



A large, stylized letter 'S' in a light pink color, composed of two overlapping curved shapes. Two solid pink circles are positioned at the top-right and bottom-left ends of the 'S' curve.

REJUVENATE • RE-ENERGISE • RENEW



“People will forget what you said, people will forget what you did,  
but people will never forget how you made them feel.”

—  
MAYA ANGELOU

## Enter And Discover A Truly Unique Experience

The spiritual heart of our resort is undoubtedly Sesel Spa; an oasis of peace and tranquility to restore and improve harmony in one's world. Imagine yourself in a unique setting where nature's finest botanicals synergise with caring hands to transport you to a place of restoration.

Let our talented staff treat you to a full complement of massages and facials, along with a variety of island treatments inspired by nature that will leave you feeling rejuvenated, re-energised and renewed.

Balancing the human senses through holistic harmony is elevated to the highest level at Sesel Spa. From the simplest treatment to an extended sensory journey, skilled and caring therapists have but one goal - to create memorable experiences for guests.

With an emphasis on healing and a commitment to exceptional quality, we invite you to take a journey designed to balance mind, body and soul. Allow us to introduce you to the wonderful range of products we have selected for your spa sensory experience. These products cleanse, protect and rejuvenate the body with the finest natural and organic ingredients.





## Product Range



K E R S T I N  
F L O R I A N

ilā



The Seychelles' bountiful nature produces rare, significant active ingredients of impeccable quality for supporting and maintaining vibrant health. Allow us to nourish you with nature, infuse you with exotic spices, heavenly healing flowers and nourishing fruits - directly, uniquely and purely from Seychelles.

Formulated and produced by Homeopaths and natural healers at the island's premier botanical apothecary and wellness centre, NOURISHED BY NATURE employs naturally luxurious ingredients that safely delivers gentle support from the living laboratory that is Seychelles. Honouring age-old holistic principles using nature and science to support balance, the Nourished by Nature experience comes from having one's energetic life force nurtured at all levels.

Promoting the philosophy of outer beauty, inner health and inspiring a sense of well-being, we offer products that integrate the best of nature and advanced technologies, including specially-designed facial skincare, body and massage treatments, which impart true wellness in a person's daily life.

Kerstin Florian treatments and products are founded in advanced phytotherapy, aromatherapy, thermal mineral, herbal and marine technology with botanically sourced ingredients that are free from heavy preservatives and perfumes.

Meaning 'Earth' in Sanskrit, 'ilā' reflects our faith in the power of nature as the source of real wellness. Using the finest natural plant and mineral ingredients, wild-harvested in remote, untainted regions by artisan producers who value traditional, sustainable practices.

From earth to skin, we go to great lengths to maintain the unique purity of each and every ingredient. The purer the processes used, the purer the end product – and the greater the natural healing energy contained within.

# ISLAND RITUALS





# Holistic Healing In The Seychelles



Our Abundantly Seychelles™ rituals and therapies offer a fusion of styles and healing principles, including Homeopathy, Herbalism, Flower and Crystal therapy representing the evolution of the Creole people of Seychelles, a beautiful blend including African, Eastern, Western and Island cultures and traditions that make Seychelles so unforgettable.

With exclusive products infused with the earth's richest natural ingredients from the highest quality resources, and distinctive therapies combining ancient eastern and western healing traditions with contemporary beauty techniques, embark on a holistic sensory journey that will transform the body, mind and spirit.



## Island Rituals Abundantly Seychelles™



### ROOTS - Island Connection

Indulge in an invigorating journey of the senses. We begin this Balancing Ritual with our Aromastone Massage using warm stones anointed with essential oils and placed on key energy points on the body to induce tranquility and balance. Next, our tropical Anti-Aging Facial awaits, with skin renewing aromatic oils to cleanse and purify, revitalise and rejuvenate. A heavenly Sole Revival foot massage, the ultimate soothing experience for tired feet, completes this luxurious dreamy experience creating an overall feeling of harmony and balance.

