tension and pollutants.

**30min**

SCR 1,990

**60min**

SCR 2,990

**90min**

SCR 3,790

## *Hot Stone Massage*

Hot stone massage uses soothing oils and warm basalt stones to relax your muscles and improve circulation, allowing for a deeper and more intense all-over massage. In hot stone therapy, your therapist applies smooth, heated basalt stones to key points on your body with rhythmically flowing strokes. This direct heat relaxes your muscles, which means that the massage itself is more effective and intense than it would otherwise be. The size of the stones varies according to which part of the body your therapist is treating. Our hot stone massage will make you feel nurtured & rejuvenated.

**30min**

SCR 1,790

**60min**

SCR 2,790

**90min**

SCR 3,590

# Massage

## *Warm Bamboo Massage*

Experience this unique massage performed with specially crafted and heated bamboo canes together with warm virgin coconut oil. The heat relaxes the muscles, tissues and nervous system while our trained therapists use the smooth bamboo canes as an extension to their hands and arms allowing them better leverage for deeper pressure to work on more underlying muscles, tissues and trigger points. The heated bamboo canes are used with a variety of techniques such as rolling, kneading & crisscross motions to release muscle tension and knots as well as stimulating blood circulation. As a result of the warmth penetrating deep into the muscle causing them to relax, the therapist is able to massage deeper into the muscle 4-5 times quicker than when performing a manual deep tissue massage.

**30min**

SCR 1,790

**60min**

SCR 2,790

**90min**

SCR 3,590

## *Master Lin Gold Oil Massage*

Indulge yourself in this relaxing and wonderfully luxurious signature massage. This heavenly massage uses a specially mixed oil comprising of the purest fine gold, 17 healing essential oils and precious plant extracts with the transcending scent of the Lotus flower which will touch your senses and melt away any tension and stress, while restoring balance and harmony to your mind and body and it will leave your skin feeling velvety soft and nourished.

**60min**

SCR 3,190

**90min**

SCR 3,990

# Massage

## *De-Stress & Relax Massage*

Our De-Stress & Relax Massage uses cold-pressed organic virgin coconut oil, effective massage techniques such as effleurage, kneading, pressing and petrissage, together with our cold-pressed organic virgin coconut oil, thereby nourishing and softening the skin, releasing tension and relaxing your mind and body bringing you back into harmonious balance.

**30min**

SCR 1,390

**60min**

SCR 1,990

**90min**

SCR 2,790

**120min**

SCR 3,790

## *Deep Tissue Massage*

Deep tissue focuses on the release of muscle tension and chronic knots by targeting the deep tissue structure of the fascia (connective tissue) and muscles and promoting much needed blood flow to these deeper layers, making it a great massage for sport's recovery or specific muscles and tension problems. The deep tissue massage can reduce stress hormone levels and heart rate while boosting mood and relaxation by triggering the release of oxytocin and serotonin. The therapists incorporate fingers, elbows and knees to really work on specific problem areas, trigger points and to reach deeper layers. A really great massage for those with aches, pains and tense muscles, for sport's recovery or those who prefer very strong pressure.

**30min**

SCR 1,390

**60min**

SCR 1,990

**90min**

SCR 2,790

**120min**

SCR 3,790

## *Balinese Massage*

Balinese massage - having been developed centuries ago on the culture-rich Indonesian island of Bali with influence from Chinese, Indian and South East Asian Ancient healing systems – is a holistic treatment that uses a combination of gentle stretches, acupuncture, reflexology and various effective massage techniques to stimulate the flow of blood, lymph and "qi" (energy) around your body. A relaxation massage with attitude, this ancient Balinese treatment will help you feel calm, invigorated and physically relieved of pain and tension.

**30min**

SCR 1,390

**60min**

SCR 1,990

**90min**

SCR 2,790

# Massage

## *Indian Head Massage*

Based on the ancient Indian ayurvedic system of healing, this massage relieves muscular tension and stress within the body. This treatment focuses mainly on the head, neck, arms, shoulders and upper back. The therapist uses their hands to ease out tightness within the muscle fibers freeing your body of unwanted aches, pains, stiffness, giving you a feeling of weightlessness. Especially good for relieving insomnia, stress, upper body stiffness & headaches.

<b>30min</b>	<b>60min</b>	<b>90min</b>
SCR 1,390	SCR 1,990	SCR 2,790

## *Reflexology*

Indulge in this ancient therapeutic foot massages, based on the body's energy meridians. Using the foot as a map of the body, pressure points along the energy meridian pathways are stimulated to improve well-being and overall function of all the body's systems. You will feel the tension release while improving circulation in the feet and lower legs, reducing stress, pain and restoring natural balance by stimulating your parasympathetic nervous system into healing itself. A very soothing treatment.

