

The background of the image is a close-up, artistic photograph of lotus petals. The petals are layered, creating a sense of depth. The colors are soft and ethereal, ranging from pale pinks and purples to light greens and yellows. The lighting is diffused, highlighting the delicate texture and veining of the petals. The overall mood is serene and tranquil, fitting for a spa advertisement.

R A F F L E S   S P A

The magnificence and beauty of the lotus is admired by cultures across the world. Elegantly delicate at first glance, the flower's daily transformation is an inspiring symbol of revitalisation and raw natural strength. It begins as a bud of pure vitality beneath the water's surface. At sunrise, it breaks through into the fresh air, radiant in full bloom, then retires once more to the calm stillness of the water when night falls. It is this regenerative rise and retreat following the natural rhythm of the day that influences our vision for a Raffles Spa. We believe that a balance between exertion and relaxation is the key to achieving a feeling of inner tranquillity and rejuvenation.

Raffles Spa Journeys are a considered mix between traditional and local methods, each ready to be expertly personalised to ensure that your sensory escape is everything you hoped for and more. Our thoughtful and knowledgeable therapists will guide you on a journey to rediscover mental, physical and spiritual harmony, leaving you feeling enlivened and transformed.

Escape. Indulge. Transform.

This is Raffles Spa.

## OUR SPA

Imagine a revitalising oasis, nestled in the Indian Ocean. Steps away from the coastline of Anse Takamaka, amidst stunning surroundings, it is carefully designed to calm the spirit and awaken the senses. The luxurious spa features Outdoor Pavilions, each showcasing the spectacular view of the blue ocean, tropical gardens and dramatic granite boulders. Our two couple's spa suites, a first in the Seychelles, are fitted with steam showers, Japanese soaking tubs, and observation decks where guests can enjoy stunning vistas in privacy.

Our Spa features male and female relaxation areas with saunas, steam rooms, and Jacuzzis. Our outdoor pool offers stunning panoramic views of the ocean with one of the best voted beaches in the world. Completing our suite of facilities are a yoga pavilion, TechnoGym® equipment, and a hair and nail salon.









## OUR PRODUCT PHILOSOPHY

When choosing products for each of the Raffles Spas around the world, we place careful emphasis on many aspects. With luxury in mind, each chosen brand is proven in delivering results-driven treatments which are tailor-made to suit the needs of our valued travelers. Environmental sustainability is considered whenever and wherever possible, reflecting our social responsibilities as a brand. Our relationships with the product houses are important in ensuring we have the finest spa products and training available for each and every encounter with our guests.

### KERSTIN FLORIAN

Kerstin Florian is a luxury skincare company that focuses on results. The guiding philosophy of Outer Beauty, Inner Health inspires a sense of wellbeing through powerful plant, marine and technically- advanced ingredients as well as professionally- designed spa services.

### AROMATHERAPY ASSOCIATES

Experience the simple pursuit of sharing the true power of essential oils and the incredible effects they have on the body and mind. These blended essential oils with unique active botanicals have led to remarkable innovations in skincare resulting in beautiful, glowing, healthy skin free from harsh chemicals and unnecessary synthetics. Experience the benefits of Aromatherapy Associates.

### REFINERY

Expert skincare combining aromatherapy expertise with the unique knowledge of specialised male grooming at The Refinery. Designed for any age, the skin is soothed, calmed and protected from aggressive environmental stresses. Day to Night needs are included – from shaving preparations to intensive treatments.



