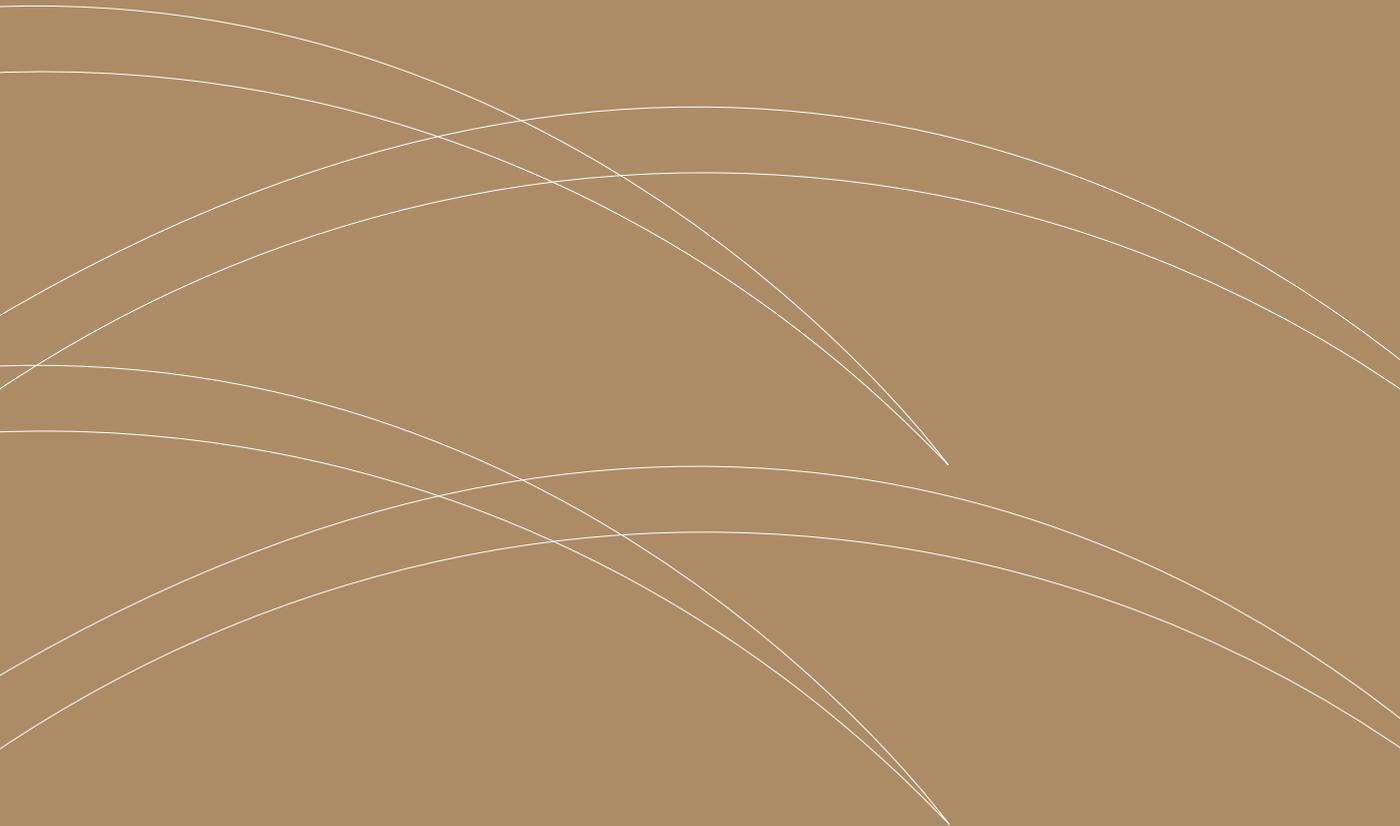




I Spa Menu  
Labourdonnais Waterfront Hotel

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Inspired by all things natural and nurturing, I Spa's choice of products is superb. Gemology has created renowned products around gemstone trace elements and I Spa uses them in beauty treatment.

**GEMOLOGY**  
COSMETICS · PARIS

## Massage

	Min	Rs
<b>Back to priority</b>	45 min	1,400
Relieve all tensions with a focus on your head, back and shoulders with a relaxing precious massage cream.		
<b>Candle Massage</b>	60 min	2,000
Take a precious journey to the realm of calm and well-being with an incandescent elixir candle as your guide.		
<b>Deep into Heaven</b>	75 min	2,400
Your body is luxuriously massaged with semi-precious gemstones, after application of a precious massage cream.		

