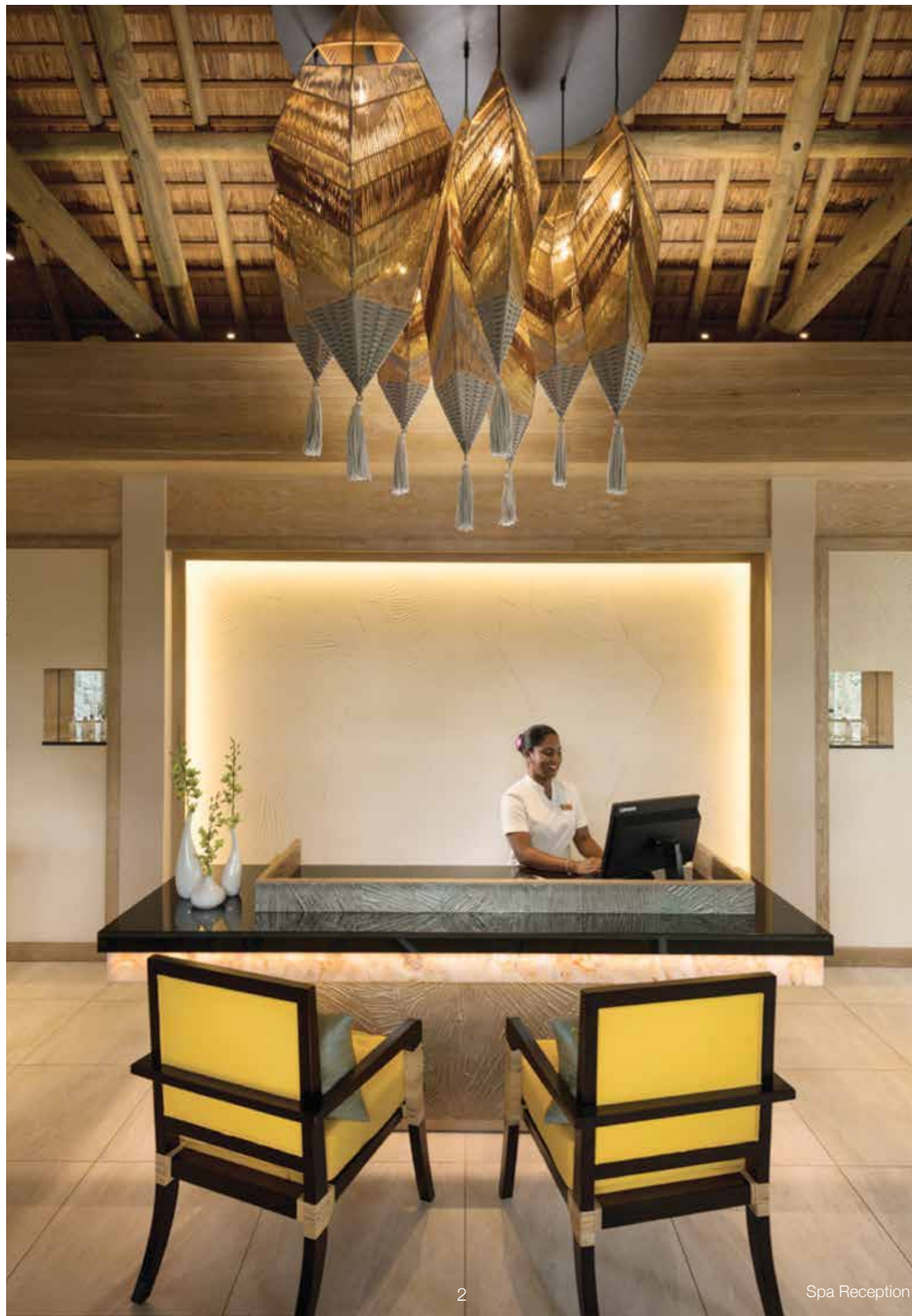


REVITALIZE IN THE TRANQUIL SURROUNDINGS  
OF ANANTARA IKO MAURITIUS.