120 minutes | SCR 2344

### COCO-NUTS — Total Escape

Get carried away with this coconut-rich tropical ritual created to hydrate, soothe the soul and slow you down to the gentle rhythm of the islands. An exotic coconut body scrub with vanilla, patchouli and hibiscus will smooth and revitalise. This is followed by our richly nutritive, relaxing, massage during which coconut and avocado oil, infused with the curative tropical delights of nutmeg, cinnamon and bigarade will leave you floating above tropical skies.

120 minutes | SCR 2344

### IMMUNOBOOST — Island Vitality

Imagine your mind adrift in a world of tranquility where you discover a renewed self. A truly healing and revitalising ritual designed to strengthen immunity, and soothe and nourish the soul. Beginning with an exclusive dry brush technique which helps to exfoliate the skin, stimulate lymphatic drainage and circulation and promote the absorption of active ingredients. A mineral-rich, detoxifying, herbal clay of black pepper, rosemary and lemongrass is applied to gently purify and tone and leave skin with a heathy glow. We end this highly beneficial ritual with an invigorating massage to leave you relaxed, revitalised and totally at peace. Perfect for those seeking the ultimate in rejuvenation.

150 minutes | SCR 2814

### LA MOUTIA — Dancing Feet

The traditional island dance of La Moutia inspired this deeply comforting ritual to relieve tired, aching legs and feet. A softening and soothing foot soak infused with island herbs and spices prepares the feet for an invigorating exfoliation with island butters, coconut and jasmine rice. This refreshing, toning and invigorating ritual ends with a leg and foot massage using soothing and cooling active ingredients from the tropics to ease aches and pains and reduce swelling, leaving legs and feet lighter, cooler and ready to dance La Moutia. This makes a wonderful add-on to any of our other body treatments, or a short but effective focused treatment experience on its own.

60 minutes | SCR 1407

All prices are quoted in Seychellois Rupees and are inclusive of 10% Service Charge and 15% Government Taxes

## Island Sun Treatments

Abundantly Seychelles™



### SKIN-KISSED

#### Sun Preparation therapy

This traditional treatment with delicate aromas and super nutritional activity is an essential pampering ritual for new arrivals. Prepare yourself for long, languid days under tropical skies with a delicious full body vitamin-rich exfoliation with coconut, jasmine rice, avocado, grapefruit and lemongrass to tone, detoxify and stimulate the lymphatic system. Our unique Skin-Kissed massage with patchouli and sandalwood oil infused in natural SPF protective oils follows to prepare skin for sun and encourage safe tanning.

120 minutes | SCR 2750

### SKIN-KISSED

#### Sun Protection therapy

Our ultra-soothing after-sun therapy will minimise sun damage and help protect your tan. A comforting, skin-restorative wrap combines local aloe vera gel with the most gentle healing oils of cold-pressed coconut and patchouli after which a gentle, nurturing hydrating balm, enhanced by chamomile and calendula extracts and Arnica is applied to remove tension and keep skin soft and comforted. While your skin hydrates, enjoy a soothing scalp, neck and shoulder massage to complete this nurturing experience.

60 minutes | SCR 2750

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## The Essential Harmony



A luxurious multi-sensorial treatment to indulge your senses and provide an unparalleled level of relaxation. Embark on an enchanting sensorial journey and spend three hours of unadulterated relaxation together in your own private couples spa suite. The perfect treat for both of you. Your treatment begins with an aromatic foot ritual followed by a Turkish body scrub and soothing moor mud wrap to leave the skin feeling luxuriously soft, smooth and energised. Then slowly drift into a state of complete tranquility as you relax together in your own private lazy days outdoor bath tub. Next you will enjoy a full body aromatherapy massage guaranteed to allow you to completely unwind side-by-side. Your journey completes with an express refresher facial designed to maintain a healthy, clear complexion. A truly one-of-a-kind experience.

180 minutes | SCR 4125 per person







# ISLAND MASSAGES

## Island Massages

Abundantly Seychelles™



Experience the Nourished by Nature™ difference - a massage with amazing oils rich in skin-soothing, healing and nourishing island fruit oils of coconut, avocado and passion fruit and infused with island extracts of Coco de Mer and Nourished by Nature's SENSIN extract to support skin comfort. With the perfect blend of aromatic oils extracted from spices, flowers, and grasses that are found in abundance in Seychelles, these truly authentic massages will leave you deeply nurtured and aromatically imbued with some of nature's most wonderful exotic botanicals.

