



# KEMPINSKI THE SPA

Be and stay well



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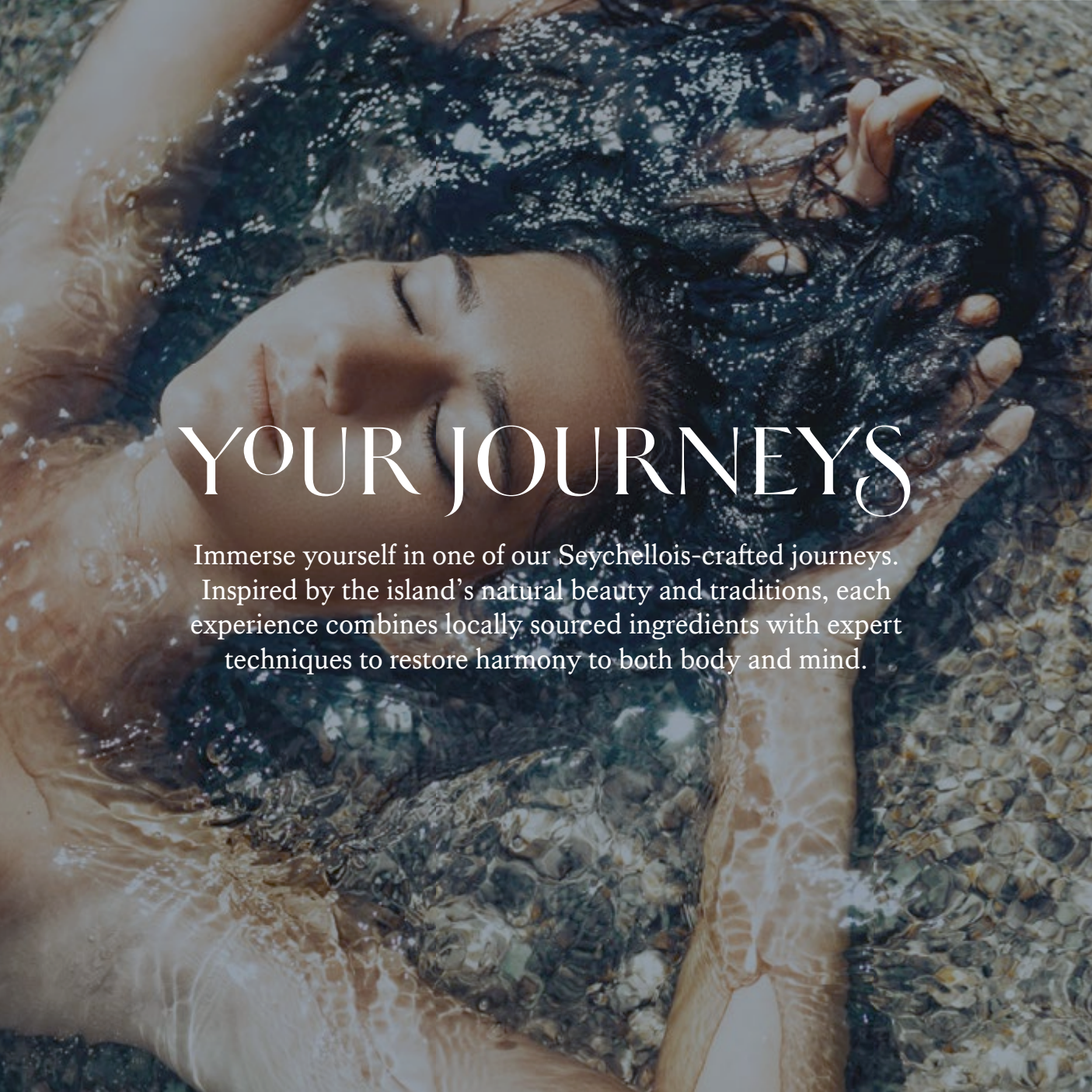


## Welcome to Kempinski The Spa Seychelles

Inspired by the soothing rhythms of the Seychelles' trade winds, our spa offers a sanctuary of serenity and renewal. The warm, humid northwest winds bring calm seas and lush tropical vitality, guiding our cooling treatments designed to hydrate and rebalance. In contrast, the cooler, drier southeast winds invigorate the island, inspiring refreshing therapies that detoxify and restore.

