

EDEN HOLISTIC SPA

AT L'ESCALE RESORT - SEYCHELLES

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Massage

Hot Himalayan Salt Stone Massage

Hot Himalayan Salt Stone Massage is an innovative healing technique using heated Himalayan Salt Crystals to ground and balance the body's electromagnetic field (through negative ions), central nervous system and energy meridians. The salt stones are full of active minerals which help to draw out toxins, reduce inflammation & improve circulation while also restoring depleted minerals to the skin, thereby softening & moisturizing it. These special salt crystals originate from an ancient primal sea beneath the Himalayan Mountains & are hand-carved into massage stones that gently soothe away any accumulation of stress, tension and pollutants.

30min

SCR 1,990

60min

SCR 2,990

90min

SCR 3,790

Hot Stone Massage

Hot stone massage uses soothing oils and warm basalt stones to relax your muscles and improve circulation, allowing for a deeper and more intense all-over massage. In hot stone therapy, your therapist applies smooth, heated basalt stones to key points on your body with rhythmically flowing strokes. This direct heat relaxes your muscles, which means that the massage itself is more effective and intense than it would otherwise be. The size of the stones varies according to which part of the body your therapist is treating. Our hot stone massage will make you feel nurtured & rejuvenated.

30min

SCR 1,790

60min

SCR 2,790

90min

SCR 3,590

Massage

Warm Bamboo Massage

Experience this unique massage performed with specially crafted and heated bamboo canes together with warm virgin coconut oil. The heat relaxes the muscles, tissues and nervous system while our trained therapists use the smooth bamboo canes as an extension to their hands and arms allowing them better leverage for deeper pressure to work on more underlying muscles, tissues and trigger points. The heated bamboo canes are used with a variety of techniques such as rolling, kneading & crisscross motions to release muscle tension and knots as well as stimulating blood circulation. As a result of the warmth penetrating deep into the muscle causing them to relax, the therapist is able to massage deeper into the muscle 4-5 times quicker than when performing a manual deep tissue massage.

30min

SCR 1,790

60min

SCR 2,790

90min

SCR 3,590

Master Lin Gold Oil Massage

Indulge yourself in this relaxing and wonderfully luxurious signature massage. This heavenly massage uses a specially mixed oil comprising of the purest fine gold, 17 healing essential oils and precious plant extracts with the transcending scent of the Lotus flower which will touch your senses and melt away any tension and stress, while restoring balance and harmony to your mind and body and it will leave your skin feeling velvety soft and nourished.

60min

SCR 3,190

90min

SCR 3,990

Massage

De-Stress & Relax Massage

Our De-Stress & Relax Massage uses cold-pressed organic virgin coconut oil, effective massage techniques such as effleurage, kneading, pressing and petrissage, together with our cold-pressed organic virgin coconut oil, thereby nourishing and softening the skin, releasing tension and relaxing your mind and body bringing you back into harmonious balance.

30min

SCR 1,390

60min

SCR 1,990

90min

SCR 2,790

120min

SCR 3,790

Deep Tissue Massage

Deep tissue focuses on the release of muscle tension and chronic knots by targeting the deep tissue structure of the fascia (connective tissue) and muscles and promoting much needed blood flow to these deeper layers, making it a great massage for sport's recovery or specific muscles and tension problems. The deep tissue massage can reduce stress hormone levels and heart rate while boosting mood and relaxation by triggering the release of oxytocin and serotonin. The therapists incorporate fingers, elbows and knees to really work on specific problem areas, trigger points and to reach deeper layers. A really great massage for those with aches, pains and tense muscles, for sport's recovery or those who prefer very strong pressure.

30min

SCR 1,390

60min

SCR 1,990

90min

SCR 2,790

120min

SCR 3,790

Balinese Massage

Balinese massage - having been developed centuries ago on the culture-rich Indonesian island of Bali with influence from Chinese, Indian and South East Asian Ancient healing systems – is a holistic treatment that uses a combination of gentle stretches, acupuncture, reflexology and various effective massage techniques to stimulate the flow of blood, lymph and "qi" (energy) around your body. A relaxation massage with attitude, this ancient Balinese treatment will help you feel calm, invigorated and physically relieved of pain and tension.

30min

SCR 1,390

60min

SCR 1,990

90min

SCR 2,790

Massage

Indian Head Massage

Based on the ancient Indian ayurvedic system of healing, this massage relieves muscular tension and stress within the body. This treatment focuses mainly on the head, neck, arms, shoulders and upper back. The therapist uses their hands to ease out tightness within the muscle fibers freeing your body of unwanted aches, pains, stiffness, giving you a feeling of weightlessness. Especially good for relieving insomnia, stress, upper body stiffness & headaches.

