



SEVEN COLOURS[®]
WELLNESS EXPERIENCES

Wellness Comes in Colours



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The Seven Chakras



Third Eye Chakra

Inner Sound | Extra Sensory Perception

Self-Responsibility | Intuitive | Faithful |
Clear-Sighted | Integrity

Pituitary Gland - Endocrine System

Heart Chakra

Air Element | Sense of Touch

Social Identity | Love | Compassion | Generosity | Harmony |
Balance | Loving | Gives & Takes Unconditionally

Thymus Gland - Immune & Circulatory System

Sacral Chakra

Water Element | Sense of Taste

Self-Respect | Emotions | Freedom to be Oneself |
Stimulation | Sociable | Creative | Joyous | Independent

Gonads Gland | Reproduction & Assimilation System

Crown Chakra

Inner Light Element | Sense of Empathy

Self-Knowledge | Spiritual Awareness | Self-Clarifying |
In the Service of Others | Life Philosophy | Idealism

Pineal Gland - Nervous System

Throat Chakra

Ether Element | Sense of Hearing

Self-Expression | Communication | Loyal |
Trustworthy | Tactful | Calm

Thyroid Gland - Metabolism

Solar Plexus Chakra

Fire Element | Sense of Vision

Self-Worth | Perception of Oneself & Perception from Others | Ego |
Intellect | Confident | Alert | Dynamic | Optimistic | Good-Humoured

Pancreas Gland | Nervous & Digestive System

Base Chakra

Earth Element | Sense of Smell

Self-Awareness | Survival | Stability | Security | Assertiveness |
Courage | Strength of Will

Adrenal Gland | Skeleton - Lymph & Elimination system



Bring Wellness In Your Life

WELL-BEING PRIVATE SESSIONS

Chakra Test | 15 MINS - MUR 1,040

Discover which of your chakras are dominant, balanced or blocked. Let us guide you on how to open and balance them to achieve a healthier state of mind and body.

Learn the Art of Wellness (by Seven Colours) | 45 MINS - MUR 2,600

Anti-stress method: Relax your mind, body and soul through breathing and mind conscious techniques

MIND-BODY

Private Yoga Session | 1 HR - MUR 2,860

+ Hatha Yoga

The focus is on practices designed to align and calm your body, mind and spirit in preparation for meditation.

+ Ashtanga Yoga

Synchronisation of the breath with progressive series of postures. A process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs.

Seven Colours Mauritian Body Cares

Treatments designed to prepare your skin and leave it soft, nurtured and moisturised while restoring its silky smooth touch.

Coco Spa Ritual | 1 HR 30 MINS - MUR 5,850

Warm coco milk feet bath

Exotic coco face & body exfoliation

Beauty coco hair & body mask

Black Soap Steam Exfoliation | 30 MINS - MUR 2,730

Traditionally made in Africa from secret recipes, the black soap with its delicate texture and natural and earthy smell will amaze your senses whilst resulting in a silky smooth skin

Body Scrub "Gourmand" | 25 MINS - MUR 2,210

Mauritian ingredients for the beauty of your skin and pleasure of your senses

Aloe Skin Repair Care - After Sun | 30 MINS - MUR 2,470

Soothes skin irritation and speed skin regeneration



Massages & Spa Rituals

African Inspiration Signature Ritual | 1 HR 30 MINS - MUR 5,980

Discover our unique African body beauty ritual and typical African massage.

Seven Colours Signature Ritual | 1 HR 30 MINS - MUR 6,110

Exotic Body Exfoliation, Aromatherapeutic Massage, Facial Refresher

Carefully designed for a truly personalised experience taking your body and mind on an indulging and relaxing journey.

