



ANANTARA

SPA



THAI-INSPIRED WELLNESS

ANANTARA SPA & WELLNESS MENU

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 – 8.00 pm.



③ INDIGENOUS
TREATMENT

INDIGENOUS TREATMENTS

Treatment Time 45 Minutes - Rs 3960

Inspired by local traditions and crafted to bring you a luxurious choice of extended experiences, for the skin rejuvenation and glow. A unique indigenous therapies and exclusive rituals, all created with your supreme wellbeing in mind.

Hydrating Scrub & Glowing Body Wrap

Coconut Body Scrub and Banana,
Papaya & Honey hydrating Wrap

Draining Scrub & Body Wrap

Pepper-Mint Body Scrub
& Mint Draining Wrap

Detoxifying Scrub & Body Wrap

Salt & Cinnamon Body Scrub and
Moringa Detoxifying Wrap

From Our Garden

Refreshing & Cooling Face & Body Wrap
Cucumber, Aloe, Honey & Yoghurt Cooling Wrap



SIGNATURE MESSAGES EXPERIENCES

ANANTARA SIGNATURE MASSAGE

Treatment Time 90 Minutes - Rs 6500

Our signature blend of oils, combined with purpose-designed movements, stimulates your circulation, and promotes deep relaxation, whilst meridian lines.

Floral Foot Ritual | Anantara Signature Massage | Refreshment

IKO SIGNATURE MASSAGE

Treatment Time 90 Minutes - Rs 6400

Designed to Invigorate, Revitalise & Relax.

After being seated for a head & shoulder massage. A combination of stretching with warm towels, light to firm gliding massage strokes is performed to ease out muscles stiffness with care and precision evoking a deep sense of relaxation and wellbeing.

The massage ends by a foot reflexology to relax tiredness of the feet and relaxes all internal organs through specific massage points.

Foot Ritual | IKO Signature Massage | Refreshment

LACAMBUSE SIGNATURE MASSAGE

Treatment Time 90 Minutes - Rs 6400

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 Fusion Signature Massage, combination of hot stone, heated sand and herbs poultice that will provide intense relaxation.

Exfoliation | Fusion Signature Massage | Refreshment



AYURVEDIQUE WELLNESS MASSAGE

ABHYANGA FOUR HANDS MASSAGE

Treatment Time 55 Minutes - Rs 6800

A traditional synchronized full body massage also known as the 'four -hands – massage' , given by two experienced Ayurveda therapists using warm herbal infused Sesame oil. Abhyanga improves physical consistency, sleep patterns and helps to liquefy toxins and induces relaxation, whilst eliminating impurities. Often referred to as an anti-ageing therapy.

SHIRO-ABHYANGA MASSAGE

Treatment Time 90 Minutes - Rs 6400

The Shiro-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.

Abhyanga Massage | Shiro-dhara | Wellness Tea

PINDA MASSAGE

Treatment Time 75 Minutes - Rs 5300

Pinda is a hot poultice made of linen filled with medical herbal herbs then warmed and pressed over the body using specific massage techniques from head-to-toe. Ideal to soothe muscle pain and arthritis-related pain.

CLASSIC INDIAN MASSAGE

Treatment Time 75 Minutes - Rs 4300

A wellness of Skin, Body & Mind! Traditional medicated oil that gives radiance to your skin, increases circulation, speeds up the elimination of toxins, relieves stiffness of muscle pain and brings balance to your body energy.

SHIRO-DHARA & SCALP MASSAGE

Treatment Time 45 Minutes - Rs 4200

A calming experience where warm sesame oil is poured onto the forehead conclude by a scalp massage to bring relief to those who suffer from insomnia, depression, hair, scalp psychological and stress related conditions. To relaxes the nerves system, the experience starts by a back, neck & shoulder massage.

BEAUTY OF SESAME

Treatment Time 45 Minutes - Rs 4200

Traditional sesame scrub freshly prepared are used as a massage exfoliation techniques to tone,repairs and finally hydrate the skin. A light massage with warm oil and cream is performed to bring out the beauty of the skin and stimulate the body energy.



