Etiquette
The Spa is a retreat for your body, mind and spirit. For the consideration of others, we request that visitors keep noise to a minimum. Children are not allowed at the Spa unless they are having a treatment, accompanied by an adult. We ask that you respect other guests' privacy by speaking softly.

Cellular phones and electronic devices are discouraged.

Attire
Please arrive at the Spa wearing comfortable, light clothing or a bathrobe. Disposable undergarments are available on request.

Reservations
Advance booking prior to your arrival is recommended to secure your preferred date and time of treatment. A credit card number is required at the time of booking for a confirmed appointment.

Check-in
Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment time. A late arrival will result in a shortened treatment to accommodate other guests fairly.

Spa Treatment Hours
The Spa is open from 8am to 8pm daily. Last treatment finishes at 8pm.

Special Consideration
If you are pregnant, you may wish to avoid booking treatments that involve the use of essential oils. Massages or stimulating treatments are not recommended during the first three months of pregnancy.

If you have high blood pressure, heart conditions, allergies, or other medical complications, we advise that you consult your doctor before signing up for any Spa services. Please inform your therapist of any medical conditions.

Smoking and Alcohol
Smoking and the consumption of alcohol within the Spa are prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to, or after any Spa treatment.

Cancellation Policy
A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a "no-show".

Values
We recommend that no jewellery be worn at the Spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the Spa premises.

Gift Certificates
Treat a friend or loved one by giving them an experience they will never forget. Gift certificates are available for any Spa treatments, packages or retail products. Gift certificates are not refundable and must be presented at the time of treatment. Vouchers are valid for six months from date of issue.

Refund Policy
Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.

Payment
We accept cash and all major credit cards. All prices are billed in Mauritian Rupee and are inclusive of 5% service charge and 15% government tax. Prices are subject to change without prior notice.

Disclaimer
The spa treatments, services and/or facilities received or utilised at Angsana Spa Balaclava are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that Guests may have. Guests will fully indemnify and hold harmless Angsana Spa Balaclava, its holding company(ies), affiliates, subsidiaries, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities.

Our Philosophy
A statuesque tree found in the tropical rainforest of Asia, the Angsana is best noted for its crown of flowers that bursts into a fragrant shower of golden-yellow blooms unexpectedly. The glorious Angsana beholds the maxim to live life and savour time as it passes inexorably.
essence of angsana

Calm your mind and draw in the serenity of your surroundings. Allow our therapist to offer you a soothing foot wipe, herbal drink and a few minutes to leave the cares of the world behind. Angsana sessions include a Calm Time. Enjoy the difference.

GLOW
90-minute treatment & 30-minute refreshments and relaxation
Wear Radiance Like a Second Skin
• 30-minute choice of body polish
• 60-minute body massage
Spa Tip: Personalise your spa package with your choice of massage and body polish combo to create a healthy glow.

TONING
120-minute treatment & 30-minute refreshments and relaxation
Nice and Firm
• 10-minute steam bath
• 30-minute Dead sea salt body polish
• 30-minute natural marine mud body wrap
• 50-minute toning massage
Spa Tip: Beautiful body comes easy with this nourishing toning package meant to restore the clarity of your skin and enhance your body contour. This unique body toning massage combining the mineral-rich Dead Sea mud, and the high carotenoid and nutrient content of Dunaliella algae, increases the firmness of the tissue and activates blood circulation.

Kindly note that all Spa treatments (except hand, foot and hair treatments) include a 30-minute Calm Time, which comprises a welcome foot wipe and post-treatment refreshments & relaxation. Enjoy the difference.

ANGSANA SIGNATURE EXPERIENCE

For a wholly satisfying unparalleled experience
Make the time and indulge in one or more of the blissful Angsana signature experiences. In the privacy of your spa treatment suite, choose your preferred treatment or let your massage therapist use her intuition to tailor your treatment from a combination of body polish, facial or mineral-rich sea mud body conditioner. Walk away cleansed, relaxed and rejuvenated.
THE ULTIMATE IN PAMPERING

Rainmist Treatment

The combination of the healing power of water and the therapeutic benefits of massage in one blissful rejuvenating experience. This innovative signature treatment is a perfect synergistic fusion of a Rainmist Turkish Bath and Vichy rainshower to prepare the body for a toning and firming full-body exfoliation.

A warm steam room with a gently heated raised massage platform in soft colored mosaic tiles awaits you for a journey of transformation. As you lay on the heated platform, work up a sweat. The steam and heat open your pores to prepare for the Exfoliation of your choice. The Exfoliation detoxifies your skin, removes excess oil and dead cells from the skin, leaving it moisturized and glowing. The cascading Rain Vichy Shower multiple overhead jets elevate your senses. Your body then passes on to a state of deep relaxation with the Toning Massage.

Enjoy this pampering experience as you are swept away in a journey of rejuvenation and relaxation.