30min	60min	90min
SCR 1,390	SCR 1,990	SCR 2,790

Reflexology

Indulge in this ancient therapeutic foot massages, based on the body's energy meridians. Using the foot as a map of the body, pressure points along the energy meridian pathways are stimulated to improve well-being and overall function of all the body's systems. You will feel the tension release while improving circulation in the feet and lower legs, reducing stress, pain and restoring natural balance by stimulating your parasympathetic nervous system into healing itself. A very soothing treatment.

30min	60min	90min
SCR 1,390	SCR 1,990	SCR 2,790

Foot & Leg Massage

Our feet and legs often get overlooked, even though they do the heavy lifting by moving us around all day. The foot & leg massage uses massage techniques to release tension, muscle soreness, stiffness and to improve blood and lymph circulation around the feet and legs. This is a wonderful massage for people who are overly active on their feet and for those who remain seated throughout most of the day without much movement.

30min	60min	90min
SCR 1,390	SCR 1,990	SCR 2,790

Massage

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30min

SCR 1,390

60min

SCR 1,990

90min

SCR 2,790

Cellulite Massage

Our Anti-cellulite massage is an invigorating and detoxing experience which circulates blood and oxygen to the affected area and sweeps the cellulite away for visible results. This massage can be used to tone and reduce cellulite from the front & rear of the leg, the buttocks, the arms and over the body in general.

How it works

The Anti Cellulite Massage works by incorporating deep pressure and strong kneading techniques in combination with gentle cupping to break up fatty lumps that cause dimpling of the skin as well as stimulate blood and lymph circulation and the nervous system. Once these fat deposits are broken down, the body's lymphatic system flushes them out of the system along with other toxins - reducing dimples, leaving you energized and free from the plague of cellulite. Please stay hydrated afterwards.

60min

SCR 1,990

90min

SCR 2,790

Massage

Lymphatic Drainage Massage

Lymphatic drainage massage stimulates the body's lymph nodes promoting the circulation of lymphatic fluid which helps rid the body of toxins. It also aids in purifying and regenerating tissues while normalizing organ function, boosting the immune system and enhancing metabolic functions. This therapy can also be beneficial for post-surgical lymphatic rerouting and can aide in primary and secondary lymphedema.

30min	60min	90min
SCR 1,390	SCR 1,990	SCR 2,790

Pregnancy Massage

Designed to alleviate postural pressures due to normal body adjustments during pregnancy. This pre/post-natal massage helps to improve circulatory and lymphatic systems, reduces edema, back and joint pain, muscle and soft tissue tension, stress and anxiety, bringing much needed comfort, relief and relaxation. This service may be enjoyed by expectant mothers after the first trimester.

30min	60min	90min
SCR 1,390	SCR 1,990	SCR 2,790

Executive Back Massage

Focusing solely on the back, neck and shoulders, a combination of massage techniques are used to ease muscle tension and to alleviate aches and pains. Enjoy the feeling and relief of a relaxed, unclenched and loose back, neck and shoulders.

30min	60min	90min
SCR 1,390	SCR 1,990	SCR 2,790

In-House/Room Massage

Price available upon request

Facials

Faith Lift Anti-Aging Facial with Ultrasound

Faith Lift is a luxurious facial treatment involving the use of the Faith Lift Mask, the purpose of which is to smooth out the surface lines and give the skin a visible lift. After only one treatment you will notice a difference in the look and feel of your skin.

75min

SCR 3,390

Master Lin Balancing & Anti-Ageing Facial with Ultrasound

Magical ingredients such as fine gold, pearl, valuable hand-picked wild grown healing herbs and essential oils create a symbiosis between nature, health and beauty. Master Lin returns the skin to its natural balance, original elasticity, vigour and vitality.

75min

SCR 2,290

Master Lin Relaxing Facial Massage with Gold Oil

Experience this wonderful luxurious facial massage using the Master Lin harmonizing facial oil with the purest fine gold (energizing and anti-inflammatory), pine needle oil (improves circulation), black pepper (vitalizing), lotus (regenerating) and 17 precious essential oils and plant extracts to embrace and nourish the elasticity of the skin.

