



# EDEN HOLISTIC SPA

SEYCHELLES

## Spa Menu

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## EDEN HOLISTIC SPA

SEYCHELLES

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# About

## Eden Holistic Spa

At Eden Holistic Spa we have a philosophy of natural and organic beauty and healing for body, mind and soul. Just as nature intended it.

We put our best effort into sourcing the best natural products and treatments available globally & locally so that we can offer you the very best experience.

Let the Eden Holistic Spa team transport you to a place of serenity and tranquillity, pampering you along the way while also providing you with the latest and most cutting edge beauty treatments available, including the latest non-invasive technology.

All our products are unique, innovative, highly effective and 100% natural.

And if Seychelles isn't warm enough, enjoy our top of the range infrared sauna to detox the body, loosen your muscles and increase blood circulation and if you need to let off some steam, hop in to our state of the art hammam.

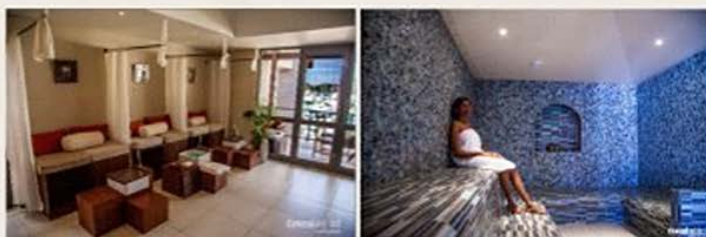
## Facilities

Our facilities include 5 treatment rooms, a couple's deluxe room, a nail bar with 6 stations, a personal fitness studio, a gommage room, 2 changing rooms and our lagoon area which includes a hammam, infrared sauna, experience shower, two rain showers, a bucket shower and a Lounge Area. We also have a beautiful and large veranda with private sections, overlooking the Marina with a view to the mountains, should you wish to relax outside in the refreshing breeze. At reception we also have a retail area where you will find a wide range of products.

## Opening Hours

Mon - Sat  
09.30 - 20.00

Sunday  
11.00 - 20.00



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Eden Holistic Spa  
1st Floor, Eden Plaza,  
Eden Island, Seychelles

Prices are subject to change without notice and include 15% VAT



# Massages

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Our range of massages are not only wonderfully relaxing and invigorating, but perfect for improving circulation, relieving muscle tension, aches & pains, stimulating nerve cells, detoxifying the body and cleansing the skin among many other benefits.

## Hot Himalayan Salt Stone Massage

Hot Himalayan Salt Stone Massage is an innovative healing technique using heated Himalayan Salt Crystals to ground and balance the body's electromagnetic field (through negative ions), central nervous system and energy meridians. The salt stones are full of active minerals which help to draw out toxins, reduce inflammation & improve circulation while also restoring depleted minerals to the skin, thereby softening & moisturizing it. These special salt crystals originate from an ancient primal sea beneath the Himalayan Mountains & are hand-carved into massage stones that gently soothe away any accumulation of stress, tension and pollutants.

30min	60min	90min
Scr 990	Scr 1,490	Scr 1,890



## Herbal Poultice Massage

Originally from Thailand, the hot herb filled compresses will open pores letting the herbs penetrate deeply for a detoxifying and healing effect, while also greatly improving circulation, stimulating and conditioning skin nerve cells. The heat coupled with rolling, kneading and effleurage massage strokes also deeply relax the muscles melting away the body's aches, pains and tension. We only use fresh natural products from the Seychelles such as moringa leaves, ginger, clove buds, lemon grass, green tea and essential oils.

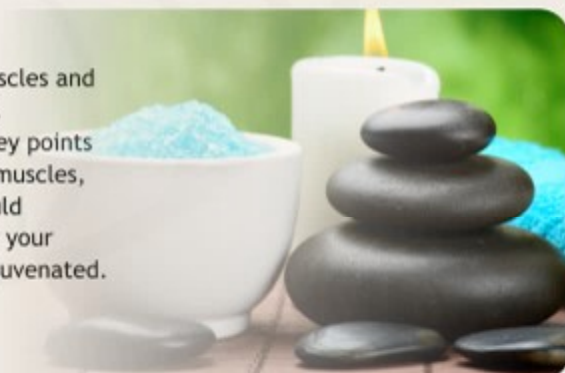
60min	90min
Scr 1,490	Scr 1,890



## Hot Stone Massage

Hot stone massage uses soothing oils and warm basalt stones to relax your muscles and improve circulation, allowing for a deeper and more intense all-over massage. In hot stone therapy, your therapist applies smooth, heated basalt stones to key points on your body with rhythmically flowing strokes. This direct heat relaxes your muscles, which means that the massage itself is more effective and intense than it would otherwise be. The size of the stones vary, according to which part of the body your therapist is treating. Our hot stone massage will make you feel nurtured & rejuvenated.