## Massage & Care

	Min	Rs
<b>Smoothing Salt Scrub &amp; Massage with Ruby cream</b>	75 min	2,400
The body massage with ruby gel is relaxing. Star anise and algae provide antioxidant action that restores firmness and softness to skin.		
<b>New Zealand Rotorua Volcano mineralizing Body Care &amp; Peridot Massage Cream</b>	90 min	3,000
The richness of volcanic mud from the Rotorua volcano, and mineral water from New Zealand provide a truly restorative treatment that erases all traces of fatigue.		
<b>Mint and Horsetail Leg Cold Care</b>	45 min	1,500
After a long flight to Mauritius, the relaxing Perle de Nacre exfoliator scrubs deep down, the massage with peridot gel calms and clears, and the cold wrapping with mint and horsetail stimulates microcirculation and relaxes legs.		

*(Add on a mini pedicure to your experience for Rs 450)*

## Grooming

	Min	Rs		Min	Rs
<b>Manicure</b>	60 min	950	<b>Pedicure</b>	60 min	1,050
Complete hands and nail care with precious hot stone massage to finish with an OPI varnish application			Complete feet and nail care with precious hot stone massage with an OPI varnish application		

## Facial

	Min	Rs		Min	Rs
<b>Gems</b>	45 min	1,900	<b>Timeless Diamond</b>	75 min	3,000
Moisturizing, calming or regulating, Gemology offers you a treatment that is specially designed for combination skin.			You're in for a breathtaking experience with the "anti-aging" effect of powdered diamond. Combined with poinsettia and orchid, this timeless gem delivers precious care. Your face will be relaxed, radiant and smoothed.		
<b>My Precious</b>	60 min	2,400	<b>Eye Contour Treatment</b>	30 min	1,200
Restorative and nourishing, smoothing and unifying or smoothing and protective your complexion is visibly radiant. Hands are given a reflexology massage before treatment, and the face is massaged with semi-precious gemstones. The scalp is massaged as the mask is being applied.			Preciously focused on your eye to soften wrinkles and dark circles with a relaxing and lifting face massage.		

This exclusively unique menu has been designed with great care and extreme attention for a luscious experience and soothing touch whilst keeping you at the centre of it all.





Exclusively designed by I Spa for your well-being, all our massages are done with 100% natural blended oils. The following body care and beauty treatments are available at Le Suffren Hotel & Marina, the sister hotel of the Labourdonnais, located only 2 minutes away on the other side of the marina.