ANANTARA SPA AT ANANTARA IKO MAURITIUS RESORT & VILLAS  
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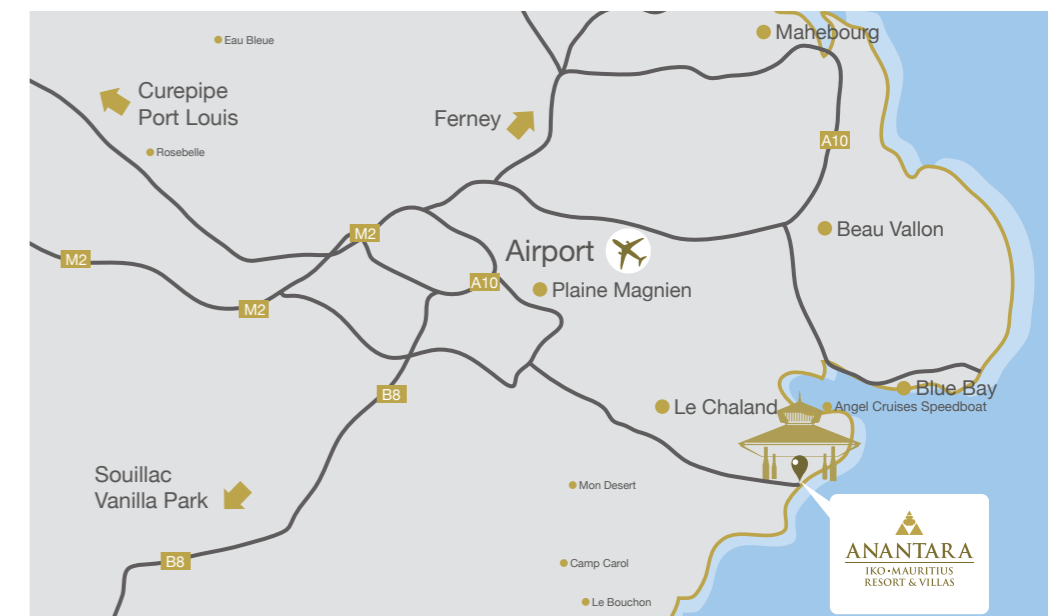
## REVITALISE IN THE TRANQUIL SURROUNDINGS OF ANANTARA IKO MAURITIUS

Rooted in Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Thai origins, Anantara Spa offers a selection of timeless revitalising spa experiences in the tranquil surroundings of the resort.

Let your cares slip away and lose yourself in the perfect fusion of the essence of Thailand blended with traditional local Mauritian influencers, in the heart of the South of the island.

Anantara's dedication to time-honoured, natural health benefits will take you on a path of rejuvenating wellbeing for body, mind and soul. At Anantara Spa, the greatest journeys are felt, not told...

Opening hours: 8.30 am – 8.30 pm



## INDIGENOUS TREATMENTS

Carefully crafted to bring you a luxurious choice of extended experiences, these special journeys are designed to help you escape the limits of space and time. Indulge in unique indigenous therapies and exclusive rituals, all created with your supreme wellbeing in mind.

### LACAMBUSE FUSION MASSAGE (100 minutes)

Retreat to Anantara Spa and let our therapist's expert hands gently exfoliate the full body with Tamarin Salt and spices, leaving the skin radiant and soft. Let go of all tension with a 60-minute signature Mauritian Fusion Massage, a combination of hot stone, heated sand and herbs poultice that will provide intense relaxation.

### COCONUT OR VANILLA OR YLANG YLANG MASSAGE SCRUB (60 minutes)

Reveal soft, glowing skin with an exfoliating coconut scrub using vanilla or ylang ylang in a creamy moisturising scrub based on fair trade, cold-pressed virgin oil from an organic farm.

### TAMARIN SALT / SPICES SCRUB (30 minutes)

Indulge yourself in a cocooning Tamarin Salt scrub, to buff away all impurities.