30min	60min	90min
Scr 890	Scr 1,390	Scr 1,790





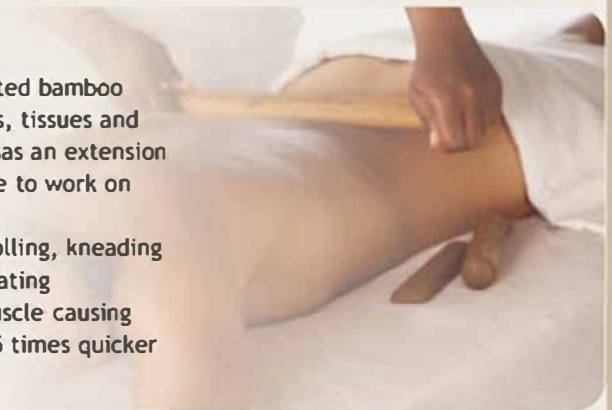
# Massages

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## Warm Bamboo Massage

Experience this unique massage performed with specially crafted and heated bamboo canes together with warm virgin coconut oil. The heat relaxes the muscles, tissues and nervous system while our trained therapists use the smooth bamboo canes as an extension to their hands and arms allowing them better leverage for deeper pressure to work on more underlying muscles, tissues and trigger points.

The heated bamboo canes are used with a variety of techniques such as rolling, kneading & criss-cross motions to release muscle tension and knots as well as stimulating blood circulation. As a result of the warmth penetrating deep into the muscle causing them to relax, the therapist is able to massage deeper into the muscle 4-5 times quicker than when performing a manual deep tissue massage.



30min	60min	90min
Scr 890	Scr 1,390	Scr 1,790

## Master Lin Gold Massage

Indulge yourself in this relaxing and wonderfully luxurious signature massage. This heavenly massage uses a specially mixed oil comprising of the purest fine gold, 17 healing essential oils and precious plant extracts with the transcending scent of Lotus flower which will touch your senses and melt away any tension and stress, restoring balance and harmony to your mind and body and will leave your skin feeling velvety soft and nourished.

60min	90min
Scr 1,590	Scr 1,990



## Balancing Aromatherapy Massage

Harmonise your body and mind with the healing combination of our wonderfully soothing De-Stress & Relax Massage and our exclusive range of Eden Holistic Spa essential oils.

Each treatment will use customized essential oils and blends based on the therapists recommendation and your preferences. Through inhalation and skin absorption, the healing benefits of your chosen oils synergise with the restorative effects of the massage, resulting in a sense-seducing treatment for body, mind and spirit.



30min	60min	90min
Scr 790	Scr 1,190	Scr 1,590



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## De-Stress & Relax Massage

Our De-Stress & Relax Massage uses cold-pressed organic virgin coconut oil, effective massage techniques such as effleurage, kneading, pressing and petrissage, together with our cold-pressed organic virgin coconut oil, thereby nourishing and softening the skin, releasing tension and relaxing your mind and body bringing you back into harmonious balance.

30min	60min	90min	120min
Scr 690	Scr 990	Scr 1,390	Scr 1,890



## Deep Tissue Massage

Deep tissue focuses on the release of muscle tension and chronic knots by targeting the deep tissue structure of the fascia (connective tissue) and muscles and promoting much needed blood flow to these deeper layers, making it a great massage for sport's recovery or specific muscles and tension problems.

The deep tissue massage can reduce stress hormone levels and heart rate while boosting mood and relaxation by triggering the release of oxytocin and serotonin.

The therapists incorporate fingers, elbows and knees to really work on specific problem areas, trigger points and to reach deeper layers.

A really great massage for those with aches, pains and tense muscles, for sport's recovery or those who prefer very strong pressure.

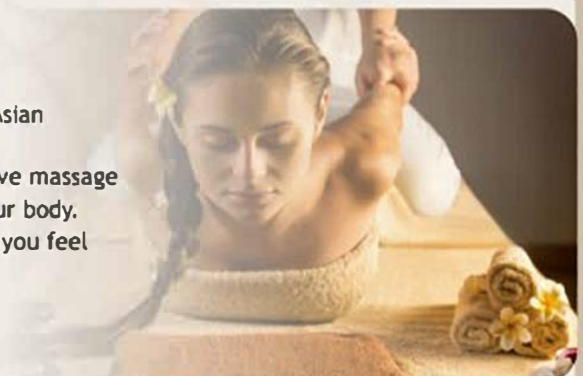
30min	60min	90min	120min
Scr 690	SCR 990	Scr 1,390	Scr 1,890



## Balinese Massage

Balinese massage - having been developed centuries ago on the culture-rich Indonesian island of Bali with influence from Chinese, Indian and South East Asian medical systems - is a full-body, deep-tissue, holistic treatment that uses a combination of gentle stretches, acupressure, reflexology and various effective massage techniques to stimulate the flow of blood, lymph and "qi" (energy) around your body. A relaxation massage with attitude, this ancient Balinese treatment will help you feel calm, invigorated and physically relieved of pain and tension.