RITUAL HAMMAM

CEREMONIE ROYALE

Treatment Time 120 Minutes - Rs 8600

A Royale ritual offers a transformative journey for the senses. The vapors of the Hammam gently awaken the spirit. Then the Velvet body scrub, performed on a hot marble table. The escape continues with an ultra-relaxing body massage fusion with a baby shiro-dhara to release muscle tension, leaving you relaxed and resourced.

Hammam | Tea Scrub | Tea | Massage Fusion

SERENITY

Treatment Time 105 Minutes - Rs 6600

An oriental Golden anti-aging facial combining a hydrating body wrap with Shea butter to deeply restore dehydrate to sensitive skin.

In parallel, a deep massage of the scalp, neck & shoulder allows one to plunge into a deep state of relaxation, while techniques of acupressure stimulate to the face glow. Finally, the body is veiled with a silky hydra-firming cream with aromatic notes of choice.

Facial | Body Mask | Head, Neck, Decolte & Face Massage | Tea | Modelage

HAMMAM BEAUTY

Treatment Time 75 Minutes - Rs 4700

Immerse yourself in the vapors and calming colors 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 Rasoul detox wrap is applied all over the body. Finally, a silky cream or oil is applied to provide the skin with intense nourishment.

Hammam | Exfoliation | Wrap | Modelage | Infusion



MASSAGE EXPERIENCES

AROUND THE WORLD

THAI MASSAGE

Treatment Time 80 Minutes - Rs 6400

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

BALINESE MASSAGE

Treatment Time 90 Minutes - Rs 6100

A full-body, firm, holistic treatment uses a combination of gentle stretches, acupressure point to stimulate the oxygen and "qi" (energy) around your body to evoke a sense of wellbeing, calm and a profound relaxation.

HOT STONE CRYSTAL THERAPY

Treatment Time 75 Minutes - Rs 5300

A perfect combination of heated volcanic stone and crystal stone for a peaceful and energizing massage. Gentle and firm pressure are used to bring relief of tense muscles and balance the body energy.

SPORTS MASSAGE

Treatment Time 75 Minutes - Rs 5100

A firm and rhythmic massage suitable after an intense effort to ease aching and tired muscles. Light stretching is performed during the massage to increase the joint mobility and physical state, improving the blood circulation and discourage the buildup of lactic acids.

LYMPHATIC DRAINAGE

Treatment Time 75 Minutes - Rs 5100

This is an ideal treatment for people suffering from water retention problems and swollen legs. This dry treatment, Dr Vodder techniques, light rhythmic movement helps to stimulate the lymph system, helps to flush toxins and waste from the body throughout the lymph nodes.

LOMI MAE MASSAGE

Treatment Time 75 Minutes - Rs 4600

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.

AROUND THE WORLD

MAURITIAN MASSAGE

Treatment Time 75 Minutes - Rs 4600

A personalized signature massage therapy performed by our professional therapist focuses on targeting specific area and adapted pressure to relieve pain and release body tension whilst increasing body circulation.

FEET ACUPRESSURE, REFLEX & MASSAGE

Treatment Time 60 Minutes - Rs 4400

An ancient using techniques of using thumb pressure to stimulate specific reflex points of the feet to balance the body system organs and promote circulation. Enjoy the exquisite calf massage with pepper mint to alleviate tired legs and feet.

TRANQUILITY MASSAGE

Treatment Time 60 Minutes - Rs 4300

Experienced the ultimate tranquility massage with long and gentle movements to encourage a deep calm of the nervous system, leaving the mind and soul elevated.

BAMBOO MASSAGE FUSION

Treatment Time 60 Minutes - Rs 4200

An innovative massage fusion with Bamboo sticks gently rolled & kneaded over the body in a rhythmic motion to melt away muscular tension.

MOTHER-TO-BE

Treatment Time 60 Minutes - Rs 4200

A massage where the therapist uses tried and tested techniques, which are adapted to each stage of pregnancy. The massage helps to relieve body tension, while easing the mind and uplifting the soul.





