

Spa

Mind, Body and Soul

Welcome to the idyllic refuge for mind, body and soul set within the balmy, protective atmosphere of untouched isles which, since the dawn of time, have nurtured a kaleidoscope of unique flora and fauna.

Today, our gentle, welcoming and naturally protective environment which has changed so wondrously little over so many years, makes Seychelles an ideal place in which to relax and rejuvenate amid surroundings of astonishing natural beauty.

Few places on earth foster the opportunity for revival as does Seychelles, offering the very best in island-style living and an opportunity to rediscover balance and harmony in rhythm with Nature.

For today's weary traveller, fatigued from the stresses and strains of an unrelenting modern lifestyle, the Seychelles experience represents a powerful antidote offering soothing treatments designed to melt away the stresses and strains of modern living, energise the weary body and nurture the soul.

Whether nestling in dreamy, mountain-side pavilions overlooking the ocean or occupying stylish niches within the luxurious cocoons of 5-star resorts, Seychelles' spas offer natural elegance and refinement in pristine surroundings promising the ultimate voyage of personal transformation.

From the signature treatments of dedicated spas offering relaxing massages with exotic herbal oils, scrubs, detox baths and invigorating wet-treatments to a full range of beauty and grooming services, Seychelles' spas hold the answer to your complete renewal of mind, body and soul.

A spa holiday in Seychelles also combines naturally with a full range of activities such as sailing, fishing, diving, hiking and island-hopping to promote just the right balance between relaxation and exhilaration, inviting you to introduce your own personal dimension of adventure to the ultimate spa vacation.



If you're looking to take that spa experience to another level, Seychelles boasts a fine array of hotels with spas, offering a multitude of different treatments and therapies in some of the best locations around the islands.



Banyan Tree Seychelles Mahé, Seychelles

Set in an Eden of lush greenery against a backdrop of imposing granite mountains and the majestic Indian ocean, Banyan Tree Spa offers treatments inspired by age-old Asian traditions that feature aromatherapy, relaxation, head, neck & shoulder, facial and foot massages together with manicure and pedicure.

www.banyantree.com



Cerf Island Resort Cerf Island, Seychelles

Located in the lush forest of Cerf Island, one of the island jewels of the Ste. Anne Marine Park, the resort's private mini-spa boasts a variety of massages, facials, exfoliations, wraps with steam bath, private room, indoor/outdoor treatment room, outdoor shower and special 'Rainforest Jacuzzi'.

www.cerf-resort.com



Constance Lémuria Resort Praslin, Seychelles

Shiseido of Constance Lémuria Resort invites you to energize body and mind with Shiseido's Qi method in a place of exceptional beauty and comfort at. This stunning resort's spa offers in-suite massages, beauty treatments and steam baths as well as a range of therapies such as reflexology, Shiatsu, Ayurveda and aromatherapy.

www.lemuriaresort.com



Desroches Desroches Island, Seychelles

With plans that include the creation of a 4-senses spa, Desroches Island Resort proposes three, elegant massage areas facing the manicured gardens of an ancient coconut plantation where Balinese staff offer a variety of massages and Ayurvedic treatments: traditional Asian, four hands massage, Swedish, Shiatsu as well as head, back and shoulder massage.

www.desroches-island.com



Frégate Island Private Frégate Island, Seychelles

Frégate Island Private's Rock Spa perches on a cliff-top plateau overlooking the sea, flanked by freshwater pools and cascading waterfalls. The spa features the finest holistic treatments from all over the world including ancient techniques from India, Australia and Polynesia with a range of botanical treatments prepared from local ingredients.

www.fregate.com





Hilton Seychelles Northolme Resort & Spa Mahé, Seychelles

Perched on top of giant granite boulders overlooking the sea, the luxurious spa at the Hilton Seychelles Northolme Resort and Spa offers a range of holistic treatments, a steam room and yoga pavilion. Unforgettable experiences include an Ayurvedic massage, body wrap, scrub or relaxing facial.

www.hiltonworldresorts.com



Labriz Silhouette Silhouette Island, Seychelles

The Labriz spa emerges from rocks and island jungle with mountainside treatment suites set on stilts amidst massive boulders. The array of massages, body treatments, bespoke spa packages, signature rituals and Creole-influenced spa therapies it offers are inspired by its exotic, natural setting.

www.labriz-seychelles.com



Le Méridien Barbarons Mahé, Seychelles

The attractive Barbarons Spa, operated by the global spa brand 'Cinq Mondes', boasts 5 treatments rooms, 1 hammam, 1 jacuzzi, a swimming pool and fitness centre. Spa protocols come from China, Japan and India and include a total of 8 massages, an assortment of baths, wraps and body scrubs as well as pedicure, manicure, facials and slimming treatment.

www.lemeridien.com/barbarons



Le Méridien Fisherman's Cove Mahé, Seychelles

The 'Elemis' Zen Spa of this iconic resort in north Mahé is dedicated to enhancing beauty and well-being through a wide choice of beauty treatments and massages as well as a new line of 'Elemis' brand products. Facilities include a gym, steam bath, plunge pool and two double massage rooms with open air showers.

www.lemeridien.com/fishcove



Maia Resort & Spa Mahé, Seychelles

Maia, south Mahé's exclusive, 30-villa resort boasts a La Prairie spa with three luxurious treatment rooms dedicated to promoting a serene mind, pampered body and rejuvenated soul through a variety of treatments and beauty indulgence that include meditation, accompanied yoga, shiatsu and qi gong.

www.maia.com.sc





North Island North Island, Seychelles

The exquisitely beautiful spa of this remarkable resort adopts the holistic approach that treatments are as much for the inner self and mind as for the face or body. North Island treatments cover facial and body care, body envelopments and finishing touches. Each spa therapist is trained to provide a personalised consultation, designing treatments to relieve stress, detoxify, cleanse and purify, refresh and rejuvenate.

www.north-island.com



Sainte Anne Resort Ste Anne island, Seychelles

Inspired by its sublime tropical surrounds, the spa by Clarins at Beachcomber's Ste. Anne Resort provides a combination of ancient therapies and Clarins signature treatments to provide the perfect antidote to today's hectic lifestyle. The spa's state-of-the-art amenities include a variety of single and double massage cabins, yoga room, balneotherapy room, beauty parlour, saunas and hammams.

www.sainteanne-resort.com



Paradise Sun Spa Praslin, Seychelles

This new spa set in amid the lush gardens of the Paradise Sun Hotel features two single treatment rooms and one double room, all with separate shower area. Utilising the "Nourished by Nature" product line, locally produced by "Everglow", five highly qualified Indonesian therapists will practice a diverse range of protocols including a unique signature treatment, back massage, Aloe Vera and stone massages, body exfoliation, facials and hair treatments.

www.paradisesun.com