RAINMIST TONE

120-minute treatment & 30-minute refreshments and relaxation

The Perfect Silhouette

• 50-minute toning massage
• 30-minute head & shoulders massage
• 10-minute Dead Sea mud application
• 10-minute Turkish steam bath
• 20-minute salt body polish & Vichy rain shower on heated bed

Spa Tip: A step nearer to that svelte figure you are dreaming of with this invigorating treatment designed to eliminate impurities and tone the body. Enriched with more than 26 different minerals, Dead Sea mud will penetrate into deeper skin layers and remove harmful toxins and pollutants. Your skin will be hydrated and moisturized. It will also look brighter and will enjoy a higher flow of oxygen.

RAINMIST REJUVENATION

120-minute treatment & 30-minute refreshments and relaxation

Feel of Rejuvenation

• 50-minute choice of body massage
• 10-minute Turkish steam bath
• 30-minute salt body polish & Vichy rain shower on heated bed
• 30-minute hair wash and blow-dry OR mini facial

Spa Tip: Give your body a completely rejuvenating experience as the Rainmist Turkish Bath opens your pores to prepare for the Herbal Salt Toning Exfoliation. The Exfoliation removes excess oil and dead cells from the skin, leaving it softer to the touch. Your body then passes on to a state of deep relaxation with the Massage of your choice. For a more pampering experience, complete the treatment with a hair wash and blow-dry or mini facial.

ANGSANA DIVINE

180-minute treatment & 30-minute refreshments + Ylang Ylang Bath Soak and relaxation

A Journey of Rejuvenation

• 90-minute Angsana massage
• 30-minute Ylang Ylang body polish
• 60-minute facial

Spa Tip: Experience our signature Angsana massage to relieve aching muscles, followed by a gentle exfoliating Ylang Ylang body polish and a reviving facial. Complete your journey of rejuvenation and relaxation with a soothing Ylang Ylang bath soak and let the sensual uplifting and relaxing properties of Ylang Ylang work their magic during times of tension and stress.

COCO DELIGHT

150-minute treatment & 30-minute refreshments + Coconut Milk Bath Soak and relaxation

An All-Rounder Treat

• 30-minute pure coconut body polish
• 90-minute body massage
• 30-minute face massage

Spa Tip: Unwind into smooth and baby-soft skin from the nourishing coconut milk bath before you wrap up this blissful session with a soothing body, face massage and a soak in coconut bath. Coconut body polish softens dead skin cells and promotes cell rejuvenation, while anti-oxidant rich coconut oil hydrates your skin. The deep cleansing coconut bath will restore moisture to your skin and reduce the appearance of fine lines and wrinkles.

Kindly note that all Spa treatments (except hand, foot and hair treatments) include a 30-minute Calm Time, which comprises a welcome foot wipe and post-treatment refreshments & relaxation. Enjoy the difference.
angsana for her

Calm your mind and draw in the serenity of your surroundings. Allow our therapist to offer you a soothing foot wipe, herbal drink and a few minutes to leave the cares of the world behind. Angsana sessions include a Calm Time. Enjoy the difference.

### BODY BLISS
120-minute treatment & 30-minute refreshments and relaxation

**Nourishing Touch**
- 60-minute body massage
- 60-minute hand or foot treatment

**Spa Tip:** Be delighted by these pampering treats from head to toe.

### PEACE
120-minute treatment & 30-minute refreshments + Orange Bath Soak and relaxation

**Worry Free**
- 60-minute body massage
- 60-minute facial

**Spa Tip:** Drift away on a cloud of contentment as your therapist works wonders. Then conclude with a rejuvenating and refreshing Orange Bath Soak, which will leave your skin toned and softened.

### VITALITY
90-minute treatment & 30-minute refreshments and relaxation

**Customised Care**
- 60-minute body massage
- 30-minute foot massage

**Spa Tip:** Personalise your spa package with your choice of body massage to target your needs, followed by a foot massage.

### EXPRESSIONS
120-minute treatment & 30-minute refreshments + Eucalyptus Bath Soak and relaxation

**Wake Up Call**
- 60-minute body massage
- 60-minute men’s facial

**Spa Tip:** A choice of body massage and a facial, together with a Eucalyptus Bath Soak, to perk you up. The Eucalyptus bath’s many healing benefits help to relieve stress and will leave you revitalised. You will be ready to face the world after this intensely relaxing experience.

Kindly note that all Spa treatments (except hand, foot and hair treatments) include a 30-minute Calm Time, which comprises a welcome foot wipe and post-treatment refreshments & relaxation. Enjoy the difference.
essence of ayurveda

Calm your mind and draw in the serenity of your surroundings. Allow our therapist to offer you a soothing foot wipe, herbal drink and a few minutes to leave the cares of the world behind. Angsana sessions include a Calm Time. Enjoy the difference.

