

spa menu



ANGSANA
Spa
BALACLAVA
MAURITIUS

Please take a moment to read this

Etiquette

The Spa is a retreat for your body, mind and spirit. For the consideration of others, we request that visitors keep noise to a minimum. Children are not allowed at the Spa unless they are having a treatment, accompanied by an adult. We ask that you respect other guests' privacy by speaking softly.

Cellular phones and electronic devices are discouraged.

Attire

Please arrive at the Spa wearing comfortable, light clothing or a bathrobe. Disposable undergarments are available on request.

Reservations

Advance booking prior to your arrival is recommended to secure your preferred date and time of treatment. A credit card number is required at the time of booking for a confirmed appointment.

Check-in

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment time. A late arrival will result in a shortened treatment to accommodate other guests fairly.

Spa Treatment Hours

The Spa is open from 8am to 8pm daily. Last treatment finishes at 8pm.

Special Consideration

If you are pregnant, you may wish to avoid booking treatments that involve the use of essential oils. Massages or stimulating treatments are not recommended during the first three months of pregnancy.

If you have high blood pressure, heart conditions, allergies, or other medical complications, we advise that you consult your doctor before signing up for any Spa services. Please inform your therapist of any medical conditions.

Smoking and Alcohol

Smoking and the consumption of alcohol within the Spa are prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to, or after any Spa treatment.

Cancellation Policy

A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a "no-show".

Valuables

We recommend that no jewellery be worn at the Spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the Spa premises.

Gift Certificates

Treat a friend or loved one by giving them an experience they will never forget. Gift certificates are available for any Spa treatments, packages or retail products. Gift certificates are not refundable and must be presented at the time of treatment. Vouchers are valid for six months from date of issue.

Refund Policy

Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.

Payment

We accept cash and all major credit cards. All prices are billed in Mauritian Rupee and are inclusive of 5% service charge and 15% government tax. Prices are subject to change without prior notice.

Disclaimer

The spa treatments, services and/or facilities received or utilised at Angsana Spa Balaclava are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that Guests may have. Guests will fully indemnify and hold harmless Angsana Spa Balaclava, its holding company(ies), affiliates, subsidiaries, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities.

Our Philosophy

A statuesque tree found in the tropical rainforest of Asia, the Angsana is best noted for its crown of flowers that bursts into a fragrant shower of golden-yellow blooms unexpectedly. The glorious Angsana beholds the maxim to live life and savour time as it passes inexorably.

essence of angšana

Calm your mind and draw in the serenity of your surroundings. Allow our therapist to offer you a soothing foot wipe, herbal drink and a few minutes to leave the cares of the world behind. Angšana sessions include a Calm Time. Enjoy the difference.



ANGSANA SIGNATURE EXPERIENCE

For a wholly satisfying unparalleled experience

Make the time and indulge in one or more of the blissful Angšana signature experiences. In the privacy of your spa treatment suite, choose your preferred treatment or let your massage therapist use her intuition to tailor your treatment from a combination of body polish, facial or mineral-rich sea mud body conditioner. Walk away cleansed, relaxed and rejuvenated.

GLOW

90-minute treatment & 30-minute refreshments and relaxation

Wear Radiance Like a Second Skin

- 30-minute choice of body polish
- 60-minute body massage

Spa Tip: Personalise your spa package with your choice of massage and body polish combo to create a healthy glow.

TONING

120-minute treatment & 30-minute refreshments and relaxation

Nice and Firm

- 10-minute steam bath
- 30-minute Dead sea salt body polish
- 30-minute natural marine mud body wrap
- 50-minute toning massage

Spa Tip: Beautiful body comes easy with this nourishing toning package meant to restore the clarity of your skin and enhance your body contour. This unique body toning massage combining the mineral-rich Dead Sea mud, and the high carotenoid and nutrient content of Dunaliella algae, increases the firmness of the tissue and activates blood circulation.

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THE ULTIMATE IN PAMPERING

Rainmist treatment

The combination of the healing power of water and the therapeutic benefits of massage in one blissful rejuvenating experience. This innovative signature treatment is a perfect synergistic fusion of a Rainmist Turkish Bath and Vichy rainshower to prepare the body for a toning and firming full-body exfoliation.

