

LE TELFAIR GOLF & SPA RESORT, MAURITIUS
WELLNESS PACKAGES BY SIX SENSES SPA

Season 2008/2009

PACKAGE RATES IN EURO (€)

TREATMENTS	DURATION	RATES
"SPA PAMPERING"	1 DAY	200
"SPA INDULGE"	3 DAYS	725
"SPA COCOONING"	5 DAYS	1,200
"SENSE OF TOUCH"	7 DAYS	1,835
"GOLFER'S SINGLE RELIEF"	3 DAYS	215
"GOLFER'S RELIEF WITH PARTNER"	3 DAYS	480
"HONEYMOON TREAT FOR 2"	1 DAY	375

Terms and conditions

- Above prices are quoted in Euro (€) and inclusive of 15% VAT
- Above prices are on a per person basis
- All treatments include a spa consultation, free steam and sauna and complimentary Six Senses Ginger Tea

A SPA PAMPERING DAY

- Spa Consultation
- Jet Lag Recovery Massage (80 mins)
- Balanced Cuisine Lunch (2 course menu option at Gin'ja or Le Palmier, including Six Senses Signature juice/smoothie)
- Personalized Yoga Class (50 mins)
- Gift from Six Senses



LE TELFAIR GOLF & SPA RESORT, MAURITIUS

WELLNESS PACKAGES BY SIX SENSES SPA

Season 2008/2009

Rate	€ 200
-------------	--------------

▪ **Notes**

1. Treatments to be booked between 10h-15h00
2. Personalized Yoga class can be taken on a separate day
3. Pre-booking for lunch required 2 days in advance

3 DAYS "SPA INDULGE"

Day 1

- Spa consultation
- Jet Lag recovery Massage (80 mins)
- Balanced cuisine lunch (2 course menu option at Gin'ja)
- Personalized Yoga class (60 mins)
- Wellness Talk

Day 2

- Personalized Yoga class (30 mins)
- Balanced cuisine lunch (2 course menu option at Le Palmier)
- Oriental massage (80 mins)
- Ear candling

Day 3

- Personalized Yoga class (60 mins)
- Balanced cuisine lunch (2 course menu at Chateau de Bel Ombre)
- Massage foot Acupressure
- Pedicure

Rate	€ 725
-------------	--------------

Notes

1. Treatments to be booked between 10h-15h00
2. Personalized Yoga class can be taken on a separate day
3. Package includes a Six Senses gift each day
4. All lunches include a Six Senses Signature juice/smoothie



LE TELFAIR GOLF & SPA RESORT, MAURITIUS

WELLNESS PACKAGES BY SIX SENSES SPA

Season 2008/2009

5 DAYS "SPA COCOONING"

Day 1

- Spa consultation
- Jet Lag recovery Massage (80 mins)
- Balanced cuisine lunch (2 course menu option at Gin'ja)
- Wellness canapés at turndown with Six Senses cocktail

Day 2

- Personalized Hatha Yoga class (60 mins)
- Detox drink served in room in the morning
- Salt Therapy
- Balanced cuisine lunch (2 course menu option at Le Palmier)
- Ear Candling or Indian Head massage
- Wellness canapés at turndown with Six Senses Cocktails

Day 3

- Personalized Yoga Class (60 mins)
- Oriental Massage
- Balanced Cuisine Lunch (2 course menu option at Chateau de Bel Ombre)
- Spa Consultation

Day 4

- Personalized Hatha Yoga Class - 60 mins
- Balanced cuisine Lunch ((2 course menu option at Le Palmier)
- Thai Massage

Day 5

- Personalized Hatha Yoga Class - 60 mins
- Balanced Cuisine Lunch (2 course menu option at Gin'ja)
- Sensory Spa Journey

Rate	€ 1,200
-------------	----------------

Notes

1. Treatments to be booked between 10h-17h00
2. Personalized Yoga class can be taken on a separate day
3. Package includes a gift from Six Senses daily, a Six Senses Signature juice/smoothie during lunches and wellness canapés at turndown with Six Senses cocktails daily