A holistic system of healing originating from India 5,000 years ago, Ayurveda is an ancient science, which focuses on establishing and maintaining the balance of energies within the body, and promoting harmony between the individual and nature. Each person is viewed as a unique individual governed by one or more of the universal forces of nature. Good health is promoted by balancing these energies.

Ayurvedic treatments are customised according to your ‘Dosha’ body type and categorised as Vata, Pitta and Kapha.

Vata

The Vata-type individual is active, constantly on the move and can be easily tired, with dry skin texture. The Vata treatment packages are designed to calm the mental and physical state of the body and provide nourishment to the skin.

A delightful way to soothe an out-of-balance Vata. Give yourself a warm rejuvenating oil massage made of a synergistic blend of nine herbs and passion flower combined with nutrient-rich organic Sesame and Olive oil to help boost vitality and vigor.

PRUSHTA SHANTHI
90-minute treatment & 30-minute refreshments and relaxation

Back Relief
- 30-minute Kati Basti or Greeva Vasti
- 30-minute back massage
- 30-minute refreshing body polish

Spa Tip: A perfect relief for those with strained backs from sports injuries or long hours spent in front of the computer.

VAYU SHANTHI
180-minute treatment & 30-minute refreshments and relaxation

Rebound with Vigour
- 30-minute Indian head massage
- 60-minute Angsana massage
- 30-minute Podi Kati
- 30-minute Shirodhara
- 30-minute refreshing body polish

Spa Tip: A perfect therapy for those with strained backs from sports injuries or long hours spent in front of the computer.

Pitta

The Pitta-type individual is often affected by hot weather and has sensitive skin. The Pitta treatment packages are created to calm the emotions and soothe the skin.

Perfect cooling blend infused with nine traditionally used organic herbs, nutrient-rich organic Sesame and Sunflower oils. Supports healthy circulation and helps reduce toxins out of the system.

MANA SHANTHI
90-minute treatment & 30-minute refreshments and relaxation

Calm your Mind
- 30-minute Indian head massage
- 60-minute Shirodhara
- 30-minute balancing body polish

Spa Tip: Clear your mind with the traditional Shirodhara treatment, where the flow of warm oil on your forehead soothes and balances your body, mind and soul.

AGNI SHANTHI
180-minute treatment & 30-minute refreshments and relaxation

Quench the Fire
- 30-minute Indian head massage
- 60-minute waves massage
- 30-minute Chakra Vasti
- 30-minute Shirodhara
- 30-minute balancing body polish

Spa Tip: Reduce body heat and regain inner balance of your body with a combination of Ayurvedic therapies.

Kapha

The Kapha-type individual is down-to-earth, calm and has oily skin with a tendency to put on weight.

Experience the revitalizing and renewing benefits of Kapha Massages. These invigorating massages, using a blend of nine organic herbs, nutrient-rich Sesame and Sunflower oils, reduce and balance Kapha. They revitalize, stimulate the circulation and cleanse the system.

SUHSHMA SHANTHI
90-minute treatment & 30-minute refreshments and relaxation

Trim and Tone
- 60-minute bodywrap
- 30-minute invigorating body polish

Spa Tip: Let the wonders of this toning herbal treatment combine with a steam wrap to effectively reduce cellulite from your body.

BHU SHANTHI
180-minute treatment & 30-minute refreshments and relaxation

Body Toner
- 30-minute Indian head massage
- 60-minute deep tissue massage
- 30-minute Podi Kati
- 30-minute Shirodhara
- 30-minute invigorating body polish

Spa Tip: A combination of traditional Ayurvedic treatments works to tone the body.

Kindly note that all Spa treatments (except hand, foot and hair treatments) include a 30-minute Calm Time, which comprises a welcome foot wipe and post-treatment refreshments & relaxation. Enjoy the difference.
body massages

Calm your mind and draw in the serenity of your surroundings. Allow our therapist to offer you a soothing foot wipe, herbal drink and a few minutes to leave the cares of the world behind. Angsana sessions include a Calm Time. Enjoy the difference.

SIGNATURE EXPERIENCES

The Ultimate in Pampering
Make the time and indulge in any of the blissful Angsana signature experiences. Our signature treatments combine aromatherapy and phytotherapy with touch techniques adapted to provide guests with a sense of total body wellness.

FUSION
60-minute treatment & 30 minute refreshments and relaxation
90-minute treatment & 30 minute refreshments and relaxation
Cuisine for the Soul
Spa Tip: Embracing a unique blend of Thai and Swedish massage techniques, smooth rhythmic flowing movements of the Swedish technique combined with stretches and acupressure points of the Thai Massage provide unparalleled moments of relaxation. Coupled with the use of powerful invigorating oil infused with Lemongrass, Eucalyptus, Rosemary and Anise, this massage helps to loosen up tightness, increases muscular flexibility, lymphatic flow and soothes the nervous system. A real circulation booster, this fusion of two cultures has lasting effects for overall wellness. You will feel relaxed and yet, revived, refreshed and invigorated.

