

poz





# Take time to POZ

It's time to POZ!

Taking time is not wasting time! In Mauritius, we understand the importance of taking a moment. A moment to sit on a rock and see the light glinting off the lagoon, or to watch the world go by from a bench.

It's not laziness, it is energy. Knowing the importance of taking some time for yourself. So we invite you to slow down, stop and dedicate space for body and mind. That's what POZ (pause) is all about.

We like to spa sustainably. This doesn't complicate matters. In fact, it makes it simple. We know where each flower and herb has come from in the products we use because we asked our local botany experts, Indika, to grow them right here in Mauritius. The setting? These medicinal plants bloom in the Ferney Valley. Add island-sourced coconut, neem and coffee beans, and we've got all the ingredients we need for our scrubs, balms and oils.

In a world where we are always moving on to the next task, it's time to POZ!

Did you know? Our handmade POZ products are organic, 100% natural and wrapped in recyclable packaging!



# Treating you is in our nature!

For more details, see the following pages or contact one of our team directly on +230 204 3000 or by email at [spa.reception@theravenala-hotel.com](mailto:spa.reception@theravenala-hotel.com)

We are happy to chat it through and find the right treatment for you.

## our massage rituals Rs

<b>Gran mama - A Cocooning massage</b>	<b>[90mins]</b>	<b>4300</b>
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When you need comfort, this is the soothing 'Gran Mama' of all treatments! Some Mauritian women used to use a small, stainless-steel bowl called a catora to apply firm pressure to soothe the body's aches. We've worked this technique into our Gran Mama massage and added some old-school classic scents for good measure, so you can breathe in notes of moringa, geranium, neem and rosemary.

<b>Ti Balad Dan Ferney - A full body scrub and massage for tired skin</b>	<b>[90mins]</b>	<b>4300</b>
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Let's scrub away that tired top layer of skin and reveal the glow! We've hopped over to Ferney to find the finest coffee beans and have created a 100% natural scrub that will revitalise your skin during this full-body exfoliation. The scent might make you yearn for a cup of coffee, too! After a refreshing rinse, it's time for a full body massage. Delicious.



Larivyer Tanier - A deeply relaxing massage

[90mins]

4300

Want to wash away any stress, switch off your mind (and possibly have a little snooze)? Like swimming in a cool river (larivyer in Creole), this treatment aims to refresh and revive your body. Using coconut oil, we use deep, slow and rhythmical massage strokes to deeply relax your muscles and lull you into a state of calm (and sleepiness). You can switch off, pause and be happy you’ve ticked ‘time for me’ off the holiday to-do list.

classic massage

Rs

Bois Des Amourettes- Relaxing warm oil massage

[50/75mins]

3000/  
3800

This classic massage is, well, a classic! It has all the ingredients and elements you need to relax. Large, slow movements using warm massage oil created from coconuts, ylang ylang and Wintergreen essential oils. What’s not to love?

La Forêt Macondé - Pain and tension relief

[50/75mins]

3000/  
3800

Feeling stressed out or in pain? If you can feel those knots building up in your shoulders or have any aches and strains, we recommend our deep tissue massage. Using pressure and skilled techniques, we’ll ease the tension in your shoulders and do our best to relieve any pain, so you can get on with having fun on holiday! Our blend of peppermint, rosemary and cinnamon oil will get those energies flowing.



**Poudre d’Or – A massage to banish fluid retention**

**[50/75mins]**

**3000/3800**

Have your legs swollen after a long flight or day in the sun? Toxins and fluid retention – be gone! We’ll use our blend of lemon and curcuma oils to improve your circulation and reduce puffiness during this soothing and draining full body massage.

body care

Rs

**Exfoliating scrub**

**[30mins]**

**2000**

Looking good is all about the prep! We recommend an exfoliating scrub before any of our body treatments to get that skin glowing. We can create a scrub just for you, telling you about the local ingredients and their properties. Soft, smooth and cleansed. You’ll look as good as new.

**Hammam**

**[15mins]**

**600**

Heat + steam = a relaxing (and healing) session in our Hammam! The heat and steam detoxifies the body, triggers your body to produce new cells and heals damaged ones, too. It’s a full-body detox and is a great add-on before a massage. Calm your mind, relax your muscles and let go...



## Hot Tub

Make your spa session last longer by adding a soak in our hot tub. Recommended before a massage, the warm, relaxing waters will ease your muscles and mind. The warm water is said to aid better sleep, reduce stress levels and so much more, so go for it!