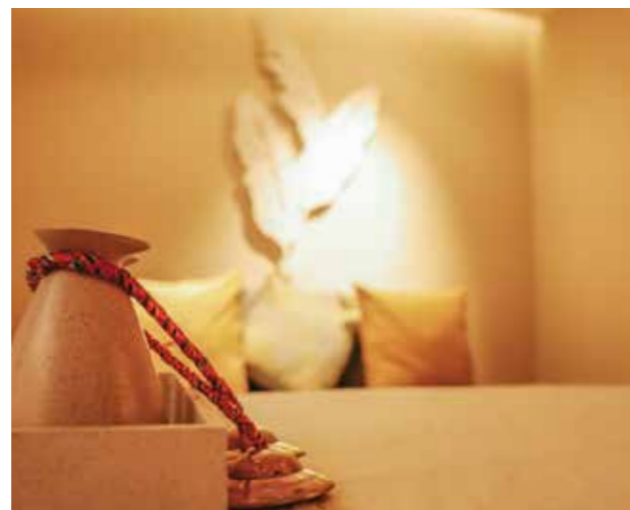


## COUPLES QUALITY TIME

### COUPLES HAMMAM TIME (60 minutes)

Share sensual pampering in our Traditional hammam. Revel in a private ritual for two, carried out in Turkish style. Feel renewed together after this special treatment.

Foot Ritual • Hammam • Black Soap Body Scrub • Massage (30 minutes) • Refreshment served in Dry Pavilion (tea or fresh juice)



### JUST THE TWO OF US (90 minutes)

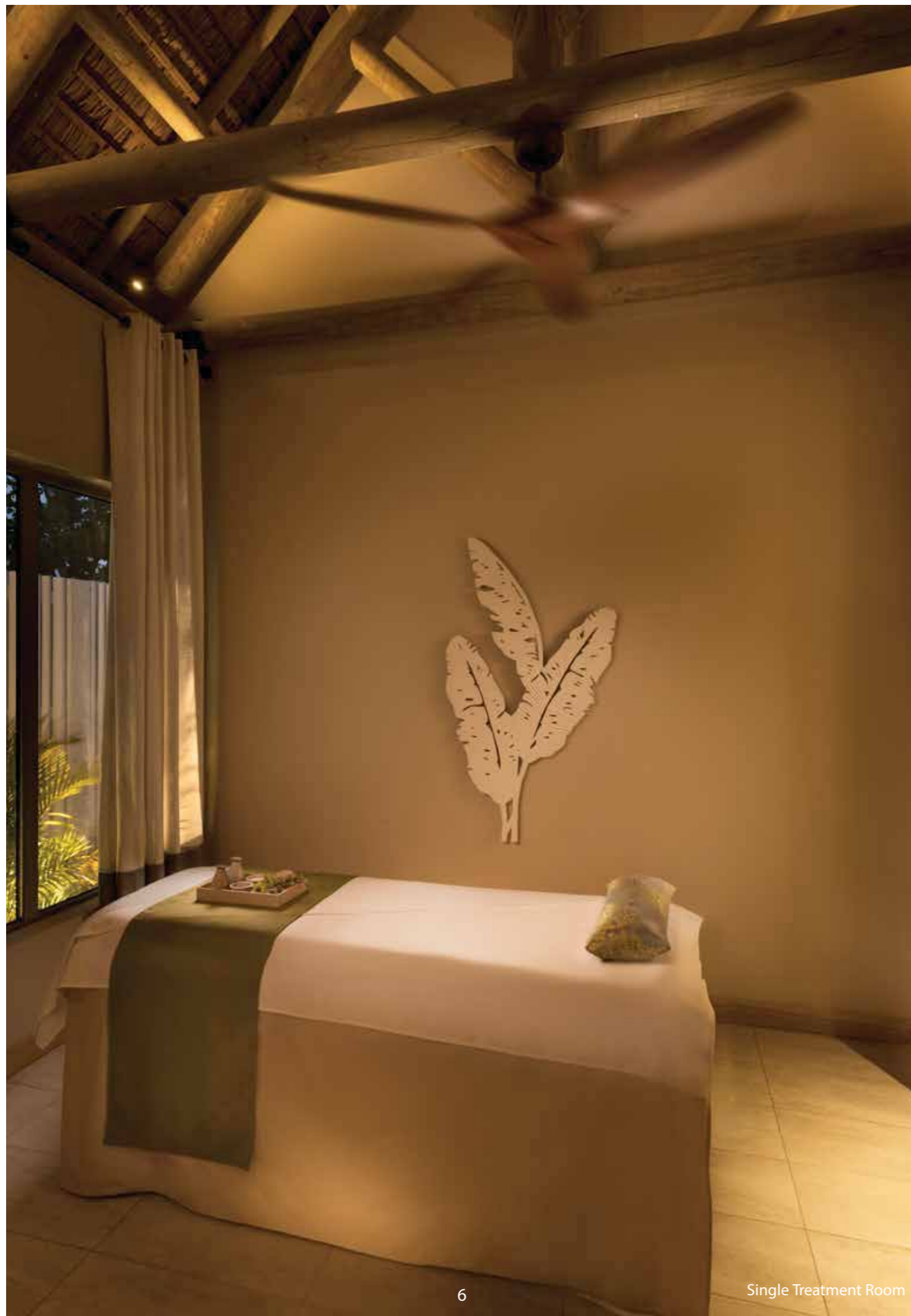
Step into an enchanting retreat especially created for you two, surrounded by candlelight. Your journey will include a choice of an express facial or body exfoliation, followed by a couple's full body massage.