ANGSANA
90-minute treatment & 30-minute refreshments and relaxation
Our Gift to You
Spa Tip: A signature massage created exclusively for Angsana Spa, to stimulate your body’s key pressure points and strengthen inner “qi” or energy. Feel the uplifting effects of these amazing massage techniques and sense the energy packed in the blend of organic herbal oil infused with Ylang Ylang, Litsea Cubeba, Lemon and Sweet Basil. Slow double-handed finger tips strokes and thumb pressures are applied to elevate energy blockages, relieve tension and aid blood circulation.

CLASSIC

JAVANESE
60-minute treatment & 30 minute refreshments and relaxation
90-minute treatment & 30 minute refreshments and relaxation
Take a Nap
Spa Tip: Adapted from ancient Balinese techniques, this deep tissue massage relieves body tension and promotes better sleep patterns. Essential oil infused with a blend of Tumeric, Lavender, Eucalyptus, Ylang Ylang and Rose works on balancing the energy centers or chakras so your energy can flow free again.

WAVES
60-minute treatment & 30 minute refreshments and relaxation
90-minute treatment & 30 minute refreshments and relaxation
Smooth as a Hula Dance
Spa Tip: This strong massage is inspired by traditional Hawaiian techniques. Your therapist delivers long flowing strokes to restore balance and harmony. The exquisite blend of essential oils contributes to an overall feeling of wellbeing.

AYURVEDIC HOT STONES
90-minute treatment & 30 minute refreshments and relaxation
Tension Melts
Spa Tip: Feel the tension melt away from your body as this palm-based massage blends seamlessly with heated basalt stones and nutrient-rich Sesame oil working in tandem.

SIAM
90-minute treatment & 30 minute refreshments and relaxation
Classic Flavour
Spa Tip: Relieve tension and unwind to a delicate stretching of your body with this massage to improve mobility and flexibility, followed by Thai massage techniques of palming and thumbing, without the use of oil, on your meridian lines.

Kindly note that all Spa treatments (except hand, foot and hair treatments) include a 30-minute Calm Time, which comprises a welcome foot wipe and post-treatment refreshments & relaxation. Enjoy the difference.
SOOTHING

DREAMS
60-minute treatment & 30-minute refreshments and relaxation
90-minute treatment & 30-minute refreshments and relaxation
Perfect for Jet Lag
Spa Tip: Created specially for tired and worn-out bodies, this calming massage soothes tense muscles using warm nutrient-rich Sesame oil.

RHYTHMIC
60-minute treatment & 30-minute refreshments and relaxation
Must Try for Mothers-To-Be
Spa Tip: For mothers-to-be or those who prefer to lie on their side, this nurturing massage is a good choice. Our therapist will use gentle strokes and a rice flour pouch dipped in warm clarity oil composed of a blend of Olive oil, sweet Almond oil, Sunflower oil, Sesame oil, Jojoba oil, and Vitamin E making it great as an all-around skin care.

ON THE SPOT

BACK ENERGY
30-minute treatment & 30-minute refreshments and relaxation
Iron Out Tense Muscles
Spa Tip: Iron out aches and tensions in your back with this medium to strong pressure massage working in tandem with nutrient-rich Sesame oil.

FOOT LOOSE
30-minute treatment & 30-minute refreshments and relaxation
Sole to Soul
Spa Tip: Step out with happier feet after an energising foot massage. Nutrient-rich Sesame oil acts as a great moisturiser to keep your skin smooth and soft.

INDIAN HEAD MASSAGE
30-minute treatment & 30-minute refreshments and relaxation
Clear Headed
Spa Tip: After a hard day’s work, clear your mind with this massage to relax and remove fatigue caused by mental stress.

Kindly note that all Spa treatments (except hand, foot and hair treatments) include a 30-minute Calm Time, which comprises a welcome foot wipe and post-treatment refreshments & relaxation. Enjoy the difference.
facials

Calm your mind and draw in the serenity of your surroundings. Allow our therapist to offer you a soothing foot wipe, herbal drink and a few minutes to leave the cares of the world behind. Angsana sessions include a Calm Time. Enjoy the difference.

MIRACLE EYES TREATMENT
30-minute treatment & 30-minute refreshments and relaxation

Spa Tip: An anti-ageing treat with ice-cold cryo therapy benefits the eye contour. This specialised treatment hydrates and focuses on delicate areas around the eyes with lifting techniques to reduce dark circles and puffiness. The blend of natural active ingredients of Ginkgo Biloba, Goji extract, Hyaluronic Acid has been carefully selected to keep your radiance and protect this sensitive area.

HYDRA EXPRESS
60-minute treatment & 30-minute refreshments and relaxation for dry or normal skin

Radiance in a Flash
Spa Tip: Soak in the goodness of this skin replenishment facial that instantly adds moisture and brings luminosity back to your complexion.