LE TELFAIR GOLF & SPA RESORT, MAURITIUS

WELLNESS PACKAGES BY SIX SENSES SPA

Season 2008/2009

7 DAYS “SENSE OF TOUCH”

- Day 1**
 - Spa Consultation
 - Balanced cuisine lunch (2 course menu option at Gin’ja)
 - Jet lag recovery massage (80 mins)
 - Wellness talk (30 mins)
- Day 2**
 - Personalized Hatha Yoga class (60 mins)
 - Balanced cuisine lunch (2 course menu option at Le Palmier)
 - Sensory Spa Journey
- Day 3**
 - Personalized Hatha Yoga class (60 mins)
 - Thai Massage (50mins)
 - Balanced Cuisine Lunch (2 course menu option at Chateau de Bel Ombre)
 - Indian Head Massage & Ear Candling (80 mins)
- Day 4**
 - Detox drink served in room in the morning
 - Personalized Power Yoga class (60 mins)
 - Balanced cuisine lunch (2 course menu option at Gin’ja)
 - Detox Body Wrap Treatment
- Day 5**
 - Personalized Hatha Yoga class (60 mins)
 - Foot Acupressure (50 mins)
 - Balanced cuisine lunch (2 course menu option at Le Palmier)
- Day 6**
 - Personalized Power & Hatha Combi class
 - Balanced cuisine lunch (2 course menu option at Chateau de Bel Ombre)
 - Oriental Massage with Ear Candling (125 mins)
 - Spa Consultation
 - Romantic Dinner for 2 (Balanced cuisine menu & a bottle of organic wine)
- Day 7**
 - Personalized Power & Hatha Combi class
 - Balanced Cuisine Lunch (2 course menu option at Gin’ja)
 - Hot Stone Massage (80 mins)
 - Spa Consultation – Round up
 - Sodashi Facial

Bonus during your stay

- A Romantic Dinner for 2 with Balanced Cuisine Concept Menu that can be taken either at the Gin’ja Restaurant or Le Chateau de Bel Ombre
- 1 Bottle of organic wine offered by Six Senses

Rate	€ 1,835
-------------	----------------

Notes

1. Treatments to be booked between 10h-17h00
2. Personalized Yoga Class can be taken on a separate day
3. Package includes a gift from Six Senses daily, a Six Senses Signature juice/smoothie during lunches and wellness canapés at turndown with Six Senses cocktails daily

LE TELFAIR GOLF & SPA RESORT, MAURITIUS

WELLNESS PACKAGES BY SIX SENSES SPA

Season 2008/2009

GOLFER'S SINGLE RELIEF

- Day 1**
- Spa Consultation
 - Back Massage – 30 mins
- Day 2**
- Back Massage – 30 mins
- Day 3**
- Foot Acupressure
 - Spa Consultation for Homecare

Rate	€ 215
-------------	--------------

Note: Treatments to be booked between 10h-15h00

GOLFER'S RELIEF WITH PARTNER – PRICE IS FOR 2 PERSONS

- Day 1**
- Spa Consultation
 - Balanced cuisine lunch (2 course menu option at Gin'ja)
 - Back Massage – 30 mins each
- Day 2**
- Swedish Massage – 60 mins each
 - Balanced cuisine lunch (2 course menu option at Le Palmier)
- Day 3**
- Balanced cuisine lunch (2 course menu option at Château de Bel Ombre)
 - Foot Acupressure – 50 mins
 - Spa Consultation for Homecare

Rate	€ 480
-------------	--------------

Note: Treatments to be booked between 10h-15h00

HONEYMOON TREAT FOR 2

- Spa Consultation
- Holistic Massage – 80 mins each
- Floral bath
- Balanced Cuisine Menu in the Honeymoon Suite or Gazebo
- 1 Bottle Sparkling Wine
- Six Senses gift for two

Rate	€375
-------------	-------------

- **Notes:** Treatments to be booked between 10h-15h00



LE TELFAIR GOLF & SPA RESORT, MAURITIUS

WELLNESS PACKAGES BY SIX SENSES SPA

Season 2008/2009

TREATMENTS DESCRIPTION

▪ **INDIAN HEAD MASSAGE**

Traditionally known in India as "Champiassage", this treatment combines both gentle and stimulating techniques on the upper back, shoulders, neck and scalp to improve blood flow, nourish the scalp and induce a deep sense of calm.

▪ **HOLISTIC MASSAGE**

A free-style therapeutic full-body and scalp massage including face reflexology. For those who have no specific concerns, wanting a soothing treatment.

▪ **COUPLES MASSAGE**

In the romantic setting of the 'honeymoon Suite' we perform this truly relaxing massage using our special Aphrodite mix of essential oils. We will prepare a romantic flower bath after your treatment and you can indulge whilst enjoying a journey through your senses with the taste of delicious fruit cocktails and sensual fruit platter made for sharing.

▪ **EAR CANDLING**

An Ancient natural therapy used traditionally by Shaman healers to cleanse and harmonize the energy fields of the individuals (aura) to drive out negative energies. The therapist will use specially designed candles, which are lit and held inside the ear. This treatment will clean your ears and promote a healthy atmosphere in the ears, sinus cavities and throat.

▪ **ORIENTAL MASSAGE**

An energising full body massage which includes the scalp, hand and feet with acupressure techniques. Popular for those who feel like being uplifted with enhanced vitality.

