

LE MERIDIEN
FISHERMAN'S COVE

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S 4° 36' E 55° 25'

SPA MENU

DISCOVER ZEN SPA

Inviting. Vivid. Unexpected. Welcome to Zen Spa. A spa where indulgence is not just for the body, but for the spirit and the imagination. A spa that pulses with life. And fuels your curiosity as it satisfies it. Where signature treatments energize the creative self. And where you are encouraged to engage, or disengage as you see fit. From first taste to last touch, it is spa as a route to creativity and discovery. Your exploration awaits.

NAVIGATING YOUR EXPERIENCE

TIMING / DISCOVERY

To allow time for the discovery of Zen Spa steam room, plunge pool & relaxation area, we encourage you to arrive 15 minutes prior to your first service.

To minimize distractions from the experience, we ask that you kindly turn off communication devices prior to entering Zen Spa.

RESERVATIONS

To ensure that your preferred treatment or therapist is available, we invite you to schedule your appointments well in advance. Spontaneous bookings (day-of-service / walk-ins) are always welcome, and will be accommodated based on availability.

LATE ARRIVAL / CANCELLATION

24 hours of notice is required for changes or cancellations. Arriving late for a service may require us to shorten the length of your treatment, with full charges applied.

ATTIRE

Before your treatment begins, you will be given the opportunity to disrobe and cover yourself in privacy. Throughout your service your body will be draped with linens, and will at no time be completely exposed.

To fully experience the mixed-gender Wet area, please bring a bathing suit. Towels will be provided to you.

RINSE

A brief shower just before your massage or treatment washes off any salts, minerals or chemicals that could clog pores when mixed with oils or other treatments.

DIALOGUE

Communication with your therapist should be a free and open dialogue. Prior to the start of your service, please tell your therapist the areas you would like to focus on and any areas to be avoided. During your service please let the therapist know if you feel any discomfort.



SIGNATURE SPA EXPERIENCE

TOUCH FOR TWO 60 MINUTES

Enjoy a memorable spa experience together in our fully equipped treatment room. This romantic couple's massage includes a combination of luxurious massage techniques designed to rejuvenate the body, relieve any tension or stress and promote a state of deep relaxation and well-being.

DISCOVERY FACIAL 30 MINUTES

For an instant lift and newfound glow, this facial is one of a kind, designed to infuse the skin with essential oils to restore lost lipids, with homemade product to rejuvenate and nourish the skin.

CREATE YOUR OWN MASSAGE

Can't decide which to try? Select your choice of massage oils and simply tell the therapist which massage treatment you wish to have and creating your own spa treatment.

MASSAGE DISCOVERY

Why not learn a few basic steps of massage? our experienced therapists will teach you with a specially curated massage kit. Do It Yourself with your partner.

MASSAGES OUR SPECIFICS

SWEDISH MASSAGE 60 MINUTES

Specifically designed to overcome stress and encourage relaxation and help muscles release tension faster than traditional massage. Improves circulation and energy flow and induces a deep state of tranquility.

TIRED LEG MASSAGE 30 MINUTES

A relaxing and soothing massage for sore, tired and swollen feet leaving you with a pleasant sensation of weightlessness.

JET LAG REMEDY 30 MINUTES

This massage of the back, neck and shoulders targets specific areas of stress especially after a long flight leaving the body refreshed and revived.

INDIAN HEAD MASSAGE 30 MINUTES

A traditional relieving and relaxing Indian massage of the head, neck and shoulders, transporting you away and putting your head in the clouds.





OUR CLASSICS

AROMATHERAPY MASSAGE 60 MINUTES

Incorporating specific aromas into massage can offer the mind and body a variety of therapeutic benefits, and contribute to overall well-being. This massage is specially designed to encourage relaxation through slow and soothing techniques leaving the body refreshed and revive.

BALINESE MASSAGE 60 MINUTES

Balinese massage is a combination of ancient therapeutic techniques and works deeply to relieve muscles and joint pain, break down knotted tissue, and promote harmony between the body and mind.

DEEP MUSCLE RELEASE 60 MINUTES

The ideal massage to have after sporting activities. It works intensely on the muscles combining deep and firm techniques of Swedish massage and the stretching of the legs. This therapeutic treatment focuses on the deeper layers of muscle tissue.