## RAFFLES WELLNESS

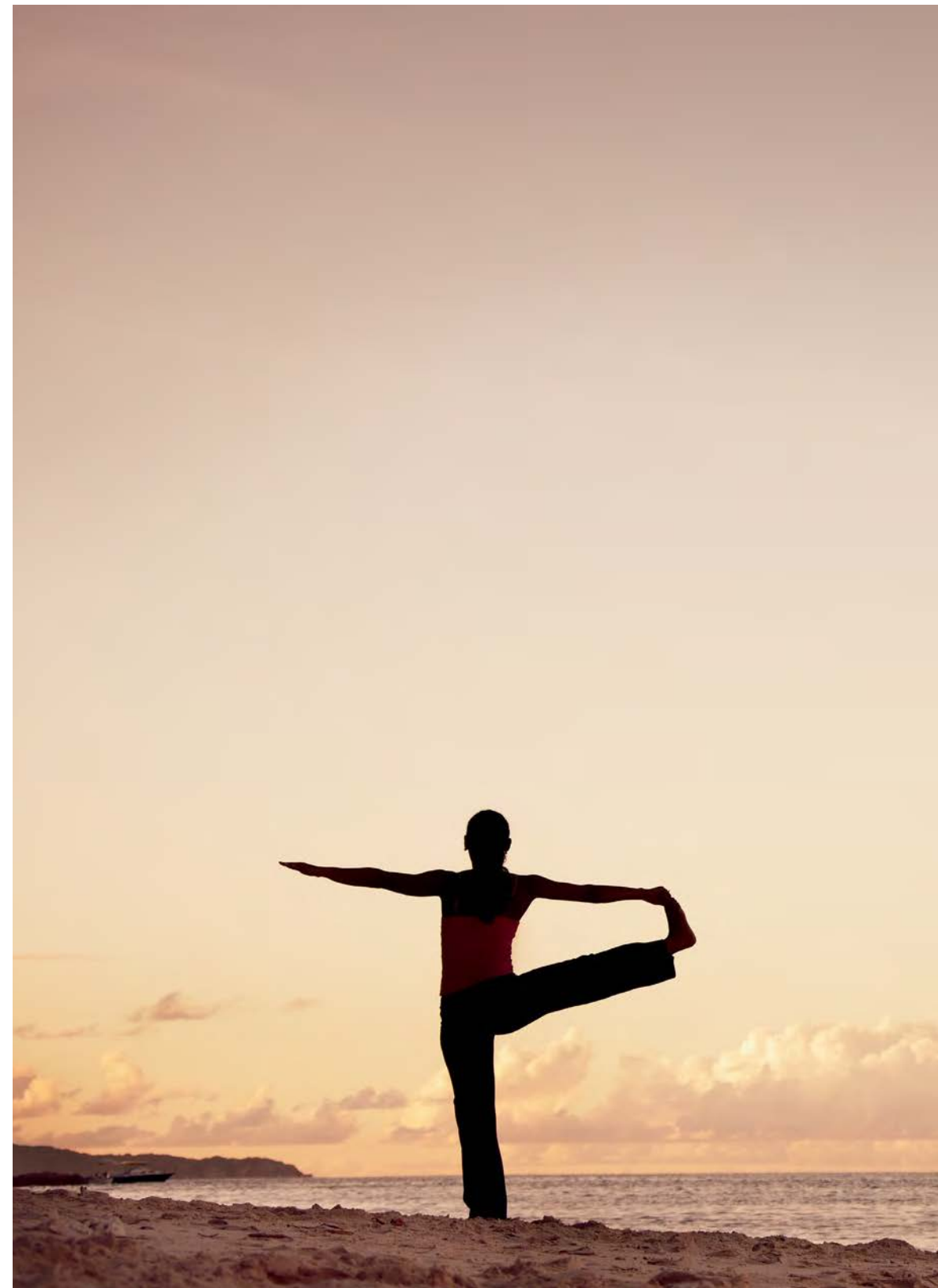
We know that exercise is a vital component to daily life, especially for travellers on the go, and we appreciate the desire for high-quality, well-equipped fitness facilities. Our TechnoGym® provides spacious, customised, wellness areas and supplies fitness facilities to meet all your needs. Catering to your own fitness level, ability or age, our dedicated wellness professionals are here to assist you in achieving your personal health and fitness goals, supporting you every step of the way.

Raffles Spa is the perfect environment for living well, with access available exclusively to hotel guests and private members, offering the following facilities and services:

- Group and private yoga classes in our private studio overlooking the ocean (additional cost)
- Outdoor swimming pool
- Wet areas, complete with experience showers, sauna, steam room and Jacuzzi
- Male and female relaxation areas
- Shower and locker area

### YOGA

The word “yoga” translates as the “union” or “discipline” of breath control, simple meditation, and the adoption of specific bodily postures, widely performed for a greater sense of well-being. The practice of yoga has been known to increase flexibility, decrease stress levels and energies and restore the mind. Our certified instructors at Raffles Spa offer a variety of different yoga techniques, available in personal or group classes at our private studio.