30min	60min	90min
SCR 690	SCR 990	Scr 1,390





# Massages

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## Indian Head Massage

Based on the ancient Indian ayurvedic system of healing, this massage relieves muscular tension and stress within the body. This treatment focuses mainly on the head, neck, arms, shoulders and upper back. The therapist uses their hands to ease out tightness within the muscle fibres freeing your body of unwanted aches, pains & stiffness, giving you a feeling of weightlessness. Especially good for relieving insomnia, stress, upper body stiffness & headaches.

30 min	60min	90min
Scr 690	Scr 990	Scr 1,390



## Reflexology

Indulge in this ancient therapeutic foot massages, based on the body's energy meridians. Using the foot as a map of the body, pressure points along the energy meridian pathways are stimulated to improve well being and overall function of all the body's systems. You will feel the tension release while improving circulation in the feet and lower legs, reducing stress, pain and restoring natural balance by stimulating your parasympathetic nervous system into healing itself. A very soothing treatment.

30min	60min	90min
SCR 690	SCR 990	Scr 1,390



## Foot & Leg Massage

Our feet and legs often get overlooked, eventhough they do the heavy lifting by moving us around all day. The foot & leg massage uses massage techniques to release tension, muscle soreness, stiffness and to improve blood and lymph circulation around the feet and legs.

This is a wonderful massage for people who are overly active on their feet and for those who remain seated throughout most of the day without much movement.

30min	60min	90min
SCR 690	SCR 990	Scr 1,390





# Massages

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## Cellulite Massage with Cupping

Our Anti-cellulite massage is an invigorating and detoxing experience which circulates blood and oxygen to the affected area and sweeps the cellulite away for visible results. This massage can be used to tone and reduce cellulite from the front & rear of the leg, the buttocks, the arms and over the body in general.

How it works:

The Anti Cellulite Massage works by incorporating deep pressure and strong kneading techniques in combination with gentle cupping to break up fatty lumps that cause dimpling of the skin as well as stimulate blood and lymph circulation and the nervous system. Once these fat deposits are broken down, the body's lymphatic system flushes them out of the system along with other toxins - reducing dimples, leaving you energised and free from the plague of cellulite. Please stay hydrated afterwards.

60min	90min
Scr 1,190	Scr 1,590



## Lymphatic Drainage Massage

Lymphatic drainage massage stimulates the body's lymph nodes promoting the circulation of lymphatic fluid which helps rid the body of toxins and waste materials. It also aids in purifying and regenerating tissues while normalizing organ function, boosting the immune system and enhancing metabolic functions. This therapy can also be beneficial for post-surgical lymphatic rerouting and can aide in primary and secondary lymphedema.

60min	90min
SCR 990	Scr 1,390



## Pregnancy Massage

Designed to alleviate postural pressures due to normal body adjustments during pregnancy. This pre/post natal massage helps to improve circulatory and lymphatic systems, reduces edema, back and joint pain, muscle and soft tissue tension, stress and anxiety, bringing much needed comfort, relief and relaxation.

This service may be enjoyed by expectant mothers after the first trimester.

30min	60min	90min
SCR 690	SCR 990	Scr 1,390





# Massages

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## Couple's Massage *with Complimentary Steam Room Session*

Why not relax and unwind in our luxurious couple's suite with a friend or loved one? You can choose from a wide array of massage treatments to be pampered with, side by side.

60min 90min

*Price depends on treatments chosen.*

### Couple's Add-On Bath

20 min  
SCR 390



## Executive Back Massage

Focusing solely on the back, neck and shoulders, a combination of massage techniques are used to ease muscle tension and to alleviate aches and pains. Enjoy the feeling and relief of a relaxed, unclenched and loose back, neck and shoulders

30min 45min 60min  
SCR 690 SCR 890 SCR 990



## In-House/Room Massage

Exclusive to Eden Island residents & Eden Bleu Hotel guests. Our wonderful manual massages may be enjoyed in the seclusion & comfort of your own home or hotel room. Where accommodations permit, couple's massages are also available.

Price available upon request.



# Facials

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Pamper yourself with our wide variety of Facials. Whether for healing, beauty or relaxation, we have facials for all skin types and moods using only the best, highly-effective and natural products to soothe, heal, rejuvenate and invigorate your skin.

## Faithlift Anti-Aging Facial

Faithlift is a luxurious facial treatment involving the use of the Faithlift Mask, the purpose of which is to smooth out the surface lines and give the skin a visible lift. After only one treatment you will notice a difference in the look and feel of your skin.

75min  
SCR 1690



## Master Lin Balancing & Anti-Ageing Facial with Ultrasound

Magical ingredients such as fine gold, pearl, valuable hand picked wild grown healing herbs and essential oils create a symbiosis between nature, health and beauty. Master Lin returns the skin to its natural balance, original elasticity, vigour and vitality.

60min  
SCR 1490



## Regulat Beauty Anti-Ageing & Hydrating Facial with Ultrasound

Regulat is a unique bio-essence formula that sustains our skin cells by regulating the body's own enzyme system. This preserves the skin cells and protects them against harmful environmental influences and the ageing process.

