



SAVOY RESORT & SPA
BEAU VALLON - MAHE, SEYCHELLES

A 3D architectural rendering of a spa reception area at night. The central focus is a long, curved wooden reception desk with a laptop on it. The desk is flanked by two stone pillars, each with a warm-toned lantern. Above the desk, a row of lit candles provides ambient lighting. The background wall is made of stacked stone and features the 'SAVOY SPA' logo in large, illuminated letters. In the foreground, there are two small pools of water with lily pads and white flowers, and several potted plants. The overall atmosphere is serene and luxurious.

SAVOY SPA

Savoy Spa is a unique place to discover and transform your mind, body and spirit. Immerse in our world of care, allow yourself to discover a new level of awareness, building up an ultimate experience of well-being and serenity. We encourage you to try something different, to experiment a little. Savoy Spa offers an exclusive experience to a private chill-out reflection time. Our treatments invite you to a sensory journey, a complete holistic experience.

In Savoy Spa, East meets West traditions, refinement meets cosmetics expertise, efficient skin cares meet sensuality to awake your senses and give you results. Savoy Spa offers an extensive array of massages and treatments to indulge the senses, to promote overall wellbeing. We use an exclusive product range Sothys to enhance natural beauty, nurture the body and revive the soul.

Our highly qualified team of therapists is at your entire disposal to help you to evacuate your stress, relax or keep fit, all with utter discretion and attention to your needs and preferences. Our Yoga and Fitness Instructors offer sessions for beginners up to the most advanced. Our programs are designed carefully to offer private or couple sessions that will suit your needs and your expectations best.

In our Spa, you are invited to enjoy right now a sensual trip. Sail adrift and let time pass by... Experiencing Savoy Spa means indulging into sheer pleasure, rejuvenating and reviving the energy inside you! Space out of time, the Savoy Spa invites you to a voluptuous pause.

HOW TO SPA?

Facilities

The Savoy Spa features nine spa treatment rooms, to balance, reduce stress and renew the body, mind and soul. These nine rooms includes three couple treatment rooms, for more intimate and private haven, and six single spa rooms to accomplish any treatment required by our guests. At The spa you will find private changing areas, with Russian Banya, Steam room, Experience shower and Bucket Shower, with outdoor pool and living area to unwind and relax pre-and post-treatment.

The Savoy Spa further embraces the full concept of wellness with an individual Yoga Pavilions and Fitness center. Lastly, the impressive spa boutique filled with beauty products for home, body and facial care from our Spa partner Sothys.

Security

Spa and Fitness facilities are available to all guests from the age of 16 years and above. Glass bottles are not allowed inside the Spa and around the outdoor swimming pool. It is forbidden to dive in the swimming pool or run close to the pool.

Check-in

As a courtesy to our guests and to ensure you enjoy the full benefit of your treatment, please be prompt to your appointment. We respectfully recommend that you arrive 30 minutes prior to your appointment to allow yourself to relax and enjoy our facilities.

Reservations / Bookings

We highly recommend that you book your Spa treatments in advance to avoid disappointment. However, we will try to do our best to accommodate walk-ins. Our receptionists and therapists will be able to advise you about the best treatments to satisfy your requirements. Each treatment

will begin and finish at the established times. In case of late arrival, the duration of your treatment will be reduced so the next guest is not delayed, although the full charge is still applicable.

Health

We kindly request that all guests complete a Wellbeing Consultation card with a health questionnaire prior to receiving any treatments. Please inform the reception and your therapist if you have any known medical conditions that may affect your treatment. As a healing environment, our priority is your well-being and your safety.

Cancellations

We understand that sometimes you may need to change your plans. We kindly ask that you give us a minimum of 24 hours notice to reschedule your appointment (subject to availability). Appointments cancelled within 24 hours will incur a 50 % cancellation fee. No show will incur a 100 % cancellation fee.

Treatments in Your Room *

Bring the spa experience to the comfort and the privacy of your room (only certain treatments can be performed in your room (Subject to an additional 40 % charge). Any behavior towards our therapists which may be considered disrespectful or inappropriate will not be tolerated.

What should I wear?

In your spa locker, you will be provided everything for your treatment: a disposable underwear, a robe, slippers, towels and all necessary amenities. A bathing suit is required for the Pool and Wet facilities (Russian Banya, Steam room, etc). Sportswear and sports shoes are required in the Fitness Center.

Valuables

We recommend that you keep your valuables in the safe in your room. The Spa will not assume any liability for loss or damage of any kind.

Dear Children – Age restrictions

To maintain the integrity of the spa environment, children under the age of 18 are not allowed in spa areas. To receive treatment, children between the ages of 6 and 18 must have a legal guardian present in the room. We regrettably cannot accommodate babies and young children in the treatment rooms or relaxation lounge.

