

To visit The Art of Spa is not just to experience a massage or a scrub, it is a total experience where all senses are pleasantly excited.

- **Smell** - Our incenses and oils - all made from the finest herbs and aromatic oils.
- **Touch** - Our treatments and massages – the healing touch and the transfer of positive energies.
- **Vision** - Our decorations reflect our commitment to beauty, with respect to local decorative traditions, including genuine Indian antiques and all natural materials wherever possible.
- **Sound** - Our music is attuned to each and every treatment. Just listen to nature, the sea, a river, the wind in the trees.
- **Taste** - Our herbal teas are specially selected for their pleasant taste and healing properties.
- **Anticipation** - Our spa atmosphere invites pleasant thoughts which let you drift and escape from the bustling world around.



Please note that not all of the above treatments are available at every spa. For a complete spa menu for your resort destination, please contact us on [info@lafleur-hotels.com](mailto:info@lafleur-hotels.com)

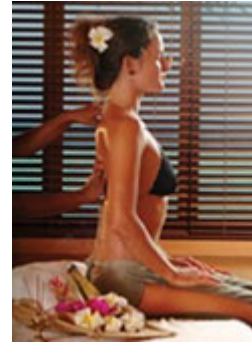


## MASSAGES

Ayurveda has its roots in India and is today a highly developed science. The objective of Ayurveda is to establish a physical, mental and spiritual balance through correct and thorough knowledge of healthy living. Massages combined with diet, meditation and intake of natural herbal medication is the main treatment.

Our treatments are specially developed to suit the purpose of relaxation for body and mind while on vacation. We have combined the best traditions of Ayurveda with Aromatherapy and modern massage techniques to create a unique experience.

We use only natural oils, scrubs and scents and our specially trained therapists give a soothing and unique massage. The pleasurable scents and the relaxing music will put the mind to rest and let your thoughts wander off while the massage therapy will relax your muscles and increase blood circulation. You will feel buoyant and energised afterwards.



The following is a brief overview of some of our standard treatments, which you will find in most of our spas – for specialised packages such as:

- Anti-stress
- Slimming
- Rejuvenation
- Traditional Ayurveda treatments under an Ayurveda doctor's supervision

### **Marma Body, Mind and Spirit Massage (90 minutes)**

This exotic and highly therapeutic, Ayurveda inspired massage with aromatic herbal oil stimulates the Marmas, the body's vital pressure points. This full body massage begins with the balancing of the head's Marmas followed by the body's points massaged by the therapist's feet and then by hand with long sweeping strokes. The treatment concludes with a healing, herbal body mask followed by a warm shower.

## **Serenity Full Body Massage (50 Minutes)**

This full body pampering massage features a range of customised Aromatherapy oil blends to convey the healing, harmonising and rejuvenating properties of essential oils into the body through rhythmic touch. Choose an oil blend to suit your mood.

## **Padabhyanga Foot and Leg Massage (25 minutes)**

Your feet will first be soothed in a bath of essential oils, followed by a revitalising foot and lower leg massage with herbal oil. This treatment incorporates pressure point therapy to stimulate, cleanse and balance the body's internal organs.

## **AROMATIC BACK MASSAGE (30 minutes)**

A perfect introduction to Aromatic Oils, this massage concentrates on relieving muscular tension. Circulation is increased while muscle tone and skin texture is improved.

## **SOOTHING HOT STONE MASSAGE (90 minutes)**

It is believed that water-smoothed stones harness the vitality and energy of the waters that have long washed over them – in this popular treatment heated stones collected from the river beds of South India are used. The deep penetrating heat of the stones combined with traditional massage strokes relieves tension and sore muscles.

## **SERENA DHARA (60 minutes)**

A pleasant interpretation of a very popular and effective Ayurveda treatment, Serena Dhara starts with a synchronised body massage performed by two therapists and then, a fine stream of warm oil is directed on the 'third eye' area of the forehead while hands and feet are gently massaged. This has a reflex balancing effect on the deepest recesses of the brain and induces a blissful serenity and expanded consciousness.

## **Anti-Stress Head Neck and Shoulder Massage (30 minutes)**

This massage relieves soreness and stress-related tension. A totally relaxing massage concentrating on the neck and shoulders while relieving stress by using gentle acupressure on the scalp.



## **ADAM & EVE SERENITY (50 minutes)**

Designed for couples, this deeply relaxing massage is performed by two therapists, using a very special blend of Aroma Oils. It not only provides a unique experience for lovers, but also enhances closeness and romance.

## **THAI YOGA MASSAGE (60 minutes)**

Thai massage traces its origins from North India over the last 7,500 years. This 60 minute massage includes various body manipulations and stretching. It is a perfect massage to energise your tired body. You will experience a transformation during this massage which is enjoyed wearing a traditional pyjama.

## **SPORTS MASSAGE (50 minutes)**

For the desiring individual who likes the focus on those tight and sore muscles. This is a deep and penetrating massage performed with a selection of aromatic creams to choose from. We believe if you maintain an active lifestyle this is the massage for you.