Each treatment blends local traditions with international techniques, creating bespoke experiences that harmonise with the island's natural rhythms. Immerse yourself in a sensory journey of rejuvenation, where the whispers of the ocean and the embrace of tropical beauty restore both body and mind.

Step into a world of tranquillity and let the trade winds guide your path to wellbeing.

A woman with long dark hair is lying on her back on a beach. Her eyes are closed, and she has a peaceful expression. She is surrounded by shallow water and many seashells. The text "YOUR JOURNEYS" is overlaid in a large, white, serif font.

# YOUR JOURNEYS

Immerse yourself in one of our Seychellois-crafted journeys.  
Inspired by the island's natural beauty and traditions, each  
experience combines locally sourced ingredients with expert  
techniques to restore harmony to both body and mind.

## Trade Winds Journey

Let the gentle whispers of the island's trade winds guide you to deep relaxation and renewal. This revitalising journey begins with a bespoke exfoliation using locally sourced ingredients, followed by a tailored massage that melts away tension from head to toe. A hydrating Phytomer Express Facial restores radiance to your complexion, completing the experience. Step away feeling renewed, balanced and glowing with island vitality.

**120 MINUTES**

## Tides of Renewal Journey

Inspired by the ocean's restorative power, this transformative treatment blends detoxification with deep nourishment. Begin with invigorating body brushing to stimulate circulation, followed by a purifying seaweed wrap that replenishes minerals and draws out toxins. As the wrap works its magic, a blissful scalp massage melts away any lingering stress. The journey continues with a soothing aromatic full-body massage and concludes with a rejuvenating facial, leaving your skin firm, radiant and beautifully youthful.

