



I Spa Menu





Keep on relaxing!

Exclusively designed by I Spa for your wellbeing, all our massages are performed with 100% natural blended essential oils.

Massage

Signature Massage	Min	Rs	I Spa Signature Rituals	Min	Rs
Hot Oil Massage	75 min	2,300	Herbal Pinda Massage	90 min	2,990
Honey & Coconut Oil Rejuvenating Massage	75 min	2,300	Thai Massage	90 min	2,800
Warm Cocoa Butter Relieving Massage	75 min	2,300	Candle Massage		
			<i>Single</i>	60 min	2,500
			<i>Couple</i>	60 min	4,400
			Hot Stone Massage	60 min	2,900
			De-Stressing Foot Reflexology	60 min	1,900
			Slimming Massage	60 min	2,500
Aromatherapeutic Massage	60 min	75 min			
Relax & Relieve Massage	1,900	2,200	Massage on focus area	30 min	
Revitalise Massage	2,000	2,400	So Relieved Back Massage		1,400
Detox Massage	2,000	2,400	So Disconnected Head & Shoulders		1,400
Sport Massage	2,200	2,500	So Light Legs & Feet		1,400

Packages

	Min	Rs
I feel jet lagged	75 min	2,100

Light Leg Treatment
Back Massage
Face Refresher

Cocooning & pampering	120 min	3,800
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Body Scrub
Back Massage
Booster Facial
Head Massage

Couple on date	90 min	5,000
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Cocoa Butter Scrub
Cocoa Butter Massage
Face Refresher

	Min	Rs
Detox Retreat	2h30	4,000

Detox Body Scrub
Detox Body Wrap
Detox Massage

Add on...

15 mins

Face Refresher, Head Massage,
Foot Massage, Cupping 450

Upgrade any massage 300
Hot Stone, Candle Massage

Mauritian care

All our Mauritian treatments are performed with 100% natural ingredients, copied from our ancestors and their techniques to enhance the wellbeing.

	Min	Rs
Mauritian Body Scrub	45 min	1,100

A selective of spices to exfoliate and enhance the beauty of body.

Mauritian Massage	60 min	2,300
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Our traditional Mauritian massage is a deep tissue workout accompany with hot pouches to give the muscles a quick boost up.

Safran Facial	60 min	1,800
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Safran well known to bring fairness, adapted to all types of skin and help to brighten your complexion.

Coco Head Massage	30 min	1,100
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Our ancestors used to do weekly head massage to relax the scalp and eyes, active blood circulations, as result it promotes hair growth and in restoring our inner peace.



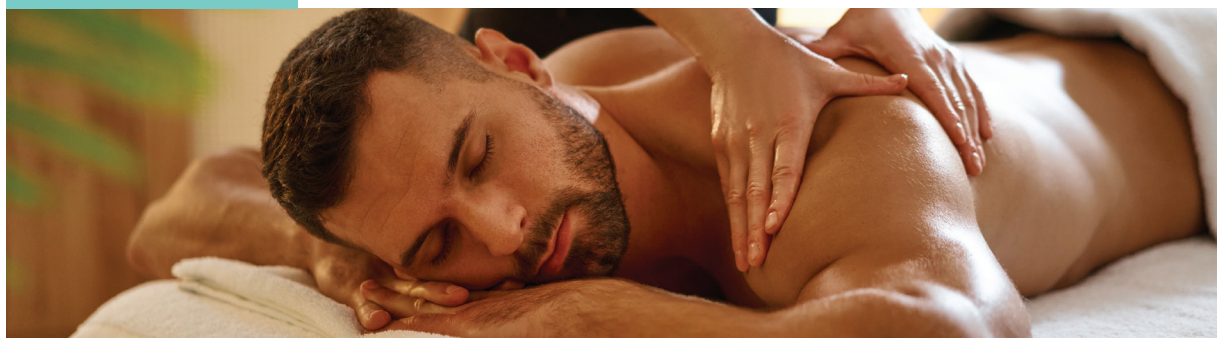
Well-being by Indika



With 100% local Indika essential oils, grown in the heart of the lush Ferney Valley, harvested and distilled in Mauritius, our therapists select essential oils, from bergamot, ylang ylang, rosemary to coconut oil among others, adapted for your massages and body treatments.