This natural marine wonder of Seaweed packed with powerful antioxidants and natural moisturizing properties helps slow the ageing skin process while protecting it from the harsh environment. Recognized for its ability to revitalize, repair and cleanse, it is used harmoniously with Kaolin to tone and nourish from deep within.

DEEP MARINE PURIFYING
60-minute treatment & 30-minute refreshments and relaxation for oily skin

Pure as Snow
Spa Tip: This deep-cleansing purifying treatment detoxifies and includes sheer indulgence massage techniques to soothe, calm and rebalance the epidermis for a youthful glow.

The wealth of the ocean brought to your skin to stimulate and renew damaged cells. Packed with mineral elements, vitamins and natural anti-ageing properties, Marine extract acts in synergy with Shea butter to improve the suppleness and elasticity of your skin.

SOOTHING REMEDY
60-minute treatment & 30-minute refreshments and relaxation for sensitive skin

Skin’s Best Friend
Spa Tip: Ideal for sensitive and sun-damaged skin, choose this anti-inflammatory and calming facial that features soothing aromatic complexes to nourish delicate skin and restore skin equilibrium.

A concoction of Essential Oils specially formulated with botanical castor oil, Madurai, Italian lemon zest, Laurel and aqueous extract of Centella Asiatica to pamper your skin.

AGE DEFYING
60-minute treatment & 30-minute refreshments and relaxation for matured skin

Beat the Clock
Spa Tip: Combat the visible signs of ageing with this ultimate anti-ageing treatment that uses an innovative botanical extract infused with ice-cold cryotherapy benefits to ‘melt’ away fine lines.

All gathered to fight the passage of time for a newer You: Fabulous Macadamia Oil rich in palmitoleic fatty acids with fantastical regeneration and moisturizing properties and great skin penetration abilities delays skin cell ageing. Anti-Inflammatory Beeswax locks in moisture, fosters cells and protects skin from damaging environmental factors while Seaweed extract helps reduce wrinkles and enhances skin appearance.

EXCLUSIVELY ANGSANA
90-minute treatment & 30-minute refreshments and relaxation for all skin types

Plump Up the Volume
Spa Tip: A unique skin therapy that stimulates cellular metabolism to plump up fine lines, improve elasticity and restore natural brilliance to finer skin.

A specially concocted intensive formulation packed with the firming and toning properties of botanical castor oil and essential oils of Tea Tree, Palmarosa, Eucalyptus, Oregano, York Yang and Bourbon Geranium working in concert to rejuvenate and revitalise. The rejuvenating and revitalising treatment includes a soothing back and shoulder massage to induce deep relaxation and soothe muscular tension.

Kindly note that all Spa treatments (except hand, foot and hair treatments) include a 30-minute Calm Time, which comprises a welcome foot wipe and post-treatment refreshments & relaxation. Enjoy the difference.
The key essentials to relax and pamper your hands and feet, leaving them in tip top condition.

**DELICATE HANDS**
90-minute treatment
Pearly Sheen
Spa Tip: Give your hands a decadent treat with nail cleansing, trimming and shaping, followed by an oatmeal and olive oil conditioning mask and a massage - all acting together to strengthen dry brittle nails and promote smooth radiant complexion and elasticity of skin. Your hands will feel smooth and polished.

**TENDER FEET**
90-minute treatment
Stepping Out in Style
Spa Tip: Your nails are cleaned, trimmed and shaped to prepare your feet for an exfoliation, followed by an effective conditioning mask to soften those neglected soles. A foot massage completes this relaxing treat, leaving your feet looking delicately beautiful.

**HAND PARAFFIN**
90-minute treatment
Hand Essence
Spa Tip: All the essence of a warm paraffin dip comes complete with beautifully painted or buffed nails, increase in circulation and softer skin.

**FOOT PARAFFIN**
90-minute treatment
Glamorous Feet
Spa Tip: Step out in style with a warm paraffin dip to soften and moisturize your feet and round off with beautifully painted or buffed nails.

Choose your favourite body polish to complete your pampering spa packages. All body polishes are not available individually.

**COCONUT LIME GLORY**
for all skin types
Divine Skin Cleanser
Spa Tip: This moisturising and nourishing coconut scrub packed with antioxidant properties removes dead skin, promotes new cell growth and lightens skin blemishes.

**GINGER LEMONGRASS**
for normal skin
Uplift your Senses
Spa Tip: The warming effect of ginger paired with lemongrass makes this body scrub a perfect cleanser that helps to stimulate blood circulation and relieve symptoms associated with jet lags, with revitalizing benefits.

**HONEY SESAME**
for dry or normal skin
As Sweet as Honey
Spa Tip: Smell as sweet as honey after this treatment as your skin emerges smoother after the gentle exfoliation. This power-pair rich in nutrients and antioxidant properties work side by side to improve circulation and control high blood pressure, absorbing moisture in the process and leaving skin soft and supple.

**JASMINE FRANGIPANI**
for oily skin
Flowery Scent
Spa Tip: Smell your floral best and show off sparkling skin after the treatment, feeling uplifted, soothed and confident.

