

sens

SPA



OUR TREATMENT

PHILOSOPHY

IS

inspired

BY THE

healing properties

of nature



An Oasis of Calm

inspired by the elements

At Sens Spa our treatment menu is inspired by our coastal location:
we believe in the powerful healing properties of natural ingredients and celebrate the abundance of exotic aromas that bloom within reach of the Indian Ocean.

OUR PRODUCTS
are pure, local, natural, chemical-free, environmentally-friendly and completely handmade.

OUR PHILOSPOHY
is to fully engage our guests' sense of Seychelles - beyond the aesthetic - by introducing the aromas, sensations and nurturing properties unique to our island home.

NOURISHING • TROPICAL • ARTISANAL

Island Therapy

Original products blended exclusively for Sens Spa



WORKING CLOSELY WITH LOCAL SUPPLIERS AND ARTISANS, A UNIQUE BLEND OF ISLAND-INSPIRED OILS AND AROMAS HAS BEEN CREATED EXCLUSIVELY FOR SENS SPA.

SIGNATURE MASSAGES

- Cold Pressed Coconut & Sweet Almond Oils -

Each of our signature massages is accented with a unique blend of essential oils and island-sourced, cold-pressed coconut and sweet almond oil. Choose your massage experience from the selection below:

RELAXATION
Best for well-being and serenity, this treatment calms and balances the nervous system whilst moderating stress and anxiety.
30 MINUTES | **SCR 1,200**
60 MINUTES | **SCR 1,925**
90 MINUTES | **SCR 3,000**

INDULGENCE
Pamper yourself with the indulgent properties of Cocoa Balm. The balm helps to soften the skin, clear skin impurities and holds moisture.
30 MINUTES | **SCR 1,500**
60 MINUTES | **SCR 2,300**
90 MINUTES | **SCR 3,400**

ISLAND BLISS
This massage, with Hibiscus oil, is ideal for nourishing the skin. This powerful oil has antioxidant properties which assists with skin renewal.
30 MINUTES | **SCR 1,200**
60 MINUTES | **SCR 1,925**
90 MINUTES | **SCR 3,000**

DETOX
This detoxifying treatment stimulates and strengthens the circulatory system, and boosts lymphatic drainage, using lemon, ginger, grapefruit and petitgrain bigarade essential oils.
30 MINUTES | **SCR 1,200**
60 MINUTES | **SCR 1,925**
90 MINUTES | **SCR 3,000**

MUSCLE RELIEF
A massage to relieve the muscles and inflammatory pain. The blend of lemon, rosemary and peppermint essential oils, works as a powerful anti-inflammatory properties that helps to alleviate muscle pain.
30 MINUTES | **SCR 1,300**
60 MINUTES | **SCR 2,100**
90 MINUTES | **SCR 3,200**

Spa rate is inclusive of tax and service charge

SENSE SPA
SIGNATURES

– Transformative Packages –

Treat yourself to one of our transformative signature treatments. You can choose to have these selected treatments in our spa or in the privacy of your chalet, relaxing your body, mind and spirit.

AFTER SUN TREATMENT

Designed to calm, cool and heal, this treatment will nurture skin back to a glowing state after sun exposure.
For the face, a yoghurt face mask and soothing cucumber slices for the eyes precedes an aloe vera & cucumber face cream, with a nourishing hair oil.
For peeling skin, a light cassava & cucumber body polish gently buffs away any excess skin, followed with an after-sun massage oil.
For heavily burnt skin, a calming and restoring yoghurt wrap will be applied, followed by a healing, gentle massage with aloe vera oils to moisturize and rejuvenate your skin.

120 MINUTES | **SCR 5,400**

SENS SPA SIGNATURE

A complete spa treatment, starting with an exfoliating desiccated coconut scrub. After buffing away any dry and dead skin cells your body is then gently enfolded with a detoxifying seaweed wrap. This nourishing seaweed wrap is followed by a full-body and hair massage, which lasts one hour and promotes blood flow while moisturizing both your skin and hair.

