



TREATMENT
COLLECTION MENU



Welcome

WELCOME

Waldorf Astoria Seychelles Platte Island stands as a haven for lifestyle and wellness. Embracing a holistic approach, our concierge is committed to **curating personalized moments** for guests, fostering a **reconnection with nature** and promoting balance for an **enhanced sense of wellbeing**.





THE SKINCARE ATELIER

Offering only the **finest in skincare**, we are dedicated to introducing innovative and specialized skincare to our guests, ensuring we address their **specific needs for optimal skin health**.

NOURISH BY NATURE

60 / 90 min | 250 / 290 EURO ++

A one-of-a-kind and skillfully curated treatment directed by your therapist to suit your needs, this facial **embrace all the goodness that the islands** deliver in a **luxuriously nurturing and rejuvenating** ritual for all skin-types.

ORGANIC BESPOKE FACIAL

60 / 90 min | 280 / 310 EURO ++

A facial designed to **suit individual skin needs**. A combination of the finest seaweed and minerals are applied with specifically **designed massage techniques**, to restore and recondition the skin, leaving the complexion **smooth and luminous**. *By VOYA*

/ Purifying Facial (Oily/Combination Skin)

/ Ultra-Calming Facial (Sensitive Skin)

/ Intensive Hydraveil Facial (Dry Skin)

GUA SHA LIFT AND GLOW FACIAL

60 / 90 min | 295 / 330 EURO ++

Using Voya's first **Bio-Tech skin specific serums**, combined with powerful age defying techniques are used in this lifting massage along with gua sha to give **instant radiant lift** and **firm results**. Starting with voya's deep cleansing ritual to ensure your skin is prepared for the resurfacing aha peel that **diminishes congestion** and lackluster skin. Followed by a powerful age defying facial massage, **deep restorative** mask and soothing scalp massage. *By VOYA*



Well Being

BEING WELL

Being Well offers **extraordinary spa treatments** seamlessly woven with innovative wellness practices, all **designed to elevate and optimize** overall wellbeing.



RELAX MASSAGE

60 / 90 min | 210 / 280 EURO ++

A fully personalized treatment based on **specific needs and desired results**. Combining flowing, soothing, and rhythmical movements using light to medium pressure. Designed to **gently relieve muscle tension** as well as to bring balance and a state of well-being.

MOVE WELL MASSAGE

90 min | 295 EURO ++

Move-well is a **muscular tension therapy**, using a combination of acupressure, soft tissue manipulation and tissue compression as well as gentle stretching to **enhance range of motion**. With stress and tension being eased, experience increased flexibility.

MINDFUL DREAMS MARINE MASSAGE

90 / 120 min | 300 / 350 EURO ++

A complete **top-to-toe relaxation** journey, combining sleep inducing cultural massage and meditation techniques, this **wellbeing-focused treatment** induces instant tranquility and fosters inner calmness and serenity. *By VOYA*

DEEP TISSUE MASSAGE

60 / 90 min | 230 / 295 EURO ++

This massage is designed to target the **deeper layer of muscles**, it helps release stress, tension, boost circulation and **improve mobility and muscle tone**. Targeting the concerned areas it has a therapeutically effect.

BALINESE MASSAGE

60 / 90 min | 210 / 280 EURO ++

This **energy giving massage is soothing** using flowing, gliding strokes from moderate to firm pressure to stimulate circulation. The perfect blend of **muscle release and relaxation**.

DETOX MASSAGE

90 min | 295 EURO ++

Detox massage is **designed to help eliminate toxins** in the body and promote an overall sense of physical and mental wellbeing. This stimulating massage begins with dry body brushing to **stimulate circulation** and silicon cups are used to help to **reduce the appearance of cellulite** by breaking down the adipose tissue. The result is improved skin tone and a reduction of fluid retention.



AYUR-ABHYANGA

90 / 120 min | 300 / 350 EURO ++

This **ancient therapy** uses medicated herbal oils applied to the entire body using long and rhythmic strokes. The techniques help to **stimulate energy points** to release blockages, reduces the signs of aging, relieve fatigue and stress to balance the body and mind.

BODY SCRUB

60 min | 220 EURO ++

Stimulating and **detoxifying botanicals** to clarify and smooth the skin with an expert polish followed by a refreshing, detoxifying and toning balm to **enhance skin tone and vitality**.

MARINE BODY SCRUB

60 min | 240 EURO ++

A wonderful choice of scrubs tailored to specific needs at the moment of treatment. The result is **calmed**, nourished, and **hydrated skin**. By VOYA

/ Time to Shine

/ Lavender and Seaweed Sugar Glow

/ Peppermint and Seaweed Sugar Glow

BODY WRAP

60 min | 220 EURO ++

Designed to **promote healthy skin and tissue** function this gratifying and pampering experience employs soothing, softening and nourishing botanicals to envelop the body in **pure natural luxury**.