**OATMEAL BANANA**
for dry or normal skin
Wholesome Delight
Spa Tip: Go for this banana and oatmeal scrub for a nourishing treatment, packed with 8 vitamins. Skin is clarified.

**TROPICAL FRUIT WASH**
for normal or oily skin
Tutti Frutti
Spa Tip: The action of mild acids in this delightful fruit wash cleanses impurities and pumps up moisture level. Nutrients and powerful antioxidants moisturize and revitalize your skin.

Kindly note that all Spa treatments (except hand, foot and hair treatments) include a 30-minute Calm Time, which comprises a welcome foot wipe and post-treatment refreshments & relaxation. Enjoy the difference.
body conditioners

CUCUMBER MINT
for dry or normal skin
After-Sun Treatment
Spa Tip: Feel the heat leave your sunburnt skin during this treatment using cucumber and mint to cool tender skin. Your body is covered with this special cucumber mixture and then wrapped in a blanket. Your skin will feel soothed and refreshed.

MUD MASK
for oily skin
100% Natural
Spa Tip: A mineral-rich wrap to provide deep cleansing and to aid the elimination of body toxins. Harvested from the ancient waters of the Dead Sea itself, this long sought out treatment is known for its healing properties and very high concentration of mineral rich content of potassium, magnesium, sodium, bromine and calcium, essential minerals for the body’s balance. This treatment is recommended for acne, eczema, psoriasis, arthritis, bone and cartilage inflammation, rheumatism, stress, fatigue, sleeplessness, anti-aging, skin toning, cellulite reduction, remineralization and detoxification.

Spa bath soaks

YLANG YLANG BATH SOAK
30-minute treatment
Slip into Serenity
Spa Tip: A romantic favourite, the sweet scent of Ylang Ylang essential oil is suitable for all types, The Ylang Ylang bath, with its uplifting and calming benefits, will bestow a soothing and balancing effect on your skin.

ORANGE BATH SOAK
30-minute treatment
Beautiful Skin
Spa Tip: An irresistible bath soak, blended with fresh orange juice and orange essential oil will leave you feeling refreshed, rejuvenated and at peace, and your skin toned and softened.

EUCALYPTUS BATH SOAK
30-minute treatment
A Breath of Freshness
Spa Tip: Feel revitalized and uplifted with a Eucalyptus Bath Soak. Its refreshing scent and healing benefits will stimulate your muscles and help clear your mind.

PINE BATH SOAK
30-minute treatment
Feel Energized
Spa Tip: Enhance your skin with the aromatic Pine Bath Soak. Pine oil refines and invigorates. Perfect after a particularly long and stressful day, its restorative effect will help restore your inner balance and infuse you with renewed strength.

COCONUT BATH SOAK
30-minute treatment
Skin Moisture
Spa Tip: The deep cleansing and deliciously scented richness of coconut will moisturize your skin and restore its youthful glow by reducing the appearance of fine lines and wrinkles.

Kindly note that all Spa treatments (except hand, foot and hair treatments) include a 30-minute Calm Time, which comprises a welcome foot wipe and post treatment refreshments & relaxation. Enjoy the difference.
Angsana Spa Balaclava Mauritius offers a haven of serenity with one of the most extensive hydrotherapy facilities unique in Mauritius. Relax and rejuvenate with treatment packages that combine spa treatments with the benefits of hydrotherapy.

**Outdoor Cold Shower**

Embark on a hydrotherapy journey with a refreshing cold shower to prepare and cleanse your body for the therapeutic experience.

**Hammam Steam Room**

Feel your tension melt away in this steam chamber. Amid its high temperatures, heavy perspiration is induced, which in turn promotes the elimination of one’s internal impurities. A salt scrub is available for your use to further complement the detoxification process.

**Sauna**

The high temperatures of this dry chamber promote body detoxification through heavy perspiration. Your immune system also receives a boost as circulation improves.

**Vitality Pool**

Find pure relaxation in the magnificent outdoor Vitality Pool equipped with air and water jet features such as Hydro back bench, body massage jet stations, neck and shoulders massage spouts and stand up jets for body and feet. This water massage technique soothes, oxygenates and tones your muscles. Your body and mind will find their balance as you feel your muscles completely relax like magic. Feel your tensions disappear. Blood circulation is accelerated.

The Vitality Pool consists of the following stations:
- Hydro Massage Cascade Jets for Upper Body
- Hydro Massage Jets for Lower Body
- Waterfalls for Neck & Shoulders
- Swan Neck Jets for Neck & Shoulders
- Snake Bubble Jets for Body & Feet
- Integrated Bench Jets for the Back

**HYDRO BASICS JOURNEY**

45-minute experience
- Hammam
- Body Scrub
- Sauna
- Vitality Pool

**Personal Time**

**Spa Tip:** Journey through our hydrotherapy facilities and let the unique effects of this experience indulge you along the trail. Begin your journey of relaxation and invigoration in the steam room where the self-body scrub of sea salt works on cell renewal by cleansing your skin and removing dead skin cells. Continue your journey in the dry chamber of sauna where heavy perspiration is induced to promote body detoxification. Then finish off by stepping in the Vitality Pool and letting the water jets work their acupressure magic all over your body, boosting your circulatory immune system and calming your aches and pains.