Guided by healing traditions from around the world, the Spa's therapists use an array of massage techniques to restore the mind-body-spirit connection. Any of our massages can be booked in our exclusive Couple's Spa Suites to celebrate special occasions or to simply unwind side by side, accompanied by your own personal therapist. Our team will be happy to recommend a selection depending on your individual requirements and preferences.

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# Island Massages

Abundantly Seychelles™



## Sans Souci ("No Worries") De-Stress Massage

Our most popular massage treatment and a must for stressed individuals! Enjoy an all-natural, sense-seducing escape from the everyday world. Nourished by Nature's well-known Sans Souci Massage oil blends Nutmeg, Cinnamon, Patchouli, Bigarade (local Neroli) and Rose to completely calm the mind and gently rejuvenate the body. This luxurious and relaxing massage will ease away tension and stress. Using long soothing strokes, your therapist will lull you into a calm, peaceful space for both your body and mind. Gentle to firm pressure is offered.

60 minutes I SCR 1813 / 90 minutes I SCR 2475

## Enerzi - Deep Tissue Massage

A crisp reviving massage, Enerzi (Creole for Energy), is a refreshing yet exotic blend of Grapefruit, Ylang-Ylang, Litsea Cubeba and Lemongrass with warming oils of Arnica and St. John's Wort. A restorative full body massage for lovers of deep tissue techniques or those who require focused body work. Slow, firm pressure separates muscle groups and loosens supportive connective tissue, releasing deeply held tensions and allowing the body to realign, leaving you lighter, brighter and more flexible. Perfect for athletes and active individuals.

60 minutes I SCR 1813 / 90 minutes I SCR 2475

## La Digue - Island Stone Massage

Sheer bliss can only describe La Digue Island Stone Massage. If a deeply indulgent soothing body massage is what you are looking for, then look no further. This luxurious treatment will leave you feeling relaxed, refreshed, and rejuvenated. The combination of the heat, weight and smoothness of the stones is intoxicating. Combining the grounding effects of hot stones with the power of botanicals and immune boosting tropical oils of Black Pepper, Rosemary and Lemongrass to help awaken and revitalise dampened vitality. If you have never had one, do not miss the opportunity to try it! It rocks.

60 minutes I SCR 1813 / 90 minutes I SCR 2475

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## Massages

### Balinese Massage

Balinese massage is one form of traditional Indonesian massage, influenced by the traditional medicine systems of India, China and Southeast Asia. Used for centuries to ren and thumb pressure techniques to relieve tension, improve blood flow, ease stress and calm the mind.

### Mother-To-Be Massage

Pregnancy is a time for celebrating motherhood, new life and, last but not least, yourself. Relieve the discomforts of pregnancy with this heavenly massage. Our spa therapists provide a treatment expressly created to support and nurture the mother-to-be. This experience aids relaxation, benefits circulation and provides comfort during a beautiful time of change.

Note: We do not massage in the first trimester.

### Back, Neck & Shoulder Nirvana

Tensions in your upper body? This would be an excellent massage for you. A therapeutic back, neck and shoulder massage to ease tension in areas where it is most often held. Feel your shoulders release as your muscles are skillfully kneaded using nourishingly exquisite oils of Jasmine, Sandalwood, Patchouli, Lime and Vetiver. This makes a wonderful add-on to any of our other body treatments, or a short but effective focused treatment experienced on its own.

### Reiki

The ancient Japanese healing therapy of Reiki is performed by placing the hands on or just above the body to balance energy centres, still the mind and calm the emotions. Reiki helps to bring profound relaxation and healing on all levels while enhancing the body's natural ability to heal and detoxify itself. Reiki can benefit anyone, regardless of age, situation or state of health.

### In-Room Spa Experience

Let us bring the Spa to you. A selection of our spa services are available for you to enjoy within the surroundings of your personal room. For in-room services, a 40% additional charge will be added to the regular price.