Thanks to the carrier-effect of Regulat Beauty and ultrasound, the high doses of hyaluronic acid used, creates a powerful booster effect that is immediately visible. The skin becomes instantly firmer and hydrated.

Regulat and hyaluronic acid are a powerful combination, penetrating all the layers of the dermis ensuring long lasting beneficial effects on the structure of the skin. Even very dry and lined skin is visibly regenerated and radiates with a velvety-soft glow. Valuable organic oils and high-quality natural fatty acids also provides extra nourishment for the skin cells.

60min  
SCR 1290





# Facials

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## Regulat Beauty Acne & Impure Skin Facial with Soft Laser & Ultrasound

**Regulat** is a unique bio-essence that sustains our skin cells by regulating the body's own enzyme system.

It has an anti-inflammatory, balancing and hydrating effect on the skin. The soft laser speeds up the healing process by increasing the ATP (cellular/metabolic energy) of the skin cells, softens scar tissue and kills bacteria. A specially customised mask of Zeolite (Volcanic mineral clay) combined with pearl powder and Regulat liquid enzymes is applied to draw out impurities, detoxify the underlying tissue and to soothe the skin after extraction.

75min  
SCR 990



## Purifying Deep Cleansing Facial

This is a deep cleansing facial using ultrasonic brushes, scrubs, extraction, a wonderfully relaxing facial massage together with the powerful combination of Hyaluronic Acid, OPC (derived from Grape Seed) and Q10 which promote more elastic yet firm skin with reduced wrinkles, the prevention of free-radicals and inflammation and improves cell regeneration, blood circulation, nutrient intake and helps to stimulate collagen and protein chain formation. You may choose to add the zeolite volcanic clay facial mask to draw out deeper underlying impurities and to soothe the skin.

**45min**      Zeolite Mask Add-On    **15min**  
**SCR 690**                                  **SCR 150**



## Master Lin Relaxing Facial Massage with Gold Oil

Experience this wonderful luxurious facial massage using the Master Lin harmonising facial oil with the purest fine gold (energising and anti-inflammatory), pine needle oil (improves circulation), black pepper (vitalising), lotus (regenerating) and 17 precious essential oils and plant extracts to embrace and nourish the elasticity of the skin.

45min  
SCR 790



## Signature Beauty Elixir Facial Massage

Treat your skin and senses to a heavenly and restorative facial massage focusing on the Marma points (facial Acupressure points) to release stress, facial tension and energy blockages in the meridians in combination with Eden Holistic Spa's own signature Beauty Elixirs, carefully blended natural healing oils to sooth and rejuvenate your skin.

45min  
SCR 690



# Body Treatments

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## Slimming & Firming

### Shrinking Violet Slimming Treatment

Shrinking Violet works by creating certain natural chemical reactions and heat causing lipolysis, which permanently breaks down fat unless more fat is created by unhealthy eating and lifestyle.

Many clients drop a whole dress size in just one treatment and this is not water loss; It is fat loss which can stay off if you want it to.

You will be wrapped up in a special kind of cling film containing nutrient rich oils and clinically tested hydrolised lecithin to break down fat.

A decent diet and occasional exercise would speed up the results even more and help to create a more healthier you (a nice win/win). With no real effort on your part, you can now lose the weight with our Shrinking Violet Treatment, but what you do after is up to you : )

A truly revolutionary and effective weight-loss body wrap with mostly organic ingredients.

90 min  
SCR 1390

### Velashape

VelaShape is a safe and non-invasive body contouring treatment for circumferential fat and cellulite reduction. VelaShape enables you to successfully achieve a toned, contoured and well shaped body in typically 3-6 treatment sessions making you look and feel more youthful.

VelaShape combines vacuum technology, infrared light and bi-polar radio frequency energy which cause deep heating of the fat cells, their surrounding connective tissue and the underlying dermal collagen fibers. This type of safe, efficient heating and vacuum stimulates the growth of new and better collagen and elastin which results in localized reduction in skin laxity, body volume, and an overall improvement in skin structure and texture.

90 min (1st Session)	60 min (Follow-up Session)
SCR 1,980	Scr 1,690

### Topical Soft Laser Add-on

The soft laser speeds up the healing process by kickstarting the body's own healing system through cell stimulation.

The laser effectively helps topical wound healing by increasing the ATP (cellular/metabolic energy) of the skin cells among other things.

It is beneficial for softening scar tissue, treating bacterial skin infections, acne among other skin problems and hair growth.

The laser is completely safe and non-intrusive. You can book it as a stand-alone treatment or as a facial add-on.

15 min  
SCR 190



# Body Treatments

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## Body Scrubs

### **Himalayan Pink Salt Scrub with Local Cold Pressed Coconut Oil, Ground Cinnamon & Vanilla Essential Oil**

Envelope your skin in our locally sourced coconut oil whilst our himalayan pink salt scrub, infused with cinnamon and vanilla, stimulates circulation and enhances the skin's natural glow. The perfect way to rejuvenate your body and calm the mind.

