

*Kempinski*

The Spa

our  
menu of  
sensational  
*Treatments*





# *The* Seasonal Spa

Kempinski The Spa is a journey inspired by the **European cycle of the seasons**. Drawing on the elemental wisdom of nature, our treatments both invoke and restore the **body's natural equilibrium**.



# The Definitive Treatments

## Seaside Seasonal **Luxury**

Our definitive treatment attends not only to your body but also to your face, leaving you feeling lighter with a renewed sense of vitality, a truly luxurious experience by the sea. By starting with a warm foot wrap, the skin is prepared for your choice of a Seasonal Body Wrap or Scrub to leave the skin refreshed. This is followed by a Seasonal Massage to knead and soothe the muscles of the body, and a Seasonal Facial thoroughly cleanses and hydrates your skin, visibly improving the complexion.

150 minutes

## Romantic Couple's **Massage**

Why not enjoy the spa together? Our spa villa built for two is the perfect getaway...relax and rejuvenate.

75 minutes

## Island Coco **Trio**

Our two-hour Island Coco-Trio experience packages all three of our Coco Treatments – the Coconut Body Polish, the Coconut Hair & Scalp Treatment and the Coconut Massage for a true taste of the tropics.

120 minutes

## Coconut **Massage**

Our rhythmic Coconut Massage uses warmed virgin coconut oil and smooth, cut coconut shells to deliver the perfect amount of pressure, right where you need it most. Authentically local, relaxing and tranquil.

60/90 minutes

## Coconut **Body Polish**

A thorough full body skin exfoliation with sea salt, virgin coconut oil and desiccated coconut helps invigorate circulation while softening skin at the same time. A must to try!

45 minutes

## Coconut Nourishing **Hair & Scalp Treatment**

Beginning with a neck and scalp pressure point massage, 100% virgin coconut oil and shea butter hair mask is worked strand by strand through the hair lengths and into the scalp. An intensely relaxing treatment leaving your hair nourished and shiny.

30 minutes

# Seasonal Massages

## Spring In Your Step **Detoxing**

This is a detoxifying and uplifting massage that works on the lymphatic system, thus helping to eliminate toxins from the body. This therapeutic treatment commences with a dry body brushing designed to awaken a lethargic system.

60/90 minutes

## Summer Bliss **Balancing**

The Summer Bliss massage is based on soothing strokes. The body will be cooled, calmed and soothed with the use of refreshing Aloe Vera and Cucumber, and cool stones on both the face and décolleté will bring balance to the whole body.

60/90 minutes

## Autumn Sleep **Relaxing**

This nurturing, aromatherapy massage focuses on achieving deep levels of relaxation. The massage includes a therapeutic head massage that works on cranial pressure points to alleviate signs of stress to help you to unwind.

60/90 minutes

## Winter Warmer **Energizing**

This classic deep tissue massage is both energizing and nourishing and is specifically designed to focus on painful joints or stiffness in the body as required. This therapeutic body treatment includes a warming Shea and Mango butter foot balm.

60/90 minutes

# Additional Massages

## Hot Stone Therapy

This natural therapy provides deep relaxation for your body. The warm stones ease sore muscles, release stiff joints and relieve muscle tension. This massage allows the deeper tissues to be manipulated more effectively.

60/90 minutes

## Classic

This rhythmic massage is purely for de-stressing and relaxing of both the body and the mind.

60/90 minutes

## Mother-to-be

To help reduce tension and stress during this delicate time. A full-body massage especially designed for the mother-to-be. Mother is positioned in a special way for extra comfort. Please mention your stage of pregnancy when booking this massage.

60/90 minutes

## Back, Neck & Shoulder

A targeted massage focusing on tight and sore areas most in need of attention, the lower and upper back, neck and shoulders.

30/45 minutes

## Leg & Foot Revival

A targeted massage to comfort and relieve tired and heavy legs and swollen ankles.

30/45 minutes

# Body Treatments

## Detoxing

### Spring Embrace Wrap

This wrap is highly effective in purging toxins and boosting blood and lymphatic circulation. During the wrap, an express facial gently cleanses and tones the skin.

45 minutes

## Balancing

### Summer Pearl Scrub

Mother of Pearl is the key ingredient in this luxurious, calming body polish. In its powdered form, it works gently yet effectively to encourage a smoother skin texture. It is an ideal Scrub for those who wish to prepare for a summer tan.

45 minutes

### Seasonal Body Combination

Combine any Seasonal Body Scrub or Wrap with a Seasonal Massage.

90 minutes

## Relaxing

### Autumn Drape Wrap

This wrap is deeply relaxing. The body is reassuringly wrapped, whilst an express facial gently refreshes the skin and enhances the holistic body experience.

45 minutes

## Energizing

### Winter Clear Out Scrub

The Winter Clear Out Scrub contains fine Himalayan salt infused with melted Shea and Mango butter and Essential oils. When applied, dryness is polished away and the skin is deeply nourished.