<b>30min</b>	<b>60min</b>	<b>90min</b>
SCR 1,390	SCR 1,990	SCR 2,790

## *Foot & Leg Massage*

Our feet and legs often get overlooked, even though they do the heavy lifting by moving us around all day. The foot & leg massage uses massage techniques to release tension, muscle soreness, stiffness and to improve blood and lymph circulation around the feet and legs. This is a wonderful massage for people who are overly active on their feet and for those who remain seated throughout most of the day without much movement.

<b>30min</b>	<b>60min</b>	<b>90min</b>
SCR 1,390	SCR 1,990	SCR 2,790

# Massage

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**30min**

SCR 1,390

**60min**

SCR 1,990

**90min**

SCR 2,790

## *Cellulite Massage*

Our Anti-cellulite massage is an invigorating and detoxing experience which circulates blood and oxygen to the affected area and sweeps the cellulite away for visible results. This massage can be used to tone and reduce cellulite from the front & rear of the leg, the buttocks, the arms and over the body in general.

### *How it works*

The Anti Cellulite Massage works by incorporating deep pressure and strong kneading techniques in combination with gentle cupping to break up fatty lumps that cause dimpling of the skin as well as stimulate blood and lymph circulation and the nervous system. Once these fat deposits are broken down, the body's lymphatic system flushes them out of the system along with other toxins - reducing dimples, leaving you energized and free from the plague of cellulite. Please stay hydrated afterwards.

**60min**

SCR 1,990

**90min**

SCR 2,790

# Massage

## *Lymphatic Drainage Massage*

Lymphatic drainage massage stimulates the body's lymph nodes promoting the circulation of lymphatic fluid which helps rid the body of toxins. It also aids in purifying and regenerating tissues while normalizing organ function, boosting the immune system and enhancing metabolic functions. This therapy can also be beneficial for post-surgical lymphatic rerouting and can aide in primary and secondary lymphedema.

<b>30min</b>	<b>60min</b>	<b>90min</b>
SCR 1,390	SCR 1,990	SCR 2,790

## *Pregnancy Massage*

Designed to alleviate postural pressures due to normal body adjustments during pregnancy. This pre/post-natal massage helps to improve circulatory and lymphatic systems, reduces edema, back and joint pain, muscle and soft tissue tension, stress and anxiety, bringing much needed comfort, relief and relaxation. This service may be enjoyed by expectant mothers after the first trimester.

<b>30min</b>	<b>60min</b>	<b>90min</b>
SCR 1,390	SCR 1,990	SCR 2,790

## *Executive Back Massage*

Focusing solely on the back, neck and shoulders, a combination of massage techniques are used to ease muscle tension and to alleviate aches and pains. Enjoy the feeling and relief of a relaxed, unclenched and loose back, neck and shoulders.

<b>30min</b>	<b>60min</b>	<b>90min</b>
SCR 1,390	SCR 1,990	SCR 2,790

## *In-House/Room Massage*

Price available upon request



# Facials

## *Faith Lift Anti-Aging Facial with Ultrasound*

Faith Lift is a luxurious facial treatment involving the use of the Faith Lift Mask, the purpose of which is to smooth out the surface lines and give the skin a visible lift. After only one treatment you will notice a difference in the look and feel of your skin.

**75min**

SCR 3,390

## *Master Lin Balancing & Anti-Ageing Facial with Ultrasound*

Magical ingredients such as fine gold, pearl, valuable hand-picked wild grown healing herbs and essential oils create a symbiosis between nature, health and beauty. Master Lin returns the skin to its natural balance, original elasticity, vigour and vitality.

**75min**

SCR 2,290

## *Master Lin Relaxing Facial Massage with Gold Oil*

Experience this wonderful luxurious facial massage using the Master Lin harmonizing facial oil with the purest fine gold (energizing and anti-inflammatory), pine needle oil (improves circulation), black pepper (vitalizing), lotus (regenerating) and 17 precious essential oils and plant extracts to embrace and nourish the elasticity of the skin.

**45min**

SCR 1,790

# Facials

## *Regulat Beauty Anti-Ageing & Hydrating Facial with Ultrasound*

Regulat is a unique bio-essence formula that sustains our skin cells by regulating the body's own enzyme system. This preserves the skin cells and protects them against harmful environmental influences and the ageing process. Thanks to the carrier-effect of Regulat Beauty and ultrasound, the high doses of hyaluronic acid used, creates a powerful booster effect that is immediately visible. The skin becomes instantly firmer and hydrated.