Foot Ritual • Treatment • Bath • Refreshment served in Treatment Room (tea or fresh juice)

### TROPICAL ESCAPE FOR TWO (90 minutes)

Performed in the soothing surroundings of the Hammam, the gentle heat of the steam and stone softens and prepares the skin for a kasa mitt exfoliation, followed by an authentic foam massage. Enjoy a Mini Facial to smooth out wrinkles and restore radiance along with an enriching hair treatment.





## ANANTARA SIGNATURE MASSAGE

(90 minutes)

Our signature blend of oils, combined with purpose-designed movements, stimulates your circulation and promotes deep relaxation, whilst restoring the flow of energy, or prana, along the meridian lines.

### SWEDISH

(60 minutes)

Five different variations of massage stroke manipulate each part of the body to stimulate the nervous system, improve circulation and flexibility and enhance physical and mental wellbeing.

### LYMPHATIC DRAINAGE

(60 minutes)

This is an ideal treatment for guests with water retention problems. This dry treatment also rejuvenates the skin. The Vodder technique feels like a gentle caress on the body.

### AROMATHERAPY

(60 minutes)

A full body massage with long gentle movements to encourage complete relaxation and restoration of the body. This massage is ideal for promoting a deep sense of calm throughout body and mind.



### DEEP TISSUE

(60 minutes)

Alleviate stress, ease aching muscles and revive the senses with this powerful Elemis-customised massage. Dynamic blends of essential oils are used to target individual needs and reduce specific stressors and muscle tension.

### REFLEXOLOGY

(60 minutes)

Reflexology is based on the belief that each part of the foot corresponds to a specific part of the body. The massage of those reflex zones eliminates accumulated tension throughout the body.

### MOTHER-TO-BE

(60 minutes)

A massage where the therapist uses tried and tested techniques, which are adapted to each stage of pregnancy. The massage helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while easing the mind and uplifting the spirit.

### THAI

(90 minutes)

Enriched throughout 2,500 years of tradition, this oil-less massage helps to rebalance the body's energies using specific compressions and stretching inspired by yoga positions.  
(dry massage on futon, dressed)

### TRADITIONAL BALINESE

(90 minutes)

A full-body, deep-tissue, holistic treatment uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and "qi" (energy) around your body, and evokes a sense of wellbeing, calm and deep relaxation.

### LOMI MAE RESSOURCANT

(90 minutes)

A rejuvenating massage inspired by Hawaiian beauty rituals, practiced mainly with the forearms. These waves of ample and enveloping actions reproduce the comings and goings of the ocean, to relax the body and relieve tension. Cradled by these successive comforting waves, the body and the face are intensely re-energised.

## HAMMAM RITUALS

### HAMMAM BEAU'THE SOYEUSE (50 minutes)

Immerse yourself in the vapours and calming colours of Hammam. This gently relaxes the body in preparation for the traditional Moroccan scrub with black soap. Lie on a magnificent heated table covered with a thick layer of marble, while a rhassoul detox wrap is applied all over the body. Finally, the "Crème Changeante Soyeuse" silky cream is applied to provide the skin with intense nourishment.

### CEREMONIE SERENI'THE (105 minutes)

An anti-aging facial combining the effectiveness of enzymatic peeling, the lifting power of massage with a mask, and the relaxation of a nutri-regenerating massage of the hands and feet. A self-heating body wrap with cranberry then deeply regenerates the skin. In parallel, a deep massage of the scalp allows one to plunge into a deep state of relaxation, while techniques of digito-pressure stimulate the face. Finally, the body is veiled with a silky hydra-firming cream with aromatic notes of vanilla, musk and brown sugar.