60 min  
SCR 990



### **Himalayan Pink Salt Scrub with Extra-Virgin Olive Oil, Ylang Ylang & Bergamot Essential Oils**

With the uplifting essential oils of Ylang Ylang & Bergamot, this luscious full body scrub is sure to awaken your senses. Not only will your body & mind be revived, but your skin will feel silky smooth & re-mineralised due to the therapeutic properties of himalayan pink salt & the high quality of extra-virgin olive oil used.

60 min  
SCR 990



### **Highland Coffee Scrub with Cold Pressed Coconut Oil & Essential Oils**

Coffee is rich in antioxidants making it a perfect ingredient in our body scrub. It contains caffeine which draws out excess moisture from your skin, causing it to look and feel smoother & firmer. In this scrub, coffee acts as a mild exfoliant, removing dead skin cells and exposing fresh, soft skin. With the addition of coconut oil, its incredibly moisturising and filled with vitamins & minerals, which it locks securely into your skin. A scrub to surely be experienced.

60 min  
SCR 990





# Body Treatments

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## Body Wraps

### Detoxifying Zeolite Volcanic Clay Wrap with Regulat

This healing body wrap balances the body through homeostasis, drawing out toxins from the tissues & cells and revitalising the lymphatic system & skin, while supplying rich & vital minerals. The Regulat will also influence the skin's cell repair mechanisms, doing wonders for your skin, internally & externally.

The Zeolite clay may draw out a lot of toxins including heavy metals, so please be sure to drink plenty of water and to avoid processed food until the next morning if possible, in order for your body to properly expel the drawn out toxins

45 min  
SCR 690



### Fresh Banana Leaf Body Cocoon with Liquid Enzymes & Aloe Vera

A nutrient rich pamper session for your skin. Freshly sourced banana leaves, active liquid enzymes and aloe vera gel combine to create a very cooling, healing and anti-inflammatory effect.

While your body is being replenished & cocooned in banana leaves, enjoy a head & scalp massage for your total relaxation.

*Please give 24 Hrs notice when booking this treatment.*

60 min  
SCR 990



### Aloe Vera Sunburn Rescue Wrap

For those who love the sun a bit too much ; )

Soothe your sunburnt skin with the cooling & anti-inflammatory properties of Aloe Vera after giving your skin the self-healing kickstart it needs with the active liquid enzymes of Regulat Bio Skin Repair. Say goodbye to red and hello brown.

45 min  
SCR 790





# Hands & Feet

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## Manicures

**Deluxe Manicure with Heated Mitts & Mask**  
- 90 min      SCR 790

**Full Manicure**  
- 60 min      SCR 590

**Express Manicure**  
- 30 min      SCR 290

**Bio Sculpture Gel Extensions**  
- 120 min      SCR 1290

**Bio Sculpture Gel Refills**  
- 75 min      SCR 790

**Simple Polish Change**  
- 20 min      SCR 190

## Pedicures

**Deluxe Pedicure**  
- 90 min      SCR 790

**Full Pedicure**  
- 60 min      SCR 590

**Express Pedicure**  
- 30 min      SCR 290

**Simple Polish Change**  
- 20 min      SCR 190

## Hands & Feet Add-Ons

**Bio Sculpture Gel**  
- 30 min      SCR 250

**Evo Gel**  
- 10 min      SCR 150

**French Tip**  
- 20 min      SCR 90

**Nail Repair**  
- 15 min      SCR 100

**Bio Sculpture Extension Per Finger**  
- 15 min      SCR 150

**Nail Art Painting Per Finger**  
- 5 min      SCR 15

**Nail Art Rhinestones Per Stone**  
SCR 5

**Rhinestone Nail Art (Up to 10 gems)**  
- 10 min      SCR 30

**Bio Sculpture Gel Removal**  
- 35 min      SCR 200

**Evo Gel Removal**  
- 20 min      SCR 150

**Bio Sculpture Gel Removal Per Finger**  
- 10 min      SCR 25

**Gel Removal Per Finger**  
- 5 min      SCR 20

**Acrylics/Extensions/Hard Gel Removal**  
- 45 min      SCR 300

**Hand and Arm Massage**  
- 20 min      SCR 190

**Foot and Leg Massage**  
- 20 min      SCR 190

**Foot File**  
- 15 min      SCR 150



## Lash & Brows

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### **Eyelash & Eyebrow tint with Shape**