OCEAN ESSENCE BODY WRAP

90 min | 280 EURO ++

A powerful blend of seaweed and minerals works together in this immersive body wrap. **Stimulate, detoxify, and hydrate the skin**, by combating cellulite and fatigue, producing a brighter, smoother, and refined skin. By VOYA

AFTER SUN SEAWEED LEAF WRAP

90 min | 280 EURO ++

This soothing and **restoring treatment** replenishes the skin **after sun exposure** leaving it calm and rehydrated. Beginning with a bladder-wrack body buff, this treatment **removes dry and dull skin**. The whole body is then covered in warm Laminaria Seaweed leaves, you are cocooned whilst a deep pressure scalp massage finishing your ritual and leaving your **skin smooth and glowing**. By VOYA



HAMMAM

HAMMAM is *The Art of Bathing*, a method of deep cleansing, purification and a place for relaxation.

W

DEEP CLEANSING MOROCCAN HAMMAM

60 min | 290 EURO ++

Indulge in the **ancient tradition** of the Moroccan Hammam, a **deep cleansing experience**. This spa indulgence is designed to provide a deep and **rejuvenating cleanse** to leave skin feeling soft, smooth, nourished, and firmer.

RENEWAL HAMMAM

75 min | 320 EURO ++

The **Renewal Hammam** experience is designed to rejuvenate and revitalize. **Luxurious exfoliating scrubs**, nourishing body oils, aromatic soaps, and soothing masks are used to provide a comprehensive and indulgent spa ritual, leaving your **skin refreshed**, softened, and **deeply replenished**.

LUXURY ROYAL HAMMAM

120 min | 370 EURO ++

Experience the ultimate Moroccan Hammam ritual **where you'll feel a world of luxury** and relaxation. Immerse yourself in the **traditional hammam ritual**, followed by the application of a lavish honey mask infused with the delicate essence of rose. As you breathe in the soothing aroma, you'll feel your **body and mind begin to unwind**. Finally, indulge in a **tranquil full body massage** that will leave you feeling renewed and rejuvenated. Get ready to **awaken your senses** and treat yourself to a truly unforgettable spa experience.



COMPLEMENTS

Complement your treatments with these **enhancements** that are aimed to **elevate the treatment experience** whilst promoting wellbeing. These treatments are intended to complement existing services and **cannot be reserved independently**.

HEAD MASSAGE

30 / 45 min | 110 / 160 EURO ++

A **deep relaxing** Indian head, neck and shoulder massage to ease muscle aches as well as to **relieve tension** to relax and calm the mind.

FOOT MASSAGE

30 / 45 min | 110 / 160 EURO ++

Enjoy the revitalizing foot massage that **focuses on aiding circulation** and reviving tired muscles.

MINI BODY MASK

30 min | 125 EURO ++

A moisturising treatment aids in **maintaining the glow** and hydration of skin

BACK MASSAGE

30 / 45 min | 110 / 160 EURO ++

An energizing power back, neck and shoulder massage employing the dry techniques to **stimulate blood flow**. This is then followed by oil massage to **relieve aches and pain**, whilst promoting muscle flexibility and toning.



Complements

HYDRATING HANDS

30 min | 110 EURO ++

First enjoy an exfoliation, a **deeply relaxing massage** of the hand and arm after which hands are wrapped in warmed Atlantic seaweed leaves to **hydrate and nourish** dry hands. *By VOYA*

BRIGHT EYES

15 min | 65 EURO ++

This is a firming, **hydrating and results-orientated treatment** that uses specific products rich in seaweed extract, to help **reduce the appearance of fine lines** and decongest the eye area. *By VOYA*

MINI FACIAL

30 min | 160 EURO ++

A **quick revitalizing facial** to cleanse, exfoliate and dramatically **increase the skin's oxygen absorption** leaving the complexion looking truly radiant. The perfect facial before a special occasion. *Suitable for all skin types.*

MINI BODY SCRUB

30 min | 125 EURO ++

For a brighter and younger skin, a quick body scrub will help nourish and **stimulate blood flow**.

EYE MARINE TREATMENT

45 min | 165 EURO ++

Combining both **relaxing** and **decongesting lymphatic massage** movements to banish puffiness and dark shadows. This is a firming, hydrating and **results-orientated treatment** that uses specific products to help reduce the appearance of fine lines and decongest the eye area. *By VOYA*

DISTINCTLY BY

Experience the **transformative power** of holistic wellness with our **diverse offerings**. These sessions are designed to **nurture the body, mind and spirit** whilst enhancing your inner peace.