A warm steam room with a gently heated raised massage platform in soft colored mosaic tiles awaits you for a journey of transformation. As you lay on the heated platform, work up a sweat. The steam and heat open your pores to prepare for the Exfoliation of your choice. The Exfoliation detoxifies your skin, removes excess oil and dead cells from the skin, leaving it moisturized and glowing. The cascading Rain Vichy Shower multiple overhead jets elevate your senses. Your body then passes on to a state of deep relaxation with the Toning Massage.

Enjoy this pampering experience as you are swept away in a journey of rejuvenation and relaxation.

RAINMIST TONE

120-minute treatment & 30-minute refreshments and relaxation

The Perfect Silhouette

- 50-minute toning massage
- 30-minute head & shoulders massage
- 10-minute Dead Sea mud application
- 10-minute Turkish steam bath
- 20-minute salt body polish & Vichy rain shower on heated bed

Spa Tip: A step nearer to that svelte figure you are dreaming of with this invigorating treatment designed to eliminate impurities and tone the body. Enriched with more than 26 different minerals, Dead Sea mud will penetrate into deeper skin layers and remove harmful toxins and pollutants. Your skin will be hydrated and moistened. It will also look brighter and will enjoy a higher flow of oxygen.

RAINMIST REJUVENATION

120-minute treatment & 30-minute refreshments and relaxation

Feel of Rejuvenation

- 50-minute choice of body massage
- 10-minute Turkish steam bath
- 30-minute salt body polish & Vichy rain shower on heated bed
- 30-minute hair wash and blow-dry OR mini facial

Spa Tip: Give your body a completely rejuvenating experience as the Rainmist Turkish Bath opens your pores to prepare for the Herbal Salt Toning Exfoliation. The Exfoliation removes excess oil and dead cells from the skin, leaving it softer to the touch. Your body then passes on to a state of deep relaxation with the Massage of your choice. For a more pampering experience, complete the treatment with a hair wash and blow-dry or mini facial.

COCO DELIGHT

150-minute treatment & 30-minute refreshments + Coconut Milk Bath Soak and relaxation

An All-Rounder Treat

- 30-minute pure coconut body polish
- 90-minute body massage
- 30-minute face massage

Spa Tip: Emerge with smooth and baby-soft skin from the nourishing coconut body polish before you wrap up this blissful session with a soothing body, face massage and a soak in coconut bath. Coconut body polish sloughs off dead skin cells and promotes cell rejuvenation, while anti-oxidant rich coconut oil hydrates your skin. The deep cleansing coconut bath will restore moisture to your skin and reduce the appearance of fine lines and wrinkles.

ANGSANA DIVINE

180-minute treatment & 30-minute refreshments + Ylang Ylang Bath Soak and relaxation

A Journey of Rejuvenation

- 90-minute Angsana massage
- 30-minute Ylang Ylang body polish
- 60-minute facial

Spa Tip: Experience our signature Angsana massage to relieve aching muscles, followed by a gentle exfoliating Ylang Ylang body polish and a revitalising facial. Complete your journey of rejuvenation and relaxation with a soothing Ylang Ylang bath soak and let the sensual, uplifting and relaxing properties of Ylang Ylang work their magic during times of tension and stress.

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angsana for her

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BODY BLISS

120-minute treatment & 30-minute refreshments and relaxation

Nourishing Touch

- 60-minute body massage
- 60-minute hand or foot treatment

Spa Tip: Be delighted by these pampering treats from head to toe.

PEACE

120-minute treatment & 30-minute refreshments + Orange Bath Soak and relaxation

Worry Free

- 60-minute body massage
- 60-minute facial

Spa Tip: Drift away on a cloud of contentment as your therapist works wonders. Then conclude with a rejuvenating and refreshing Orange Bath Soak, which will leave your skin toned and softened.

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EXPRESSIONS

120-minute treatment & 30-minute refreshments + Eucalyptus Bath Soak and relaxation

Wake Up Call

- 60-minute body massage
- 60-minute men's facial

Spa Tip: A choice of body massage and a facial, together with a Eucalyptus Bath Soak, to perk you up. The Eucalyptus bath's many healing benefits help to relieve stress and will leave you revitalised. You will be ready to face the world after this intensely relaxing experience.