**150 MINUTES**

## Coco de Mer Journey

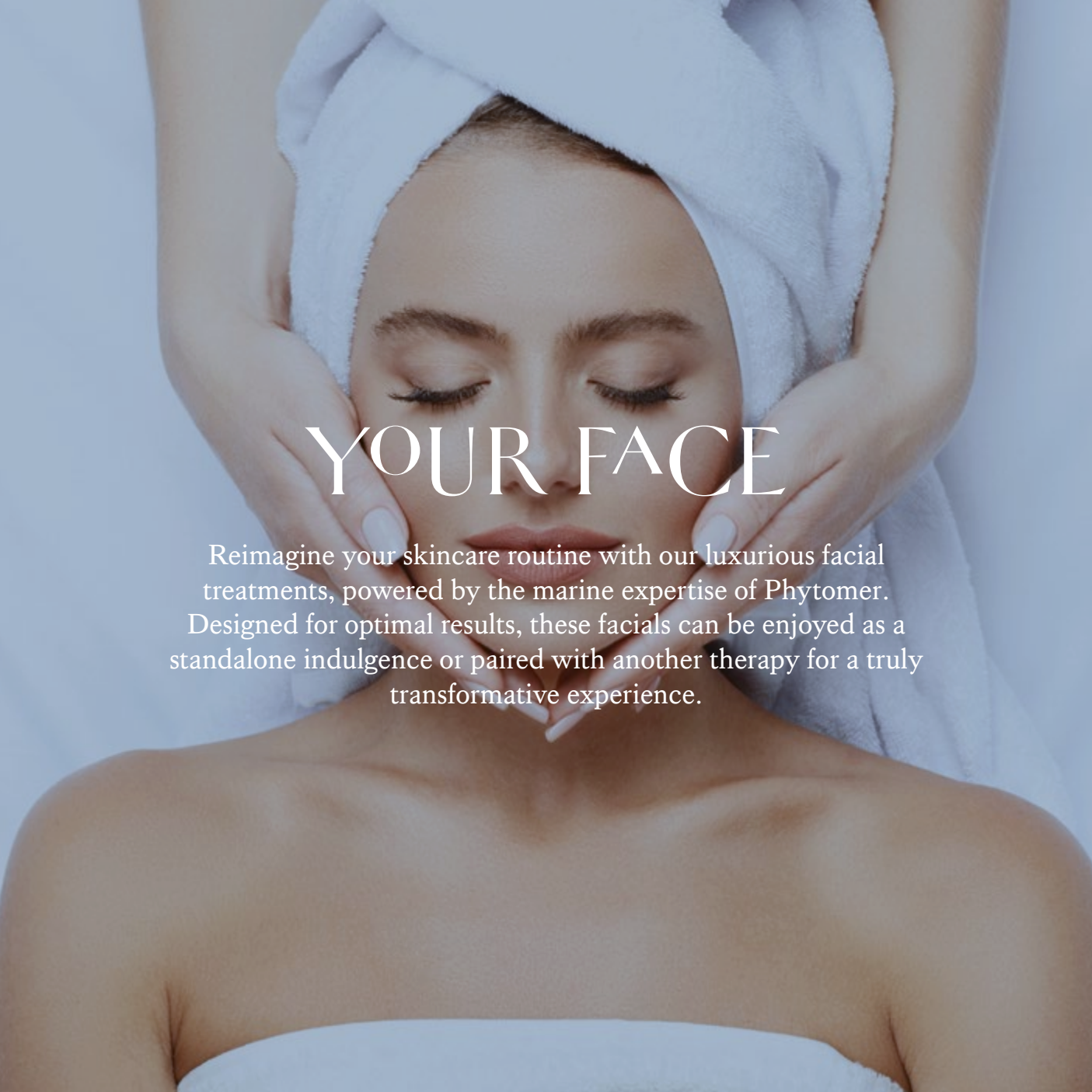
Experience the essence of the Seychelles with this immersive and authentic ritual. Finely ground coconut shell gently polishes the skin, buffing away impurities while deeply hydrating and nourishing. The journey continues with a rhythmic full-body massage, using warmed virgin coconut oil and smooth, cut coconut shells to deliver soothing, deep relief where you need it most. Conclude with Phytomer Express Facial, leaving your complexion luminous and refreshed—a true reflection of island serenity.

**120/150 MINUTES**

## Cinnamon Journey

Infused with the warmth of the island's treasured spice, this revitalising treatment awakens the senses and nourishes the body. A fragrant cinnamon scrub, rich in antioxidants, gently exfoliates, revealing soft and radiant skin. A customised full-body massage follows, using locally sourced organic coconut and vanilla oils to restore hydration and soothe tired muscles. Emerge feeling invigorated, refreshed and re-energised, carrying the essence of Seychelles with you.

**90/120 MINUTES**



# YOUR FACE

Reimagine your skincare routine with our luxurious facial treatments, powered by the marine expertise of Phytomer. Designed for optimal results, these facials can be enjoyed as a standalone indulgence or paired with another therapy for a truly transformative experience.



## Extended Youth

Transform your skin with this advanced anti-ageing treatment. Combining innovative techniques and high-performance marine ingredients, it resurfaces the skin, targets signs of ageing and restores firmness. A precision mask enhances the results, leaving your complexion visibly lifted and rejuvenated.

**60/90 MINUTES**

## Soothing Marine

Experience the calming effects of this facial, specifically designed for sensitive skin or those prone to redness. Featuring a refreshing bi-gel, a rich creamy mask and expert massage techniques, this treatment alleviates irritation and tightness, unveiling a radiant, even-toned glow.