Indika Spa Treatment	Min	Rs
Restorative Relaxing Massage	60 min	1,950
Swedish Restorative Massage	60 min	2,000
	75 min	2,400
Aroma Pedicure (nail polish not included)	45 min	700
Mother to be massage	60 min	2,400
Tailor Made Massage	90 min	2,900

MEN & TEENS CARE



Men Special

	Min	Rs
Men Treat	90 min	2,800
Deep Back and Neck Massage		
Revitalizing Men's Facial		
Mens Pedicure or Mens Manicure		
Facial		
Men Booster facial	30 min	1,700
Men Facial	60 min	2,990
Hand & Feet		
Complete Pedicure	45 min	900
Complete Manicure	45 min	800

	Min	Rs
Waxing		
Back	30 min	900
Chest	30 min	500
Chest and belly	45 min	700
Arm	30 min	850
Full Legs	20 min	850
Half Legs	15 min	400
Ears	15 min	300
Nose	10 min	300
Eye Brow's	15 min	300

Teen Spalicious

With 100% natural products and gentle care, teens can enjoy some spa time and relax.

	Min	Rs
Purifying Facial - Special acne from 13 years - 17 years	45 min	1,500

Purifying facial - Deep cleansing facial (suitable for different skin types & acne)

	Min	Rs
Back Treatment - Special acne	60 min	3,500

Back treatment - Deep back with Scrub and Mask (suitable for teenagers with back acne)

Mademoiselle Waxing from 13 years - 17 years

Under arm, upper lip, chin or bikini line	15 min	300
Legs	25 min	600
Arm	20 min	500

	Min	Rs
Mummy and Me	60 min	3,500

Gentle pressure massage for the child and a relaxing massage for Mum followed by a 20 minute facial



	Min	Rs
Calm and unwind massage	45 min	1,600

Spoil the body and mind of young soul, long strokes on the tender body indulge in the aroma to ease the muscles and enjoy the journey.

	Min	Rs
Delicate Facial	30 min	1,500

Get ready for glowing skin with gentle movements for cleansing, mild scrub, a relaxing massage and hydrations.

Nails

Manicure	Min	Rs
Express Manicure	30 min	500
Full Manicure	60 min	900
Pedicure		
Express Pedicure	30 min	500
Full Pedicure	60 min	1,000
Summer Heel treatment	45 min	1,200
Gel Specialist		
Semi-Permanent Gel Application	45 min	900
Semi-Permanent Gel Application + Nail Grooming	60 min	1,100
Nail extension + Gel Application	120 min	2,300
American Nail Tips and Gel Polish	75 min	1,700
Gel Application Hands and Feet	90 min	1,500
Removal of Gel	20 min	200
Removal of gel +Nail grooming	30 min	450
Refill		800
Gel Extension		

Manicure & Semi-Permanent	Min	Rs
Manicure & Semi-Permanent Application	90 min	1,500
Pedicure + Semi-Permanent		
Pedicure & Semi-Permanent Application	90 min	1,500
Glamorous Manicure	75 min	1,200
Glamorous Pedicure	75 min	1,200
Nail Design		
Nail Design		250
Nail Art	as from	25

Add-on's, shimmer, chrome & nail decor as from Rs 50

Be flawless!

Enjoy a revitalizing and beautifying experience that will make you feel like a new person.

Beauty & Grooming

Eyebrow & Lash Bar	Min	Rs
Eyelashes tint	20 min	500
Eyebrows tint	20 min	500
Eyelash Lamination and Tinting	45 min	1,700
Eyebrow Lamination and Tinting	60 min	1,800
Waxing		
Full Face	20 min	700
Full Arm	30 min	700



	Min	Rs
Full Leg	40 min	850
Under Arms	20 min	500
Half arm or belly or upper back	20 min	500
Half leg	20 min	650
Bikini Line	20 min	600
Brazilian		
Style Bikini	30 min	900
Eyebrow's or upper lips or chin	10 min	300

Facial *by Germaine de Capuccini*

Facial Therapies	Min	Rs
Facial Booster	45 min	1,700
Customs Facial	60 min	2,200

(skin consultation included - tailor made to all skin type)

The Specialists

Royal Jelly preventing anti-aging	75 min	2,800
Hydraluronic anti-aging	75 min	2,990

Anti-aging Expert Rides

Time Expert Anti Rides	90 min	3,990
Time Expert Radiance C+ Facial	75 min	3,800
Facial Therapy Mesoboost	75 min	3,990