▪ **AYURVEDIC MASSAGE**

Experience the Ayurvedic routine, rooted in the knowledge of generations past. A healing, holistic approach to well-being featuring a full body oil application.

▪ **THAI MASSAGE**

Thai massage offers a fully-clothed, strong, dry pressure massage combined with gentle yoga-style stretching techniques that re-awaken the body's energy flow.

▪ **DETOXIFYING BODY WRAP**

Combining the richness of sea plants, algae, volcanic minerals and plant essences, this treatment is deeply detoxifying at all levels. Lay back and enjoy an all over the body exfoliation with organic green tea and dead sea salts leaving your skin soft and enlivened. A warm marine mineral body mask is then applied before you are cocooned in a comforting wrap. Relax, rest and restore, allowing your senses to be overcome with invigorating fragrances. To finish, a luscious lotion leaves the whole body rejuvenated.



LE TELFAIR GOLF & SPA RESORT, MAURITIUS

WELLNESS PACKAGES BY SIX SENSES SPA

Season 2008/2009

- **PURITY FACIAL**
Six Senses Sodashi plant essence synergy combines with the deep cleansing properties of Argiletz Clay, rich in minerals to cleanse and decongest the skin, leaving the pores refined and the skin feeling purely refreshed, clear and balanced.
- **MAN'S MAINTENANCE FACIAL**
A facial specifically formulated for the male complexion. This treatment uses nature's extracts and oils to help purify, hydrate and revitalise the skin. Ideal for frequent air travellers, and those with a stressful lifestyle.
- **SWEDISH**
The original European full body massage to relax aching muscles, stimulate the circulation and eliminate toxins
- **BACK MASSAGE**
A soothing, upper body massage focusing on key areas to relieve tension and ease the muscles. For those who require focused attention on the back whilst enjoying a complete face, scalp and shoulder massage.
- **JET LAG RECOVERY**
A rebalancing treatment that stimulates the circulation, reduces swelling and eases muscle tension. This treatment combines body massage, foot acupressure and eye therapy and is a must after a long journey.
- **FOOT ACUPRESSURE**
Acupressure is applied to zones on the feet that correspond to all other body parts and organs. This stimulates the body's own healing and balancing process in a therapeutic way. Can relieve pain, reduce stress, improve circulation and increase energy.
- **YOGA PERSONAL TRAINING**
Based on the techniques of Hatha Yoga this session will help harmonise your body and mind into one. You will work on your postures in order to balance your body and gradually drift into a complete state of relaxation at the end of your workout
- **REVITALISING SALT BODY THERAPY**
A gentle massage followed with salt therapy exfoliation. Will relax, unwind and revitalise tired, sore muscles. Excellent treatment following long periods of travel or exercise, to relieve tension from the whole body. To finish, your skin is nourished with Six Senses Sodashi revitalising body treatment lotion.
- **ENLIVENING SALT BODY THERAPY**
Invigorate and enliven the mind and body with this all over mineral rich sea salt body exfoliation. Enjoy the detoxifying and balancing elements of uplifting plant essences blended with lemongrass, to improve circulation and relieve muscular tension. Finishing with an application of enlivening body treatment to leave the skin glowing and vibrant. Experience a naturally enhanced sense of well being



LE TELFAIR GOLF & SPA RESORT, MAURITIUS

WELLNESS PACKAGES BY SIX SENSES SPA

Season 2008/2009

- **THE SENSORY SPA JOURNEY**

The Six Senses Signature Treatment – Unique to Six Senses Spas

A journey that begins before you reach the treatment room and continues long after you leave. **A unique variation of a four hands massage from two highly-skilled therapists.** Your therapists will work in harmony to take you on a journey of the five senses and beyond. A luxurious foot bath, skin renewing treats, warm towels and fresh fragrances are just the beginning. You will experience a truly non-traditional body aroma massage using long, smooth strokes synchronized with a cleansing facial and a stress relieving scalp massage. The natural desire to concentrate on your treatment will disappear as the unusual sequence encourages your mind to let go of stress and introduce a deep state of calm. It is a work of art that is a total body and mind encounter. We will present to you a special gift so that you can enjoy the memory of this unique experience at home. We use 100% natural Six Senses Sodashi products in this treatment. The packaging for the gift has been lovingly hand crafted by individuals working for the Mae Fah Luang Foundation in Thailand

- **HOT STONE THERAPY**

Tibetan Monks and American Indians used stones for their many benefits. This deluxe full body and face massage using Basalt stones will instill a deep level of calmness while relaxing tight muscles, removing blockages and dissolving stress. You will leave the spa feeling renewed and energized through the healing properties of these natural, volcanic stones. The sensation is long lasting!