



**H Holiday Inn**

AN IHG HOTEL

MAURITIUS - MON TRÉSOR



## Inner Bliss Wellness Spa

“THE ART OF SCIENCE AND WELLBEING” WE DEAL WITH PEOPLE NOT ONLY WITH THEIR SKIN, OUR PURPOSE IS TO BRING OUR CLIENTS ON A UNIQUE PATHWAY OF TRANQUILITY OF MIND, BODY AND SOUL...SOUL IS WHAT MAKES OUR OFFER UNIQUE.

# Spa Menu

<b>SERVICE</b>	<b>DURATION[Mins]</b>	<b>PRICE[MUR]*</b>
<i>Signature Bliss Massage</i>	<b>75/90</b>	<b>3420/ 3880</b>
<i>Traditional Balinese Massage</i>	<b>75/ 90</b>	<b>3105/ 3570</b>
<i>Deep Tissue Massage</i>	<b>75/ 90</b>	<b>3420/ 3880</b>
<i>Traditional Thai Massage</i>	<b>75/ 90</b>	<b>3105/ 3570</b>
<i>Indian Head Massage</i>	<b>60</b>	<b>2800</b>
<i>De-Stress Therapy</i>	<b>60</b>	<b>2800</b>
<i>Foot Reflexology</i>	<b>75/ 90</b>	<b>3105/ 3570</b>
<i>Pre-Natal Massage</i>	<b>75/ 90</b>	<b>3105/ 3570</b>
<i>Natural Holistic Facials</i>	<b>75/ 90</b>	<b>3105/ 3570</b>
<i>Thalgo purifying &amp; Regenerative Facial</i>	<b>75/ 90</b>	<b>3105/ 3570</b>
<i>Bliss Package</i>	<b>2h30m</b>	<b>6680</b>
<i>Natural Body Scrub</i>	<b>45/ 60</b>	<b>2330/ 3105</b>
<i>Four Hands Synchronized Massage</i>	<b>75/ 90</b>	<b>6210/ 7140</b>
<i>Private Yoga &amp; Meditation Session</i>	<b>60</b>	<b>2640</b>



**\*All prices are in Mauritian Rupees (MUR) and inclusive of VAT**



## *Signature Fusion Massage*

THIS PERSONALIZED TREATMENT COMBINES VARIOUS TECHNIQUES TO TARGET SPECIFIC AREAS OF CONCERN, INCORPORATING THE USE OF HERBAL HOT POULTICES TO PROVIDE A SOOTHING AND THERAPEUTIC EXPERIENCE. THE WARM POULTICE RELIEVES MUSCLE TENSION AND SORENESS BY RELEASING HEAT AND HERBAL OILS ONTO THE SKIN, INCREASING BLOOD FLOW, REDUCING INFLAMMATION, AND PROMOTING HEALING.

## *Traditional Balinese Massage*

BALINESE MASSAGE IS A HOLISTIC, FULL-BODY TREATMENT THAT COMBINES GENTLE STRETCHES, ACUPRESSURE, REFLEXOLOGY, AND AROMATHERAPY TO PROMOTE DEEP RELAXATION, STIMULATE BLOOD FLOW, AND BALANCE ENERGY. IT INCLUDES TECHNIQUES SUCH AS SKIN ROLLING, KNEADING, AND PRESSURE-POINT STIMULATION WITH ESSENTIAL OILS.



## *Deep Tissue Massage*

A THERAPEUTIC TECHNIQUE TARGETING DEEPER MUSCLE LAYERS TO ALLEVIATE CHRONIC PAIN AND PROMOTE RECOVERY. USING SLOW STROKES AND SUSTAINED PRESSURE, IT RELEASES TENSION ESPECIALLY IN THE NECK AND BACK, PROVIDING RELIEF FROM CHRONIC PAIN.

## *Traditional Thai Massage*

A UNIQUE MODALITY COMBINING ACUPRESSURE, STRETCHING, AND DEEP TISSUE MASSAGE TO STIMULATE ENERGY FLOW. PERFORMED USING HANDS, FINGERS, ELBOWS, KNEES, AND FEET, IT IMPROVES CIRCULATION, FLEXIBILITY, AND MENTAL CLARITY WHILE REDUCING STRESS.

## *Indian Head Massage*

BASED ON AYURVEDIC PRINCIPLES, THIS MASSAGE CLEARS BLOCKAGES IN ENERGY CHANNELS (MERIDIANS) THAT CAUSE STRESS AND TENSION, PROMOTING OVERALL WELL-BEING AND RELAXATION.