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60 minutes | SCR 1813 / 90 minutes | SCR 2475

60 minutes | SCR 1813 / 90 minutes | SCR 2475

30 minutes | SCR 1000

60 minutes | SCR 1813

# RESULTS DRIVEN FACIALS

By Kerstin Florian



# Results Driven Facials

By Kerstin Florian



## Customised Deep Cleansing Facial by Kerstin Florian

A deep cleansing purifying treatment customised for all skin types. Includes an exfoliating peel to renew the skin, a deep cleansing massage to promote circulation and a masque to balance and nourish the skin. A heated hand treatment completes the experience.

60 minutes | SCR 2225

## Skin Brightening Facial by Kerstin Florian

This results-driven facial addresses skin brightening and clarity, hyper-pigmentation (sunspots, brown spots), sun damage and signs of ageing using professional high performance skin brightening ingredients to illuminate the skin. The facial includes an exfoliating multi-acid peel that targets the face, neck, décolleté and hands to brighten the skin, as well as a deep cleansing massage to promote circulation, followed by a unique luminous rice-cooling brightening masque to complete your experience. A truly amazing treatment giving immediate results.

60 minutes | SCR 2308

## Sensitive Skin Facial

This ultimate sensitive skin facial protects, corrects and rebuilds skin affected by environmental elements, rosacea, aggressive medical peels and laser treatments. It includes a unique alginate peel off mask to calm inflammation and uniquely nourish and heal each sensitive skin condition. A personalised home care program is recommended to continue the aesthetic correction.

60 minutes | SCR 1895

## Express Refresher Facial

A deep cleansing introductory facial based on Organic Moor Mud which refines and remineralises dull, lifeless skin. Includes a skin analysis and short massage of the face, neck and shoulders, as well as a heated hand treatment.

30 minutes | SCR 1000

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## Results Driven Facials

By Kerstin Florian



Advanced Repair Facial - Designed by Kerstin Florian exclusively for Sesel Spa

This results oriented treatment is customised to address specific skin conditions. From hyper-pigmentation, sensitivity, oily skin and premature aging, this personalised facial helps treat and correct skin concerns. Includes an exfoliating multi-acid peel on the face, neck, décolleté and hand to renew the skin, a deep cleansing massage to promote circulation and a masque to balance and nourish the skin. A customised intensive treatment ampoule and a heated hand treatment complete the experience.

### \* Beauty Enhancements

Facial enhancements are available to supplement your facial treatment experience.

- Eye Treatment
- Plumping Lip Treatment

90 minutes | SCR 2475

15 minutes | SCR 625

15 minutes | SCR 625

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# BODY TREATMENTS

By Kerstin Florian



# Body Treatments

By Kerstin Florian



## Signature Body Firming Detox Treatment by Kerstin Florian

Refine and firm body contours and promote detoxification as you re-energise. An exclusive dry brush technique helps to exfoliate the skin, stimulate lymphatic drainage, increase blood flow and assist in the absorption of firming, active ingredients. A thorough toning massage using a high performance slimming serum helps to stimulate circulation, tone the skin and remove toxins. Cool compressions finish this firming experience to help sculpt and shape as Multi Vitamin Firming Crème hydrates and brightens the body.

60 minutes | SCR 1813

## Island Body Buff by Kerstin Florian

Awaken your senses along this purifying journey of invigoration. Imagine harnessing the power of an energising, deep cleansing salt scrub imbued with Eucalyptus Oil to help detoxify and promote circulation and give your skin back its youthful look! Vichy treatment.

30 minutes | SCR 1000

## Ginger Renewal – Signature Treatment

An unmatched, luxurious experience for your body. To begin, earthy minerals are combined with ginger's healing properties in an invigorating full body exfoliation. Following this is a pampering back, neck and shoulder massage with an Organic Ginger Oil and warm healing stones. Next, nourish and relax inside a warm cocoon while a luxurious foot and pressure point scalp massage complete this head to toe service. Vichy treatment.

90 minutes | SCR 2250

## Option of adding a Vichy Shower

Enhance any massage or body scrub with a soothing and therapeutic Vichy Shower, during which jets of warm water stimulate and massage the body. An application of hydrating luxurious body lotion completes this sensory experience.