Body Exfoliation	Min	Rs
Coco Scrub	45 min	1,100
Black Soap Scrub	45 min	1,100
Cocoa Butter Body Scrub	45 min	1,100

Body Exfoliation and Wrap

Vit C Scrub and Wrap <i>by Germaine de Capuccini</i>	60 min	2,200
Body Scrub and Flat Belly Wrap Care	60 min	2,200



I Spa Starter Kit

	Non-Member Rs	Member Rs
<i>The I Spa starter is designed to help you jumpstart your fitness journey with us. It consists of personalised coaching sessions, post workout stretching, body composition, one complementary massage. This all-round program will be the kickstart that you need to step into your new lifestyle.</i>	6,500	4,500

The schedule:

- Prior & Post Fitness review / Body composition
- Nutrition tips
- One month program with 3 sessions of 45 mins per week
- 1 massage of 45 mins

Personal Training Packages

	Non-Member Rs	Member Rs
<i>Achieve your fitness goals with personalised coaching and 10 sessions of tailored training. Track your progress and see the results with our expert guidance.</i>	7,500	5,500

The schedule:

- One month program with 3 sessions of 45 mins per week with a coach
- Goal assessment
- Weekly review and measurement

Short On Time Program

	Non-Member Rs	Member Rs
<i>Are you limited on time and want to hit the gym? We have the solution! 45 min is just enough for this focused workout plan tailored to your desired end goal.</i>	6,000	4,000

The schedule:

- One month program with 3 personal training sessions of 45 min per week with a coach
- Goal assessment
- Weekly review and measurement

Unlimited Personal training

	Non-Member Rs	Member Rs
<i>Make the most out of your schedule and benefit from the unlimited personal training sessions jam-packed with value added extras such as body composition, nutrition strategies, lifestyle review and recovery sessions.</i>	9,500	7,500

The schedule:

- Body composition
- Fitness review
- One month program with 5 personal training sessions of 45 mins per week
- Post fitness review

Rehab & Corrective Program

	Non-Member Rs	Member Rs
<i>The goal of this program is to assist in restoring of functions to the greatest degree for post injuries, post surgeries, strengthening of weak areas or to alleviate stress and pain throughout the body. 6 sessions per month followed by home training recommendations.</i>	7,000	5,000

Includes:

- Body fitness review
- One month program with 2 sessions of 45 mins per week

Post Pregnancy

	Non-Member Rs	Member Rs
<i>This program is aimed to help women improve their self-confidence and love for their body after pregnancy and birth. This flexible program contains 15 sessions of short workouts that take 30 minutes and focus on rebuilding foundational core and pelvic strength before progressing to larger, more complex movements.</i>	9,000	7,000

The schedule:

- Two months program with 3 sessions of 30 min per week
- Post pregnancy being a specialised training session with a specialised coach

Sport activities

Let us accompany you in your journey.
It's all about your healthy lifestyle.



Squash at le Suffren (60 mins)	Non-Member Rs	Member Rs
Squash	600/h	400/h
Racket rental & Ball	100/h	100/h
Squash Initiation assisted by a coach	700/h	500/h
Squash with sparing partner <i>(Depending on availability)</i>	800/h	600/h

Squash Personal Training

Squash Personal Training Session <i>(One session of 45 mins)</i>	500	400
Squash Initiation	700	500

Volley-ball at The Address

<i>(Price for the court for one hour)</i>	300	300
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Tennis at The Address

7h00 - 18h00	300	150
18h00 - 21h00	400	350
<i>(Price for the court for an hour)</i>		
Private lesson	1,500	1,200
Tennis partner	1,000	1,000
Combo 10 sessions	13,000	10,400

Bocci Ball at The Address

	Non-Member Rs	Member Rs
<i>(Price for the court for one hour)</i>	300	300

Group classes

	Non-Member Rs	Member Rs
Package of 4 classes	1,500/p	-
Group classes includes access to facilities (per session)	500/p	-

Day pass *(Includes 1 towel)*

Between 10h00 - 18h00	600/p	
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September 2023



(230) 202 4930 | reservations@ispaclub.com | ispaclub.com
Le Suffren Hotel & Marina, Port Louis | Hennessy Park Hotel, Ebene | The Address Boutique Hotel, Port Chambly



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