VITALITY

90-minute treatment & 30-minute refreshments and relaxation

Customised Care

- 60-minute body massage
- 30-minute foot massage

Spa Tip: Personalise your spa package with your choice of body massage to target your needs, followed by a foot massage.

post-treatment refreshments & relaxation. Enjoy the difference.



angsana for him

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essence of ayurveda

Calm your mind and draw in the serenity of your surroundings. Allow our therapist to offer you a soothing foot wipe, herbal drink and a few minutes to leave the cares of the world behind. Angsana sessions include a Calm Time. Enjoy the difference.

A holistic system of healing originating from India 5,000 years ago, Ayurveda is an ancient science, which focuses on establishing and maintaining the balance of energies within the body, and promoting harmony between the individual and nature. Each person is viewed as a unique individual governed by one or more of the universal forces of nature. Good health is promoted by balancing these energies.

Ayurvedic treatments are customised according to your 'Doshā' body type and categorised as Vata, Pitta and Kapha.

Vata

The Vata-type individual is active, constantly on the move and can be easily tired, with dry skin texture. The Vata treatment packages are designed to calm the mental and physical state of the body and provide nourishment to the skin.

A delightful way to soothe an out-of-balance Vata. Give yourself a warm rejuvenating oil massage made of a synergistic blend of nine herbs and passion flower combined with nutrient-rich organic Sesame and Olive oil to help boost vitality and vigor.

PRUSHTA SHANTHI

90-minute treatment & 30-minute refreshments and relaxation

Back Relief

- 30-minute Kati Basti or Greeva Vasti
- 30-minute back massage
- 30-minute refreshing body polish

Spa Tip: A perfect relief for those with strained backs from sports injuries or long hours spent in front of the computer.

VAYU SHANTHI

180-minute treatment & 30-minute refreshments and relaxation

Rebound with Vigour

- 30-minute Indian head massage
- 60-minute Angsana massage
- 30-minute Podi Kizhi
- 30-minute Shirodhara
- 30-minute refreshing body polish

Spa Tip: Bid lethargy farewell as you feel refreshed and energised once again.

Pitta

The Pitta-type individual is often affected by hot weather and has sensitive skin. The Pitta treatment packages are created to calm the emotions and soothe the skin.

Perfect cooling blend infused with nine traditionally used organic herbs, nutrient-rich organic Sesame and Sunflower oils. Supports healthy circulation and helps remove toxins out of the system.

MANA SHANTHI

90-minute treatment & 30-minute refreshments and relaxation

Calm your Mind

- 30-minute Indian head massage
- 30-minute Shirodhara
- 30-minute balancing body polish

Spa Tip: Clear your mind with the traditional Shirodhara treatment, where the flow of warm oil on your forehead soothes and balances your body, mind and soul.

AGNI SHANTHI

180-minute treatment & 30-minute refreshments and relaxation

Quench the Fire

- 30-minute Indian head massage
- 60-minute waves massage
- 30-minute Chakra Vasti
- 30-minute Shirodhara
- 30-minute balancing body polish

Spa Tip: Reduce body heat and regain inner balance of your body with a combination of Ayurvedic therapies.

Kapha

The Kapha-type individual is down-to-earth, calm and has oily skin with a tendency to put on weight.

Experience the revitalizing and renewing benefits of Kapha Massages. These invigorating massages, using a blend of nine organic herbs, nutrient-rich Sesame and Sunflower oils, reduce and balance Kapha. They revitalize, stimulate the circulation and cleanse the system.

SUKSHMA SHANTHI

90-minute treatment & 30-minute refreshments and relaxation

Trim and Tone

- 60-minute Udvartanam
- 30-minute invigorating body polish

Spa Tip: Let the wonders of this toning herbal treatment combine with a steam wrap to effectively reduce cellulite from your body.

BHU SHANTHI

180-minute treatment & 30-minute refreshments and relaxation

Body Toner

- 30-minute Indian head massage
- 60-minute deep tissue massage
- 30-minute Podi Kizhi
- 30-minute Shirodhara
- 30-minute invigorating body polish

Spa Tip: A combination of traditional Ayurvedic treatments work to tone the body.



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body massages

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SIGNATURE EXPERIENCES

The Ultimate in Pampering

Make the time and indulge in any of the blissful Angsana signature experiences. Our signature treatments combine aromatherapy and phytotherapy with touch techniques adapted to provide guests with a sense of total body wellness.