45min

SCR 1,790

Facials

Regulat Beauty Anti-Ageing & Hydrating Facial with Ultrasound

Regulat is a unique bio-essence formula that sustains our skin cells by regulating the body's own enzyme system. This preserves the skin cells and protects them against harmful environmental influences and the ageing process. Thanks to the carrier-effect of Regulat Beauty and ultrasound, the high doses of hyaluronic acid used, creates a powerful booster effect that is immediately visible. The skin becomes instantly firmer and hydrated.

Regular and hyaluronic acid are a powerful combination, penetrating all the layers of the dermis ensuring long lasting beneficial effects on the structure of the skin. Even very dry and lined skin is visibly regenerated and radiates with a velvety-soft glow. Valuable organic oils and high-quality natural fatty acids also provides extra nourishment for the skin cells.

75min

SCR 2,590

Purifying Deep Cleansing Facial

This is a deep cleansing facial using ultrasonic brushes, scrubs, extraction, a wonderfully relaxing facial massage together with the powerful combination of Hyaluronic Acid, OPC (derived from Grape Seed) and Q10 which promote more elastic yet firm skin with reduced wrinkles, the prevention of free-radicals and inflammation and improves cell regeneration, blood circulation, nutrient intake and helps to stimulate collagen and protein chain formation. You may choose to add the zeolite volcanic clay facial mask to draw out deeper underlying impurities and to soothe the skin.

45min

SCR 1,390

Zeolite Mask Add-On 15min

SCR 300

Facials

Signature Beauty Elixir Facial Massage

Treat your skin and senses to a heavenly and restorative facial massage focusing on the Marma points (facial Acupressure points) to release stress, facial tension and energy blockages in the meridians in combination with Eden Holistic Spa's own signature Beauty Elixirs; carefully blended natural healing oils to sooth and rejuvenate your skin.

45min

SCR 1,590



Body Scrubs

Himalayan Pink Salt Scrub

with Local Organic Coconut Oil, Oudh and Amber Rose Essential Oil

Envelope your skin in our locally sourced coconut oil whilst our Himalayan pink salt scrub, infused with the elegant scents of Oudh and Amber Rose, cleanses, stimulates and rejuvenates you from top to bottom.

60min

SCR 1,990

Himalayan Pink Salt Scrub

with Local Organic Coconut Oil, Ylang Ylang & Bergamot Essential Oils

With the uplifting essential oils of Ylang Ylang & Bergamot, this luscious full body scrub is sure to awaken your senses. Not only will your body & mind be revived, but your skin will feel silky smooth & re-mineralized due to the therapeutic properties of Himalayan pink salt & the high quality of organic coconut oil used.

60min

SCR 1,990



Body Scrubs

Highland Coffee Scrub

with Cold Pressed Coconut Oil & Royal Rose Essential Oil

Coffee is rich in antioxidants making it a perfect ingredient in our body scrub. It contains caffeine which draws out excess moisture from your skin, causing it to look and feel smoother & firmer. In this scrub, coffee acts as a mild exfoliant, removing dead skin cells and exposing fresh, soft skin. With the addition of coconut oil, it's incredibly moisturizing and filled with vitamins & minerals, which it locks securely into your skin. A scrub to surely be experienced.