COUPLES QUALITY TIME

MEMORIES TIME

Treatment Time 120 Minutes - Rs 14,000

Spoil your half to a romantic escape in our couple suit. Your romantic treats begin with a Signature massage at choice, Private Hammam and create your ends memories time in our private bathtub with flowers and Frangipani fragrance.

Foot Ritual | Signature Massage | Hammam | Bath | Tea

JUST TWO OF US

Treatment Time 90 Minutes - Rs 10,100

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

Hammam | Massage | Facial or Exfoliation | Tea

BODY CARES

ANTI JET-LAG RECOVER TOUCH

Treatment Time 75 Minutes - Rs 5300

Improve your physical & energetic balance due to time zone. A combination of face care and specific massage technics helps to erase all sign of fatigue, boost up the blood circulation and leaving the skin hydrate with an extreme comfort.

Foot ritual | Massage | Facial | Tea

AFTER SUN COMFORT CARE

Treatment Time 75 Minutes - Rs 5300

An after sun body care treatment just for you, with subtle nuances, a truly magical experience for your body after a long exposure in the sun, leaving your skin incredibly soft and silky soft , enhance suppleness, prolong a tan and create a satiny skin appearance

Cooling Gel | Massage | Facial | Juice

SLIMMING MASSAGE

Treatment Time 30 Minutes - Rs 3500 | 60 Minutes - 4700

The skin is prepared by an exfoliation to encourage deep abortion of slimming oil serum. A detoxifying massage is performed through stretching and skin rolling, this massage mobilise fat accumulations enhances the suppleness of the connective tissue, restores the supportive tissue, and stimulates the circulation.

Localize Exfoliation | Slimming Massage | Localised Body Wrap | Detox Tea

GENTLEMEN ESCAPE

Treatment Time 100 Minutes - Rs 6800

A focus massage specially designed for him to overcome stress and encourage relaxation to release muscular pain and blocked energy. Achieving a maximum of wellbeing from head-to toe in a minimum time.

Foot Ritual | Massage | Facial | Express Nails Care | Infusion



MINDFULNESS EXPERIENCES

MINDFULNESS

Quiet the Mind & Release - Rs 11,900

Treatment Time - 110 Minutes

A divine & indulgence stress reduction experience. Chakras cleansing, yoga breath and meditation techniques is used to reduce anxiety, reconnect the body & soul. To achieve a greater body balance, the experience concludes by an Ayurvedic body massage to recharge the body energies and well-being.

Foot Ritual | Yoga Breath | Meditation | Ayurvedic Massage | Tea

Treatment Time - Minutes

End the day with the Reiki Master for a palm healing energy process which stills the minds, emotions, awaken the spiritual well-being

Chakras Meditation | Reiki Healing | Tea

THE POWER TO RELAX

Spa Package 7 Hrs - Rs 20,700

Maintain the body in a state of good health. Massage therapy is an important part of a healthy routine. A selection of five specific massages have been designed to relieve tired muscles and strain.

- Signature Massage at choice 90 minutes
 - Crystal Foot Reflexology - 60 minutes
 - Indian Head and Stress Relief Back Massage - 60 minutes
 - Lymphatic Drainage - 75 minutes
 - Herbal Pinda Massage - 75 minutes
 - Hammam & Black soap Scrub - 60 minutes
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SPA FAMILY SHARING

- 10 Hrs Choose any Massage and 1 Facial from the Spa Menu - Rs 31,700
- 5 Hrs Choose any Massage from the Spa Menu - Rs 18,200
- 3 Hrs Choose any Massage from the Spa Menu - Rs 11, 300



KIDS SPA

TIMAMBO MASSAGE

Treatment Time 20 Minutes - Rs 2000

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

Age: 3 - 7 Years Old

TIKOULOU MASSAGE

Treatment Time 30 Minutes - Rs 2500

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

Age: 9 - 12 Years Old

JOLI(E) FRIMOUSSE - FACE

Treatment Time 30 Minutes - Rs 2500

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.

