



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	Loyalty card Rs
Candle Aroma Massage (<i>single</i>)	60 min	2,200	1,540
Candle Aroma Massage (<i>couple</i>)	60 min	3,800	2,660
Hot Stone Balancing Massage	60 min	2,400	1,680
De-stressing Feet Reflexology	45 min	1,600	1,120
Tailor Made Massage	90 min	2,600	1,820
Detox Slimming Belabacci Cupping Massage	60 min	2,200	1,540

Aromatherapeutic Massage	60 min	Loyalty card Rs	75 min	Loyalty card Rs
<i>New protocole</i>				
Relax & Relieve Massage	1,750	1,230	2,100	1,470
Revitalise Massage	1,750	1,230	2,100	1,470
Detox Massage	1,750	1,230	2,100	1,470
Sport Massage	1,750	1,230	2,100	1,470

I Spa Signature Rituals	Min	Rs	Loyalty card
Herbal Pinda Massage	90 min	2,600	1,820
Bamboo Asian Massage	60 min	2,200	1,540
Thai Massage	90 min	2,600	1,820
Aqua Massage*	45 min	1,600	1,120

*Only available at Hennessy Park Hotel

Massage on focus area	30 min	Loyalty card Rs
So Relieved Back Massage	1,200	840
So Disconnected Head & Shoulders	1,200	840
So Light Legs & Feet	1,200	840

Packages

	Min	Rs
I feel Jet Lagged	60 min	1,900
Light Leg Treatment Head & back massage Anti fatigue facial		
Cocooning & pampering	120 min	3,200
Silk Body Scrub & Care Facial Care Back Massage Relaxing Head massage		
Soon to be mother	90 min	2,400
Mother to be massage Belly Mask Facial Glow Nail Polish		

Add on... 15 mins

	Rs
Back exfoliation, Mini Massage Hand & Feet, Facial Cleanser, Nail Grooming, Vichy Shower*	450

*Vichy shower only available at Hennessy Park Hotel

Facial

Options	Min	Rs	Loyalty card Rs
Facial Booster <i>(adapted to skin type)</i>	30 min	1,500	1,050
Add-on Serum		250	250

The Specialists

Hydracure	60 min	2,400	1,920
Vitamin C	60 min	2,400	1,920
So Delicate	60 min	2,400	1,920
Royal Jelly preventing anti-age	60 min	2,400	1,920
Men Facial	60 min	2,600	2,080
Pure & Oxygen	75 min	2,900	-
Special loyalty program	60 min	-	1,500

Anti-aging

Time Expert Rides	90 min	3,200	-
Eye Contour time Expert	30 min	1,300	-
Mineral Mousse Eclat	60 min	2,400	1,920

Body Exfoliation	Min	Rs	Loyalty card Rs
Coco	30 min	990	700
Bubble K Scrub*	30 min	1,000	700

*Only available at Hennessy Park Hotel

Body Care

Detox Wrap	60 min	1,900	1,420
Vitamin C Body Care	60 min	1,900	1,420

Facial Optimisers

	Rs
Vitamin C	500
Cupping Glow	500
Add-on serum	250

Mauritian menu

All our Mauritian treatments are performed with 100% natural products created by a small company called "Au Plaisir Du Bien Être" exclusively for I Spa Club.

		Rs	Loyalty card Rs
Nénufar Body Exfoliation	30 min	1,000	700

Inspired by Mauritius' well-known Water Lilies at Pamplemousses Garden, this 100% natural body exfoliation & care will transport you to a relaxing journey in a wellness garden.

		Rs	Loyalty card Rs
Mauritian Massage	60 min	2,200	1,540

The Mauritian traditional massage is inspired from massages performed on new mothers to ease back pain caused by holding a baby. With hot pouches and oil, you will indulge in a relaxing journey while reducing any stress-induced pain.



		Rs	Loyalty card Rs
Safran Facial	45 min	2,000	1,400

Inspired by traditional 'Safran' ceremonies performed during Hindu weddings, this Saffron facial will bring out your natural fairness and cleanse your skin. Ideal for all types of skin, this gentle natural facial will help brighten your complexion.

		Rs	Loyalty card Rs
Coco Head Massage	30 min	1,000	700

Originally performed by Mauritian mothers to ease headache, activate circulation and even make for hair growth, this massage will surely bring back some childhood memories.

Beauty & Grooming

Mani & Pedi			Waxing			Loyalty card Rs
	Min	Rs		Min	Rs	
Pedicure	60 min	950	Full Legs	60 min	850	595
Manicure	60 min	850	Legs or Arms or Back	25 min	650	455
Express Mani / Pedi	30 min	500	Underarms	15 min	450	315
Nails			Bikini Line	15 min	550	385
Semi-permanent (colour or French)	45 min	700	Brazilian or Hollywood			
Semi-permanent Hand & Feet		1,100	Style Bikini	30 min	850	595
Nail Design		250	Eyebrows or			
Nail Art Design		10*	Upper Lip or Chin	10 min	300	210
* Price per nail			Brow & Lash Bar			
			Eyelashes tint	15 min	400	
			Eyebrows tint	10 min	300	
			Lash extension*	120 min	3,000	
			*Only available at Le Suffren Hotel & Marina			

Kids Spalicious

With 100% natural products, your child's delicate skin is gently cared for.



Mademoiselle Waxing as from 12 years

	Min	Rs
Eyebrow, upper lip, chin		100
Under arm, legs, bikini line		300

Happy Feet

	30 min	550
Relieve tired & weary feet with a milk foot soak, followed by a jolly legs and foot massage using our magic scented lotion. Finish with a nail polish application.		

Angel's Bliss Head Massage

30 min	900
This calming & balancing treatment includes a wonderfully relaxing head massage with warm oil to promote sweet dreams at night.	