MASSAGE ENHANCER

To compliment your massage experience, add an extra 15 minutes enhancer;

- Head Massage
- Foot Massage

SPA FACE RITUALS

Give your face a vitamin boost during your holidays.... Excellent for Pre or Post Sun Exposure

ANTI-AGING FACIAL 75 MINUTES

Reclaim skin's youth with this advanced treatment that feels luxurious and acts powerfully by instantly firming and improving the skin's appearance and texture.

SKIN SPECIFIC 60 MINUTES

Utilizing the natural actives in pure essential oils, botanical extracts, and herbal preparations; this facial is customized for each individual skin type.

EXPRESS FACIAL 30 MINUTES

Find balance for overactive or oil-prone skin. Our purifying therapy uses specialized massage techniques to obtain specific results – normalizing oil production, draining impurities by stimulating lymphatic flow, refining pores and clarifying skin.

MEN'S INTELLIGENCE FACIAL 60 MINUTES

Look and feel your best with this intelligence facial. It helps repair the damage caused by daily shaving, skin sensitivity, dullness, aging and the environmental impact.



INDIGENOUS TROPICAL DELIGHTS

OUR BODY WRAP & SCRUB SENSATIONS

For sublime skin, with an infinitely soft satin finish; these scrubs are inspired by Seychellois indigenous philosophies, preparing your skin before exposure to the first rays of the sun and provide for a longer lasting tan.

ALOE VERA POLISH WRAP 45 MINUTES

Aloe Vera extract, as a body wrap, has a natural element that reduces blemishes and helps increase cell renewal to clarify and brighten the skin. It is full of Vitamin C enzymes and Vitamin B (also an anti-oxidant) which makes it ideal for removing the skin's impurities.

CUCUMBER RELIEF WRAP 45 MINUTES

Immediately relieve your sun damaged or sun sensitive skin with this soothing wrap. Cooling and desensitizing cucumber, yogurt and green tea subdue the discomfort of over exposed skin. Alleviating your skin's burning and stinging sensation.

COCONUT DELIGHT SCRUB 45 MINUTES

Leaving the skin deliciously soft, this is an ideal scrub for all skin types. A gentle exfoliation will leave the skin glowing.

SUGAR SCRUB 45 MINUTES

A wonderful scrub leaving your skin silky, hydrated and nourished.

EXOTIC DUO (WRAP & SCRUB) 75 MINUTES

Indulge in a delectable treat for the body that tantalises the senses. This richly flavoured body wrap + scrub uses a concoction of culinary delicacies to nourish the skin with natural nutrients while evoking your inner gourmand. Melding the delicate flavors of essential oils with the exfoliating benefits of natural ingredients, an invigorating body polish is created to buff the skin.





PACKAGES

HONEYMOONERS CELEBRATION 120 MINUTES

Foot Massage 30 minutes
Body Massage 60 minutes
Facial 30 minutes

HEAVEN ON EARTH 100 MINUTES

Foot Massage 40 minutes
Body Massage 60 minutes

BODY & SOUL 105 MINUTES

Body Scrub 45 minutes
Body Massage 60 minutes

ZEN SPA EXPERIENCE

5 Treatments combined during the day -
per person.

- Foot Massage - 15 minutes
- Body Scrub - 45 minutes
- Body Wrap - 45 minutes
- Body Massage - 60 minutes
- Facial - 60 minutes
- Steam Room & Plunge Pool relaxation
time - 40 minutes

YOUR BEAUTY

A fun getaway that is focused on you –
pampering you, treating you, making you feel
beautiful, and having a party while we do it.

SPA MANICURE 40 MINUTES

Filing, cuticles treatment and nail polish.

SPA PEDICURE 40 MINUTES

Filing, cuticles treatment and nail polish.

FILE & NAIL POLISH 30 MINUTES

FINGER NAIL ART Per Finger

NAIL CARE ENHANCER

To compliment your nail experience, add an extra
enhancer:

- Feet or Hand massage
- Feet or Hand scrub
- Feet or Hand mask

WAXING

- Full Leg / Arm
- Bikini Line
- Underarm
- Eyebrow