Regular and hyaluronic acid are a powerful combination, penetrating all the layers of the dermis ensuring long lasting beneficial effects on the structure of the skin. Even very dry and lined skin is visibly regenerated and radiates with a velvety-soft glow. Valuable organic oils and high-quality natural fatty acids also provides extra nourishment for the skin cells.

**75min**

SCR 2,590

## *Purifying Deep Cleansing Facial*

This is a deep cleansing facial using ultrasonic brushes, scrubs, extraction, a wonderfully relaxing facial massage together with the powerful combination of Hyaluronic Acid, OPC (derived from Grape Seed) and Q10 which promote more elastic yet firm skin with reduced wrinkles, the prevention of free-radicals and inflammation and improves cell regeneration, blood circulation, nutrient intake and helps to stimulate collagen and protein chain formation. You may choose to add the zeolite volcanic clay facial mask to draw out deeper underlying impurities and to soothe the skin.

**45min**

SCR 1,390

**Zeolite Mask Add-On 15min**

SCR 300

# Facials

## *Signature Beauty Elixir Facial Massage*

Treat your skin and senses to a heavenly and restorative facial massage focusing on the Marma points (facial Acupressure points) to release stress, facial tension and energy blockages in the meridians in combination with Eden Holistic Spa's own signature Beauty Elixirs; carefully blended natural healing oils to sooth and rejuvenate your skin.

**45min**

SCR 1,590



# Body Scrubs

## ***Himalayan Pink Salt Scrub***

***with Local Organic Coconut Oil, Oudh and Amber Rose Essential Oil***

Envelope your skin in our locally sourced coconut oil whilst our Himalayan pink salt scrub, infused with the elegant scents of Oudh and Amber Rose, cleanses, stimulates and rejuvenates you from top to bottom.

**60min**

SCR 1,990

## ***Himalayan Pink Salt Scrub***

***with Local Organic Coconut Oil, Ylang Ylang & Bergamot Essential Oils***

With the uplifting essential oils of Ylang Ylang & Bergamot, this luscious full body scrub is sure to awaken your senses. Not only will your body & mind be revived, but your skin will feel silky smooth & re-mineralized due to the therapeutic properties of Himalayan pink salt & the high quality of organic coconut oil used.

**60min**

SCR 1,990



# Body Scrubs

## ***Highland Coffee Scrub***

***with Cold Pressed Coconut Oil & Royal Rose Essential Oil***

Coffee is rich in antioxidants making it a perfect ingredient in our body scrub. It contains caffeine which draws out excess moisture from your skin, causing it to look and feel smoother & firmer. In this scrub, coffee acts as a mild exfoliant, removing dead skin cells and exposing fresh, soft skin. With the addition of coconut oil, it's incredibly moisturizing and filled with vitamins & minerals, which it locks securely into your skin. A scrub to surely be experienced.