Age: 9 - 12 Years Old

HEAVENLY SWEET

Treatment Time 45 Minutes - Rs 3300

This experience include a scrub uses oatmeal and honey with gentle movements that help exfoliate the skin, leaving it totally soft and a gentle massage is perform to relax the tired back after school.

Age: 9 - 12 Years Old

ANGEL HANDS

Treatment Time 25 Minutes - Rs 1800

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 favorite color.

Age: 5 - 10 Years Old

MUM, DAD & ME PACKAGE

Treatment Time 50 Minutes - Rs 9900

Blissful and memorable Family spa experience in the same treatment room for a faery time.
Full body Massage Adult | Selection any 2 for Kids

ADD-ONS

ADD-ON - SINGLE

Treatment Time 30 Minutes - Rs 2500

Carefully crafted to bring you a luxurious choice of extended experiences.

- Stress Relieving Back Massage
 - Eye Enhancement
 - Relieving Leg Massage
 - Hydrating Cleopatra Bath
 - Black Soap Scrub
 - Calm Mind
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ROMANTIC TURN DOWN

Surprise Her.

Candles | Flowers | 1 Bottle of Sparkling Wine





BEAUTY TREATMENTS

BEAUTY TREATMENTS

Feel beautifully pampered with the ultimate Luxury Manicure & Pedicure. Enjoy treatments that offer a ritual of cleansing, exfoliating scrub, nourishing mask, cuticle care, massage, reflex points, and a perfect paint finish.

PEDICURE OPI

- Beautifully Pedicure
 - Treatment Time 60 Minutes - Rs 2800
 - Luxury Pedicure *Permanent Nail polish included
 - Treatment Time 90 Minutes - Rs 4700
 - Express Pedi and Gel application (75 Minutes) - Rs 3500
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MANICURE OPI

- Beautifully Manicure
Treatment Time 60 Minutes - Rs 2000
- Manicure Ritual
Treatment Time 60 Minutes - Rs 2000
- Express Mani and Gel Application (75 Minutes) - Rs 4000
- Semi Permanent Polish Application (30 Minutes) - Rs 1300
- Application of Semi-permanent Polish* Gel (30 Minutes) - Rs 2000
- Removal of Semi-permanent Polish *Gel (25 Minutes) - Rs 1300

THREADING OR WAXING

- Eyebrow | Lip | Chin - Rs 900
 - Face - Rs 1300
 - Underarm - Rs 1300
 - 1/2 Arm - Rs 2000
 - Full Arm - Rs 2300
 - 1/2 Leg - Rs 2000
 - Full Leg - Rs 3000
 - Bikini Line - Rs 900
 - Bikini Integral - Rs 2500
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HAIRDRESSING AND MAKEUP

- Shampoo/blow-dry Short - Rs 1100
 - Shampoo/blow-dry Medium - Rs 1700
 - Shampoo/blow-dry Long - Rs 2500
 - Hair Treatment Scalp and Hair Length – Rs 3500 *Shampoo | Treatment | Massage | Blowdry
 - Hair Cut Only - Rs 1100
 - Shampoo| Blow Dry | Hair Style - Rs 3000
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EVENTS