30 minutes | SCR 625

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# IN-ROOM SPA EXPERIENCE



# In-Room Spa Experience



## Thermal Mineral Bath

De-stress in this concentrated French mineral bath, high in magnesium, which promotes overall health benefits, helps to relax muscles and joints and re-establishes the essential mineral balance of the body. Leaves the mind clear and the body feeling cleansed.

30 minutes | SCR 494

## Thalasso Bath

Algae are extremely rich and balanced in their nutritional composition. For centuries, our ancestors have known the therapeutic and remedial qualities of these non vascular plants which draw their elements, mineral salts and protein directly from the sea. Detoxify, purify and remineralise with the energy of the ocean.

30 minutes | SCR 656

# HOLISTIC FACIALS

By ila



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# Holistic Facials

By ila

Our holistic approach to attaining beauty taps in to the best of nature by combining natural organic ingredients with breakthrough advanced skin care. Allow our skin care experts to recommend the proper home care programme to help your skin's health and youthful appearance.

## Ananda Facial

This indulgent treatment uses marma massage and light techniques to open up the energy centres of the face. Meaning 'divine bliss' in Sanskrit, the Ananda facial works with the body's blissful higher energy to induce feelings of peace and give the skin a beautiful glow.

## Marine Flora Facial

Purifying, hydrating, nourishing. This stimulating facial unites nutrient-dense marine elements and nerve point therapy to remove waste build up and encourage rapid repair of damaged or dehydrated skin. Sea lettuce detoxifies and boosts the lymphatic system. Bio-plasma serum and sea lavender mask encourage collagen production. Skin is purified, vitality and tone improved, and tension eased from micro muscles.

## Crystal Facial

Exquisite oils of damascene rose and orange blossom combined with the precious jewels of jade, amethyst and sapphire restore and rejuvenate the complexion whilst also promoting deep relaxation. The orange blossom and jewel mask brings clarity to the face and helps repair the skin's cellular structure. Rose quartz crystals are then applied to the meridian lines allowing a positive flow of energy that brings a healthy vibrant glow to the overall complexion.

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60 minutes | SCR 2063

90 minutes | SCR 2475

90 minutes | SCR 2475





# Ila Journeys



## Couples Connect

Designed for couples to experience together, this sensual ritual begins with an express body scrub followed by a restorative Kundalini Back Treatment to help calm the nervous system and promote reconnection on a physical, emotional and spiritual level. Once this is completed a blissful facial massage is carried out incorporating ancient Marma Therapy and lymphatic stimulation techniques.

120 minutes | SCR 2750  
per person

## Dreamtime Journey

This soporific treatment draws on pure essential oils, marma massage and chakra healing to relax the nervous system and restore the natural rhythm of sleep. Based on the knowledge that cellular repair is faster during rest, it incorporates a slow rhythmic body renewal, body treatment and soothing facial to promote relaxation, while cellular-rejuvenating ingredients – such as royal jelly and orange blossom – do their work. Mesmerising alone, beautiful to share.

120 minutes | SCR 2750

## Marine Flora Immersion

Comprising a scrub, wrap, bath and either a facial or Ku Nye massage, this revitalising experience draws on mineral-rich marine flora and Himalayan salt crystals – the remains of an ocean trapped over 250 million years ago – to deeply relax, cleanse and re-energise the lymphatic and immune system. The ingredients have a profound healing effect, infusing the skin with nutrients for up to 24 hours after absorption, improving vitality, circulation, skin tone, and reducing cellulite.

120 minutes | SCR 2750

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# HOLISTIC MASSAGE TREATMENTS

By ila



# Holistic Massage Treatments

By ıla



## Ku Nye Massage

Tension-releasing, harmonising, revitalising. This Tibetan body treatment balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs, while Tibetan techniques – cupping, kneading, and hot stone / poultice acupressure – help release physical and mental tension, harmonising from the tips of the toes to the crown of the head.