**60 MINUTES**

## Skin Revival Facial

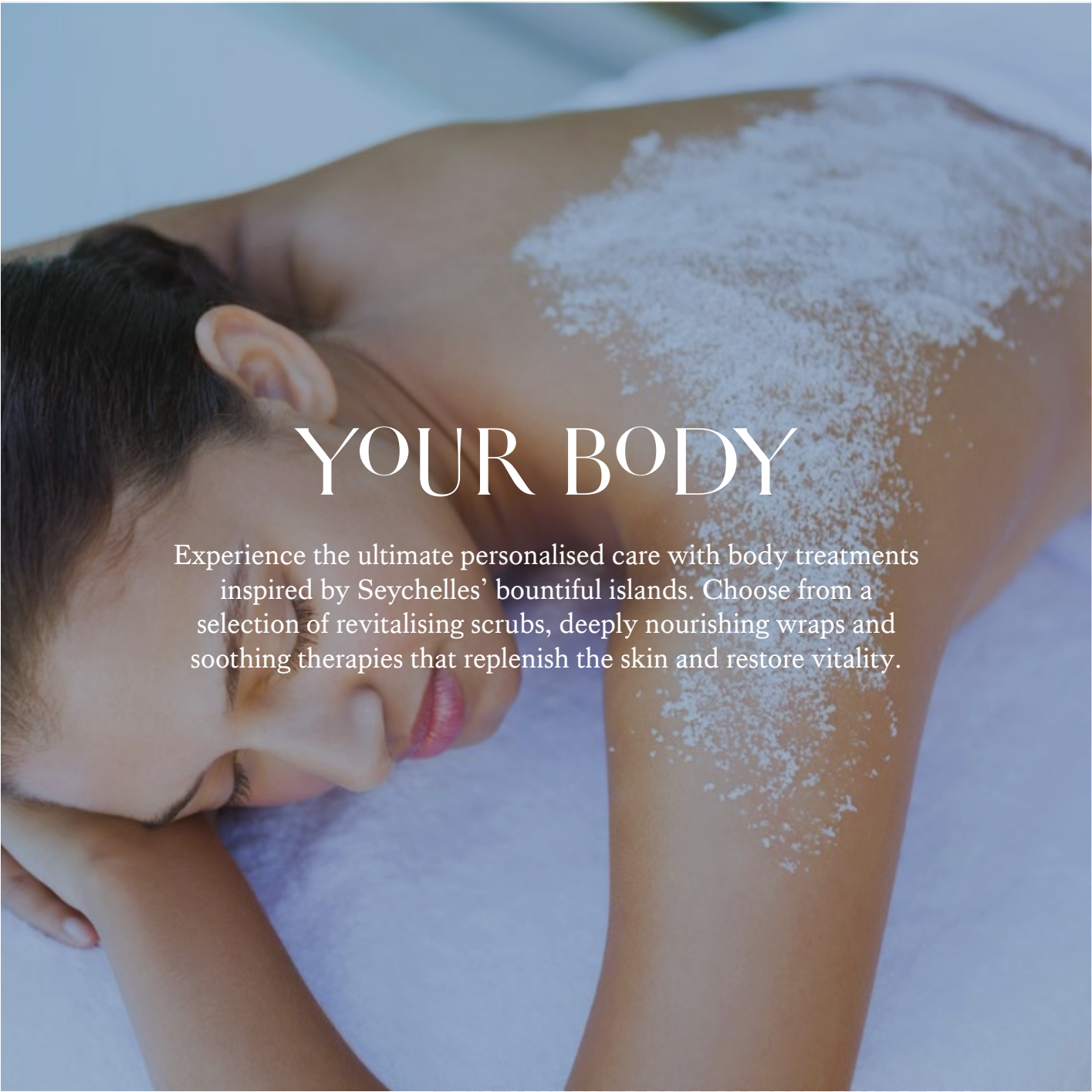
Escape the effects of urban living with the revitalising Citylife Detox Facial. This purifying treatment detoxifies and hydrates, reducing signs of fatigue and environmental stress. Designed to refresh and rejuvenate, it leaves your skin radiant, even-toned and bursting with vitality.