SIGNATURE MESSAGES

spArt Experience Massage | 1 HR 15 MINS - MUR 5,850

Softening and relaxing massage with warm cocoa oil and paint brushes for an original spArtistic experience

Aqua Massage | 30 MINS - MUR 2,210

Relaxing massage using the gentle warmth and liberating, yet cocooning power of water

Source Of Life Massage | 1 HR 30 MINS - MUR 5,980

Harmonising massage with seven massage techniques

Musical Massage | 1 HR - MUR 4,810

Rhythmic massage perfectly synchronised to the vibration of the music

Aromatherapeutic Candle Massage | 1 HR - MUR 4,810

Deepened relaxation with warm aromatic massage oil

Mauritian Massage | 1 HR 15 MINS - MUR 5,850

Unique blend of massage techniques from all cultures of Mauritius

Head & Shoulders Massage (Mauritian style) | 50 MINS - MUR 4,550

Soothing massage easing any accumulated tension in the head and shoulders' area

Feet Reflexology Massage (Mauritian style) | 50 MINS - MUR 4,550

Rejuvenating massage to restore, balance and boost energy through the body as a whole

Herbal Massage | 1 HR - MUR 5,590

Aromatic massage with warmly infused Mauritian healing plants and herbs

Semi-Precious & Volcanic Stone Massage | 1 HR 30 MINS - MUR 5,980

Deep relaxing massage using the soft warmth and energising power of volcanic and semi-precious stones

LEARN HOW TO MASSAGE

Learn How To Massage (For 2 Pers.) | 1 HR 30 MINS - MUR 5,330

Learn relaxing techniques, easy to reproduce at home with family or with friends.





Aromatherapeutic Massages

- 🌿 Back & Shoulders Tension Relieve Massage | 25 MINS - MUR 2,470 / 50 MINS - MUR 3,770
- 🌿 Heavy Legs & Feet Massage | 25 MINS - MUR 2,470 / 50 MINS - MUR 3,770
- 🌿 Relax & Relieve Massage | 50 MINS - MUR 3,770 / 1 HR 15 MINS - MUR 4,810
- 🌿 Revitalise Massage | 50 MINS - MUR 3,770 / 1 HR 15 MINS - MUR 4,810
- 🌿 Detox Massage | 50 MINS - MUR 3,770 / 1 HR 15 MINS - MUR 4,810
- 🌿 Sport Massage | 1 HR 15 MINS - MUR 4,940
- 🌿 Golf Recovery Massage | 1 HR 15 MINS - MUR 4,940

MASSAGE'S OPTIMISERS * | Supplement - MUR 390

- + Bellabaci Cupping - Toxin Draining & Tension Reliever
- + Warm Volcanic Stones - Tension Reliever

ADD-ON MINI TREATS*

- + Add-On Deep Asian Pressure | 15 MINS - MUR 910
- + Add-On Facial Refresher | 15 MINS - MUR 1,365





Kids & Family Spa Experience

KIDS SPA TREATMENTS

Wellness doesn't wait for years! From 4 to 12 years old; accompanied by a parent.

- 👤 "Ti" Massage | 30 MINS - MUR 2,210
- 👤 "Ti" Facial | 30 MINS - MUR 2,730
- 👤 "Ti" Mani or Pedi | 30 MINS - MUR 1,495
- 👤 "Ti" Nail Deco or Henna | 15 MINS - MUR 780

MOTHER-TO-BE

- 👤 "Mother-to-be" Massage | 50 MINS - MUR 3,770 / 1 HR 15 MINS - MUR 4,810
- Gentle massage to relax tense muscles, ease sore spots, improve circulation and mobility

FAMILY SPA EXPERIENCE

- 👤👤 Share a relaxing spa experience with your kid(s). 2 to 4 pers.



Create Your Own Packages

Benefit from a discounted rate on several treatments

- ⚙️ "Sweet" Package | as from 3 benefit 10% off
- ⚙️ "Shary" Package | as from 5 benefit 15% off
- ⚙️ "Let's" Package | as from 10 benefit 20% off