60 minutes I SCR 1813 / 90 minutes I SCR 2475

## Kundalini Back Massage

When awakened, the dormant Kundalini energy at the base of the spine travels up towards the ‘third eye’ bringing increased energy and enlightenment. Using gentle techniques along the body’s seven chakras, this holistic massage revitalises and releases the natural energy within. Combined with an exquisite blend of Jasmine, Cardamom, Lavender and Patchouli, this gentle experience has a surprisingly powerful result.

75 minutes I SCR 2250

## Manipura Massage

Manipura means beautiful, shining jewel in Sanskrit; it refers to the solar plexus (naval) chakra - our centre of fire and sun energy that ignites health and vitality. This treatment stimulates and balances the solar ‘sun’ vitality within us through marma massage, lymphatic drainage and the application of Himalayan salt poultices.

60 minutes I SCR 1813 / 90 minutes I SCR 2475

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# Holistic Massage Treatments

By ıla



## Prana Vitality Massage

Energising, detoxifying, balancing. This revitalising full body massage helps release toxins, reduce fatigue and restore strength and harmony. Specialised massage techniques, marma therapy and hot poultices blend with energy-enhancing essential oils of Juniper Berry, Geranium, Lemongrass, Lavender and Patchouli to leave mind, body and spirit sparkling with vitality.

60 minutes I SCR 1813 / 90 minutes I SCR 2475

## Indian Head Massage

This nourishing treatment combines warmed Virgin Coconut Oil infused with Ayurvedic herbs and a gentle but firm head, neck and shoulder massage. A focus on specific marma points results in a hugely calming and balancing effect on the body and nervous system, while the oil deeply conditions the hair. For maximum benefit, we recommend leaving the oil on the hair for two hours after the treatment.

60 minutes I SCR 1813

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# BODY TREATMENTS

By ila



## Body Treatments

By ila

### Blissful Body Renewal

60 minutes | SCR 1813

Drawing on the healing properties of Himalayan salt crystals, this heavenly body scrub nourishes both bodily and emotional wellbeing – ideal for when special pampering is required. Pure essential oils of Damascena Rose Otto, Jasmine and Sandalwood work directly with the sensory organs to settle the nervous system and revive stressed or neglected cells. Skin is left glowing with health and a sense of joy is restored.

### Energising & Detoxifying Body Renewal

60 minutes | SCR 1813

Using the ionising properties of Himalayan Salt Crystals, this Body Renewal is the ideal treatment for cellulite, stress and exhaustion. On a physical level, it results in a rapid elimination of tension and increased warmth and energy in the body, stimulates circulation and toxin elimination, reduces cellulite and brightens skin. On a subtle level, it cleanses and strengthens the bio-energy fields leaving mind, body and spirits uplifted.

### Marine Flora Wrap

60 minutes | SCR 1813

This treatment is excellent for reducing cellulite and improving skin texture and hydration. A nutrient-rich marine flora and Himalayan salt scrub - to cleanse and re-energise the bio-magnetic field and lymphatic system - is enhanced by the addition of a Seaweed Wrap. Bio-plasma increases the metabolic function of skin cells, aiding regeneration, while Omega Plankton improves epidermal hydration and cellular structure.

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# ESPECIALLY FOR HIM



## Especially for Him

Our facials, invigorating massages and hand and foot treatments have been designed specifically with men in mind. More than just an indulgence, these spa therapies are essential for care and maintenance for yourself and for keeping your skin healthy.

### Gentlemen's Reviver

90 minutes | SCR 1813

Achieve the ultimate state of relaxation and well-being. Begin your experience with a back cleanse and exfoliation that refreshes the skin. Continue the journey with a stress-relieving back massage and therapeutic scalp massage to pinpoint areas of tension, bringing relief to tired or aching muscles. Then enjoy a deep cleaning facial using specially designed products just for men. Rebalance your skin, relax and let yourself go.

### Gentlemen's Kur

60 minutes | SCR 1625

His energising Kur designed for men blends the therapeutic benefits of thermal minerals with Eucalyptus Essential Oil to create an experience that leaves you relaxed and revitalised. The Kur begins with a brisk exfoliation using a mixture of Eucalyptus Oil and Salt to invigorate the skin. This herbal therapy relieves aching muscles and joints while easing respiration. A massage application using a blend of essences to re-energise your system completes the experience. Beneficial after sports or workout.