### CEREMONIE ROYALE (180 minutes)

This VIP ritual offers a transformative journey for the senses. The vapours of the Hammam gently awaken the spirit. Then the Velve'teabody scrub, performed on a hot marble table, combines the exfoliating properties of bamboo powder and sea salt with the softness of apricot oil, macadamia and shea butter. The escape continues with an ultra-relaxing body massage, alternating kneading and smoothing to relax and release muscle tension.

## BODY TREATMENTS

### SLIMMING MASSAGE (60 minutes)

A detoxifying massage, through stretching and skin rolling, this massage mobilises fat accumulations, enhances the suppleness of the connective tissue and restores the supportive tissue. It also stimulates your circulation.

Pressure: Medium-Hard

### BODY STRATEGIST FIRMING MASK

Cosmetic treatment to improve the tone and the elasticity of the skin: thanks to an antioxidant mask, rich of biological Tamanu Oil and green walnut extracts, it hydrates the skin leaving it soft, silky and compact. Ideal for dry and undernourished skins, also as an after-sun treatment.

### BODY STRATEGIST GROTTA GIUSTI MUD

Unwind into a powerful, customised massage that combines deep rhythmic pressure and a personally prescribed blend of essential oils to alleviate stress, ease aching muscles and target individual needs.

### DETOX LEGERE'THE (75 minutes)

For optimal detox efficiency, this ritual combines Lightweight Detox Massage, Detox Wrap with 3 Teas, along with a relaxing massage of the scalp. The wrap is enriched with slimming green tea, firming white tea, stimulating and protective red tea "Rooibos", toning mint leaves and silky powders of purifying rice and white clay. The body is detoxified, the skin toned and smoothed, providing a feeling of lightness all over.





## FACIALS

### ACTIVE PURENESS

A deep cleansing treatment with a special mask containing Spirulina Algae. It gives a fresh, bright and uniform appearance to the skin. It smooths, improves skin tissue aspect and provides mattifying action.

### REMEDY SOOTHING

This therapy soothes and restores the protective skin barrier through gentle movement. It renews and removes any irritation or redness. Perfect for nourishing and fortifying the skin barrier.

### SUBLIME SKIN DELUXE

This treatment combines the renewing efficacy of the double peel with the innovative firming bi-phasic mask. Particularly recommended for mature skins with visible signs of aging. It softens fine lines and cosmetically redefines the shape and surface of the face.

### SACRED NATURE FACE

Thanks to bio-certified Ecocert™ formulas, rich of Buriti Oil and Buttery Bush Extract, it has an intensive cosmetic antioxidant and protective action of the external skin barrier. This facial provides intensive nourishment, antioxidantizes and revitalises the appearance of skin.



## ADDITIONAL ADD ON | 30 MINUTES

### INDIAN HEAD MASSAGE

A specialised technique used to stimulate the pressure points on the head increasing energy flow and restoring balance. This treatment is great for guests suffering from headaches, sinus problems and stiff shoulders.

### BACK MASSAGE

A scalp, neck and back massage based on Indian acupressure techniques, that helps to release tension. Pressure points are stimulated to break down blockages and release toxins.

Pressure: Medium-Hard

### DETOX BATH

Immerse yourself in a detox bath to purify your body and mind. During the bath, enjoy a detoxifying mask for the scalp. A Vitali'tea is served, a tasty mix of sour green Sencha tea from Japan, that consists of lemon and orange peel, as well as ginger, to help eliminate toxins.

### SERENITY BATH

Plunge into a Serenity bath, feel your body relax as it comes into contact with warm water. A sensual hair treatment is applied to complete this ritual. While relaxing, Sereni'tea is served. The white tea is a sweet aromatic blend released by pieces of pineapple, wild chamomile petals and aromas of peach pear and passionfruit. Take a moment out for a real break.

### EYE ENHANCEMENT

A multi-active rejuvenating treatment to treat the eye area, draining puffiness and improving the appearance of dark circles and fine lines.

