



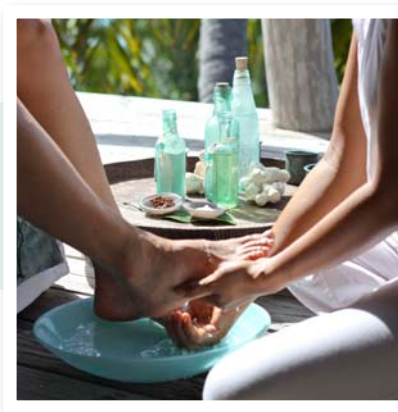
WELCOME TO THE NORTH ISLAND SPA

The North Island Spa offers you an unspoiled place of extreme beauty and timelessness where our pure products and treatments will nurture, relax and rejuvenate your mind, body and soul.

Our therapists specialise in different areas and may be able to offer you additional treatments which are not on the spa menu. If you have any preferences or wish to have a treatment personalised, please chat to your therapist who will be happy to create a unique spa experience for you.

To book your Spa Treatments please call Guest Relations by dialling 3.

All treatments are charged at 1'450 Seychelles Rupees per half an hour.



THE BAREFOOT RITUAL

At your leisure, our spa therapists invite you to visit the spa for a complimentary Barefoot Ritual.

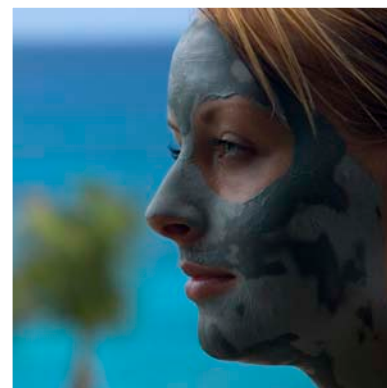
The Barefoot Ritual is a symbolic introduction to the island way of barefoot luxury. This traditional welcome derives its significance from washing off the dust of past travels and refreshing your feet for the journey that begins at North Island.

It is also an opportunity for you to see the spa and enjoy an individual consultation with your therapist, who will then take time to explain the various treatments to you and personalise your spa experience to suit your needs.

FACIAL SKIN CARE

DR.HAUSCHKA prides itself in being an authentically Natural skin care range free of artificial preservatives, fragrances and colours. DR.HAUSCHKA Skin Care regards the human skin as a Holistic organ that protects the body. The skin is exposed to external and internal influences that can weaken it resulting in an imbalance.

This imbalance can be: dryness, lack of moisture, over production of oil, as well as premature ageing. Preparations are designed to help the skin regenerate itself, these help to restore balance and harmony in the skin which brings us to the true meaning of the word cosmetic, derived from the Greek word 'kosmein', which means: to restore order and balance.



FACIAL SKIN CARE

Classic Treatment - 120 minutes

What a surprise – a facial treatment that begins with a foot bath. Thoroughly warm feet fill the body with a pervasive feeling of relaxation, which is the first step towards a radiantly beautiful face. Gentle loosening of the neck and back muscles, and the perfume of the exquisite DR.HAUSCHKA Skin Care products, transport the client towards an inner peace from which she can wholly enjoy the cleansing and regenerating facial treatment. The cosmetologist Elisabeth Sigmund first developed this special treatment for the professional aesthetician. The impetus was given by her contact with Dr. Vodder, the originator of lymphatic drainage.

This encounter produced lymphatic stimulation, the heart of the DR.HAUSCHKA Treatment. Lymphatic stimulation gives a harmonizing and decongesting impulse. Two soft brushes stimulate fluid flow in the connective tissue and the lymphatic system in such a way that the body is stimulated to natural waste removal.

Firming Facial - 120 minutes

The luxurious DR.HAUSCHKA Facial Firming Treatment revitalises your skin, leaving it feeling smoother, firmer and rejuvenated.

Revitalizing Treatment - 90 minutes

An uplifting treatment to brighten and tighten tired looking skin.

Cleansing Treatment - 60 minutes

A thorough deep cleansing treatment.

Specialised gentleman's facial - 60 minutes

An express facial targeting the removal of impurities; treating dehydration and irritation.



MASSAGES

Tension Release Back, Shoulder and Neck Massage - 30 or 60 minutes

This concentrated massage includes a unique blend of deep tissue massage therapy techniques designed specifically for stress reduction and relaxation.

Grand Palos Fitness Massage - 90 minutes

Concentrating on localised areas of concern or general release of stress and accumulated tension in the muscles, palm pressure, firm warming strokes and hand, thumb and elbow techniques are used to exert progressively deeper pressure. Together with trigger points and acupressure, this massage effectively loosens connective tissue and addresses tight or injured areas.

Freestyle Massage - 90 minutes

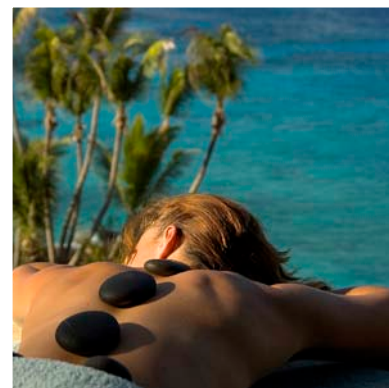
This one-of-a-kind massage will ease muscles to bring relaxation and restore energy in an unrivalled experience. With rhythmic firm and soft strokes, your therapist will combine techniques from various styles of massages to personalise your treatment and meet your unique needs at that precise moment in time.