### The Maintenance Manicure

60 minutes | SCR 750

Includes nail trimming and shaping, cuticle oil and grooming, moisturising, hot towel wrap, and a hand / arm massage.

### The Maintenance Pedicure

60 minutes | SCR 988

Includes nail trimming and shaping, cuticle oil and grooming, moisturising, hot towel wrap, and a foot / leg massage.

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# POOLSIDE SPA MENU



## Poolside Spa Menu

### Poolside Protection

#### Hydrating Hair Repair Mask

15 minutes | SCR 244

Protect your hair from sun damage with our Sacha Juan Intense Hydrating Hair Repair Mask as you relax by the pool. This intense hydrating mask promotes cell regeneration and lends vitality and strength to fortify hair leaving it manageable with a silky shine and healthy look. Created with an exclusive algae-based extracts that offer valuable proteins and minerals to build strength, this service will leave your hair feeling revitalised and silky smooth whilst you relax in the sun.

### Poolside Massage

#### Poolside Chair Massage

10 minutes | SCR 200 / 15 minutes | SCR 331 / 30 minutes | SCR 494

Releasing tension in the neck, back and shoulders, this express treatment may be received wearing either a bathing suit or fully clothed.

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# SESEL BEAUTY



## Sesel Beauty

### To Finish

#### Sesel Spa Manicure

60 minutes | SCR 906

This luxurious treatment incorporates a Cinnamon and Patchouli soak to soften and purify and prepare hands for a gentle, but thorough exfoliation using a rich, creamy sugared vanilla scrub. Following the scrub, rejuvenating Organic Shea Butter-based nourishing moisture balm is applied to the hands for soothing, age-defying hydration. Nails are then filed and shaped, and the cuticles are groomed. A choice of buff or polish completes this one of kind experience.

#### Sesel Spa Pedicure

60 minutes | SCR 1063

An escape to Nirvana for tired, overworked feet. Designed to refresh and soothe swollen feet and heavy legs, especially after travel. A Fresh Lemon and Cinnamon soak to soften and purify the feet is followed by a delightful exfoliating and nourishing scrub from the islands. The treatment ends with a legs and feet massage using tropical oils and butters infused with healing Arnica and Hamamelis and laced with cooling and soothing Island Oils including Rosemary and Lemongrass. Immediate relief for hot, swollen feet and heavy legs. Nail varnish is applied if requested.

#### French Manicure and Pedicure

75 minutes | SCR1063 | SCR 1238

Begin with our classic manicure or pedicure and finish with Parisian polish.

#### Nail Painting only

20 minutes | SCR 413

#### French Colour Touch

30 minutes | SCR 575

\* As part of our commitment to Best Practices, all tools utilised in nail treatments undergo hospital grade sterilisation to ensure the highest standards of hygiene.

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# Sesel Beauty



Hair growth must be at least 1/4" long but no longer than 1/2" to receive hair-removal services. Please allow 48 hours before sunbathing or swimming after hair removal, as your skin may still be sensitive.

Lash & brow tinting	15 minutes   SCR 325
Brow, lip or chin waxing	15 minutes   SCR 325
Underarm waxing	20 minutes   SCR 325
Half arm waxing	20 minutes   SCR 413
Arms waxing	30 minutes   SCR 494
Bikini waxing	20 minutes   SCR 413
Half leg waxing	30 minutes   SCR 606
Back or torso waxing	60 minutes   SCR 988
Full leg waxing	60 minutes   SCR 1075
Full leg & bikini waxing	90 minutes   SCR 1400

\* We regret that these services cannot be performed on guests using Accutane, Retin A or any Antibiotic due to the sensitivity of the skin.

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# YOGA & MEDITATION



## Yoga & Meditation

### Uplift Your Energy

Using movement and breath lift your spirit with an introduction to Vinyasa flow practice. This class uses a combination of movement, postures and breathing to integrate the mind, body and spirit. This class will guide you inward with gentle movement and sound, and leave you feeling exhilarated and peaceful at the same time. True yoga bliss.