Dear Gentlemen

For men, we recommend shaving prior to having a facial to ensure maximum comfort and benefits to the skin.

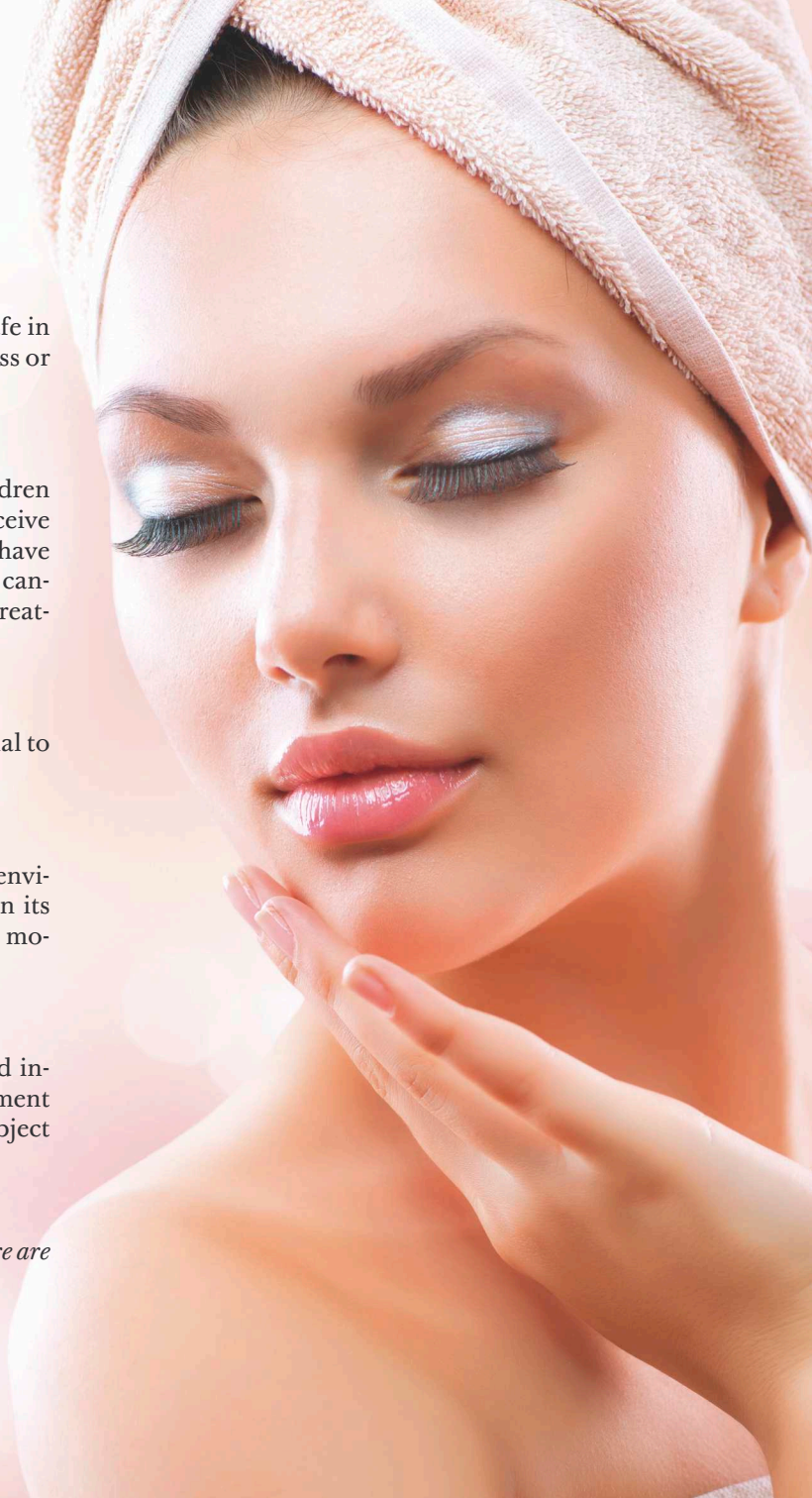
Green Environment

Savoy Spa is a fresh and pure environment - free from environmental noise pollution. Please help us to maintain its serenity by refraining from smoking and turning off mobile phones and electronic devices before entering.

Payment

All prices are stated in Seychellois Rupees (SCR) and include 10% service charge and 15% applicable government taxes. Please note that all treatments will be offered subject to availability and may be subject to changes.

We decline any responsibility if instructions mentioned before are not applied.



SIGNATURE TREATMENTS

Savoy Journey

120 minutes

This wonderfully relaxing ritual begins with a softening aromatic body exfoliation to eliminate impurities and nourish to perfection, the body is then massaged with pampering warm body oil, to suit all your concerns with a combination of techniques and strength according to your needs. This ritual will conclude with a refreshing facial to give radiance and glow back to your skin.