- single
  - duo
  - max.4
- 600

900

2000

## special care

**Bel Air – complete let go**

**[75mins]**

**3800**

Do your hands, feet and head need some attention? Using a blend of techniques, including reflexology, we will aid the body in its own healing process. So lay back and we’ll start with finding those pressure points on your feet, moving on to your hands and ending with facial pressure points and a vigorous head massage. We’ll use locally-grown peppermint oil, so breathe in the fresh scent and chill.

**Jet Lag – Ease jet lag and fluid retention**

**[30mins]**

**2400**

Need a pick me up after a long flight? This is a quick massage to ease fluid retention in your legs and feet. We’ll also work on your back, neck and shoulders, soothing away the jet lag. Pair with our Poudre d’Or massage the day after and you’ll be holiday-ready! Legs & feet (or) Back, neck and shoulders



## Head, Neck & Shoulders Massage (\*)

[30mins]

2400

This massage is all about your head, neck and shoulders. Perfect to relieve tension!

(\*) Can be done as is or added to any treatment

## Mother-To-Be Massage (From week 14 onwards)

[60mins]

3300

Hello, mama! From week 14 of your pregnancy onwards, we are here to pamper you. So put your feet up and relax. This massage is specially created to improve your circulation and mobility, as pregnancy can often take a toll on your body. We'll help relieve any discomfort and muscle strain.

## Rivière des Créoles - Sunburn

[45mins]

2700

Feeling frazzled? If you've had too much time in the sunshine, this treatment is for you. We'll help soothe and nourish your skin if it's been overexposed to the elements.

## Henna Tattoo

From 15 mins  
onwards upon  
demand

700

If you are celebrating a special occasion (or simply a special holiday), ask us about a henna tattoo!



# facial care

## Anti-Ageing facial

[75mins] 4900

Channel those youthful, radiant vibes! Using cutting-edge science, this innovative anti-ageing facial says goodbye to fine lines, a dull complexion and wrinkles. Using potent antioxidants, peptides and botanical extracts to stimulate collagen production, we can help you to reveal your holiday glow!

## Hydrating facial

[60mins] 3400

Is your face feeling dry, dehydrated and dull? This facial is a boost of hydration! We will replenish your skin with a luxurious collagen infusion. The aim: to improve the appearance and texture of your skin, so you look your best in those holiday photos.

## Purifying facial

[60mins] 3400

This facial is just the tonic for oily and acne-prone skin. We'll start with a deep cleanse to reduce excess oil production and then exfoliate to unclog pores and remove all those naughty impurities. The idea is to restore your skin's natural radiance and revitalise your complexion. Pampering and purification are guaranteed!

## Revitalising facial

[60mins] 3400

This luxurious facial is a great all-rounder for every skin type. Packed full of nourishing ingredients, this treatment will release your skin's glow and revitalise your complexion. Treat your face to some rejuvenating TLC!



## Express facial

[30mins] 2700

Get a quick burst of facial nourishment! This express treatment will leave your face looking its best. You can choose it as a standalone treatment or add it to any of our body treatments to extend your spa session.

## hands & feet care

### Classic Manicure & Polish

[50mins] 2200

This is the hero of hand treatments! Our Classic Manicure exfoliates, hydrates and cares for your hands, finishing with a lick of classic nail varnish.

### Express Manicure (\*)

[30mins] 1800

If your hands need, well, a helping hand, then our simple manicure is for you. The treatment exfoliates, hydrates and cares for your hands and nails to make them look their best.

### Classic Pedicure & Polish

[60mins] 2500

Flip flops, ahoy! Don't hide away your feet this holiday. Make them look their best with our Classic Pedicure, a treatment to exfoliate, hydrate and care for your feet. We'll follow the pampering with a swipe of classic nail varnish for a pop of colour

### Express Pedicure (\*)

[45mins] 2000

Do your toes need attention? This simple pedicure exfoliates, hydrates and cares for your feet and nails. Make your feet look their best and show them off on your sunbed and around the pool.



## Classic varnish Application

We'll prep your nails, giving them a file, cut and light clean. It's then time for the nail varnish application. Will you go for a pop of colour or a classy French manicure?

- |                   |          |     |
|-------------------|----------|-----|
| • Colour          | [20mins] | 700 |
| • French manicure | [25mins] | 900 |

## Semi-Permanent varnish Application (\*)

Want gel nail varnish that lasts longer? We'll start with filing, cutting and a light clean to prep your nails. Then it's time to choose a colour! How about a blue like the lagoon or an orange to reflect the juicy local mangoes? We'll then use a UV/LED lamp to set the gel varnish (no acrylic or resin is involved).

- |                   |          |      |
|-------------------|----------|------|
| • Colour          | [45mins] | 1800 |
| • French manicure | [50mins] | 2000 |

Removal of Semi-Permanent Nail Varnish + Nail Care	[45mins]	1300
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Let's ditch that old nail varnish! We'll also file your nails and take care of hydrating those cuticles.