## MENU

**RAFFLES SEYCHELLES SIGNATURE MASSAGE (60/90 MINUTES)**

With Asian inspirations in mind this signature massage was thoughtfully crafted to ensure deep relaxation, promote circulation and relieve aches and pains. Encompassing several techniques of Thai, Balinese and Eastern influences, this massage offers passive stretching, followed by a full body deep relaxing oil massage to alleviate muscle stiffness. Using Aromatherapy Associates oil, this unique blend of essential oils inspires a sense of positivity and wellness. An ideal massage for those who experience tightness and muscle pain, perfect for after a long journey or strenuous physical activity.

**HOT STONE THERAPY (60/90 MINUTES)**

Therapeutic heat is slowly released deep into the muscles as warm basalt stones bathed in aromatherapy oils glide smoothly over your entire body, enhancing the benefits of your massage. Small stones placed on key energy points balance chakras and harmonise your vital energy flow.

**MOTHER-TO-BE MASSAGE (60/90 MINUTES)**

This blissful experience uses gentle, slow and rhythmic massage techniques to promote well-being and deepen the connection between mother and baby. The tension in the back and the swelling of the hands and the feet are alleviated.

**OCEAN SEASHELL MASSAGE (90 MINUTES)**

The Seashell Massage incorporates the benefits of the ocean, ancient healing rituals, energy, meditation and hands-on massage into a one of a kind experience. Combining seashells, warm oils and specific techniques, this unique massage will take you on tropical voyage.

**MUSCLE DE-STRESS MASSAGE (60/90 MINUTES)**

Using the Aromatherapy Associates De-Stress Muscle Oil, this massage uses rosemary, black pepper and ginger which is absorbed deep into the muscle. The therapist will apply medium to deep pressure, according to your specific needs. Soothe achy tired muscles and decompress your nerves as we release all your worries.

**SLEEPY TIME RELAXATION MASSAGE (60/90 MINUTES)**

Calm yourself after a long journey and rest easy with Aromatherapy Associates Deep Relax Massage Oil. Aromas of vetivert, chamomile and sandalwood assist in calming your overactive mind and help bring you to a more restful state.

**ORIENTAL FOOT MASSAGE (60/90 MINUTES)**

Experience holistic revitalisation and deep relaxation as your therapist applies specific thumb and finger techniques to various reflex points on the feet, which effectively stimulate corresponding organs in the upper body.

**BODY MASSAGE ENHANCEMENT**

Organic Coconut Oil Upgrade

**ENRICH YOURSELF (90 MINUTES)**

Give your body the intense nourishment it needs with this luxurious Aromatherapy Associates treatment designed to rejuvenate dry skin and revitalise the senses. Begin your treatment with a footbath which will condition and soothe the feet. Continue with a stimulating full body exfoliation and allow an exotically scented body butter with flowers such as jasmine, patchouli and geranium that harmoniously work together to help lift emotions, nourish the skin and leave you feeling enriched. The experience ends with a balancing hair oil application to moisturise and conditions the scalp and hair.

**GINGER RENEWAL (90 MINUTES)**

Allow ginger's healing and warming properties invigorate and nourish in this renewing head-to-toe treatment. Earthly minerals are combined with ginger's healing properties in an invigorating full body exfoliation. Enjoy a pampering back, neck and shoulder massage with ginger oil, whilst warm healing stones melt into your muscles. Next, nourish and relax inside a warm cocoon while a forehead, ear and pressure point scalp massage complete this uplifting experience whilst it awakens the senses.

**BODY FIRMING DETOX (60/90 MINUTES)**

Refine and firm body contours, promoting detoxification as you reenergize. An exclusive dry brush technique helps to exfoliate the skin, stimulate lymphatic drainage and circulation, and promote the absorption of clinically-tested slimming actives. Nutrient-rich algae is applied to the body followed by a deeply relaxing head massage. An exclusive slimming massage and serum help to stimulate circulation and activate lipolysis with ginger and caffeine. Finish this firming experience as a Multi-Vitamin Firming Crème hydrates and brightens the body.