## WELLNESS

### AYURVEDIC (90 minutes)

A full body massage with warm oils, which will help you feel better. Ayurvedic massage expels toxins and provides deep relaxation throughout the body. It assists both mentally and physically to remove negative energies and tension.

### ABHYANGA (90 minutes)

The abhyanga massage, literally “oil massage” is one of the oldest practices of Ayurvedic medicine. Originating in northern Indian tradition, Abhyanga has a far deeper effect than simply toning and relaxation for a lasting calmness.

### SHIRODHARA (90 minutes)

An ancient Indian therapy, the shirodhara consists of pouring oil in a slow steady stream onto the forehead, through the scalp and into the hair. It is designed to relieve stress and harmonise the body's energy.

### PINDA (BUNDLE) (90 minutes)

Pinda is a hot poultice made of linen, filled with herbs, then warmed and pressed over the body using massage strokes from head to foot. The heat from the linen in combination with the herbs and oil is great for relieving muscle pain. Pinda also provides relief from neurological, joint and arthritis-related pain.



## KIDS

### TIMAMBO MASSAGE (20 minutes)

Gentle full body massage using yummy Nougatine products. Leave your kids relaxed after their activities.

Age: 3 - 7 years old

### TIKOULOU MASSAGE (30 minutes)

This massage balances your children and encourages flexibility and agility while filling your child with the vitality needed for development.

### JOLI(E) FRIMOUSSE - FACE (30 minutes)

Using natural, kid-friendly products Nougatine, this facial includes honey and chocolate. Enjoy cleansing, soft scrub, facial mask, toning and moisturizing leaving the skin soft.

### SWEET BODY SCRUB (20 minutes)

This scrub uses oatmeal and honey with gentle movements that help exfoliate the skin, leaving it totally soft.

### ANGEL HANDS (15 minutes)

This is a fun spa manicure. Using our yummy collection of strawberry hand and feet products. First, your child's hands or feet are soaked, scrubbed, massaged, masked, and spritzed followed by a nail trim and choice of favourite color.

Age: 5 - 12 years old

### CINDERELLA GLASS SLIPPER (20 minutes)

This sweet-smelling treatment focuses on the feet and includes a foot soak, foot scrub, and foot mask with a choice of vanilla, strawberry, or chocolate fragrance, then a gentle massage will complete the treatment.

Age: 5- 12 years old





## HAIRDRESSING AND MAKEUP

Feel beautifully pampered with the ultimate in manicure and pedicure luxury. Enjoy treatments that offer a ritual of cleansing, exfoliating scrub, nourishing mask, cuticle care, massage and perfect paint finish.

- Shampoo/blow-dry short
- Shampoo/blow-dry medium
- Shampoo/blow-dry long
- Hair treatment scalp and hair length
- Shampoo/ends cut/blow-dry
- Shampoo/child cut/dry
- Make-up trial
- Hair trial
- Special Bridal hair-do
- Make-up and Bridal hair-do

## MANICURE

- Manicure (60 minutes)
- Manicure (90 minutes)
- Semi permanent polish
- Removal of semi-permanent polish

## PEDICURE

- Pedicure (60 minutes)
- Pedicure (90 minutes)

## THREADING OR WAXING

- Eyebrow | Lip | Chin
- Face
- Underarm
- 1/2 Arm
- Full Arm
- 1/2 Leg
- Full Leg
- Bikini
- Full Body





## ETIQUETTE

- Anantara Spa is open daily from 8.30 am to 8.30 pm. To ensure you secure your preferred time we recommend booking in advance. Please call or visit the spa, and one of our spa concierges can assist you.
- You are advised to arrive 15 - 30 minutes prior to your treatment. This will allow for a smooth check in and the opportunity to relax before your treatment. Late arrivals will be subject to reduced treatment times.
- Mobile phones and smoking are not permitted in the spa at any time.
- Should you need to cancel or rebook your Anantara Spa treatment, we require a minimum of five hours' notice to avoid being charged 100% for your treatment. A notice of six hours is requested for spa packages and signature treatments to avoid the cancellation fee.
- When you arrive to Anantara Spa, you will be provided with a robe and slippers, as well as a locker to place your belongings. We recommend you leave all valuables in your room or suite as Anantara Spa does not assume responsibility for lost items.
- If you are pregnant or have any pre-existing conditions or allergies, please consult a doctor before booking any treatments or using the spa facilities. Kindly advise your spa care professional before your treatment commences. This will ensure your safety throughout any treatment.
- We do not tolerate any sexual harassment or aggressive behaviour towards our team members; any form of verbal, physical or sexual harassment will result in legal action.
- Anantara Spa offers a number of internationally respected brands. Your spa care professional will recommend the product range most suited to your specific requirements. Kindly note that products purchased are non-refundable.