## De-Stress Therapy

THIS THERAPY STIMULATES THE VAGUS NERVE TO PROMOTE CALMNESS, REDUCE ANXIETY, AND ENHANCE EMOTIONAL RESILIENCE. IT SUPPORTS EMOTIONAL REGULATION AND STRESS RESPONSE BY INFLUENCING BRAIN-ORGAN COMMUNICATION.

## Foot Reflexology

REFLEXOLOGY IS A SCIENCE BASED ON THE PRINCIPLE THAT THERE ARE REFLEX AREAS IN THE HANDS AND FEET WHICH CORRESPOND TO ALL THE GLANDS, ORGANS AND PARTS OF THE BODY. IT FACILITATES HEALING, IMPROVES CIRCULATION, PROMOTES DEEP RELAXATION, AND RELEASES TENSION FROM THE BODY. REFLEXOLOGY AIMS TO REMOVE ANY BLOCKAGES AND ALLOW ENERGY TO FLOW FREELY THROUGH THE WHOLE BODY UNTIL A STATE OF BALANCE, KNOWN AS HOMEOSTASIS, IS ACHIEVED.



## *Pre-Natal Massage*

A NURTURING MASSAGE THAT PROVIDES COMFORT THROUGHOUT PREGNANCY USING ORGANIC AROMATHERAPY OILS AND SUPPORT PILLOWS TO HELP EXPECTANT MOTHERS RELAX AND CARE FOR BOTH THEMSELVES AND THEIR BABY.

## *Natural Holistic Facial*

A PERSONALIZED FACIAL USING CERTIFIED ORGANIC PRODUCTS TAILORED TO UNIQUE SKIN NEEDS. COMBINES ANCIENT MASSAGE TECHNIQUES TO STIMULATE MICROCIRCULATION AND RESTORE SKIN BALANCE FOR A RADIANT COMPLEXION.

## *Thalgo Purifying & Regenerative Facial*

UTILIZES MARINE EXTRACTS AND ANTI-AGING INGREDIENTS TO IMPROVE SKIN ELASTICITY AND REDUCE FINE LINES. BRIGHTENS THE COMPLEXION BY BOOSTING CIRCULATION AND FLUSHING OUT TOXINS.



## Bliss Package

INDULGE IN PURE RELAXATION WITH OUR BLISS PACKAGE, A LUXURIOUS 2.5-HOUR EXPERIENCE DESIGNED TO REJUVENATE YOUR BODY AND REFRESH YOUR SPIRIT. THIS PACKAGE INCLUDES:

- 60 MINUTES OF YOUR CHOICE OF FACIAL TREATMENT
- 60 MINUTES OF YOUR CHOICE OF MASSAGE THERAPY
- 30 MINUTES OF A FULL BODY NATURAL SCRUB

PERFECT FOR THOSE SEEKING HEAD-TO-TOE RENEWAL.

## Natural Body Scrub

INDULGE IN THE NOURISHING BENEFITS OF A NATURAL BODY SCRUB, INFUSED WITH SEASONAL FRAGRANCES AND SOOTHING CARRIER OILS, TO EXFOLIATE AND REJUVENATE YOUR SKIN. FROM SALT, COCONUT TO COFFEE, EACH SCRUB IS DESIGNED TO GENTLY REMOVE DRY AND FLAKY SKIN, SMOOTH OUT IMPERFECTIONS, AND LEAVE YOUR SKIN FEELING SOFT, SUPPLE, FULLY HYDRATED AND READY FOR A BEAUTIFUL TAN. THE SCRUB ENDS WITH A LOVELY APPLICATION FOR FULLY BODY MOISTURIZER.



## *Four Hand synchronized Massage*

INDULGE IN THE LUXURIOUS AND REJUVENATING EXPERIENCE OF A FOUR-HANDS MASSAGE, WHERE TWO SKILLED THERAPISTS WORK TOGETHER IN PERFECT HARMONY TO MELT AWAY TENSION AND STRESS, LEAVING YOU FEELING SUBLIME, RELAXED, AND REVITALIZED.

OUR FOUR-HANDS MASSAGE IS A TRANSFORMATIVE EXPERIENCE THAT COMBINES THE GENTLE WARMTH OF OIL WITH THE SYNCHRONIZED STROKES OF TWO EXPERT THERAPISTS, HARMONIZING THE BODY'S ENERGY AND RELEASING TENSION TO REVITALIZE THE BODY AND SOUL, LEAVING YOU FEELING BALANCED, RELAXED, AND REJUVENATED.