45min      SCR 425

### **Eyelash & Eyebrow Tint**

30 min      SCR 290

### **Eyebrow Shape & Tint**

30 min      SCR 290

### **Ilah Semi-Permanent High Definition eyebrows**

20 min      SCR 150

### **Eyelash Tint**

15min      SCR 150

### **Eyebrow Tint**

15 min      SCR 150

### **Eyebrow Shape**

15 min      SCR 150

### **Ilah Eyebrow Application**

20 min      SCR 150



# Men's Hair Removal

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<b>Full Leg</b> 60 min      SCR 500	<b>Lower Leg (Calf)</b> 20-30 min      SCR 200-300	<b>Upper Leg (thigh)</b> 30-50 min      SCR 300-500
<b>Full Back</b> 30-50 min      SCR 300 -500	<b>Lower Back</b> 15-25 min      SCR 150-250	<b>Upper Back</b> 15-25 min      SCR 150-250
<b>Full Stomach</b> 20-30 min      SCR 200-300	<b>Chest</b> 20-40 min      SCR 200-400	<b>Nipples</b> 15 min      SCR 150
<b>Navel Line</b> 15 min      SCR 150	<b>Full Arm</b> 30-40 min      SCR 300-400	<b>Half Arm</b> 20 min      SCR 200
<b>Underarm</b> 15 min      SCR 150	<b>Shoulders</b> 15 min      SCR 150	<b>Neck</b> 15 min      SCR 150
<b>Ears</b> 15 min      SCR 150	<b>Eyebrows</b> 15 min      SCR 150	



# Women's Hair Removal

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## Full Leg

60 min SCR 500

## Lower Leg (Calf)

20 min SCR 250

## Upper Leg (thigh)

30-50 min SCR 300-500

## Full Back

30-50 min SCR 300

## Lower Back

30 min SCR 300

## Upper Back

20-30 min SCR 200-300

## Full Stomach

20-30 min SCR 200-300

## Chest

20 min SCR 200

## Navel Line

15 min SCR 150

## Nipples

10-15 min SCR 100-150

## Full Arm

40 min SCR 400

## Half Arm

20 min SCR 200

## Underarm

15 min SCR 150

## Shoulders

15 min SCR 150

## Neck

15 min SCR 150

## Full Face

40 min SCR 400

## Sides of Face

20 min SCR 200

## Chin

15 min SCR 150

## Lips

15 min SCR 150

## Eyebrows

15 min SCR 150

## Threading

### Full Face Threading

60-70 min SCR 600-700

### Sides of Face Threading

30 min SCR 300

### Chin Threading

15 min SCR 150

### Eyebrow Threading

15 min SCR 150

### Lip Threading

15 min SCR 150

### Neck Threading

15 min SCR 150



## Women's Specialised Waxing

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### **Hollywood**

*This treatment removes all hair from the pubic area and buttocks.*

75 min      SCR 690

### **Brazilian**

*This treatment leaves hair on the front of the bikini either in a strip or a triangle.*

*All hair is removed from the labia and buttocks.*

60 min      SCR 590

### **G-String**

*This is a tight bikini wax which leaves a thin strip of hair on the front of the bikini onto the labia. All hair is removed from the buttocks.*

55 min      SCR 550

### **Californian**

*This is a high level bikini wax, suitable for high cut underwear and swimwear.*

45 min      SCR 450

### **Bikini**

*Removal of hair from the panty line.*

20 min      SCR 200



# Lagoon

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## Infrared Sauna

Unlike traditional saunas, The Infrared Sauna uses infrared heaters to emit infrared light experienced as soothing & therapeutic heat, which is absorbed by the skin and penetrates deep within the body creating multiple benefits such as eliminating toxins & heavy metals through perspiration, greatly improving circulation & increasing energy expenditure making it a great tool for weight loss if used multiple times.

It also helps relive stress, relaxes muscles & helps soothe joints, aches and pains, lowers blood pressure and cleanses the skin among many other benefits. A very relaxing and personal experience.

*For 2 or more people please ask our receptionist for details*

45 min

Scr 350



## Steam Room

Private Steam Room session with Rain Shower, Experience Shower & Bucket Shower.

*For 2 or more people please ask our receptionist for details*

60 min

Scr 590



## Full Lagoon Experience

Full private use of the whole lagoon area including Infrared Sauna, Hammam, Rain Shower, Experience Shower & Bucket Shower.

*For 2 or more people please ask our receptionist for details*

90 min

Scr 1,290





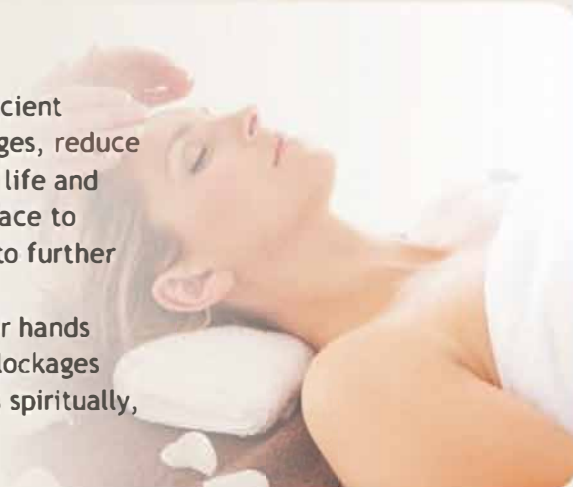
## Energy Treatments

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### Reiki

Reiki is a beautiful, natural, non-invasive, fully clothed and safe ancient healing method used to promote healing, release emotional blockages, reduce stress, induce deep states of relaxation and enhance the quality of life and wellbeing. This comforting energy work takes place in a tranquil space to assist you in re-balancing your mind, body and spirit using crystals to further aide in balancing the chakras.