## **BODY WORKS**

### **Udvertina Herbal Body Scrub (30 minutes)**

For a longer lasting suntan, shed those dead layers of skin with a thorough body exfoliation using an age-old Ayurveda formula renowned for its strong herbal antioxidants. This treatment cleanses and invigorates the body and leaves your skin feeling smooth, soft and saturated with antioxidants.



### **After-Sun Cucumber Wrap (30 minutes)**

This treatment has been specifically designed to relieve the pain and damage caused by over-exposure to the sun. A cooling puree of cucumber, blended with soothing eucalyptus oil is applied to the entire body, concentrating on the affected areas. A cool shower is followed by a light application of vitamin E rich rice bran oil to re-hydrate.

### **DESHI BODY POLISH (30 minutes)**

Traditional Indian knowledge has proved beyond doubt that turmeric acts as a natural and purifying cleanser, while chickpea / rice flour mixed with milk smoothens the skin and nourishes the entire body. This is your formula to healthy glowing skin.

# The Art of Spa Experience

## Re-hydrating Coconut Delight (30 minutes)

Ideal for dry skin and hair, this delightful top-to-toe treatment uses the moisturizing properties of young coconut flesh, to re-hydrate dry skin and hair resulting from exposure to long flights, sun and salt water. Applied to the eyes in its natural state, the face and body in a pureed consistency and blended to extract the oil for application to the hair, your entire body will feel soft and re-hydrated.

## PAPAYA BODY POLISH (30 minutes)

If you love papaya then you will cherish this wrap with papaya pulp containing enzymes known as Papain, which softens and revitalises your skin to a silky smooth. The fresh fruit pulp is gently massaged into your skin, then wrapped and left for a while to be absorbed. This sweet smelling body wrap will moisturise and soften your skin to a high level of freshness.



## SALT AND SPICE BODY GLOW (30 minutes)

A full-body exfoliating using Sea Salt, Cloves and Aromatherapy Essential Oil blends. Its light buffing grains remove dead skin cells and impurities from the surface. The spices re-mineralise, hydrate, increase circulation and improve skin texture and the oils aids as a moisturiser, leaving the skin soft and smooth. You are left with your purest essence, a clean and revitalised body!

## RICH COFFEE & ORANGE SCRUB (50 minutes)

Ah, the aroma of roasted coffee beans and the fragrance of fresh oranges along with cinnamon powder and yoghurt scrubbed for deep skin cleansing and a great “pick-me-up” experience leaving a wonderful fragrance. The South Indian coffee beans used for this scrub are pure Arabica, specially roasted and ground for Serena Spa with no Robusta or chicory added. Your senses will be enhanced!

## The Art of Spa Experience

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### **Honey – Sesame Body Glow (30 minutes)**

The principle ingredients of this invigorating body treatment enjoy an age-old reputation as skin healers, softeners and moisturizers. Used in conjunction with each other, the ground sesame seed exfoliates; the sesame oil softens while the honey promotes new cell growth.

### **SLENDERISING SPIRULINA WRAP (50 minutes)**

Spirulina, rich in protein, vitamins, minerals and enzymes is harvested from pure salt lakes in India. This treatment helps to nourish, stimulate and revitalise the face and body while water retention is eliminated. The body is dry brushed then the Spirulina masque is applied and the body is wrapped for 20 minutes to soak up essential elements from the Spirulina. While the masque is processing you will enjoy a relaxing scalp massage. An application of after-bath crème and lavender based aroma oil is massaged into the skin. A re-mineralising face crème finishes this wonderfully purifying and moisturising treatment.

### **Yoghurt and Turmeric Skin Smoother (30 minutes)**

A treat for all your tactile senses. An exfoliating scrub of rice powder, yoghurt, turmeric, sandalwood, aromatherapy oil mixed together and applied to the whole body. Slow long strokes used to apply the mixture sloughs off dead skin and smoothes the skin. This specialised treatment is used to reach a state of cleanliness and purity through the use of various herbs and oils and is completed with a warm shower.

### **BRIDAL BODY POLISH (50 minutes)**

Although its original purpose is to enhance the appearance of a bride, this body polish is for anyone who desires of a youthful appearance and dreams of maintaining their youth through natural methods. Popular in the coastal regions of India where coconut is abundant, the bride is blessed with pure coconut milk before the wedding night to create a smooth and luminous skin. A small amount of Turmeric is added to exfoliate and soften the skin and is completed with a shower.

## FACIALS

### Pampering Facial for Women (60 minutes)

This facial concentrates on giving you a fresh and healthy complexion.

Cleansing, gentle exfoliation, toning and moisturising is accompanied by a rejuvenating massage to the face, neck and shoulders. Includes a hand massage with moisturising cream.



### Honey – Cucumber Facial (60 minutes)

Used in conjunction with each other, these natural, healing ingredients reduce the discomforts of skin irritations and stem infection while prompting new cell growth. Designed for sensitive skin, this gentle facial is accompanied by a hand and arm massage.

### Skin Fitness Facial for Men (50 minutes)

Created to eliminate impurities and improve the general appearance of the skin, this treatment includes thorough cleansing, exfoliating, moisturising and hydrating while special massage techniques relax. Includes a hand massage with moisturising cream.