## Massage

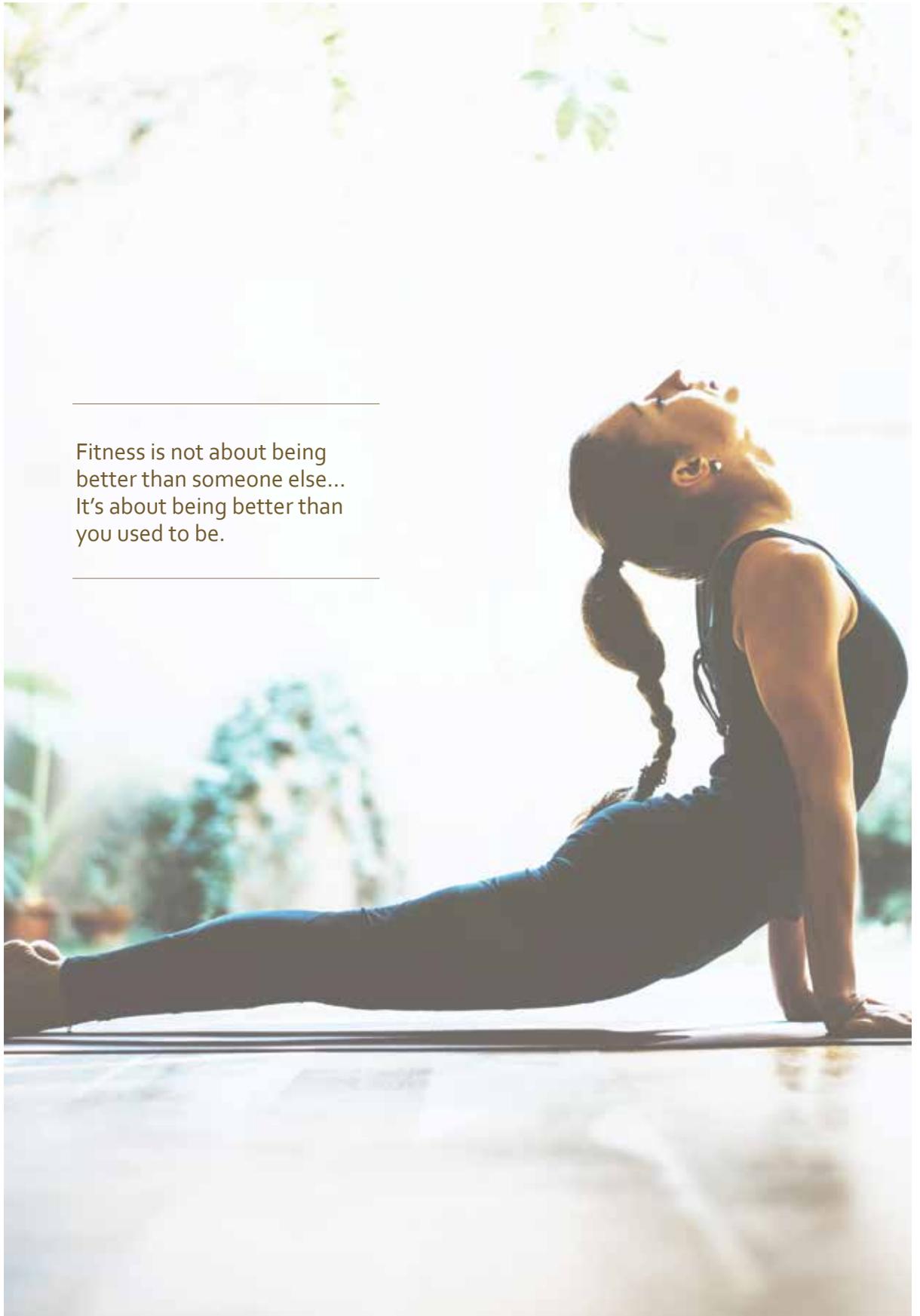
Signature Massage	Min	Rs	I Spa Signature Rituals	Min	Rs
Candle Aroma Massage ( <i>single</i> )	60 min	2,200	Herbal Pinda Massage	60 min	2,200
Candle Aroma Massage ( <i>couple</i> )	60 min	3,500	Asian Massage	60 min	2,200
Hot Stone Balancing Massage	60 min	2,400	Thai Massage	90 min	2,600
De-stressing Feet Reflexology	45 min	1,500	Aqua Massage*	45 min	1,600
Tailor Made Massage	90 min	2,400	Mauritian Touch	75 min	2,400
Detox Slimming Belabacci			<i>*Only available at Hennessy Park Hotel</i>		
Cupping Massage	60 min	2,200			
Aromatherapeutic Massage	60 min	75 min	Massage on focus area	30 min	45 min
Relax & Relieve Massage	1,690	1,990	So Relieved Back Massage	1,000	1,300
Revitalise Massage	1,690	1,990	So Disconnected Head & Shoulders	1,000	1,300
Detox Massage	1,750	2,100	So Light Legs & Feet	1,000	1,300
Sport Massage	1,750	2,100			



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Fitness is not about being  
better than someone else...  
It's about being better than  
you used to be.

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Free to hotel guests, I Spa combines a state-of-the-art gym with fitness equipment, body toning machines, sauna, open-air swimming pool and an I Spa Suite for body and facial treatments. Guests can also enjoy the I Spa Fitness & Wellness Club at its sister hotel, Le Suffren Hotel & Marina at a 2 minutes walking distance featuring a large gym, squash court, hammam, hydro pool and a spa with four treatment rooms.

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## I Spa Etiquette

### Opening hours

Spa & spa facilities 10:00 to 21:00 7/7  
(Spa treatments can be booked on demand before or after opening hours)

Gym 24/7

### Facilities

- Sauna and Pool are free for hotel guests, accessible to guests 16 years and older.
- Bath suit is required for the use of facilities.
- No nudity is allowed in common areas.
- The hotel shall not be liable in case of loss or theft of valuables or personal belongings.

### How to spa

- We strive to ensure that you always have the most beneficial experience.
- We recommend that you enjoy sauna which helps in eliminating toxins from the skin and optimizes the benefits of the products.

### Health problems and comfort level

While filling in the assessment card, please notify us if you are pregnant, have allergies, high blood pressure, any physical ailments or disabilities, as this will alert the therapists in advance to provide the best treatment to you.

### Late arrival

We recommend you to arrive 15 min prior to your treatment. Arriving late for your treatment will limit the time of your spa service thus lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time to accommodate the next guest's scheduled appointment.

### Mobile phones

All mobiles, pagers, etc. should be turned off or put on silent mode upon entering the spa.

### Cancellation

Any cancellation should be communicated to us before 20:00 on the day preceding your booking. If we are not informed of your cancellation, 25% of the price of the treatment will be charged to your account.

### Prices

Prices may be subject to modifications. Prices are inclusive of government taxes.