**HYDRO DELUXE JOURNEY**

60-minute treatment & 30-minute refreshments and relaxation
- Hammam
- Sauna
- Vitality Pool
- Body Massage

**Liquid Indulgence**

- 30-minute hydro basics
- 30-minute on-the-spot massage

**Spa Tip:** Indulge in the benefits of the hydrothermal facilities and relax your mind. Complete the pampering hydrotherapy journey of relaxation, invigoration and rejuvenation with an on-the-spot massage of your choice. Let the wonderful synergistic combination of Hammam, Sauna, acupressure jets of the Vitality Pool and body massage work wonders to calm, moisturize, detoxify, oxygenate and soothe your muscles.

Kindly note that all Spa treatments (except hand, foot and hair treatments) include a 30-minute Calm Time, which comprises a welcome foot wipe and post treatment refreshments & relaxation. Enjoy the difference.
Energizing, Nourishing, Purifying, Calming, Detoxifying, Rebalancing & Wellbeing

Quality to us means having the freedom to create the best products with attention and respect for our environment, using high grade, natural ingredients, and applying scientific rigor to every product to guarantee our customers’ safety. Quality is intended by all of us, by our partners and consumers as quality of life. (Ask about our Davines hair products).

**Energizing**
For scalp and fragile, thinning hair
Spa Tip: This shampoo gently cleanses your hair, stimulates micro-circulation and increases the mobilization of toxins. Enjoy the pleasant sensation of energy and vitality induced by the fragrant essential oils.

**Nourishing**
For dehydrated scalp and dry brittle hair - a complete thorough treatment that nourishes, moisturizes and protects your hair.
Spa Tip: The creamy texture rich in polyphenols and anti-oxidants produces a full-bodied rich foam, whilst the mixture of surfactants gently washes the hair structure.

**Detoxifying**
Reinvigorating for scalp
Spa Tip: Combining delicate natural surfactants and scrub particles, this treating shampoo combines light exfoliation to deeply cleanse your scalp gently and protect against free radicals. Recommended where an in-depth cleansing of the scalp is required, such as asphyctic scalps (non-rosy appearance).

**Purifying**
For scalp with oily or dry dandruff
Spa Tip: Cleanses and purifies the scalp, protects against microbial attacks, and creates a healthy and clean environment.

**Calming**
Soothing for sensitive scalp
Spa Tip: Gently cleanses the hair, soothes, and calms sensitive and sensitised scalp.

**Rebalancing**
For oily scalp
Spa Tip: Normalizes sebum production, keeping the scalp clean without stimulating sebum production.

**Wellbeing**
Moisturizing for scalp
Spa Tip: The mixture of gentle surfactants rich in anti-oxidant and anti-inflammatory properties found in Echinacea phytoceuticals and Vitamin C makes this treatment ideal for all hair types. Hair looks soft and silky, and the scalp is invigorated.

Complete your hair treatment with any of our nourishing vegetarian, detoxifying or wellbeing deep hair conditioners.

**HAIR TREATMENT**
90-minute treatment
Hair wash + Hair massage + Hair mask + Hair wash & Blow Dry
Spa Tip: Beauty is not complete without healthy and beautiful hair. This creamy formula rich in conditioning agents and milk proteins has a compacting binding and hydrating action on the hair's cuticles.

**HAIR FALL TREATMENT**
90-minute treatment
Spa Tip: Almost anyone has experienced hair loss at some point in their lives. Natural home remedy using a mixture of curry leaves, lemon peel, soap nut, fenugreek seeds and green gram, when applied on your hair and scalp with a gentle pressure from fingertips, is a wonderful natural remedy against hair loss.

**PROTEIN HAIR TREATMENT**
90-minute treatment
Spa Tip: Hair is made of protein fibres that come from the follicles present on the scalp. A good diet provides essential nutrients to hair. Choose our natural homemade hair conditioners rich in protein from banana, milk and honey to keep your hair silky, shiny and thick.

**HAIR COLOR**
NEW GROWTH COLOR RETOUCH
ALL OVER COLOR
PARTIAL HIGHLIGHTS
PARTIAL HIGHLIGHTS AND COLOR
FULL HIGHLIGHTS
FULL HIGHLIGHTS AND COLOR

Kindly note that all Spa treatments (except hand, foot and hair treatments) include a 30-minute Calm Time, which comprises a welcome foot wipe and post-treatment refreshments & relaxation. Enjoy the difference.
BRIDE 2 B
BRIDAL PACKAGE
Looking great on your wedding day is not just about your hair and makeup—it is also about maximizing your inner glow. Planning and preparation are both key when it comes to having the perfect wedding. Experiencing the spa before your wedding has become a definite “I do!”