Pretty Hands or Feet

20 min	900
Kids indulge in the sweetest pampering starting with a chocolate hand/feet wrap, followed by a hand/feet massage & a mini nail polish. Pick your favourite glittering & island dream nail colours for the perfect beach chic style.	

Spalicious Body Care & Massage

60 min	1,500
The yummiest body treats for young souls. Spoil the body & mind with a total flavourful & unwinding journey that begins with a gentle coconut body scrub followed by a warm coconut-based mask, ending delightfully with a melodious relaxing massage.	

Princess Facial

30 min	990
Get fairy tale ready with a princess facial that includes a facial cleanse and a massage. Your beautiful face will be glowing and your lips will be shining after a lip gloss application.	

Mommy or Daddy & Me

60 min	2,600
Spend some precious relaxation & bonding time together by enjoying a light to medium pressure using gentle movements and rocking motions to encourage a peaceful state. Your relaxing journey will end with a mini facial.	



Leisure Corner 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
(Price per person and includes day pass)	500	100
Racket rental & ball	100/pax	100/pax

Personal training (60 mins)	Non-Member Rs	Member Rs
One to one Personal Training (Price is per session)	990	690
Duo Personal Training (Price is per session)	1,400	980
Group Personal Training (3 to 5 people, price is per person)	600	420
Squash Initiation	600	300
Swimming Lessons	600	300

Volley-ball at The Address	Non-Member Rs	Member Rs
(Price for the court for one hour)	300	300

Tennis at The Address	Non-Member Rs	Member Rs
7h00 - 18h00	250	150
18h00 - 21h00	400	350
(Price for the court for an hour)		

Private lesson	Non-Member Rs	Member Rs
7h00 - 18h00	900	900
18h00 - 21h00	1,000	1,000

Tennis Partner	Non-Member Rs	Member Rs
7h00 - 18h00	750	750
18h00 - 21h00	800	800
Combo 10 sessions	6,500	6,500

Bocci Ball at The Address	Non-Member Rs	Member Rs
(Price for the court for one hour)	300	300

Your Personalised Workout Plan

Each fitness program is designed by our fitness instructors to meet the needs of your body, your schedule, tastes and fitness goals. Certain physical limitations, time commitments, preferences and goals will provide the basic structure of your fitness training program.	Non-Member Rs	Member Rs
	1,200	990

Add on: Skinfold test & measurements 450 300

Group Classes	Hotel Guest Rs	Outsider Rs
Enroll in one of our group class for 60 min of workout	200	400

Free Tennis lessons for kids

at The Address Boutique Hotel
(5 yrs to 12 yrs) on Saturday mornings for members and Hotel Guest.

Book on **405 3020** for a 45-minute session.



10 Combo Personal Training

Let's get started!

	Non-Member Rs	Member Rs
<i>This package will get your blood pumping, not to mention those muscles. Sign up for this deal-of-a-package and you'll soon see the results.</i>	6,500	5,000

The schedule:

- 60 min sessions
- 2 to 3 times per week = 10 sessions valid for a maximum of 6 weeks (including 1 session of fitness level test)

Includes:

- Goal Setting
- Body Motion Analysis (1st session)
- Fitness Testing (1st session)
- 9 Personal Trainings
- 1 Body Measurements Follow up
- Quick Fix after workout

The HIIT Express Fitness Package

	Non-Member Rs	Member Rs
<i>Our express package is a quick and intense session geared for those with limited time. It may be short, but it's going to get your heart pounding!</i>	4,590	3,500

The schedule:

- 30 min sessions
- 3 times per week = 12 sessions valid for a maximum of 6 weeks (including 1 session of fitness level test)

Includes:

- Goal Setting
- Body Motion Analysis (1st session)
- Fitness Testing (1st session)
- 11 Personal Trainings
- Quick Fix after workout

The Post Pregnancy program

	Non-Member Rs	Member Rs
What to expect when you're no longer expecting?	8,000	6,000

Push those post pregnancy pounds out of your life with a fun at-home and in-the-gym workout. We've found the best balance for you between your little one and hitting the gym.

The schedule:

- 60 min sessions
- At home work out plan twice a week
- At the gym plan twice a week with the gym instructor = 8 sessions per month
- Body Measurements & Skinfold Test follow up once a week

Includes:

- Goal Setting
- Body Motion Analysis (1st session) - Fitness testing (1st session)
- 8 Personal Trainings
- Bellabacci Slimming Cupping technique upgrade on any massage booked
- 15% discount on Invictus Hair by Javed - 25% discount on Spa Treatment

Nail Art

Only at Le Suffren Hotel & Marina

Gel Polish	Min	Rs	Loyalty card Rs
Semi-Permanent Varnish		700	400

Hand or feet Cut, File, Remove cuticle, Buff, Varnish Semi-permanent application, Cuticle oil

Hands & Feet		1,100	-
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Extension Gel

Extension Gel		2,200	1,540
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Cut, File, Remove cuticle, Buff, Extension with gel (Evo) Semi-Permanent application, Cuticle oil

Refill	120 min	750	525
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Gel Extension

Nail Repair-Evo			50*
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*Price per nail

Manicure & Semi-Permanent	Min	Rs	Loyalty card Rs
	90 min	1,100	-

Manicure & Semi-Permanent Application

Pedicure + Semi-Permanent	90 min	1,100	-
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Pedicure & Semi-Permanent Application

Glamorous Manicure & Semi-Permanent	120 min	1,400	1,200
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Candle Massage, Hydrating Gloves, Hot Towel, Semi-Permanent application, Cuticle oil

Glamorous Pedicure & Semi-Permanent	120 min	1,400	1,200
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Candle Massage, Hydrating Socks, Hot Towel, Semi-Permanent application, Cuticle oil