**60min**

SCR 1,990

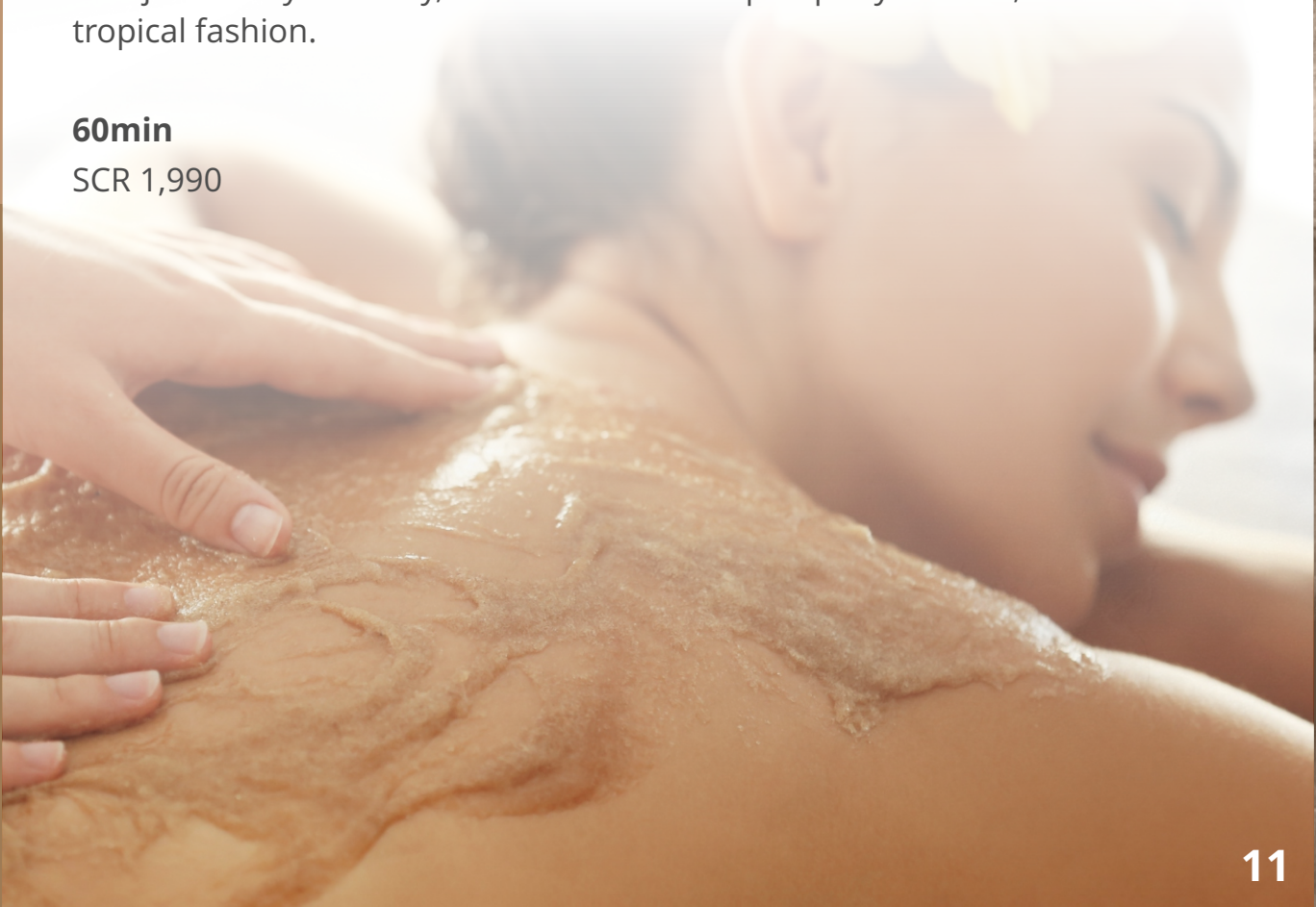
## ***Tropical Coconut Scrub***

***with Locally Grated Coconut, Ground Cinnamon, Vanilla & Lavender Essential Oils***

Envelope your skin with the nourishing blend of our tropical infused scrub full of regenerative properties while soothing your senses. The perfect way to rejuvenate your body, calm the mind and pamper your skin, in true tropical fashion.

**60min**

SCR 1,990



# Body Wraps

## *Detoxifying Zeolite Volcanic Clay Wrap with Regulat Essence*

This healing body wrap balances the body through homeostasis, drawing out toxins from the tissues and cells and revitalizing the lymphatic system & skin, while supplying rich & vital minerals. The Regulat will also influence the skin's cell repair mechanisms, doing wonders for your skin, internally & externally. The Zeolite clay may draw out a lot of toxins including heavy metals, so please ensure to drink plenty of water and to avoid processed food until the next morning if possible, in order for your body to properly expel the drawn-out toxins.

**45min**

SCR 1,590

## *Fresh Banana Leaf Body Cocoon with Liquid Enzymes & Aloe Vera*

A nutrient rich pamper session for your skin. Freshly sourced banana leaves, active liquid enzymes and Aloe Vera gel combined to create a very cooling, healing and anti-inflammatory effect. While your body is being replenished & cocooned in banana leaves, enjoy a head & scalp massage for your total relaxation. ***Please book 24 hours in advance***

**60min**

SCR 2,390

## *Aloe Vera Sunburn Rescue Wrap*

For those who love the sun a bit too much ;) Soothe your sunburnt skin with the cooling & anti-inflammatory properties of Aloe Vera after giving your skin the self-healing kick start it needs with the active liquid enzymes of Regulat Bio Skin Repair.