Note: For a more effective treatment, book a 90-minute option which includes a Detoxifying Spirulina Body Wrap, a superior antioxidant treatment.

**SOOTHING SUN ALOE WRAP (60 MINUTES)**

The healing, moisturizing properties of the organic aloe vera plant are combined with the remineralizing and nourishing elements of algae and soothing properties of lavender in this deluxe hydrating body wrap. Includes a luxurious scalp and neck massage followed by a foot massage with invigorating alpine foot balm.

**WILDFLOWER COUPLE'S ROMANCE (90 MINUTES)**

Indulge in together time with a relaxing aromatic soak with wildflowers and romantic candlelight. After your muscles have had time to relax, enjoy a relaxing 60 minute massage ensuring the perfect combination for you and your partner.

**COUPLE'S BLISS (90 MINUTES)**

Enjoy side-by-side indulgence with the 60 minute relaxing massage using an aromatic oil and freestyle techniques combined with a 30 minute mini facial by Kerstin Florian and Refinery for Men.

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Raffles Spa Journeys assure the act of inner and outer transformation by travelling from one place to another through sensory pleasures, unique surroundings and rejuvenating sensations. Leave feeling well-rested and on your journey to living well.

**PEARLS AND CAVIAR ULTIMATE ANTI-AGING REJUVENATION (150 MINUTES)**

This ultimate Anti-Aging face and body experience promises full body and mind rejuvenation. Your experience begins with a fully body polish using the gentle pearl beads, followed by a bamboo and ginger massage invigorating the senses and relaxing achy muscles. Finish the treatment with the Caviar Anti Aging facial, resulting in a youthful radiance glow.

**LAVENDER DREAMS ISLAND EXPERIENCE (120 MINUTES)**

Relax. Dreams of lavender fields kissed by the French sun envelop your senses as you drift on waves of blue. Breathe deep. Inhale the calming and balancing benefits of wild lavender in this completely uplifting and rejuvenating spa experience. Includes a two-step invigorating full body scrub, a warm wrap with pressure point scalp massage, and a full body massage with warm, healing stones..

**TIME OUT FOR MEN (120 MINUTES)**

Achieve a heightened 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 Ayurvedic scalp massage to pinpoint areas of tension, bringing relief to tired or aching muscles and a relaxing foot massage to soothe your worries. Finish with a deep cleansing facial using an exotic blend of the finest essential oils and effective natural botanicals unique to the Refinery range, whilst rebalancing your skin, leaving it bright, supple and refreshed.

**LUXURY CAVIAR ANTI AGING FACIAL (90 MINUTES)**

A decadent, luxurious facial that firms, tones, refines and deeply hydrates the skin with protein rich caviar and powerful antioxidants. Beautiful caviar products infuse the skin with age-defying nutrients to smooth fine lines and improve texture. An exclusive AcuLift Massage visibly firms and tones as the Marine Biomatrix Sheet provides intensive hydration to instantly restore radiance. Results are immediate, leaving the skin looking supple, healthy and luminescent.

**CORRECTING BRIGHTENING FACIAL (90 MINUTES)**

This specific treatment delivers brightening and clarity for immediate luminosity. With this results-driven facial, the hands, face, neck and décolleté are treated to effective formulas that even out skin texture and tone. Using a powerful blend of skin-illuminating botanicals and Acti-5 Brightening Complex, along with a multi-acid peel, a concentrated Vitamin C ampoule, and a unique cooling masque with luminous rice, skin appears lighter, brighter and more refined.

**CUSTOMIZED RENEWAL FACIAL (60 MINUTES)**

Renew your skin with this deluxe facial based on the ancient and influential art of Aromatherapy. Centered on a global bouquet of skin renewing aromatic oils, this facial imparts complete vitality and relaxation. Includes specially developed aromatherapy facial, scalp and foot massage.

**REFINERY MEN DEEP CLEANSING FACIAL (60 MINUTES)**

When time is short and you need to look your best, this deep cleansing and brightening facial, will leave your skin looking clean and luminous. The results are a clear, clean and bright complexion, full of health and vitality.