We only use The Art of Spa's own range of facial skin care products, specifically developed for different skin types:

- Dry
- Mature
- Sensitive
- Normal
- as well as fresh herbs, fruits and vegetables.

## SPA PACKAGES

### ANTI STRESS

- DAY 1: Morning Yoga • Fresh Fruit & Vegetable Juice • *Relaxation* • Anti Stress Head, Neck & Shoulder Massage • Yoghurt Turmeric Skin Smoother • *Relaxation* • Steam, Chill Pool & Jacuzzi • Padabhyanga Foot & Leg Massage • Aromatherapy Back Massage
- DAY 2: Morning Yoga • Fresh Fruit & Vegetable Juice • *Relaxation* • Steam, Chill Pool & Jacuzzi • Floatarium Session • *Relaxation* • Serena Dhara • Steam, Chill Pool & Jacuzzi
- DAY 3: Morning Yoga • Fresh Fruit & Vegetable Juice • Steam, Chill Pool & Jacuzzi • Vichy Deluxe • *Relaxation* • Serena Dhara • Steam, Chill Pool & Jacuzzi
- DAY 4: Morning Yoga • Fresh Fruit & Vegetable Juice • *Relaxation* • Steam, Chill Pool & Jacuzzi • Floatarium Session • *Relaxation* • Serena Dhara • Steam, Chill Pool & Jacuzzi
- DAY 5: Morning Yoga • Fresh Fruit & Vegetable Juice • *Relaxation* • Steam, Chill Pool & Jacuzzi • Floatarium Session • *Relaxation* • Steam, Chill Pool & Jacuzzi • Soothing Hot Stone Massage



# The Art of Spa Experience

## AN INDIAN TOUCH

- DAY 1: Morning Yoga • Fresh Fruit & Vegetable Juice • Healthy Low Calorie Breakfast • Salt & Spice Body Glow • Vegetarian Lunch • *Relaxation* • Steam, Chill Pool & Jacuzzi • Padabhyanga Foot & Leg Massage • Indian Head Massage
- DAY 2: Morning Yoga • Fresh Fruit & Vegetable Juice • Healthy Low Calorie Breakfast • Steam, Chill Pool & Jacuzzi • Serenity Full Body Aromatherapy Massage • Vegetarian Lunch • *Relaxation* • Serena Dhara • Steam, Chill Pool & Jacuzzi
- DAY 3: Morning Yoga • Fresh Fruit & Vegetable Juice • Healthy Low Calorie Breakfast • Steam, Chill Pool & Jacuzzi • Marma Massage • Vegetarian Lunch • *Relaxation* • Serena Dhara • Steam, Chill Pool & Jacuzzi
- DAY 4: Morning Yoga • Fresh Fruit & Vegetable Juice • Healthy Low Calorie Breakfast • *Relaxation* • Steam, Chill Pool & Jacuzzi • Aromatherapy Back Massage • Herbal Bath • Vegetarian Lunch • *Relaxation* • Serena Dhara • Steam, Chill Pool & Jacuzzi
- DAY 5 Morning Yoga • Fresh Fruit & Vegetable Juice • Healthy Low Calorie Breakfast • *Relaxation* • Pampering Facial (LADIES) or Skin Fitness (MEN) • Indian Eyebrow Threading • Vegetarian Lunch • *Relaxation* • Manicure • Pedicure • Vichy - Papaya Polish

## SPA SHAPE

- DAY 1: Morning Yoga • Fresh Fruit & Vegetable Juice • Healthy Low Calorie Breakfast • Udvarthina Herbal Body Scrub • Vegetarian Lunch • *Relaxation* • Steam, Chill Pool & Jacuzzi • Slenderising Spirulina Wrap
- DAY 2: Morning Yoga • Fresh Fruit & Vegetable Juice • Healthy Low Calorie Breakfast • *Relaxation* • Steam, Chill Pool & Jacuzzi • Vichy – Honey & Sesame • Vegetarian Lunch • *Relaxation* • Steam, Chill Pool & Jacuzzi • Thai Yoga Massage • Slenderising Spirulina Wrap
- DAY 3: Morning Yoga • Fresh Fruit & Vegetable Juice • Healthy Low Calorie Breakfast • *Relaxation* • Steam, Chill Pool & Jacuzzi • Jet Shower • Vegetarian Lunch • *Relaxation* • Steam, Chill Pool & Jacuzzi • Slenderising Spirulina Wrap
- DAY 4: Morning Yoga • Fresh Fruit & Vegetable Juice • Healthy Low Calorie Breakfast • *Relaxation* • Steam, Chill Pool & Jacuzzi • Vegetarian Lunch • *Relaxation* • Steam, Chill Pool & Jacuzzi • Jet Shower
- DAY 5 Morning Yoga • Fresh Fruit & Vegetable Juice • Healthy Low Calorie Breakfast • *Relaxation* • Steam, Chill Pool & Jacuzzi • Vegetarian Lunch • *Relaxation* • Steam, Chill Pool & Jacuzzi • Serenity Full Body Aromatherapy Massage • Rich Coffee & Orange Body Scrub