120 MINUTES | **SCR 5,400**

Spa rate is inclusive of tax and service charge

GET THAT ISLAND GLOW

FACIALS&BODY SCRUBS

- Facials that Purify, Tone and Moisturise-

Each facial offers a choice of products suited to your skin's individual needs. Choose from specialised cleaners and scrubs. All facial treatments include a face mask, coconut water facial toner and a face cream.

SOOTHING FACIAL

Mother Nature's answer to hydrate, brighten and reduce the appearance of scars and skin blemishes. Relieve, hydrate and moisturise depleted skin with a coconut cream face cleanser, coconut water toner, Moringa face scrub, coconut cream mask and finish with aloe vera and cucumber face cream.

40 MINUTES | **SCR 1,200**

DETOXING FACIAL

This gentle detoxifying treatment removes impurities from the skin, leaving your face deeply cleansed and smooth. Bigarade face cleanser, coconut water toner, cassava face scrub, activated charcoal face mask and moringa & passion fruit face massage oil – this gentle scrub is an excellent detoxifier for your skin.

40 MINUTES | **SCR 1,200**

- Body Scrubs for Cellular Rejuvenation -

Choose from our range of scrubs each with their own benefits to your skin. From fine to coarse exfoliation, all body treatments help to remove dead skin cells and to regenerate and oxygenate the skin. Full body scrubs are followed by a moisturizing body and hair oil massage.

PAPAYA SEED SCRUB

Finely ground papaya seeds are the perfect natural ingredient to gently exfoliate your skin, remove dead cells and restore elasticity.

30 MINUTES | **SCR 2,200**

COCONUT SCRUB

Locally-sourced, dried desiccated coconut is used as a soft exfoliant, removing dead skin cells revealing softer glowing skin.

30 MINUTES | **SCR 2,200**

Spa rate is inclusive of tax and service charge

TOP TO TOES
PAMPER&POLISH

- Hair Treatments -

Each hair treatment starts with a relaxing head massage before a natural conditioner is applied to nourish the hair after the treatments completion.

AVOCADO & COCONUT
Perfect for dry or chemically-treated hair, this treatment will restore your hair and prevent further damage and breakage. The natural biotin found in avocado promotes growth and strengthens the hair, while coconut oil's nourishing properties (lauric acid) moisturize and protect.

30 MINUTES | **SCR 1,200**

COCONUT CREAM
Intensely tropical and nourishing, this hair elixir will leave your locks looking glossy and feeling moisturised. Coconut oil reduces protein loss after extended exposure to the sun and sea water, and contains natural SPF for lasting protection.

30 MINUTES | **SCR 1,200**

- Hands & Feet-

TRADITIONAL MANICURE
Full treatment for the hands, including cleaning, cuticle work, and scrub massage using desiccated coconut. Finished with moisturising hibiscus cream and nail polish application.

60 MINUTES | **SCR 850**

TRADITIONAL PEDICURE
Full treatment for the feet, including cleaning, cuticle work and scrub massage using papaya seed scrub. Finished with moisturising hibiscus cream and nail polish application.

60 MINUTES | **SCR 950**

XPRESS MANI/PEDI
A quick treatment to refresh the nails: filing, buffing & nail polish application.