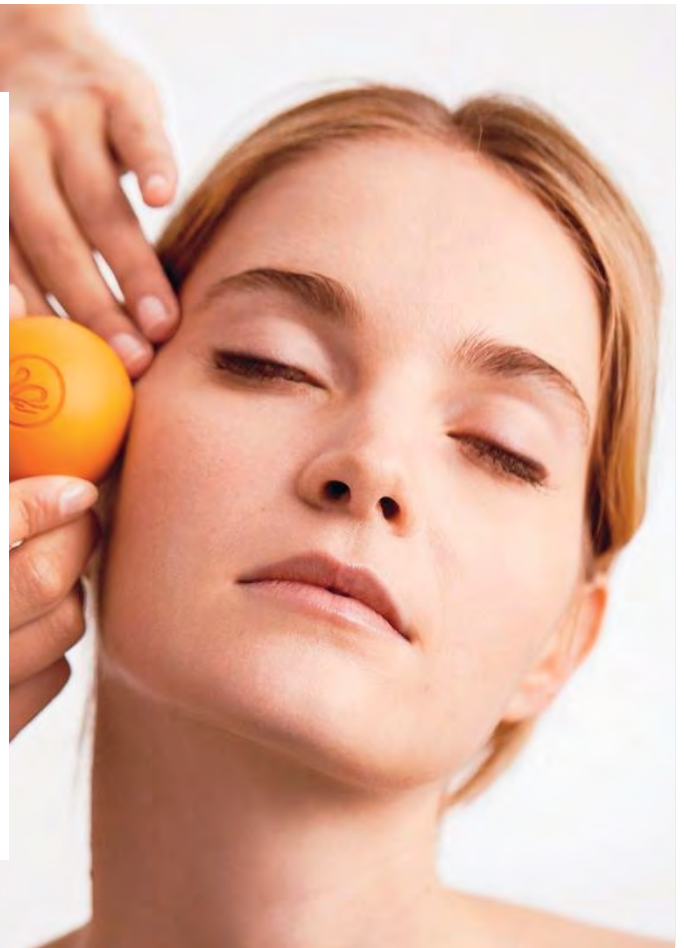
- Make-up & Hair Consultation - Rs 2800
- Special Bridal Hair-do - Rs 4200
- Bridal Make-up and Hair-do - Rs 5300
- Casual Make-up - Rs 2000



ANANTARA
SPA

Facial
THERAPIES

By  **GERMAINE DE CAPUCCINI**



HYDRACURE: Maximum Hydra Action

Hydracure is aimed at protecting the skin from dehydration and climatic excesses promoting its natural resistance against the signs of premature ageing. Thus restoring the skin's energy and vitality.

Treatment Time – 60/90 minutes Rs 4600 / 6400



RADIANCE C+: Luminous and Anti fatigue Action

Vitamin C is the best anti-ageing shield, but also, due to the extraordinary capacity to stimulate the natural skin energy, it has become an essential step for skins that want to look healthy, luminous and beautiful

Treatment Time – 60/90 minutes Rs 4600 / 6600

B- CALM: Protecting and Repairing Action

SkinBiome Repair, a prebiotic-probiotic association that immediately improves the skin's discomfort, balances and increases the skin's resistance against free radicals. 0% fragrance, alcohol, essential oils, mineral oils and silicones.

Treatment Time – 60 minutes Rs 4600

PUREXPERT: Innovative Hygiene Action

Purexpert facial hygiene is an original treatment in 3 steps, renews, restores and hydrates. A deep cleanse facial which tightens the pores, reduces skin irregularities making it pure and uniform.

Treatment Time – 60 minutes Rs 4600

CITYPROOF: Oxygenating Action

A specific massage technique reinforces the skin's defences. Indicated for suffocated, stressed skin, fatigued by a hectic lifestyle. Prevents skin ageing, fighting against environmental stress. Oxygenates the skin revealing a radiant complexion.

Treatment Time – 75 minutes Rs 5300

Rides Neo Age: no lines and densifying Action

The exclusive formula and energetic massage technique based on facial yoga and cupping help reduce the dynamic and static wrinkles and improve the skin's density. A non-surgical rejuvenation plan help to smooth and relax the skin.

Treatment Time – 90 minutes Rs 6900

RIDES EYE: Uniform Action

Reduces wrinkles, dark circles and puffiness around the eyes. Using three different massage techniques, yoga, cupping and Gua Sha with rose quartz the eye contour is smoother and more uniform

Treatment Time – 30 minutes Rs 2500



SPA ETIQUETTE

- Anantara Spa is open daily from 8.30 am to 8.00 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 four 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.



ANANTARA SPA AT ANANTARA IKO MAURITIUS RESORT & VILLAS

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