Reiki practitioners transmit energy by light touch or by placing their hands gently on or over specific positions on the body, releasing energy blockages and tension, assisting the client to heal and re-balance themselves spiritually, mentally and emotionally.



Please make sure to book at 24 hours in advance.

60min  
SCR 990

## Combination Treatments

**Full Manicure & Pedicure**  
- 135 min    SCR 990

**Express Manicure & Pedicure**  
- 75 min    SCR 520

**10% Discount per person when you book 3 hair removal treatments together.**

**10% Discount per person when you book a combination package of a facial, body treatment & massage together.**



# Spa Etiquette

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## Before Your Spa Treatment

### General Preparations

Drink plenty of water to maintain hydration and receive the full benefit of your experience at Eden Holistic Spa. The water will flush out any toxins released by massage, body treatments, sauna, steamroom and essential oil treatments.

### Appointments

We want you to have the best possible service at Eden Holistic Spa, therefore we kindly ask you to arrive roughly 15 minutes prior to your treatment.

This gives time to fill in our consultation card, enjoy a refreshment drink and to relax and prepare, allowing you to derive the full benefit and time from your chosen treatment or package.

### Cell Phones

We want to create and ensure a relaxing environment and experience for all of our guests. In consideration of others, please refrain from talking on your cell phone inside the spa unless absolutely necessary. We kindly ask that mobile phones be kept on silent mode or on very low volume when in the Nail Bar. For body treatments, facials and massage, mobile phones can be stored in the personal locker provided.

### Spa Dress Code

Eden Holistic Spa does not uphold any dress code requirements for clients. Robes, slippers and towels and a personal locker are provided for your comfort and privacy throughout your spa experience. Although undergarments may be worn if preferred, you will be given disposable underwear and thoroughly draped during all services to protect your privacy.

### Personal Property

You may put all valuables in the lockers provided for the personal safety of your belongings. You can place your locker key in the robe pocket and bring it to the treatment room with you. Eden Holistic Spa will not be held responsible for any valuables brought into the spa.

### Customer Requests

You may request a specific gender Massage Therapist while booking an appointment. Although we cannot fully guarantee that we will have your request available at all times, we will try our best to accommodate your preference. All Spa employees are trained to respect the privacy of our guests and to create a comfortable, relaxing environment for all.

### Eden Island Residency

It is possible for residents of Eden Island to receive stimulating and relaxing treatments right in the comfort of their own home. Simply drop in or call us on 4346663 to book an appointment and our receptionist will run through all the details with you. Please note there is a 100% Surcharge.

### Eden Bleu Hotel In-House treatments

As guests staying in the Eden Bleu Hotel are eligible to take avail of our in-room treatment service. Please note there will be a surcharge for this service. Simply ask your concierge or our receptionist about any details and inquiries you might have. You may also call us on 4346663 or drop in to us, we're only around the corner.



# Spa Etiquette

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### Assistance With Making an Appointment

Our Spa Receptionist will happily coordinate with you to create a spa experience specifically for your needs. Please don't hesitate to ask for details and booking help.

