

LABRIZ, SEYCHELLES

HILTON

Spa Treatment Menu

Welcome to the peace and tranquillity that is the secluded sanctuary of Silhouette Spa. Set into the lush jungle landscape and nestled amongst the granite boulders to give you breathtaking views and a feeling of oneness with nature.

Your journey into sensory bliss begins here, with every smell, every sound, and every touch designed to take you to a state of heightened relaxation.

Friendly smiles guide you, attentive care cocoons you and expert hands envelop your physical, emotional and spiritual needs.

Combination of local ingredients for a unique island experience and are enhanced by treatments and products created by Li'tya, a holistic treatment experience meaning "of the earth" and grounded in indigenous Australian dreamtime culture. All products are based on Australian plants and bush flower essences and are exclusive to SILHOUETTE SPA.

A Li'tya spa experience is more than a Spa treatment, it focuses on the body and most importantly the mind and spirit.

Our treatments incorporate a journey through "Degrees" our outdoor thermal lounge providing Steam, Sauna, Jacuzzi, shower and Plunge pool to enhance your treatment experience.

If you prefer solitude, our relaxation room overlooking the ocean will provide you with the perfect place to reflect and be still.

The journey is yours, a bright day time moment in the natural surroundings or a night time experience under the stars.

Let your body relax and your mind wander, drift away and let your journey begin.



PURE RELAXATION EXPERIENCES

Jet-Lag Recovery Massage

60 min/90 min

The use of spiralling movements and pressure points will assist the body to experience a complete feeling of balance and wellness. Ideal for those who do a lot of travelling and want to restore balance. An aromatic blend of Tasmanian Lavender, Rose Geranium and Sandalwood will revitalise and renew. A healing massage to assist in unblocking and realigning the body's energy fields restoring balance and harmony.

Holistic Massage

60 min/90 min

Unlock stress and everyday tension, be blissed out by this harmonious melodic flow that will leave you feeling grounded and comforted. This relaxation massage integrating stretching techniques, will help you surrender to mental stress and tension and ideal for those who have a hectic lifestyle and do not stop. An aromatic blend of Ylang Ylang, Mandarin and Blue Cypress are massaged into the body to soothe, calm and strengthen. An excellent maintenance therapy against the stress of the modern world.

Aromatherapy Massage

60 min/90 min

A soulful massage using the principles of traditional Australian Aboriginal techniques, integrating pressure points and spiralling techniques to tailor your body's physical needs. A journey that will bring harmony and rejuvenation, eliminating all mental tension and lifting the spirit. A choice of therapeutic aromatic oil blends will be used to target each personalised need.

Earth Stone Massage

75 min

Earth Stone therapy creates a deep structural, powerful form of massage, improving posture and circulation. Allow the warmth of the hot basalt stones to give a deeper massage creating sensations of comfort and warmth, relaxing and releasing tension.

Balinese Massage

60 min/90 min

Balinese is a full body holistic treatment which combines a variety of massage techniques-stretching, long strokes and pressure point to release areas of tension and knotted tissue which will ease muscular, joint pain and bring a sense of wellbeing, calm and deep relaxation.



REJUVENATING EXPERIENCES

Energizing Massage

60 min/90 min

Inspired by the Yabung massage and integrating traditional Australian Aboriginal techniques, this deep tissue massage will help relieve muscle tension and alleviate mental tension. A blend of Lemon Myrtle, Native Mint and Juniper is massaged into the skin to help aid cellulite, fluid retention and to restore the mind with clarity and refreshment.

Thai Massage

90 min

Traditional Thai massage also known as Yoga massage combines assisted yoga postures, gentle rocking and rhythmic compressions with pressure point and a wide variety of stretching movements. During this massage no oil is used. Thai massage revitalises both body and mind.

FEEL GOOD EXPERIENCES

Silhouette Foot Massage

30 min/45 min

A reflexology based massage that targets all reflex zones and treats tired and overworked feet. Bathed in Australian Native Flora, with a combination of clean Native Mint and Aniseed Myrtle. The desert salt and aromatic oil will smooth tired legs and feet. A Desert Lime Mist will be lightly spritzed in preparation for the Reflex massage that corresponds with physical needs of the body.

Silhouette Back, Neck and Shoulder

30 min

Specifically designed for those wanting relief around the neck, shoulders and back. A firm pressure massage integrating spiralling movements and pressure points that release trapped energies to release muscle strain around scalp, neck and back.

Awakening Scalp Massage

30 min

Working to awaken the intuition energy point to de-clutter and de stress the mind creating focus and clarity to establish a deep and profound sense of relaxation. This integrates the intense hydrating benefits of the warm dreamy Quandong Hair Mask to nourish the hair and scalp leaving the hair silky smooth and shiny.