Facials

🌿 **Hydra-Nourishing Facial | 1 HR - MUR 4,940 / 1 HR 15 MINS - MUR 5,850**

Intense lasting hydration and vitamin boost; re-plumping your skin

🌿 **Hydra-Cleansing Facial | 1 HR - MUR 4,940 / 1 HR 15 MINS - MUR 5,850**

Deep cleansing facial; refreshing and restoring your skin

🌿 **Men's Balancing Facial | 1 HR - MUR 4,940 / 1 HR 15 MINS - MUR 5,850**

Restored freshness and clarity; leaving the skin soothed and hydrated

🌿 **Rejuvenating Facial | 1 HR 15 MINS - MUR 6,110 / 1 HR 30 MINS - MUR 7,020**

Infinite replenishing treatment; reducing fine lines and wrinkles

🌿 **Hydra-boost Mini Facial | 30 MINS - MUR 3,250**

Express facial; boosting and awakening your skin

FACIALS OPTIMISERS* | Applicable to 1 HR 15 MINS

+ **Semi-precious Stone Enhancer**

Amplifies the benefits of each active ingredient

+ **Anti-age Cupping Regeneration**

Speeds cells' regeneration and boosts collagen production

ADD-ON MINI TREATS*

+ **Add-on Nail Grooming | 15 MINS - MUR 910**

(Inclu. nail filing, buffing and base coat application)





Beauty Care

HANDS & FEET



Manicure

Treatment | 1 HR (approx.) - MUR 2,600

Mini Care | 30 MINS (approx.) - MUR 1,625



Classic Nail Varnish

French | 20 MINS (approx.) - MUR 1,300

Single Colour | 15 MINS (approx.) - MUR 1,040



Removal only | 30 MINS (approx.) - MUR 1,365



Removal (Before re-application) | 20 MINS (approx.) - MUR 1,040



Nail Deco Supplement | MUR 91 /nail



Pedicure

Treatment | 1 HR (approx.) - MUR 2,795

Mini Care | 30 MINS (approx.) - MUR 1,625



Semi-Permanent

French | 50 MINS (approx.) - MUR 2,405

Single Colour | 40 MINS (approx.) - MUR 2,080

WAXING



Full Legs

| 45 MINS (approx.) - MUR 2,210



1/2 Legs or Arms or Back

| 30 MINS (approx.) - MUR 1,430



Underarms

| 10 MINS (approx.) - MUR 910



Bikini line

| 15 MINS (approx.) - MUR 1,105



Eyebrows or Upper lip or Chin

| 10 MINS (approx.) - MUR 585

FINISHING TOUCHES



Eyelashes Tint | 15 MINS - MUR 1,105



Eyebrows Tint | 10 MINS - MUR 910



Henna Tattoo | as from MUR 910





Hair Salon by

T-LAB PROFESSIONAL “ORGANIC CARE COLLECTION”

Coco Therapyl 10 MINS - MUR 600

An intensely nourishing formula restoring the health and shine your dry hair has been longing for

Aura Oil | 10 MINS - MUR 600

A treatment especially designed to repair the damages caused by the sun, sea water and hair colouring

Total Protect | 10 MINS - MUR 600

A hair coloration fixation formula providing the double benefit of 6-weeks colour fixation and UV protection

Saphire Energy | 10 MINS - MUR 600

A miracle solution keeping your hair sleek and silky for 4 days, even at 80% humidity

Shampoo Brushing

Short hair | MUR 1,950

Medium to long hair | MUR 2,470

Hairstyling

Basic | 45 MINS (approx.) as from MUR 5,000

Structured | 1 HR (approx.) as from MUR 7,500

Make-Up

Basic | 30 MINS (approx.) - MUR 3,000

Structured | 1 HR (approx.) - MUR 4,000

| Bridal package available with wedding coordinator





SEVEN COLOURS®
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Conditions

📌 Packages

Discounts are non-cumulative. 6 months validity. All prices may be subject to modifications without prior notice. All prices are inclusive of local taxes.

📌 Add-On Mini Treats* & Optimisers*

Can be added in complement to your main treatments, but cannot be counted as a treatment in packages.

📌 Spa Facilities

Spa is open 7/7 from 9 am to 7:30 pm on reservation. Children, as from the age of 4 years, are allowed in the spa for treatments, but must be accompanied by a parent. Facilities are accessible to guests 13 years and older.

📌 Late Arrival

Arriving late for your treatment will limit the time of your spa service thus lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time to accommodate the next guest's scheduled appointment.

📌 Cancellation

Any cancellation should be communicated to us before 8 pm on the evening before your scheduled booking. If we are not informed of your cancellation, then 25% of the price of the treatment will be charged to your account.

📌 Languages

Menu available in other languages in Spa.