GUIDED MEDITATION

45 min | 150 EURO ++

This Meditation focuses on **mindfulness and strengthening** your ability to listen and gauge body language, while developing more **compassion and empathy** for each other.

BREATHWORK (PRANAYAMA)

45 min | 150 EURO ++

Pranayama also known as the **extension of the prana (breath)** or breath control, pranayama uses breathing techniques to **remove blockages in energy channels**, strengthen the respiratory system and tame the monkey mind, calming down its extrovert tendencies and minimizing the thought process.

PERSONALIZED WELLNESS SESSION

60 min | 190 EURO ++

Enhance your practice on **finding balance**, creating a healthier lifestyle and discover what truly works for you. A **journey of discovering** what truly nourishes your body and mind.

PERSONALIZED YOGIC COLON CLEANSE

75 min | 280 EURO ++

Experience the **benefits of ancient practice** to purify your body and mind. Increase your energy levels, improve clarity of thought, and **enjoy a quieter mind**. Remove toxins and achieve better digestion as well boost your immune system.

SOUND HEALING (SINGING BOWL MEDITATION)

45 min | 190 EURO ++

One of the **most ancient sound and vibration practice** by using Tibetan singing bowls that resonates the body fluids, and help body's energy to cleanse and rejuvenated. This session helps to **unblocked the energy channels** known as (Chakras) and bring your body and mind the most balance state.



WELLNESS SCREENING WMS

Wellness screening - WMS is a personalized consultation using **100% evidence based** and **non-Invasive technology** which **analyses at least 30 plus key physiological bio-markers of health**, Including body composition, cardio fitness, recovery, oxygen distribution, metabolism, autonomic nervous system, immunity, all circulation as well the stress parameters.

60 min | 190 EURO ++



RESTORE WELLNESS PROGRAM

Embark on a **transformative journey** with our carefully crafted wellness program to **Restore and Relax**. Meticulously designed to **rejuvenate your mind, body, and spirit** over 3, 5, or 7 days. Our programs seamlessly integrate the timeless principles of **Ayurveda** with **contemporary wellness** practices. Unwind in luxurious surroundings as you commit to your well-being, allowing our expertly curated programs to **guide you towards optimal health** and a profound sense of serenity.

RESTORE 3 DAYS

PER PERSON | 1525 EURO ++
PER COUPLE | 2880 EURO ++

- 1 x WMS Wellness Assessment
- 1 x 90 mins - Immune Healing Recovery Massage
- 1 x 90 mins - Ayur-Abhyanga
- 1 x 90 mins - Mindful Dreams Marine Massage
- 1 x 45 mins - Guided Meditation
- 1 x 45 mins - Breathwork
- 1 x 45 mins - Sound Healing

RESTORE 5 DAYS

PER PERSON | 2240 EURO ++
PER COUPLE | 4210 EURO ++

- 1 x WMS Wellness Assessment
- 1 x 90 mins - Immune Healing Recovery Massage
- 2 x 90 mins - Ayur-Abhyanga
- 1 x 120 mins - Mindful Dreams Marine Massage
- 1 x 90 mins - Organic Bespoke Facial
- 1 x 60 mins - Personalized Wellness Session
- 2 x 45 mins - Guided Meditation
- 1 x 45 mins - Breathwork
- 1 x 45 mins - Sound Healing

RESTORE 7 DAYS

PER PERSON | 2990 EURO ++
PER COUPLE | 5610 EURO ++

- 2 x WMS Wellness Assessment
- 1 x 120 mins - Immune Healing Recovery Massage
- 2 x 90 mins - Ayur-Abhyanga
- 2 x 120 mins - Mindful Dreams Marine Massage
- 1 x 90 mins - Organic Bespoke Facial
- 1 x 60 mins - Marine Body Scrub
- 2 x 60 mins - Personalized Wellness Session
- 2 x 45 mins - Guided Meditation
- 2 x 45 mins - Breathwork
- 1 x 45 mins - Sound Healing

**Programs are exclusive offers not combinable with other promotions and non-transferable*

PURIFY WELLNESS PROGRAM

Designed to **detoxify and cleanse your body, mind, and soul**. Immerse yourself in the **ancient healing practices of Ayurveda** as skilled therapists deliver revitalizing Ayurvedic massages, using specially curated oils to cleanse and rejuvenate your entire being. Complementing this experience are **personalized yoga sessions** led by seasoned instructors, guiding you through movements that promote detoxification and balance. Our **exclusive WMS (Wellness Measurement System)** assessment tailors your program to your unique needs, ensuring a comprehensive and personalized approach to your detox journey.