**60 MINUTES**

## Express Facial

Enjoy a personalised facial designed to cleanse, exfoliate and refresh your skin for a radiant glow. Featuring a deep cleanse, gentle exfoliation and a nourishing mask, this treatment provides immediate boost, leaving your complexion fresh, renewed and revitalised.

**30 MINUTES**

A woman with dark hair is lying on her side, resting her head on her hand. Her back and arm are covered in a thick, white, granular body scrub. The background is a soft, out-of-focus light blue. The overall mood is relaxing and pampering.

# YOUR BODY

Experience the ultimate personalised care with body treatments inspired by Seychelles' bountiful islands. Choose from a selection of revitalising scrubs, deeply nourishing wraps and soothing therapies that replenish the skin and restore vitality.

## Bespoke Body Scrub

Choose from our indulgent body scrubs, tailored to your skin's needs:

- ♦ **Citrus Scrub** – A brightening, hydrating and nourishing exfoliation featuring dried orange pips.
- ♦ **Papaya Seed Scrub** – A detoxifying, anti-ageing exfoliation derived from papaya seeds to reveal a luminous glow.

Each scrub is followed by the application of a deeply hydrating body cream, leaving your skin silky-smooth and refreshed.

**30 MINUTES**

## Ocean Renewal Ritual

This restorative ritual begins with a purifying seaweed scrub, followed by a deeply cleansing wrap. The experience culminates with the warm application of a hydrating balm, enriched with beeswax, coconut oil and vanilla, to nourish and scent your skin.

**60 MINUTES**

## Tropical Coco Treatment

Harnessing the nourishing power of coconut, this experience starts with a coconut shell scrub to gently exfoliate. A wrap of coconut cream and local honey follows, delivering deep hydration. To conclude, a rich application of coconut body butter leaves your skin silky-smooth and hydrated.

**60 MINUTES**

## Aftersun Soother

Replenish and calm sun-exposed skin with this aloe vera-infused face and body treatment. Enjoy a gentle foot massage while the wrap works its magic, followed by a soothing application of the aloe vera blend. Leave feeling refreshed, nourished and utterly revitalised.

**30 MINUTES**

A photograph of a person lying on their side, receiving a back massage. The person's skin is oiled and glistening. The masseuse's hands are visible, applying pressure to the back. The background is a light blue wall. The text 'YOUR MASSAGE' is overlaid in a large, white, serif font.

# YOUR MASSAGE

Rediscover balance and relaxation with our bespoke massage offerings. Thoughtfully designed to meet your unique needs, each treatment blends expert techniques with luxurious oils to release tension and enhance overall wellbeing. Enjoy as a standalone indulgence or combine with other therapies for a complete spa experience.

## Coconut Shell Massage

A deeply relaxing massage using smooth, cut coconut shells and organic coconut oil to ease sore muscles, release stiff joints and relieve tension. This nourishing experience leaves your skin deeply moisturised while the natural antioxidant properties of coconut enhance your wellbeing.

**60/90 MINUTES**

## Bespoke Massage

Experience a massage tailored entirely to you. Choose your preferred pressure, focus area and duration, and let our expert therapists create the perfect treatment. Using luxurious coconut and vanilla massage oil, this bespoke experience ensures deep relaxation and nourishment.

**30/60/90 MINUTES**

## Aroma Massage

Immerse yourself in the calming embrace of an aromatherapy massage, expertly designed to guide you into deep relaxation. Enhanced by a therapeutic head massage targeting cranial pressure points, this treatment melts away stress, leaving you feeling fully restored.

**60/90 MINUTES**

## Deep Massage

Reinvigorate your body with this classic deep-tissue massage, expertly tailored to ease stiff joints, alleviate discomfort and improve circulation. The experience is further enhanced with targeted foot massage techniques, revitalising tired feet and promoting total relaxation.

**60/90 MINUTES**

## Hot Stone Massage

Indulge in profound relaxation as warm stones gently melt away tension, soothe sore muscles and ease stiff joints. This deeply calming treatment, enhanced with grapeseed massage oil, leaves you feeling renewed, balanced and at peace.