60min

SCR 1,990

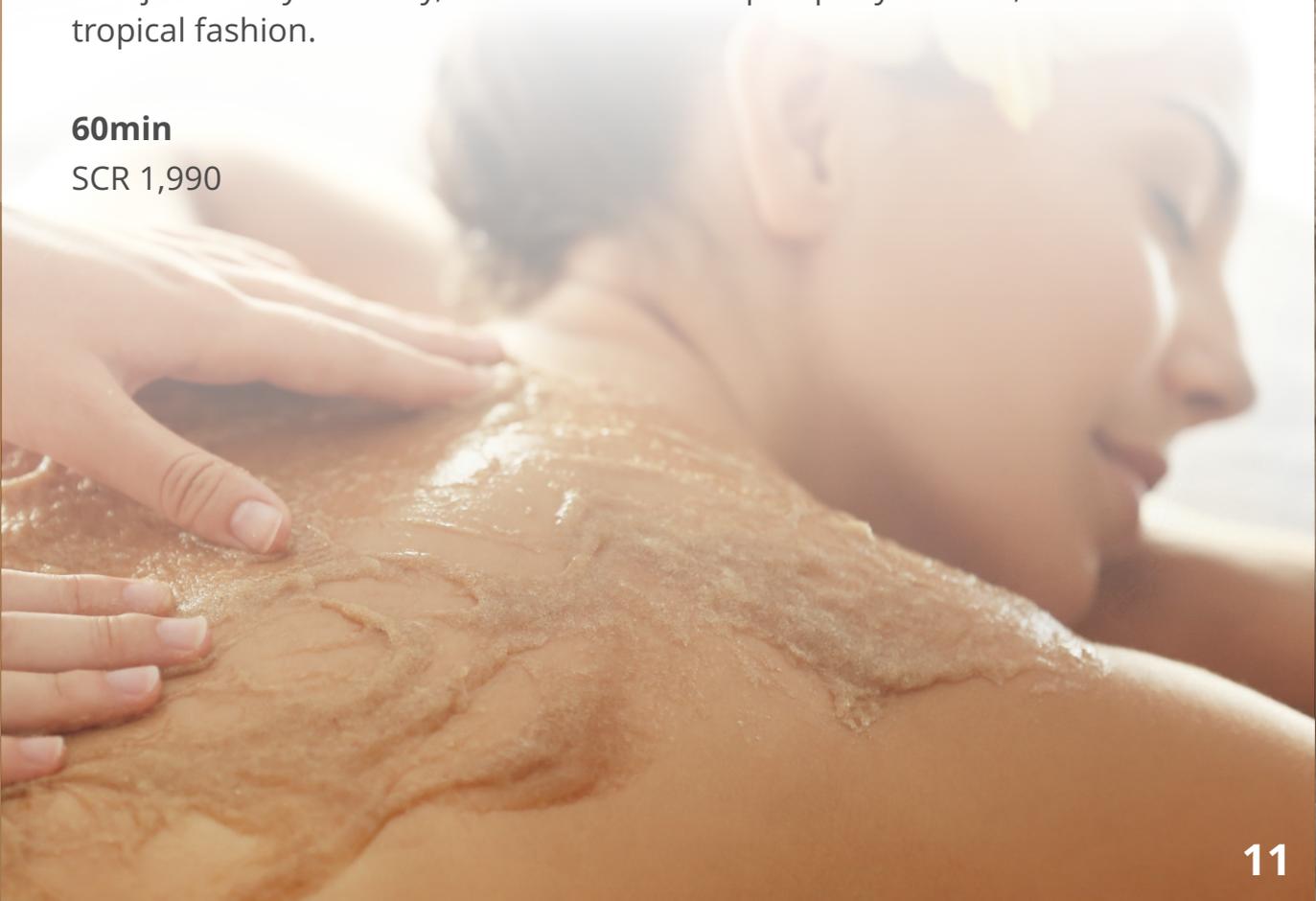
Tropical Coconut Scrub

with Locally Grated Coconut, Ground Cinnamon, Vanilla & Lavender Essential Oils

Envelope your skin with the nourishing blend of our tropical infused scrub full of regenerative properties while soothing your senses. The perfect way to rejuvenate your body, calm the mind and pamper your skin, in true tropical fashion.

60min

SCR 1,990



Body Wraps

Detoxifying Zeolite Volcanic Clay Wrap with Regulat Essence

This healing body wrap balances the body through homeostasis, drawing out toxins from the tissues and cells and revitalizing the lymphatic system & skin, while supplying rich & vital minerals. The Regulat will also influence the skin's cell repair mechanisms, doing wonders for your skin, internally & externally. The Zeolite clay may draw out a lot of toxins including heavy metals, so please ensure to drink plenty of water and to avoid processed food until the next morning if possible, in order for your body to properly expel the drawn-out toxins.

45min

SCR 1,590

Fresh Banana Leaf Body Cocoon with Liquid Enzymes & Aloe Vera

A nutrient rich pamper session for your skin. Freshly sourced banana leaves, active liquid enzymes and Aloe Vera gel combined to create a very cooling, healing and anti-inflammatory effect. While your body is being replenished & cocooned in banana leaves, enjoy a head & scalp massage for your total relaxation. ***Please book 24 hours in advance***

60min

SCR 2,390

Aloe Vera Sunburn Rescue Wrap

For those who love the sun a bit too much ;) Soothe your sunburnt skin with the cooling & anti-inflammatory properties of Aloe Vera after giving your skin the self-healing kick start it needs with the active liquid enzymes of Regulat Bio Skin Repair.