## PRICE LIST

### INDIGENOUS TREATMENTS

Lacambuse Fusion Massage	MUR 6,500
Coconut or Vanilla or Ylang Ylang Massage Scrub	MUR 3,800
Tamarin Salt   Spices Scrub	MUR 2,100

### COUPLES QUALITY TIME

Couples Hammam Time	MUR 6,850
Just The Two Of Us	MUR 9,500
Tropical Escape for Two	MUR 15,200

### MASSAGE

Anantara Signature Massage	MUR 5,800
Swedish	MUR 3,800
Lymphatic Drainage	MUR 3,800
Aromatherapy	MUR 3,800
Deep Tissue	MUR 3,800
Reflexology	MUR 3,800
Mother-to-be	MUR 3,800
Thai	MUR 5,500
Traditional Balinese	MUR 5,500
Lomi Mae Ressourcant	MUR 4,800

## HAMMAM RITUALS

Hammam Beau'the Soyeuse	MUR 3,200
Ceremonie Sereni'the	MUR 5,700
Ceremonie Royale	MUR 9,500

## FAMILY SHARING

Buy 3-hour massage package	MUR 10,260
Buy 5-hour massage package	MUR 15,200
Buy 10-hour massage package	MUR 28,500

## BODY TREATMENTS

Slimming Massage	MUR 4,200
Body Strategist Firming Mask	MUR 4,200
Body Strategist Grotta Giusti Mud	MUR 4,200
Detox Leger'the	MUR 5,200

## FACIALS

Active Pureness	MUR 4,000
Remedy Soothing	MUR 4,000
Sublime Skin Deluxe	MUR 4,000
Sacred Nature Face	MUR 4,000

## ADD ON

Indian Head Massage	MUR 2,100
Back Massage	MUR 2,100
Detox Bath	MUR 2,100
Serenity Bath	MUR 2,100
Eye Enhancement	MUR 2,100

## WELLNESS

Ayurvedic	MUR 5,800
Abhyanga	MUR 5,800
Shirodhara	MUR 4,200
Pinda Bundle	MUR 5,800

## KIDS

Timambo Massage	MUR 1,000
Tikoulou Massage	MUR 2,100
Joli(e) Frimousse	MUR 1,500
Sweet Body Scrub	MUR 850
Angel Hands	MUR 600
Cinderella Glass Slipper	MUR 800

## FACIALS

Active Pureness	MUR 4,000
Remedy Soothing	MUR 4,000
Sublime Skin Deluxe	MUR 4,000
Sacred Nature Face	MUR 4,000

## HAIRDRESSING AND MAKEUP

Shampoo/ blow-dry short	MUR 700
Shampoo/ blow-dry medium	MUR 1,200
Shampoo/ blow-dry long	MUR 1,700
Hair treatment scap and hair length	MUR 1,000
Shampoo/ ends cut/ blow-dry	MUR 2,000
Shampoo/ child cut/ dry	MUR 400
Makeup trial	MUR 1,500
Hair trial	MUR 1,500
Special Bridal hair-do	MUR 3,000
Makeup and Bridal hair-do	MUR 5,500

## MANICURE

Manicure (60-min)	MUR 2,000
Manicure (90-min)	MUR 2,700
Semi permanent polish	MUR 1,000
Removal of semi-permanent polish	MUR 1,000

## PEDICURE

Pedicure (60-min)	MUR 2,500
Pedicure (90-min)	MUR 3,200

## THREADING OR WAXING

Eyebrow   lip   chin	MUR 400
Face	MUR 550
Underarm	MUR 500
½ Arm	MUR 800
Full Arm	MUR 1,200
½ Leg	MUR 1,200
Full Leg	MUR 1,800
Bikini	MUR 700
Integral	MUR 1,200