**90 MINUTES**

## Back Massage

Melt away stress and muscle strain with this soothing back massage, designed to improve circulation, relieve tension and restore balance. Perfect for relaxation, this treatment leaves you feeling refreshed, rejuvenated and utterly stress-free.

**60 MINUTES**



# SPA ETIQUETTE

The spa environment is one of tranquillity and relaxation. Please respect the quiet and privacy of other guests. We kindly request that you refrain from smoking or using mobile phones and cameras. It is recommended that you leave all valuables in your guestroom safe. The spa does not assume liability for any valuables.

**Opening Hours.** 11:00 am to 07:00 pm daily

**Health Concerns.** Please advise us of any health conditions, allergies or injuries immediately.

**Spa Experience.** For your convenience, the spa will provide towels, slippers, shower caps and all amenities required for use during your visit. During all experiences, you will be properly draped for privacy.

**Reservations.** Advance booking is highly recommended to ensure preferred times are available. The spa provides walk-in bookings based on availability. To make a reservation, please call the spa reception from your guest room by pressing 6660.

**Relaxation Lounge.** As your treatments are tailored to benefit both body and mind, we invite you to rest and recuperate in our relaxation lounge. Stay for as long or as little a time as you like.

**Pregnancy.** Please allow us to assist you in selecting suitable services for this special time. We recommend that you check with your doctor first.

**Gift Certificates.** Our gift certificates make a wonderful gift for any special occasion. Please enquire with our spa reception for details and purchase.

**Minimum Age.** The minimum age is 16.

**Lateness & Cancellation Policy.** Please be aware that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of four hours' notice for cancellations. With less than four hours' notice, you will be charged the full price.

A close-up photograph of a person's back being massaged. The person is lying face down, and their back is covered with a thick layer of white, coarse salt crystals. A hand is visible, gently pressing down on the salt. The background is blurred, showing some greenery and a light-colored wall.

# SERVICE MENU

| Your Journeys            | Min | Price |
|--------------------------|-----|-------|
| Trade Winds Journey      | 120 | 4,200 |
| Coco De Mer Journey      | 120 | 4,200 |
| Coco De Mer Journey      | 150 | 4,600 |
| Tides Of Renewal Journey | 150 | 4,600 |
| Cinnamon Journey         | 120 | 3,800 |
| Cinnamon Journey         | 90  | 3,200 |

| Your Massages | Min | Price |
|---------------|-----|-------|
| Coconut Shell | 60  | 2,400 |
| Coconut Shell | 90  | 3,200 |
| Bespoke       | 30  | 1,500 |
| Bespoke       | 60  | 2,400 |
| Bespoke       | 90  | 3,200 |
| Aroma         | 60  | 2,400 |
| Aroma         | 90  | 3,200 |
| Deep          | 60  | 2,400 |
| Deep          | 90  | 3,200 |
| Hot Stone     | 90  | 3,200 |
| Back          | 60  | 2,400 |

| Your Body               | Min | Price |
|-------------------------|-----|-------|
| Body Scrub              | 30  | 1,500 |
| Ocean Renewal Ritual    | 60  | 2,400 |
| Tropical Coco Treatment | 60  | 2,400 |
| Aftersun Soother        | 30  | 1,500 |

| Your Face           | Min | Price |
|---------------------|-----|-------|
| Extended Youth      | 60  | 2,400 |
| Extended Youth      | 90  | 3,600 |
| Soothing Marine     | 60  | 2,400 |
| Skin Revival Facial | 60  | 2,400 |
| Express Facial      | 30  | 1,500 |

| Add on Services      | Min | Price |
|----------------------|-----|-------|
| Coconut Head Massage | 15  | 400   |
| Hand or Feet Ritual  | 15  | 400   |
| Neck Shoulder Stone  | 15  | 400   |
| Face Massage         | 15  | 400   |

*All prices are in SCR and are inclusive of 10% service charge & 15% VAT.*

# KEMPINSKI THE SPA

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