SILHOUETTE BODY EXPERIENCES

Sea Salt Body Scrub

45 min

A refreshing, powerful skin recharging full body exfoliation therapy that integrates the native aromatic oils of Frangipani and Ylang Ylang and Australian Sea Salts to cleanse and purify leaving skin smooth and soft. It stimulates the circulation, soothes tired muscles, and leaving the spirit revitalized. An application of Pearl and Peppermint Refining Body lotion to complete will leave your skin nurtured and nourished.

Sugar and coconut scrub

45 min

A warming sugar and coconut scrub to capture the essence of Seychelles which will gently exfoliate your body leaving your skin silky smooth and nourished.

Desert Salt Body Scrub

45 min

An energizing full body exfoliation therapy cleanses the spirit, revitalizes the energy meridians and brings tone and clarity to the skin. Your choice of Australian native aromatic oils are applied to the body, followed by Desert Salts to exfoliate and purify and application of Cherry Alder body lotion to leave skin silky smooth. A sensory experience for the body that leaves skin invigorated and the spirit revitalized.

Sea Salt Scrub and Mud Wrap

60 min

Nourish your body with this complete rejuvenation body experience. To begin you will be energized and nourished with a complete Mother of Pearl body exfoliation before being cocooned in warm and vitamin packed Pearl & Kelp (Spiriluna) Body Mud which works to cleanse and deliver essential nutrients to the skin, whilst you enjoy an Aboriginal inspired scalp massage. You will then surrender your body and soul to a rhythmic application of hydrating body treatment oil completes this truly holistic experience.



After Sun Express Recovery

45 min

A light application of regenerating Aloe Vera gel on face and body to repair damages from sun and sea. The skin is left delightfully moisturised, comfortable and ready for another sunshine day.

Desert Mud Body Retreat

90 min

Unwind, invigorate and celebrate with this complete body rejuvenation experience. After an invigorating exfoliation with your choice of Australian Desert Salts and Aromatic Oils your body will be cocooned in a layer of your chosen silky warm mineral rich Mapi Body Mud. An Aboriginal inspired scalp massage allows you to drift away to another realm and calms the soul. You will then surrender to the healing, grounding and spiritually uplifting rhythmic full body massage to complete this truly holistic experience.

SILHOUETTE FACIAL EXPERIENCES

Harmonising Facial

45 min

Suitable for all skin types this facial integrates Australian native ingredients such as Lillypilly, Wild Rosella and Macadamia, is an ideal treat for dull or lifeless skin or to prepare your skin for a special occasion. An Aboriginal inspired pressure point facial massage helps to relieve stress and tension whilst stimulating the circulation and the scalp and shoulder massage clears the mind. Perfect after a long flight, late nights, or whenever skin could benefit from a boost of TLC, the facial is a particular favourite for busy clients, travellers or to combine with other treatments.

Deep Cleansing Facial

60 min

This tailor-made facial treatment is prescribed as an intensive boost for all skin types and will be customized to target specific skin conditions such as dehydration, congestion, dryness, and sensitivities. Skin is cleansed and exfoliated using a combination of Australian native ingredients such as Lillypilly and Wild Rosella to revitalize. Two specialised masks are applied during the treatment to focus on intense purifying with Australian Clays plus a skin drenching hydration mask to smooth and nourish. An Aboriginal inspired pressure point facial massage helps to relieve stress and tension whilst stimulating the circulation and the scalp and shoulder massage clears the mind. This indulgent treatment is further enhanced with your choice of hand or foot massage. Your skin will emerge from feeling purified, balanced and beaming with clarity. And so will you.



Marine Renewal Facial

60 min

Drawing on powerful nutrient rich marine elements to heal and strengthen the skin. Marine Collagen, Kelp, Marine Algae and Mother of Pearl extract work to deeply cleanse and exfoliate the skin. Mother of Pearl also acts as an anti-aging element due to its high content of essential amino-acids. A specially prescribed deep cleansing mask is applied to offer superior refining and clarifying of the skin whilst you relax with your choice of hand or foot massage. The powerful yet serene Aboriginal inspired pressure point massage for the face and shoulders will leave you completely relaxed before a second mask is applied to hydrate and soothe the skin whilst you receive the uplifting Scalp massage to complete this ritual of serenity that will leave your skin cleansed, renewed, nourished and revitalized.

Ocean bounty Facial

45 min

Designed for skin revitalization integrating the use of marine nutrient rich ingredients including Marine Algae, Bull Kelp, and crushed Mother of Pearl, your skin will be cleansed, exfoliated and hydrated before being treated to LI'TYA's deeply relaxing Aboriginal inspired facial pressure point and shoulder massage. To complete your therapist will apply your prescribed treatment mask to treat individual skin conditions whilst you relax with a Scalp Massage to relax and energize the mind and body. Your skin will be left nurtured and renewed.