**45min**

SCR 1,790

# Hands & Feet

## *Manicures*

### Deluxe Manicure including Mask

90min SCR 1,590

### Full Manicure

60min SCR 1,190

### Express Manicure

30min SCR 590

### Simple Polish Change

20min SCR 390

## *Pedicures*

### Deluxe Pedicure

90min SCR 1,590

### Full Manicure

60min SCR 1,190

### Express Manicure

30min SCR 590

### Simple Polish Change

20min SCR 390

# Hands & Feet

## *Hands & Feet Add-Ons*

### **Evo Gel**

**15min** SCR 300

### **Evo Gel Removal**

**20min** SCR 300

### **French Tip**

**20min** SCR 190

### **Gel Removal Per Finger**

**10min** SCR 50

### **Nail Repair**

**15min** SCR 200

### **Evo Gel Removal Per Finger**

**05min** SCR 40

### **Nail Art Painting Per Finger**

**05min** SCR 30

### **Acrylics/Extensions/Hard Gel Removal**

**45min** SCR 300

### **Gel Removal**

**35min** SCR 400

### **Hand and Arm Massage**

**15min** SCR 390

### **Foot and Leg Massage**

**15min** SCR 390

### **Foot File**

**15min** SCR 300

### **Rhinestone Nail Art (Up to 10 gems)**

**10min** SCR 60

### **Nail Art Rhinestones (Per Stone)**

SCR 5

### **Nail Art Stickers (Per Stickers)**

SCR 20

## *Combination Treatments*

### **Express Manicure & Pedicure**

**60min** SCR 1,090

### **Full Manicure & Pedicure**

**120min** SCR 1,990



# Women's Hair Removal

## Full Back

30min SCR 600

50min SCR 990

## Full Stomach

20min SCR 400

30min SCR 600

## Upper Leg (thigh)

30min SCR 600

50min SCR 990

## Upper Back

20min SCR 400

30min SCR 600

## Full Leg

60min SCR 990

## Full Arm

40min SCR 800

## Full Face

40min SCR 800

## Navel Line

15min SCR 300

## Shoulders

15min SCR 300

## Neck

15min SCR 300

## Underarm

15min SCR 300

## Nipples

15min SCR 300

## Lower Leg

20min SCR 400

## Lower Back

30min SCR 600

## Chest

20min SCR 400

## Sides of Face

20min SCR 400

## Chin

15min SCR 300

# Men's Hair Removal

## Full Back

30min SCR 600

50min SCR 990

## Lower Leg (Calf)

20min SCR 400

30min SCR 600

## Underarm

15min SCR 300

## Half Arm

20min SCR 400

## Full Stomach

30min SCR 400

50min SCR 600

## Lower Back

15min SCR 300

25min SCR 500

## Navel Line

15min SCR 300

## Upper Leg (thigh)

30min SCR 600

50min SCR 990

## Chest

20min SCR 400

40min SCR 800

## Shoulders

15min SCR 300

## Upper Back

15min SCR 300

25min SCR 500

## Full Arm

30min SCR 600

40min SCR 800

## Full Leg

60min SCR 990

## Neck

15min SCR 300



# Hammam Rituals

## ***Moroccan Bath***

With Black Soap

**60min**

SCR 1,990

## ***Moroccan Bath Cleansing Ritual***

With Black Soap & Rhassoul Clay

**90min**

SCR 2,790

## ***Royal Moroccan Bath Signature Ritual***

With Black Soap, Rhassoul Clay & 60min balancing massage

**150min**

SCR 4,290

# Lagoon

## *Lagoon Experience*

Full private use of the lagoon area including Sauna, Steam room, Experience Shower and relaxing loungers.

**60min**

SCR 990

**90min**

SCR 1,390

## *Lagoon Experience Half Day*

Full private use of the lagoon area including Sauna, Steam room, Experience Shower and relaxing loungers. Choice of **60 minutes** or **90 minutes** + Extra **120 minutes** of Pool, Jacuzzi, relaxing lounge use and complimentary healthy refreshments.

*For 2 or more people and group bookings please ask our receptionist for details & pricing*

**3hrs**

SCR 1,290

**3hrs 30min**

SCR 1,690

# Packages

## *Customized Half Day Packages*

Incl. complementary fruit platters and refreshments.

Please speak to our Receptionist or Spa Therapists to choose your personalized treatment package.

**Price depends on treatments chosen**

- 1. Lagoon, Pool, Massage, Body Wrap**
- 2. Lagoon, Facial, Massage or Body Treatment**
- 3. Royal Moroccan Bath Ritual, Facial**
- 4. Detox Ritual: Lagoon, Himalayan Salt Scrub, Zeolite Clay Body Wrap, Lymphatic Massage**

## *Customized Full Day Package*

Includes complementary fresh fruit platter/smoothie and a healthy salad/snack.

Please speak to our Receptionist or Spa Therapists to choose your personalized treatment package.

**Price depends on treatments chosen**

- 1. Lagoon, Pool, Massage, Body Wrap, Manicure/Pedicure**
- 2. Lagoon, Facial, Massage, Body Treatment**
- 3. Royal Moroccan Bath Ritual, Facial, Manicure/Pedicure**