**FACIAL ENHANCEMENTS**

- EYE RESCUE THERAPY
- AMPOULE THERAPY



EXOTIC WILD-FLOWER HAND TREATMENT (60 MINUTES)

This deluxe manicure features a hand exfoliation treatment with multi-acid peel pads, a soak in wild-flower essences, a pampering paraffin treatment, and an application of enriching myrrh nail oil to your cuticles. As well, enjoy a relaxing hand and arm massage with organic lavender essence.

REVITALIZING FOOT TREATMENT (60 MINUTES)

Relieve parched, cracked skin. This ritual begins with a foot soak in thermal mineral salts and wild-flower oil; then, rough skin is exfoliated with a creamy eucalyptus salt mixture, and feet are treated to a soothing massage with natural foot balm rich in menthol, eucalyptus and lavender. A pedicure completes the treatment.

EXECUTIVE HAND GROOMING FOR MEN (60 MINUTES)

A healthy approach to a traditional manicure, this deluxe treatment begins with a soak in thermal minerals and essential oils, continues with a unique Turkish-salt hand exfoliation and finishes with a luxurious hand massage to relieve dry skin.

EXECUTIVE FOOT GROOMING FOR MEN (60 MINUTES)

This foot grooming helps to stimulate circulation as well as revitalize weary feet. Eucalyptus and Turkish salts exfoliate the feet, which are immersed in a rejuvenating foot bath. A paraffin treatment relieves dry and cracked skin. The grooming is completed with a foot massage using a therapeutic foot balm, which seals in moisture.

For those of you who wish to upgrade any of our present treatment list with additional time and services, or for those who don't have the time to stay and indulge, we have created mini treatments to suit all your skin care needs, ensuring complete relaxation and rejuvenation. Choose from a variety of 30 minute mini treatments including:

MASSAGES

- BACK, NECK AND SHOULDER MASSAGE
- ORIENTAL FOOT MASSAGE
- HEAD AND SCALP MASSAGE

BODY SCRUBS

- EXPRESS BRIGHTENING BODY SCRUB
- EXPRESS MUSCLE DE-STRESS BODY SCRUB
- EXPRESS NOURISHING BODY SCRUB
- EXPRESS ALOE SUN SOOTHER
- DETOXIFYING SPIRULINA BODY WRAP
- MUSCLE SOOTHER THAI HERBAL COMPRESS

FACIALS

- EXPRESS ANTI-AGING FACIAL
- EXPRESS BRIGHTENING FACIAL
- FIRMING EYE AND REHYDRATING FACIAL TREATMENT

NAIL SALON SERVICES

- CLASSIC NAIL POLISH REMOVAL
- GEL/SHELLAC NAIL POLISH REMOVAL
- (Available as an add-on to nail salon treatments)

BATH RITUALS

- WILDFLOWER ROMANTIC BATH
- ANTI-STRESS AROMATIC MILK BATH
- DETOXIFYING MINERAL-RICH
- WELLNESS SOAK

RAFFLES SPA BESPOKE EXPERIENCE

Build your own combination of treatments, including facials, body wraps, scrubs, massages and bath rituals.

CHOICES OF ANY 3 TREATMENTS (PER PERSON ) 90 MINUTES

CHOICES OF ANY 2 TREATMENTS (PER PERSON) 60 MINUTES

## YOGA

### Sun Rise & Sunset Yoga (All Ages)

Performing yoga at sunrise or at sunset is the optimal way to experience its physical, mental and emotional benefits. The invigorating and challenging poses of Sunrise Yoga will awaken your senses with the rise of the sun leaving you energised for the rest of the day. Relatedly, the gentle and meditative poses of Sunset Yoga will unwind you preparing your mind and body for a peaceful twilight.

### Hatha Yoga (All Ages)

The ancient practice of Yoga benefits its practitioners by bringing them spiritual and physical elevation. This unique form of exercise, which combines stretching and breathing helps, improve circulation. This will, in turn, nourish the cells throughout your body leading to improved physical health and a more meditative state of mind.

### Ashtanga Yoga (All Ages)

This practice will guide you through the eight-fold path of yoga as outlined by Patanjali: yama (moral conduct), niyama (contemplation), asana (yogic posture), pranayama (control over breathing), pratyahara (control over your senses), dharana (focused concentration), dhyana (meditation), samadhi (self-realisation). A combination of vigorous exercises for your limbs and an enlightening moment for your mind will leave you feeling accomplished and at peace

### Spinal Core Yoga (Suitable for All Levels)

Regular practice of Spinal Care Yoga increases flexibility. With this, you will notice that you can bend and stretch your spine in ways you never have before. These postures are designed to integrate and benefit the whole body by lengthening connective tissue, expanding range of motion and improving posture.