\*All levels of practice are welcome.

60 minutes | with our compliments

### Yoga To Slow Down

This class is for everyone. A blend of Yin Yoga and slow-flow Vinyasa allowing students to breathe more deeply which helps to develop more flexibility, strength and stamina. The class will be finished with a restorative Savasana.

60 minutes | with our compliments

### End Of Day Restoration

A deeply relaxing practice of supported poses, guided relaxation and extended Savasana. This meditative practice cultivates a necessary balance between body and mind while dissolving physical and mental tension, for anyone seeking to reduce the effects of stress.

60 minutes | with our compliments

### Mindfulness Meditation / Breathwork

Available as a couples treatment. This ancient technology provides solutions that assist in stress relief, sleep disorders, social and anxiety disorders and pain management. Use this as a vehicle for self awareness, well-being and peace.

60 minutes | SCR 1400

### Personalised One-on-One Yoga Classes

We provide customised one-on-one yoga classes to fit your personal practice.

60 minutes | SCR 1400

### Couples Private Session

All prices are quoted in Seychellois Rupees and are inclusive of 10% Service Charge and 15% Government Taxes

60 minutes | SCR 1650



## Gift Voucher



Give the gift of spa to someone you care about.

Whether an individual treatment, a journey or a pre-determined denomination, gift certificates are perfect for any occasion. Should you wish to complement the gift certificate with a perfect beauty product, allow our therapists to assist you.

Let your friends and family rejuvenate, energise and renew with a Sesel Spa experience. A great way to introduce someone to the benefits of spa services.



## Enhancing Your Spa Experience



### Reserve Your Spa Experience

To accommodate your preferences, advance reservations are strongly recommended. Resort guests can press the 'At Your Service' button on their in-room telephone. From outside the Resort please call +248 438 7000 or email [seselspa@h-hotel.com](mailto:seselspa@h-hotel.com)

All major credit cards are accepted.

### Rescheduling Your Experience

Should you wish to change, re-schedule or cancel your appointment, a 12-hour notice period is required. In the event of no show a 100% charge will apply.

### Gift Vouchers

Perfect for any occasion, our gift vouchers can be set for any value, and can be redeemed for any treatment or package.

### Group Reservations

Special packages are offered for groups of over 5 people. For enquiries, please call +248 438 7000 or email [seselspa@h-hotel.com](mailto:seselspa@h-hotel.com)

### Hours of Operation (may vary seasonally)

Spa facility: 9:00am - 7:00pm  
Appointment availability: 9:00am - 6:00pm  
Fitness centre: 24 hours a day  
Pool deck: 8:00am - 7:00pm

### Arrival Process

Please arrive at the Spa at least 30 minutes prior to your scheduled appointment. All treatments will end at the scheduled time so that the next treatment may begin promptly. Should you arrive late for your appointment and the length of your treatment is reduced, you will be charged the full amount of your originally scheduled treatment.

### Spa Experience Coordinators

Our Spa Experience Coordinators are available over phone or within the spa to assist you with package selection and tailoring your treatment to suit your needs.

### Spa Environment

Our spa environment is one of relaxation and tranquility, and is a mobile phone and smoke free zone. Please respect guests' right to privacy and serenity.

### Minimum Age

Our services and facilities are for the use of guests 18 years of age and older.

### Spa Attire

Disrobe to the level of your comfort. We provide disposable undergarments for your privacy. Our therapists are fully trained in draping techniques to protect your privacy at all times.

### Personal Valuables

We regret that we cannot be responsible for any loss or damage to personal items and valuables during your visit.

### Health Conditions

When making your spa reservation, kindly advise us of any health conditions, allergies or injuries which could affect your service.

### Pregnancy

We have exclusively-designed treatments for expectant and nursing mothers. Please allow our team to help you select the treatments most suitable for you during this special time.

### Shaving

Shaving is not recommended prior to any body exfoliation treatments or hair removal services. We do, however, recommend that men please shave two hours prior to their scheduled facial treatment. This ensures maximum comfort and benefit to the skin.

### Gratuities

Gratuities are up to your own discretion and can be added to your bill upon checkout.