PURIFY 3 DAYS

PER PERSON | 1650 EURO ++
PER COUPLE | 3085 EURO ++

- 1 x WMS Wellness Assessment
- 1 x 90 mins - Detox Massage
- 1 x 90 mins - Ayur-Abhyanga
- 1 x 90 mins - Ocean Essence Body Wrap
- 1 x 60 mins - Personalized Wellness Session
- 1 x 45 mins - Breathwork
- 1 x 75 mins - Personalized Yogic Cleanse

PURIFY 5 DAYS

PER PERSON | 2340 EURO ++
PER COUPLE | 4400 EURO ++

- 1 x WMS Wellness Assessment
- 2 x 90 mins - Detox Massage
- 1 x 90 mins - Herbal Compress Massage
- 1 x 90 mins - Ayur-Abhyanga
- 1 x 90 mins - Ocean Essence Body Wrap
- 2 x 60 mins - Personalized Wellness Session
- 1 x 45 mins - Breathwork
- 1 x 45 mins - Guided Meditation
- 1 x 75 mins - Personalized Yogic Cleanse

PURIFY 7 DAYS

PER PERSON | 3000 EURO ++
PER COUPLE | 5640 EURO ++

- 2 x WMS Wellness Assessment
- 2 x 90 mins - Detox Massage
- 2 x 90 mins - Herbal Compress Massage
- 1 x 90 mins - Ayur-Abhyanga
- 1 x 90 mins - Ocean Essence Body Wrap
- 1 x 60 mins - Marine Body Scrub
- 2 x 60 mins - Personalized Wellness Session
- 2 x 45 mins - Breathwork
- 1 x 60 mins - Personalised Stretching or Yoga
- 1 x 45 mins - Guided Meditation
- 1 x 75 mins - Personalized Yogic Cleanse

**Programs are exclusive offers not combinable with other promotions and non-transferable*



SPA ETIQUETTE

SPA OPENING HOURS

Daily 9:00 am to 7:00 pm

SPA RESERVATIONS

For any spa enquiries or reservations please dial #7270 or please ask our wellness concierge for available options

PRIOR TO ARRIVAL

We advise that you leave all your important and valuables belongings in your villa before coming to the spa. Please wear comfortable clothing, we provide bathrobes and disposable under garments for your treatments.

ARRIVAL

To make the most of your Spa experience, we recommend to arrive 20 minutes in advance of your appointment time in order to complete your health consultation form and enjoy the hydrotherapy facilities.

LATE ARRIVALS

Out of consideration for subsequent guests, if you arrive late, your appointment will conclude as initially scheduled.

IN VILLA TREATMENTS

Enjoy your Spa Experience within the confines of your villa at an extra 50% cost based on the menu price per person. Please consult your wellness concierge for the available options. A 100% charge will apply outside operational hours.

PRICING

All prices are quoted in EURO and subject to 10% Service Charge and 15% Government Tax. All payment will be charged to your villa and will appear on your account at the time of your departure from the resorts. Prices are subject to change without prior notice.

AGE REQUIREMENTS

Guests aged 12 to 16 are cordially invited to enjoy the pools and a curated array of treatments under the supervision of a guardian. For inquiries regarding treatments for younger guests, kindly consult our wellness concierge for available options or contact the spa reception directly.





DURING YOUR SPA VISIT

The spa embodies a haven of serenity and calmness. To honour the tranquillity and privacy of our esteemed guests, we kindly request to disconnect your electronic devices and a consider speaking in hushed tones. Smoking is strictly prohibited throughout your visit to the Waldorf Astoria Spa.

AFTER YOUR TREATMENTS

Following your spa treatments, we recommend avoiding direct sun exposure for a minimum of 4 hours and encourage ample water intake to maintain hydration.

SPA BOUTIQUE

To extend your spa experience in your villa and at home, a selection of spa products are available for purchase at our spa boutique.

HEALTH AWARENESS

Kindly advise us of any health conditions, allergies, special preferences or injuries that could affect your spa treatments and experience when making your spa reservations.

GRATUITY

Gratuities are not included. Gratuities for exemplary service are discretionary

CANCELLATION POLICY

Kindly provide a notice period of at least four hours for individual treatments and 24 hours for spa packages. A charge of 50% of the treatment price will be applied for cancellations within this timeframe. Failure to honour your appointment reservation will result in a 100% treatment charge.

All prices are quoted in EURO and subject to 10% Service Charge and 15% Government Tax. Payments will be applied to your villa and will be reflected in your account upon your departure from the resorts. Please note that prices are subject to change without prior notice.