### Power Yoga

More energetic than traditional yoga, Power Yoga combines poses known for their energising properties. This yoga is a fitness oriented practice that tonifies your muscles, improves flexibility and stability.

### Weight-loss Yoga

It is an extension of Power Yoga and focuses on perfecting each pose by holding it for longer. This improves endurance and flexibility and contributes to a leaner and more svelte figure.

### Vinyasa Yoga (Advanced)

It's derived from the practice of Ashtanga Vinyasa Yoga, and employs the technique of "connecting postures" and breath-synchronised movements that lead you to a path of physical lightness and mental peace. Your body, mind and spirit synchronised granting you truly holistic well-being. According to Ashtanga, the movement performed in Vinyasa heat the blood, subsequently thinning it so it follows more freely in the body, which creates a healthier, lighter and stronger mind and body.

### Concentration (Internal)

This introductory session to meditation will take you through the steps and basic techniques to achieve the correct mental state required for meditative serenity. You will improve your ability to focus and concentrate.

### Cyclic Meditation (Internal)

This practice of meditation develops the control of the body's vital energy, Prana. It focuses inner to your breathing and you will discover your senses from external spurs to achieve concentration of the mind and cultivation of inner peace.

### Mindfulness Meditation (External)

Explore the five elements that make a beautiful mind: calm, gratitude, clarity, spontaneity, and care. By defining what a happy and beautiful mind means to you, you achieve a state of inner serenity and peace.

### Spiritual Meditation (External)

Reach the deepest point of meditative relaxation, and enjoy the present moment. This guided meditation seeks to open your mind as well as your heart, by allowing you to feel the true nature in all beings



## HYDROTHERAPY WELLNESS EXPERIENCES

### Steam Room Wellness

Maintained at 42-45°C, the humid aromatic heat experience is highly beneficial for those that suffer from asthma and bronchitis, as it opens up the breathing passages and alleviates congestion. We recommend that a session last 10-15 minutes and that you keep your body well hydrated afterwards. Humid heats are especially beneficial before or after a massage treatment to increase circulation.

### Sauna Wellness

Maintained between 85-110°C, this dry heat soothes and warms the muscles, relieving tension from your body and minimising joint pain. This is especially beneficial for those who suffer from illnesses such as arthritis, painful migraines, and headaches, or as a way of warming the body after an intense workout or treating the common cold. Dry heat is recommended for 10-15 minutes daily and it is important to ensure that you body is kept well hydrated afterwards.

### Experience Showers

Experience showers have a unique variety of multi-temperature water sequences, combined with soothing warm and cold jets to relax the body.

## SPA ETIQUETTE

### HYDROTHERAPY WELLNESS EXPERIENCES

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### SPA CANCELLATION POLICY

If you must reschedule or cancel any spa appointments or packages, please notify the Spa 4 hours in advance. Missed appointments without proper notices are subject to a 100% charge for reserved services. The same applies for no shows.

### SPA ARRIVAL AND ETIQUETTE

We recommend you arrive 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience.

To make any changes to your booking, please contact Spa reception at T +248 4 296 800 or contact Guest Relations at T +248 4 296 720 after Spa operating hours.

### PERSONAL MATTERS

Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we may better customize your experience to your needs.

### SPA ATTIRE

You will receive a robe and slippers to wear between treatments and a locker for your personal belongings. We request that you please leave jewellery and valuables in your hotel room or the safe provided for you.



## TO BOOK YOUR SPA JOURNEY

T +248 4 296 800

Extension 6800

[spa.praslin@raffles.com](mailto:spa.praslin@raffles.com)

## OPENING HOURS

Pool: 7.00am - 7.00pm

Spa Treatments: Starting from 9.00am

Spa Facility: 9.00am - 7.30pm

Fitness Centre: 24 hours for hotel guests

## RAFFLES SPA

Raffles Seychelles

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