Rejuvenation Facial

90 min

You will see dynamic results with this intensive treatment that combines the use of skin specific cleansers, cellular activating exfoliators, herbal masks, treatment elixirs and moisture therapies. The treatment uses targeted pressure point therapy and specialised massage techniques adapted from ancient Aboriginal healing to rebalance the client's energy from within to ensure the optimum skin care results from the treatment. Discover the wonderful feeling of well being that comes with a specialised skin programme specifically designed by a trained Spa Therapist.

SILHOUETTE HANDS AND FEET EXPERIENCES

Manicure

45 min/60 min

A complete deluxe manicure to treat, rough and parched hands with this intensive soothing, and replenishing treatment for hands and lower arms. Beginning with a skin softening aromatic soak using a gorgeous array of Australian native flowers and fruits, followed by a skin smoothing Wattleseed exfoliation to renew and regenerate before the application of a deep nourishing mask using Tasmanian Kelp to leave skin soft. The nails will be shaped and buffed, the cuticles tidied. To complete a nurturing massage for lower arms and hands removes every ounce of stress! A full nail shaping/buffing and cuticle tidy ensure that hands look as good as they feel.

Pedicure

45 min/60 min

Treat overworked, tired or neglected feet to this intensive pedi-spa treatment begins with a skin softening foot bath using a gorgeous array of Australian native flowers and fruits followed by an invigorating Desert Salt exfoliation to remove rough skin. The warming Pepperberry foot mask hydrates and smoothes. This grounding journey integrates a full pedicure service including nail shaping, cuticle tidy and smoothing of rough skin. To complete a decadent foot massage to rejuvenate the entire body and calm the senses.

YOGA AND MEDITATION EXPERIENCES

Reconnect with your inner self and restore the balance of body, mind and soul with a Private Yoga and Meditation session set on an outside deck and surrounded by the luxurious natural environment. Escape, breathe and be taken through a journey that will leave you with a total sense of well being, enlightenment and release.

Yoga

60 min

Yoga is a life of self discipline based on “Simple living and high thinking”. Yoga posture helps to nourish the nerves and gives the spine strength and flexibility and creates an even balance of body mind and soul.

Meditation

30 min

Personalized meditation sessions include guided meditation and relaxation techniques. These techniques equip you with the ability to relax and rejuvenate the entire body-mind system. Techniques chosen help to establish harmony at the physical, mental and spiritual levels.

SILHOUETTE SPA PACKAGES

Feet and Scalp Soother

60 min

A quick fix to take you into a dream like state. Begin with treating your feet to a warm foot bath with Jiga Jina bush flora followed with an oil and salt exfoliation on feet and legs. A Pepperberry Pedi Mask will enhance hydration of the feet whilst you surrender to the Paudi Scalp Massage, incorporating a warm Quandong Hair Mask to enrich the scalp and soften the hair. To complete, the feet are nourished and lovingly massaged with a Munthari Pedi Lotion.

Total Harmony

90 min

Harmonise your body with this complete rejuvenation of hands, feet and face. Begin with treating your feet to a warm foot soak with Jiga Jina bush flora followed with an oil and salt exfoliation on feet and legs. Whilst the feet are nourished in a warm Pepperberry Pedi Mask, you will surrender to a facial tailored to suit your skin’s needs, using pure organic Australian actives to nourish and enrich the skin. A warm Quandong Hair Mask beautifully softens and nourishes the hair with a massage to deeply calm. Tension from your hands and feet will be soaked away then soothed, nourished and massaged with highly nutritious Munthari Berry lotions, leaving them refreshed and renewed.



Tranquillity Ritual

90 min

Excellent maintenance therapy against the stress of the modern world, this massage enables the body to start healing itself, relieving physical and emotional tension. A choice of native aromatic oils is prescribed to suit your individual needs – to rejuvenate, harmonise or detoxify. A warm rich Pepperberry mud will be wrapped warmly around the feet while you enjoy the deeply cleansing facial infusing the great powers of organic Australian Native Flora. Immerse yourself in comfort and feed positive energy to the soul with this deeply calming experience.

Just For 2

120 min

Enjoy the luxury of our couple's suite while both of you indulge and benefit from this truly blissful treatment. This wonderful experience begins with a soothing foot bath, allowing your body to be nourished with warm essential oils and a tailor made massage followed by a Harmonising facial performed by our experienced therapists. Complete this wonderful romantic experience with a "glass of champagne" in our private deluxe outside deck. Make this an evening experience and relax under the open skies and starlight.