Island Massage - 60 minutes

Combining the dancing flow from Hawaii, the healing touch of the Great Barrier Reef, the gentle strength of Bali and the magic of the Seychelles, these techniques from the islands of the world guarantee that this massage is truly a memorable experience.

Thai Oriental Massage - 90 minutes

Thai Oriental Massage combines the traditional techniques of stretching the body and stimulating pressure points, with a full body oil massage which results in an experience that is both totally relaxing and invigorating at the same time.



HOLISTIC THERAPIES

Traditional Thai Massage - 90 minutes

Traditional Thai Massage is also known as Yoga Massage as the body weight of the therapist is used to apply pressure and supported stretches, similar to Yoga positions, to the client's body. This massage is performed fully clothed, generally on a soft mat on the floor and in addition to firm pressure and stretches, consists of a series of rhythmic rocking movements designed to open the flow of energy, stimulate circulation and release toxins from the body. Thai Massage is a strong and energetic treatment, which may be challenging but with excellent results.

Traditional Balinese Massage - 90 minutes

An experience with a blend of gentle stretches acupressure and aromatherapy oils to stimulate the blood circulation, oxygen and energy in your body and bring deep relaxation and wellness.

Reflexology - 60 minutes

Reflexology is a therapeutic treatment using pressure points on the feet and/or hands to stimulate energy zones throughout the body. Thumb and finger pressure releases tension, allowing energy and healing to flow to the affected reflex zone - balancing the body as a whole.

Indian Head, Shoulder and Scalp Massage - 60 minutes

This relaxing and revitalizing head massage leaves the mind clear and the body relaxed. Enjoy a massage focusing on the shoulders, neck, hair and specific points on the face to feel totally refreshed and energised.

Hot Stone Massage - 60 minutes

Basalt stones are heated and placed on the energy centers of the body to melt away blocked areas and balance the system. During the treatment hot stones infused with essential oils are further used to massage the whole body in long flowing strokes.



BODY TREATMENTS

All products used in the treatments are developed with the natural resources found on the Island and put together by the therapists. (Please note: This excludes the DR.HAUSCHKA Body Treatments)

Detoxifying Body Treatment - 120 minutes

This invigorating treatment begins with a Honey, milk, clove and sesame full body exfoliation which prepares the skin for the detoxifying body wrap. Once your skin is gently exfoliated your therapist will apply the natural herbal body wrap which encourages waste products to be eliminated, reduces water retention and improves circulation. Your body treatment will end with an aromatherapy massage using aromatherapy oils blended by your therapist.

The Touch of North Island - 120 minutes

This treatment includes a body scrub made up of rice and turmeric followed by a replenishing body wrap. Tamarind, honey and yogurt rebalance your skin and restore your vital energies. The treatment ends with a relaxing Island style massage.

Sunrise: Pre Sun - 90 minutes

Awaken your skin and senses with this gentle exfoliating and softening treatment. With attention on preparing your body for the sun, this treatment begins with a full body brush to improve the blood circulation to the skin, followed by a natural coconut or invigorating salt scrub to remove dry layers and increase absorption qualities of the skin. After a cool shower the therapist will pamper your body from face to feet with a gentle massage and application of moisturizing cream and/or protective sun lotion.

Sunset: After Sun - 90 minutes

Enjoy cool relief from sun exposure with this soothing and intensive moisturizing treatment. Beginning with iced Chamomile Tea compresses to calm the sting of the burn, fresh crushed cucumber mask to soak into the sun-kissed skin of the body and face and finishing with cool Aloe Vera Gel gently massaged into the whole body, this treatment is guaranteed to dissolve the damaging effects of the sun.



DR.HAUSCHKA BODY TREATMENTS

DR.HAUSCHKA Holistic Body Treatment - 90 minutes

The treatment strengthens the up-building life forces, stimulates the flow of lymphatic fluid and promotes regeneration and health. It leads to deep relaxation and leaves the client with a feeling of lightness and inner balance.

DR.HAUSCHKA Back Cleansing Treatment - 60 minutes

Treat you and your skin with a wonderfully relaxing treatment. The DR.HAUSCHKA Back Cleansing Treatment begins with a foot bath. The stresses of the day melt away in warmth and pampering. You then move to the comfortable SPA bed where beautifully warm and fragrant compresses help to relieve tension in your shoulders and lower back. Deep cleansing the skin on your back and the application of special preparations to rebalance and moisturize are also part of the treatment. The DR.HAUSCHKA Back Cleansing Treatment leaves you feeling refreshed and revived.

GROOMING

Luxury Hand Treatment - 60 minutes

A full manicure performed with extra care, finesse and attention to pleasure and perfection.

Luxury Foot Treatment - 60 minutes

A pedicure completed in the comfort of your spa bed with uninterrupted sea views.

Lady's Farewell - 90 minutes

This finishing-touches treatment is to prepare you for the world again, includes a Mini Facial, Mini Manicure and Mini Pedicure.

Men's Grooming Farewell - 90 minutes

Leave the beautiful island feeling refreshed and relaxed, includes a relaxing back and neck massage, mini facial and mini manicure or pedicure

Finishing Touches

Waxing

Eyelash and eyebrow tinting

• north island
SEYCHELLES



FOR MORE INFORMATION, VISIT WWW.NORTH-ISLAND.COM