30 MINUTES | **SCR 550**

Spa rate is inclusive of tax and service charge

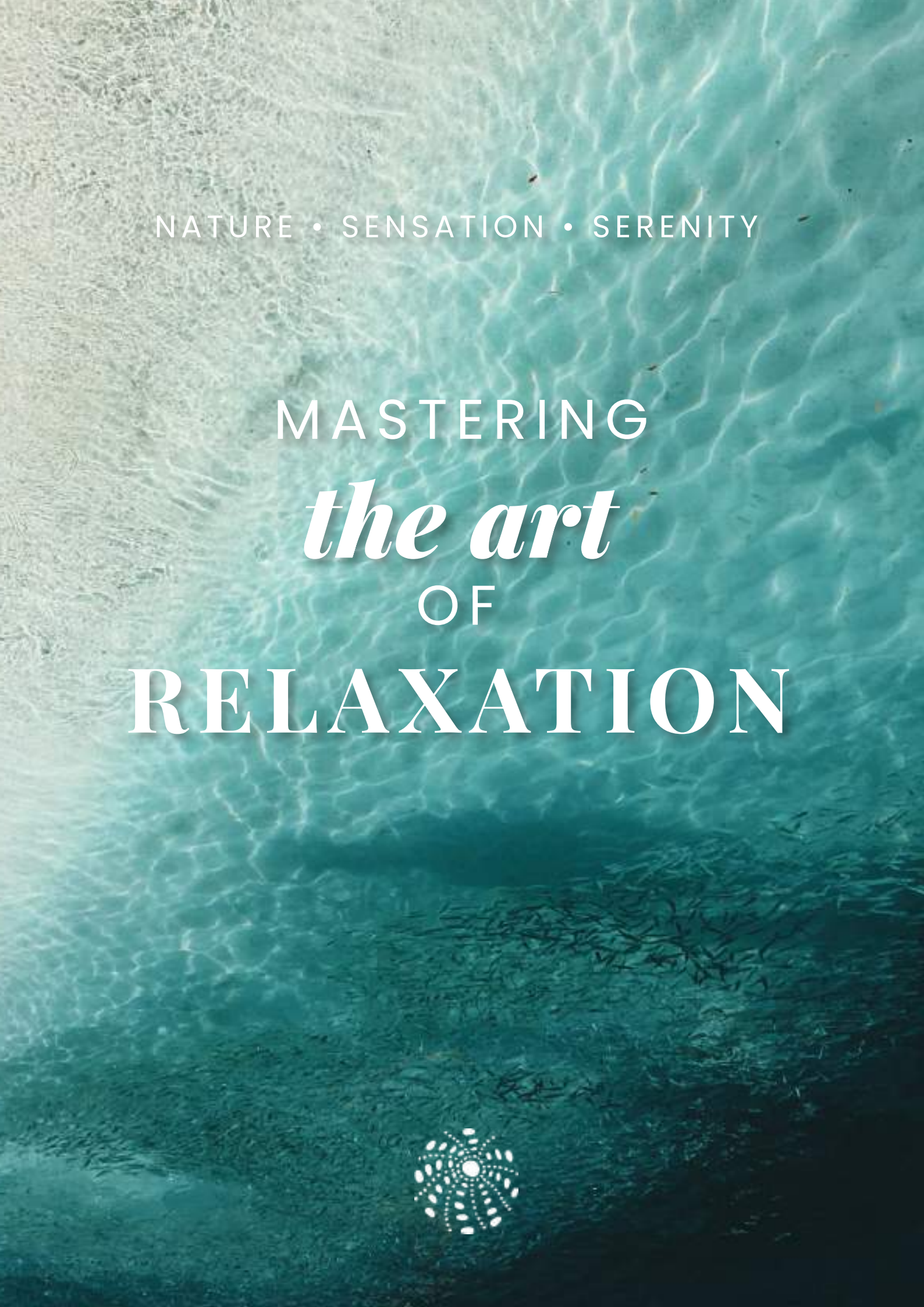
FREQUENTLY ASKED QUESTIONS

WHAT SHOULD I WEAR?
Kindly remove all clothing before your treatment. Disposable underwear is provided for you in the treatment suite.

WHAT IF I HAVE SPECIAL HEALTH CONSIDREATIONS?
Please notify the spa before booking your treatment if you have high blood pressure, allergies, injuries or if you are pregnant – your treatment will be adjusted to your needs. Please note that we do not provide massages or scrubs to pregnant women.

WHAT IF I NEED TO CANCEL OR AM LATE?
If you wish to cancel your appointment, kindly inform the spa a minimum of 6 hours prior to your scheduled appointment. Appointments cancelled less than 6 hours in advance will be charged at the full rate. Arriving late to your appointment will reduce the time available for your treatment.

CAN I HAVE MY TREATMENT IN MY CHALET?
Yes! An additional set-up fee will be added to the price of your treatment. Please ask our therapists for more information.


NATURE • SENSATION • SERENITY
MASTERING
the art
OF
RELAXATION

sens
SPA

CARANABEACH HOTEL, SEYCHELLES