Ocean Harvest

135 min

Soak away life's tension with an aromatic Ocean bliss spa bath follow then to the deeply hypnotic flow with a massage of your choice which will transport you into a dream like state. The melodic flow of these massage techniques will alleviate physical and mental tension. This journey then completes with a deeply nourishing marine facial that infuses highly nutritifying vitamins and minerals which enliven and renewal dull skin.

Jungle Fusion

150 min

Indulge in this exotic island fusion. This fusion begins with a gentle sugar and coconut scrub which will leave your skin feeling soft and supple. Surrender your stress to the nurturing hand of our experienced therapists using a variety of massage technique which will stimulate your senses and relax your body before allowing your skin to be nourished and drenched with a deeply cleansing, hydrating and balancing facial.



HOW TO SPA:

How do I find the spa?

The spa is located on the north side of the resort, past the Ocean View Pavilions and before the Presidential Suite. Enter up the granite steps into our large open-air reception pavilion.

Opening Hours

Daily 09:00 to 20:00

When should I arrive for my treatment?

We recommend that you arrive 30 minutes prior to your treatment time to relax and use our “Degrees” facilities – hot tub, pool, sauna, steam room and to complete your health assessment form. Otherwise, please arrive 10 minutes prior to your appointment time. Guests arriving past the time of treatment may have their treatment time reduced; however, the full price will be charged.

Treatment Reservations

Reservations can be made in person at Silhouette Spa at Hilton, or by dialling ext. 700. It is advisable to book your preferred treatment times at least 24 hours in advance in order to ensure availability.

What if I have special health considerations?

Please notify us if you are pregnant, or if you have any concerns regarding your health or body. We recommend that alcohol not be consumed before, during or immediately after your spa treatments and that you drink plenty of water to replace fluids that may be lost during your treatment.



Cancellation policy

We understand that sometimes you may need to change your schedule. Because your spa appointments are reserved especially for you, we kindly ask that you give us a minimum of twelve hours notice so someone else may visit us. Appointments cancelled within twelve hours will incur a 50% cancellation fee. Appointments cancelled within 4 hours will incur a 100% cancellation fee.

Children

Please note that for health and safety reasons; only young adults above the age of 13 years are permitted to use the Spa.

Dress code

When coming to the spa, please feel free to wear whatever you feel comfortable in. A robe and slippers will be provided for you. Nudity is strictly forbidden in the degrees areas of Silhouette Spa at Hilton

May I bring my valuables?

It is recommended that they are not brought with you, as all jewellery needs to be removed prior to spa treatments. No responsibility will be taken by the spa for any loss of valuables.

In Villa massage available upon request and will be subject to 20% supplement.



PRICE LIST

PURE RELAXATION EXPERIENCES

	Duration	Price SCR
Jet-Lag Recovery Massage	60/90	1700/2400
Holistic Massage	60/90	1700/2400
Aromatherapy Massage	60/90	1700/2400
Earth Stone Massage	75	2200
Balinese Massage	60	1700/2400

REJUVENATING EXPERIENCES

Energizing Massage	60/90	1700/2400
Thai Massage	90	2500

FEEL GOOD EXPERIENCES

Silhouette Foot Massage	30/45	1100/1450
Silhouette Back, Neck and Shoulder Massage	30	1100
Awakening Scalp Massage	30	1100

SILHOUETTE BODY EXPERIENCES

Sea salt body Scrub	45	1300
Sugar and Coconut Scrub	45	1300
Desert Salt Body Scrub	45	1300
Sea Salt Scrub and Mud Wrap	60	1650
After Sun Express Recovery	45	1300
Desert Mud Body Retreat	90	2600

SILHOUETTE FACIAL EXPERIENCES

Harmonising Facial	45	1300
Deep Cleansing Facial	60	1900
Marine Renewal Facial	60	1900
Ocean Bounty Facial	45	1300
Rejuvenation Facial	90	2600

SILHOUETTE HANDS AND FEET EXPERIENCES

Manicure	45	900
Manicure	60	1100
Pedicure	45	900
Pedicure	60	1100
Polish Change	15	450
Express Manicure/Express Pedicure	30	650

YOGA AND MEDITATION EXPERIENCES

Yoga	60	1000
Meditation	30	900
Group Yoga	60	750

SILHOUETTE SPA PACKAGES

Feet and Scalp Soother	60	1450
Total Harmony	90	2400
Tranquillity Ritual	90	2400
Just for 2	120	5800
Ocean Harvest	135	3100
Jungle Fusion	150	4100

All prices are inclusive of VAT and Service Charge

Appointments are available between 10am - 8pm
Spa Extension 700