45min

SCR 1,790

Hands & Feet

Manicures

Deluxe Manicure including Mask

90min SCR 1,590

Full Manicure

60min SCR 1,190

Express Manicure

30min SCR 590

Simple Polish Change

20min SCR 390

Pedicures

Deluxe Pedicure

90min SCR 1,590

Full Manicure

60min SCR 1,190

Express Manicure

30min SCR 590

Simple Polish Change

20min SCR 390

Hands & Feet

Hands & Feet Add-Ons

Evo Gel

15min SCR 300

Evo Gel Removal

20min SCR 300

French Tip

20min SCR 190

Gel Removal Per Finger

10min SCR 50

Nail Repair

15min SCR 200

Evo Gel Removal Per Finger

05min SCR 40

Nail Art Painting Per Finger

05min SCR 30

Acrylics/Extensions/Hard Gel Removal

45min SCR 300

Gel Removal

35min SCR 400

Hand and Arm Massage

15min SCR 390

Foot and Leg Massage

15min SCR 390

Foot File

15min SCR 300

Rhinestone Nail Art (Up to 10 gems)

10min SCR 60

Nail Art Rhinestones (Per Stone)

SCR 5

Nail Art Stickers (Per Stickers)

SCR 20

Combination Treatments

Express Manicure & Pedicure

60min SCR 1,090

Full Manicure & Pedicure

120min SCR 1,990

Women's Hair Removal

Full Back

30min SCR 600

50min SCR 990

Full Stomach

20min SCR 400

30min SCR 600

Upper Leg (thigh)

30min SCR 600

50min SCR 990

Upper Back

20min SCR 400

30min SCR 600

Full Leg

60min SCR 990

Full Arm

40min SCR 800

Full Face

40min SCR 800

Navel Line

15min SCR 300

Shoulders

15min SCR 300

Neck

15min SCR 300

Underarm

15min SCR 300

Nipples

15min SCR 300

Lower Leg

20min SCR 400

Lower Back

30min SCR 600

Chest

20min SCR 400

Sides of Face

20min SCR 400

Chin

15min SCR 300

Men's Hair Removal

Full Back

30min SCR 600

50min SCR 990

Lower Leg (Calf)

20min SCR 400

30min SCR 600

Underarm

15min SCR 300

Half Arm

20min SCR 400

Full Stomach

30min SCR 400

50min SCR 600

Lower Back

15min SCR 300

25min SCR 500

Navel Line

15min SCR 300

Upper Leg (thigh)

30min SCR 600

50min SCR 990

Chest

20min SCR 400

40min SCR 800

Shoulders

15min SCR 300

Upper Back

15min SCR 300

25min SCR 500

Full Arm

30min SCR 600

40min SCR 800

Full Leg

60min SCR 990

Neck

15min SCR 300



Hammam Rituals

Moroccan Bath

With Black Soap

60min

SCR 1,990

Moroccan Bath Cleansing Ritual

With Black Soap & Rhassoul Clay

90min

SCR 2,790

Royal Moroccan Bath Signature Ritual

With Black Soap, Rhassoul Clay & 60min balancing massage

150min

SCR 4,290

Lagoon

Lagoon Experience

Full private use of the lagoon area including Sauna, Steam room, Experience Shower and relaxing loungers.

60min

SCR 990

90min

SCR 1,390

Lagoon Experience Half Day

Full private use of the lagoon area including Sauna, Steam room, Experience Shower and relaxing loungers. Choice of **60 minutes** or **90 minutes** + Extra **120 minutes** of Pool, Jacuzzi, relaxing lounge use and complimentary healthy refreshments.

For 2 or more people and group bookings please ask our receptionist for details & pricing

3hrs

SCR 1,290

3hrs 30min

SCR 1,690

Packages

Customized Half Day Packages

Incl. complementary fruit platters and refreshments.

Please speak to our Receptionist or Spa Therapists to choose your personalized treatment package.

Price depends on treatments chosen

- 1. Lagoon, Pool, Massage, Body Wrap**
- 2. Lagoon, Facial, Massage or Body Treatment**
- 3. Royal Moroccan Bath Ritual, Facial**
- 4. Detox Ritual: Lagoon, Himalayan Salt Scrub, Zeolite Clay Body Wrap, Lymphatic Massage**

Customized Full Day Package

Includes complementary fresh fruit platter/smoothie and a healthy salad/snack.

Please speak to our Receptionist or Spa Therapists to choose your personalized treatment package.

Price depends on treatments chosen

- 1. Lagoon, Pool, Massage, Body Wrap, Manicure/Pedicure**
- 2. Lagoon, Facial, Massage, Body Treatment**
- 3. Royal Moroccan Bath Ritual, Facial, Manicure/Pedicure**