FUSION

60-minute treatment & 30-minute refreshments and relaxation

90-minute treatment & 30-minute refreshments and relaxation

Cuisine for the Soul

Spa Tip: Embracing a unique blend of Thai and Swedish massage techniques, smooth rhythmic flowing movements of the Swedish technique combined with stretches and acupressure points of the Thai Massage provide unparalleled moments of relaxation. Coupled with the use of powerful invigorating oil infused with Lemongrass, Eucalyptus, Rosemary and Anise, this massage helps to loosen up tightness, increases muscular flexibility, lymphatic flow and soothes the nervous system. A real circulation booster, this fusion of two cultures has lasting effects for overall wellness. You will feel relaxed and yet, revived, refreshed and invigorated.

BAMBOO

90-minute treatment & 30-minute refreshments and relaxation

Natural Touch

Spa Tip: Let the soothing touch of warm bamboo and therapeutic long, firm strokes of this massage ease stiff muscles and stimulate blood circulation, to promote a sense of deep relaxation. Combined with warm nutrient-rich Sesame oil, your skin is moisturized and revitalized.

ANGSANA

90-minute treatment & 30-minute refreshments and relaxation

Our Gift to You

Spa Tip: A signature massage created exclusively for Angsana Spa, to stimulate your body's key pressure points and strengthen inner "qi" or energy. Feel the uplifting effects of these amazing massage techniques and sense the energy packed in the blend of organic herbal oil infused with Ylang Ylang, Litsea Cubeba, Lemon and Sweet Basil. Slow double-handed finger tips strokes and thumb pressures are applied to alleviate energy blockages, relieve tension and aid blood circulation.

CLASSIC

JAVANESE

60-minute treatment & 30-minute refreshments and relaxation

90-minute treatment & 30-minute refreshments and relaxation

Take a Nap

Spa Tip: Adapted from ancient Balinese techniques, this deep tissue massage relieves body tension and promotes better sleep patterns. Essential oil infused with a blend of Turmeric, Lavender, Eucalyptus, Ylang Ylang and Rose works on balancing the energy centers or chakras so your energy can flow free again.

WAVES

60-minute treatment & 30-minute refreshments and relaxation

90-minute treatment & 30-minute refreshments and relaxation

Smooth as a Hula Dance

Spa Tip: This strong massage is inspired by traditional Hawaiian techniques. Your therapist delivers long flowing strokes to restore balance and harmony. The exquisite blend of essential oils contributes to an overall feeling of wellbeing.

AYURVEDIC HOT STONES

90-minute treatment & 30-minute refreshments and relaxation

Tension Melts

Spa Tip: Feel the tension melt away from your body as this palm-based massage blends seamlessly with heated basalt stones and nutrient-rich Sesame oil working in tandem.

SIAM

90-minute treatment & 30-minute refreshments and relaxation

Classic Flavour

Spa Tip: Relieve tension and unwind to a delicate stretching of your body with this massage to improve mobility and flexibility, followed by Thai massage techniques of palming and thumbing, without the use of oil, on your meridian lines.

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SOOTHING

DREAMS

60-minute treatment & 30-minute refreshments and relaxation

90-minute treatment & 30-minute refreshments and relaxation

Perfect for Jet Lag

Spa Tip: Created specially for tired and worn-out bodies, this calming massage soothes tense muscles using warm nutrient-rich Sesame oil.

RHYTHMIC

60-minute treatment & 30-minute refreshments and relaxation

Must Try for Mothers-To-Be

Spa Tip: For mothers-to-be or those who prefer to lie on their side, this nurturing massage is a good choice. Our therapist will use gentle strokes and a rice flour pouch dipped in warm clarity oil composed of a blend of Olive oil, sweet Almond oil, Sunflower oil, Sesame oil, Jojoba oil, and Vitamin E making it great as an all-around skin care.

ON THE SPOT

BACK ENERGY

30-minute treatment & 30-minute refreshments and relaxation

Iron Out Tense Muscles

Spa Tip: Iron out aches and tensions in your back with this medium to strong pressure massage working in tandem with nutrient-rich Sesame oil.

FOOT LOOSE

30-minute treatment & 30-minute refreshments and relaxation

Sole to Soul

Spa Tip: Step out with happier feet after an energising foot massage. Nutrient-rich Sesame oil acts as a great moisturizer to keep your skin smooth and soft.

INDIAN HEAD MASSAGE

30-minute treatment & 30-minute refreshments and relaxation

Clear Headed

Spa Tip: After a hard day's work, clear your mind with this massage to relax and remove fatigue caused by mental stress.



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