• Hair Treatment
• Hair Styling
• Make up
• Facial
• Massage
• Manicure & Pedicure

Bachelorette/Get together/Birthday/Anniversary celebration
Spas are a wonderful place for female bonding, and having fun. If you want to combine pampering with bachelorette partying or any special event, allow Angsana Spa Balaclava to suggest some original activities to choose from...

• Angsana Escape/Retreat
• Lady’s choice
• Glow
• Hydro Basics or indulge and choose our Hydro Deluxe Journey
• Facial
• Hair Treatment
• Manicure
• Pedicure
• Personal Training
• Meditation

YOGA FOR BEGINNERS
Beginning a yoga practice can be intimidating and overwhelming. Offered at a slower pace, these classes focus on the basics of yoga, breath work and movement. Absolute beginners will love yoga fundamentals. Our yoga class called “the art of alignment” is an excellent way to learn about each pose.

YOGA
Fight stress and find serenity
Yoga is considered a mind-body type of complementary and alternative medicine practice. Yoga brings together physical and mental disciplines to achieve peace of body and mind, helping you relax and manage stress and anxiety. It can also enhance your mood and overall sense of well-being.

REIKI
Balance mind and body
“When a mind has only light, it knows only light. Its own radiance shines all around it, and extends into the darkness of other minds, transforming them into majesty”. Reiki works on all chronic and acute illnesses, including serious problems like heart disease and cancer as well as skin problems, flu, fatigue, headache, and back pain. Moreover, Reiki helps your mind become calmer, improves memory and self-confidence and enhances personal awareness. You will be able to answer your own questions knowing that you have the answers.

MEDITATION
Take a deep breath and relax. Watch the tension melt from your muscles and all your niggling worries vanish. The deep rest experienced during the practice of the Transcendental Meditation technique allows your body to naturally dissolve stress and strain. The daily practice of meditation produces a wide range of positive effects on a person’s mind, body and behaviour.
Angsana Balaclava Mauritius
Turtle Bay
Balaclava
Republic of Mauritius
Tel: +230 204 1888
Fax: +230 204 1862
balaclava@angsana.com

CORPORATE OFFICE
Angsana Hotels and Resorts
211, Upper Bukit Timah Road
Singapore 588182
Tel: +65 6849 5888
Fax: +65 6462 2463
corporate@angsana.com

GLOBAL MARKETING NETWORKING
AMERICAS
United States (Los Angeles)
Tel: +1 805 212 8148
sales-losangeles@angsana.com
United States (New York)
Tel: +1 212 515 5788
Fax: +1 212 515 5848
sales-newyork@banyantree.com

ASIA PACIFIC
Australia
Tel: +61 2 9411 5576
Fax: + 61 2 9279 0780
sales-sydney@angsana.com
China - Beijing
Tel: +86 10 8640 5567
Fax: +86 10 8640 5567
sales-beijing@angsana.com
China - China
Tel: +86 29 8122 9511
Fax: +86 29 8122 9511
sales-china@angsana.com
Hong Kong
Tel: +852 2312 1815
Fax: +852 2312 2317
sales-hongkong@angsana.com
Japan & Korea
Tel: +81 3 3548 0333
Fax: +81 3 3548 0334
sales-japan@angsana.com
South East Asia
Tel: +65 6997 5563
Fax: +65 6802 2003
sales-singapore@angsana.com
Taiwan
Tel: +886 2 2509 2358
Fax: +886 2 2509 2336
sales-taiwan@angsana.com
Thailand
Tel: +66 2 650 0090
Fax: +66 2 650 0090
sales-thailand@angsana.com

EUROPE
France
Tel: +33 1 40 13 07 00
Fax: +33 1 40 28 21 00
sales-paris@angsana.com
Germany, Austria & Switzerland
Tel: +41 31 2887 2200
Fax: +41 31 2887 2299
sales-germany@angsana.com
Italy
Tel: +39 02 669 9271
Fax: +39 02 669 3688
sales-italy@angsana.com
Russia
Tel: +7 499 755 95 36
sales-russia@angsana.com
Spain
Tel: +34 91 217 1368
Fax: +34 91 217 1369
sales-spain@angsana.com
United Kingdom
Tel: +44 20 765 1368
sales-london@angsana.com

TOLL - FREE NUMBERS
AMERICAS
United States
Tel: 1 800 888 2132
Fax: 1 800 888 2133
sales-middleeast@angsana.com

EUROPE
France
Tel: 00 33 1 40 13 07 00
Fax: 00 33 1 40 28 21 00
sales-paris@angsana.com
Germany
Tel: 00 49 30 2887 2200
Fax: 00 49 30 2887 2299
sales-germany@angsana.com

For more information please contact:

angsana.com