(\*) Can be done as a standalone treatment or added to any treatment.



wax care  
(approximate duration)

Full legs	[45mins]	2000
Half legs	[30mins]	1300
Full arms	[30mins]	1600
Half arms	[20mins]	1200
Underarms	[15mins]	900
Bikini line (classic)	[30mins]	1300
Hollywood (integral)	[45mins]	2400
Brazilian (semi-integral)	[45mins]	2300
(*) Eyebrows or Chin or Upper Lip	[15mins]	500
Back or Chest or Stomach or Face	[30mins]	2000

(\*) A threading alternative is available

hair care

Shampoo & Hair Cut - Short*	[30mins]	1000
Shampoo & Hair Cut - Medium*	[45mins]	1300
Shampoo & Hair Cut - Long*	[45mins]	1500
Shampoo only	[15mins]	600
Shampoo & Blow Dry - Short*	[30mins]	1600
Shampoo & Blow Dry - Medium*	[45mins]	2200
Shampoo & Blow Dry - Long*	[60mins]	2600

\*Short (ear level) / Medium (shoulder level) / Long (under shoulder level)

Hair Style	[45mins]	2800
Bridal Hair Style (Including a trial)	[75mins]	5800
Hair Braids	[30mins]	1000



# make-up care

Evening Make-Up	[45mins]	2800
Day Make-Up	[45mins]	2400
Bridal Make-Up (including trial)	[60mins]	4800

# kids' care

Get the kids involved in a spa session! If they are aged 3-12 years old, they can join you for a pamper session. Choose from one of these mini treatments:

<b>Mini massage</b>		
• On-My-Own	[30mins]	2000
Treat yourself to a relaxing mini massage.		
• Time for us	[30mins]	3800
Share a spa experience with your kid(s)! You can book our double spa room and enjoy a relaxing massage side-by-side.		
<b>Mini Facial</b>	[30mins]	2000
A mini facial for a mini spa-goer! This facial has been designed for little ones using lotions that care for sensitive skin. It's a pampering experience, leaving them fresh-faced and relaxed.		
<b>Mini Manicure</b>	[30mins]	1100
<b>Mini Pedicure</b>	[30mins]	1300
<b>Mini Hair Cut</b>	[30mins]	600



# our packages

The more time you POZ, the more you can save! Create your own spa day with multiple treatments or make your holiday extra happy by locking in that dedicated me-time. These discounts are available on treatments of 50 minutes and above:

4 Treatments  
Or more  
**10**%  
off

6 Treatments  
Or more  
**12**%  
off

8 Treatments  
Or more  
**15**%  
off

10 Treatments  
Or more  
**25**%  
off







5% for the  **attitude**  
FOUNDATION

Developed especially for POZ, our entire product range is 100% natural and made from exotic ingredients and plants carefully grown right here on the island.

Beautiful on the inside, POZ products do good on the outside, too! If you buy one of our care products to take home, you contribute to sustainable actions on the island. We donate 5% of each purchase to the Attitude Foundation and, since 2014, its aim has been to promote local culture, support the Mauritian community and help preserve the island's coastal and marine environment.

Who said that you can only think about yourself when enjoying a spa?  
Certainly not us!



# Spa facilities/Services

The spa is open seven days a week from 9:00 to 20:00 subject to reservations. Children, as from the age of 3 years, are allowed in the spa for treatments but must be accompanied by a parent. Spa facilities are accessible to guests 16 years or older. No nudity in communal areas. It is recommended that you leave valuables in your guest room safe.

## Reservations

We highly recommend booking your treatments in advance to ensure that your preferred time and service are available. Please contact the spa reception to schedule your appointments.

You are advised to arrive 30 minutes before your scheduled booking time. This will allow you time to fill in our Guest Consultation Form, which helps us give you the best treatment possible to meet your goals. Arriving early also allows you to use the spa facilities and prepare your body for treatment.



## Late arrivals

Arriving late will reduce the amount of time you will get to enjoy your treatment and possibly lessen its effectiveness. Your treatment will end at the scheduled time to accommodate the next guest who has scheduled an appointment.

## Cancellation policy

Any cancellation should be communicated to us at least 4 hours before your scheduled booking OR before 18:00 hours on the evening before your scheduled booking. If we are not informed of your cancellation, 50% of the price of the treatment will be charged to you.



## Reservations

For all bookings or further information

**T. +230 204 3000**

**E: [spa.reception@theravenala-hotel.com](mailto:spa.reception@theravenala-hotel.com)**

**[www.hotels-attitude.com/en/the-ravenala-attitude](http://www.hotels-attitude.com/en/the-ravenala-attitude)**





# POZ



attitude