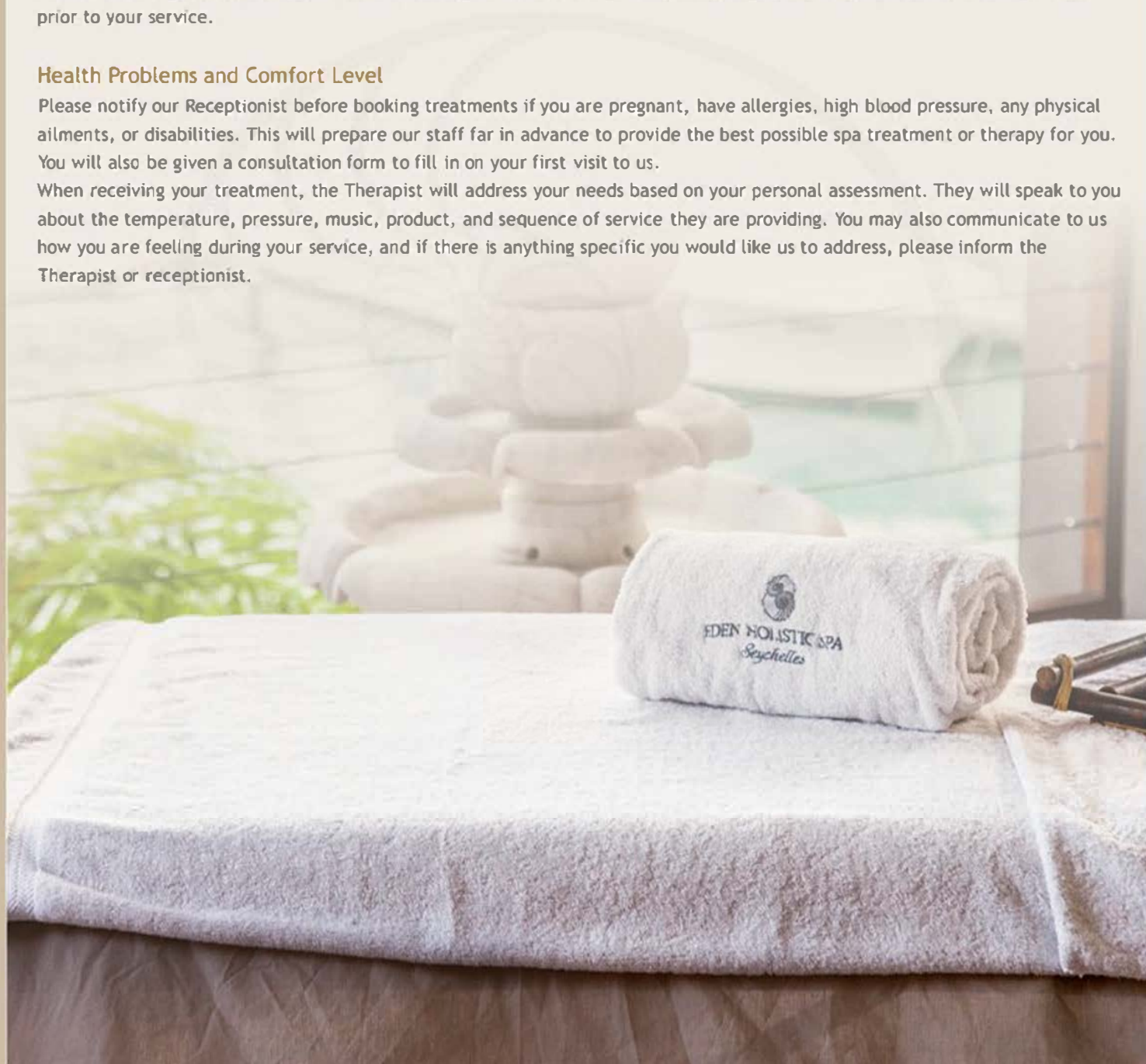
### Shaving

Shaving is not recommended before a Body Treatment or Men's Facial. If you choose to shave, please shave at least four hours prior to your service.

### Health Problems and Comfort Level

Please notify our Receptionist before booking treatments if you are pregnant, have allergies, high blood pressure, any physical ailments, or disabilities. This will prepare our staff far in advance to provide the best possible spa treatment or therapy for you. You will also be given a consultation form to fill in on your first visit to us.

When receiving your treatment, the Therapist will address your needs based on your personal assessment. They will speak to you about the temperature, pressure, music, product, and sequence of service they are providing. You may also communicate to us how you are feeling during your service, and if there is anything specific you would like us to address, please inform the Therapist or receptionist.





# Terms & Conditions

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## How to Book

You can book your treatments by calling us on 00248-4346663, dropping by in person or you may book online through our website at: [www.edenholisticspa.com](http://www.edenholisticspa.com) or through facebook at: [www.facebook.com/ednholisticspa](https://www.facebook.com/ednholisticspa)

We accept cash, credit & debit cards and Business Checks. We also accept Euros and Dollars.

We advise to book in advance as to avoid any disappointment due to no availability.

## Group Bookings

We are delighted to accept groups and depending on the number in the group it is possible to reserve the entire spa.

When booking for groups of 4 or more guests, a deposit of 50% will be required.

## Cancellation Policy

Please give us a minimum of 24 hour notice of cancellations where possible. Should you cancel on the day of your appointment you may be charged 25% of the cost of your treatment or package without a reasonable explanation for the cancellation.

A no-show will be fully charged.

## Special Offers

Special offers cannot be used together with other discounts or promotion unless specified and are subject to expiration dates.

## Therapist Availability

If the therapist of your choice is not available for a scheduled appointment due to illness or other unforeseen circumstances you will be informed as soon as possible. We will however, endeavour to offer you another high quality therapist or reschedule your appointment.

## Children

We adore children, but for the safety of your child and to be courteous to our spa guests in search of relaxation and a tranquil space, we request that you do not bring children under 12 years of age into Eden Holistic Spa unless they are receiving a treatment.

## Returns

Products are only eligible for return and exchange if left unopened and are in their original packaging within 14 days after purchase together with its receipt. Faulty or damaged products may be exchanged within 1 week of purchase together with its original receipt. Wear and tear or mishandling of the product does not qualify for exchange or return.

## Gift Voucher

Our Gift Vouchers remain valid for one year. You may purchase it as a treatment/s or as a sum value.

We really hope you enjoy your Eden Holistic Spa experience and we would be very interested to hear your feedback.

All suggestions & comments are welcome. Feel free to contact us at [sabinehamma@fastmail.fm](mailto:sabinehamma@fastmail.fm) or [reception@edenholisticspa.com](mailto:reception@edenholisticspa.com), on our facebook page or leave us your comments in our guest book at the reception.

Thank You for choosing Eden Holistic Spa.