45 minutes





## Seasonal Facials

### Spring Face **Detoxing**

This deep cleansing Spring facial ensures the skin is refreshed and renewed.

60/90 minutes

### Summer Face **Balancing**

For those who tend to have dry or inflamed skin, the Summer facial will be the one to choose. Its calming properties will help to rehydrate and cool the skin, bringing it back into balance.

60/90 minutes

### Autumn Face **Relaxing**

This relaxing Autumn facial nurtures tired skin, unwinding any facial tensions, and resulting in a radiant look for the face.

60/90 minutes

### Winter Face **Energizing**

This wonderful Winter facial works to pamper and hydrate dry skin, and helps it stay protected and nourished during harsh climatic conditions.

60/90 minutes

## Additional Facials

### Express **Facial**

A mini facial treatment suitable for all skin types and those with a short amount of time. Skin is deeply cleaned, exfoliated and nourished, leaving it looking clear and hydrated. Perfect to add to a massage or other treatment.

30 minutes

### Men's **Facial**

Take a moment to indulge in a facial, tailored specially for men. Enjoy this refreshing experience as your skin is deeply cleansed, exfoliated and nourished.

60 minutes



## Care for the Hands & Feet

	Min
Traditional Manicure	45
Traditional Pedicure	60
Gentlemen's Manicure	30
Gentlemen's Pedicure	45
Polish Change	15

## Waxing

	Min
Half Leg	30
Full Leg	45
Half Arm	25
Full Arm	45
Bikini Line	30
Back	45
Chest	45
Under Arms	15



# Spa *Etiquette*

The spa environment is one of tranquillity and relaxation. Please respect the quiet and privacy of other guests. We kindly request that you refrain from using mobile phones and cameras. It is recommended that you leave valuables in your guest room safe. The spa does not assume liability for any valuables.

## Health Concerns

Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the spa and facilities.

## Spa Experience

To make the most of your spa experience and support the benefits of your treatment, we recommend that you arrive 15 minutes prior to your appointment to enjoy our inviting relaxation lounge pre or post treatment. For your convenience the spa will provide towels, slippers, shower caps and all amenities required for use during your visit. During all treatments you will be properly draped for ensured privacy.

## Minimum Age

The recommended minimum age for spa treatments is 16 years. Minors under this age must be accompanied by a same gender parent or guardian who is also having a treatment in the same treatment room. Minors pay the full spa rate.

## Reservations

Advanced bookings are highly recommended to ensure preferred times are available, particularly if you choose to enjoy multiple bookings during your stay. The spa provides walk-in bookings based on availability.

To make a reservation, dial the operator button, who will then connect you to the Spa.

## Gift Certificates

Our gift certificates make a wonderful gift for any special occasion. Please enquire at the spa reception for details and purchase.

## Lateness & Cancellation Policy

Please be aware that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of 12 hours' notice for cancellations. With fewer than twelve hours' notice you will be charged for 100% of your treatment. If appointments are reserved before arrival at the resort, the spa cancellation policy follows that of your resort reservation.

## Hours of Operation

Spa Treatment Reservations – 9am until 8pm daily.  
Spa Treatment Appointments outside these hours can be requested. A surcharge of 1500 SCR is applied per reservation.

# Price List

*Kempinski*  
The Spa

## The Definitive Treatments

	Minutes	SCR
Seaside Seasonal Luxury	150	4,900
Seaside Seasonal Luxury (for two)	150	9,800
Romantic Couple's Massage (for two)	75	4,500
Island Coco-Trio	120	3,900
Island Coco-Trio (for two)	120	7,800
Coconut Massage	90	2,600
	60	2,000
Coconut Body Polish	45	1,500
Coconut Nourishing Hair & Scalp Treatment	30	1,200

## Seasonal Massages

	Minutes	SCR
Spring In Your Step Detoxing	90	2,400
	60	1,800
Summer Bliss Balancing	90	2,400
	60	1,800
Autumn Sleep Relaxing	90	2,400
	60	1,800
Winter Warmer Energizing	90	2,400
	60	1,800

## Additional Massages

	Minutes	SCR
Hot Stone Therapy	90	2,600
	60	2,000
Classic Massage	90	2,400
	60	1,800
Mother-to-be	0	2,400
	60	1,800
Back, Neck & Shoulder	45	1,500
	30	1,200
Leg & Foot Revival	45	1,500
	30	1,200

## Body Treatments

	Minutes	SCR
Detoxing Spring Embrace Wrap	45	1,500
Balancing Summer Pearl Scrub	45	1,500
Relaxing Autumn Drape Wrap	45	1,500
Energizing Winter Clear Out Scrub	45	1,500
Seasonal Body Combination	90	2,800

All prices are in SCR inclusive of 10% service charge and 15% VAT.

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# Kempinski Seychelles Resort

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