Savoy Signature Massage

90 minutes

Indulge in our Signature Massage, designed by all Spa Team members to contain the spirit of Savoy - to stimulate circulation fluids, to release muscles tensions and to aid in a deep relaxation. Starting with a foot ritual, this soothing massage is a combination of healing practice and innovative techniques of Western Europe, and the treatment ends with soothing mini facial. You will be brought to a state of deep peace and internal harmony.

Energizing Intensive Treatment

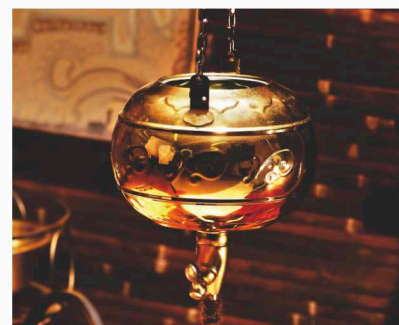
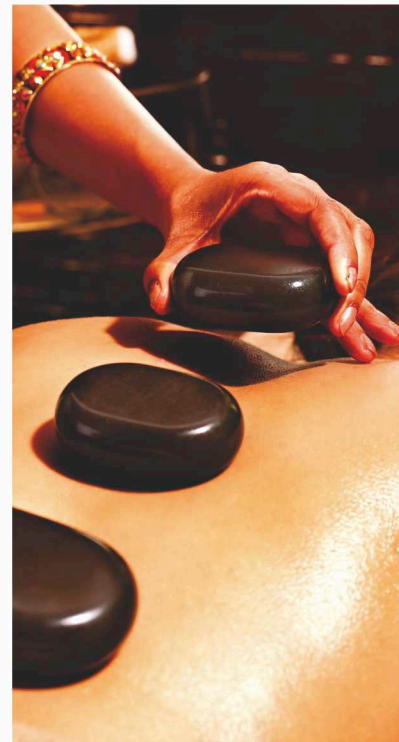
90 minutes

This intensive treatment protects and helps the energetic station to defend itself, stimulates the energy production, recharge the cells in energy, regenerate the cells and illuminates the skin. Thanks to a rare plant coming from Siberia, this facial illuminates the skin with a wave of light and allows it to reveal its youthfulness like never before.

Shiro-Abhyanga Massage

90 minutes

Treatment will start with a traditional ayurvedic massage with fluid dance like movements over the body to cleanse and open blocked channels and energy. Followed by a deeply relaxing Shirodhara where warm oil flows onto the third eye chakra diffusing and melting stress and tension from the mind.





Sothys, a world of extremely refined emotions and sensuality, a legendary name. The Digi-Esthétique®, exclusive massage method, helps transform your treatment into an unforgettable sensorial experience. Sothys combines sensoriality and pleasure, through finely developed fragrances and textures, with effectiveness. Sothys offers rituals with delicate aromas for a total relaxation and a sensual experience: an interlude of pleasure.

 **SOTHYS**
PARIS

FACE TREATMENTS

C] Collagen Intensive Treatment

75 minutes

Discover [C] Collagene Hyaluronique, the first customized anti-ageing intensive treatment, adapted to the real age of the skin, according to the expert diagnosis of your beauty therapist who determines the ageing grade. A professional treatment, allying technology with an exclusive modelling technique for a proven and long lasting efficiency. Exclusive method of modeling by Sothys Digi-Esthétique® combines finger pressure and drainage maneuvers to multiply the effectiveness of treatment. It eliminates stress by an intense calming effect and enhances the action of care: the complexion is bright, the skin is plumped and toned.

*** Add on: Eye Zone special (15 min)

Hydradvance Intensive Treatment

75 minutes

An incomparable moisturizing power with an immediate and long-lasting effect. At the heart of the treatment: an exclusive, patented active ingredient, 1055 boletus extract. Enhanced by the exclusive Digi-Esthétique® modelling techniques, this Intensive treatment is an exceptional source of hydration for the skin. After 1 treatment, your skin will feel quenched, revitalized.

*** Add on: Eye Zone special (15 min)

High Protective Eye Professional Treatment

60 minutes

To prevent appearance and accentuation of wrinkles, fine lines, dark circle and puffiness, for your eyes protection and regeneration, with the key active ingredient Mountain flower and high protective eye complex. We will focus on your eye contour, to bring back the essential beauty of your eyes.

Instant reduce, effective treat, lasting protection. Proven efficiency!

De-stressing and Detoxifying Men's Treatment

60 minutes

An essential facial treatment to boost and detoxify men's skin. A treatment combining relaxation and efficiency, to reduce nervous tension, stimulate the spirit, and detoxify the skin. With the application of multi-benefit agents to moisturize, tone and reduce lines. High precision cleanser, customized mask, relaxing modelling movements and a specific age-defying face serum, for a more resilient and impeccable skin. 100 % zen effectiveness.

Fundamental Treatment

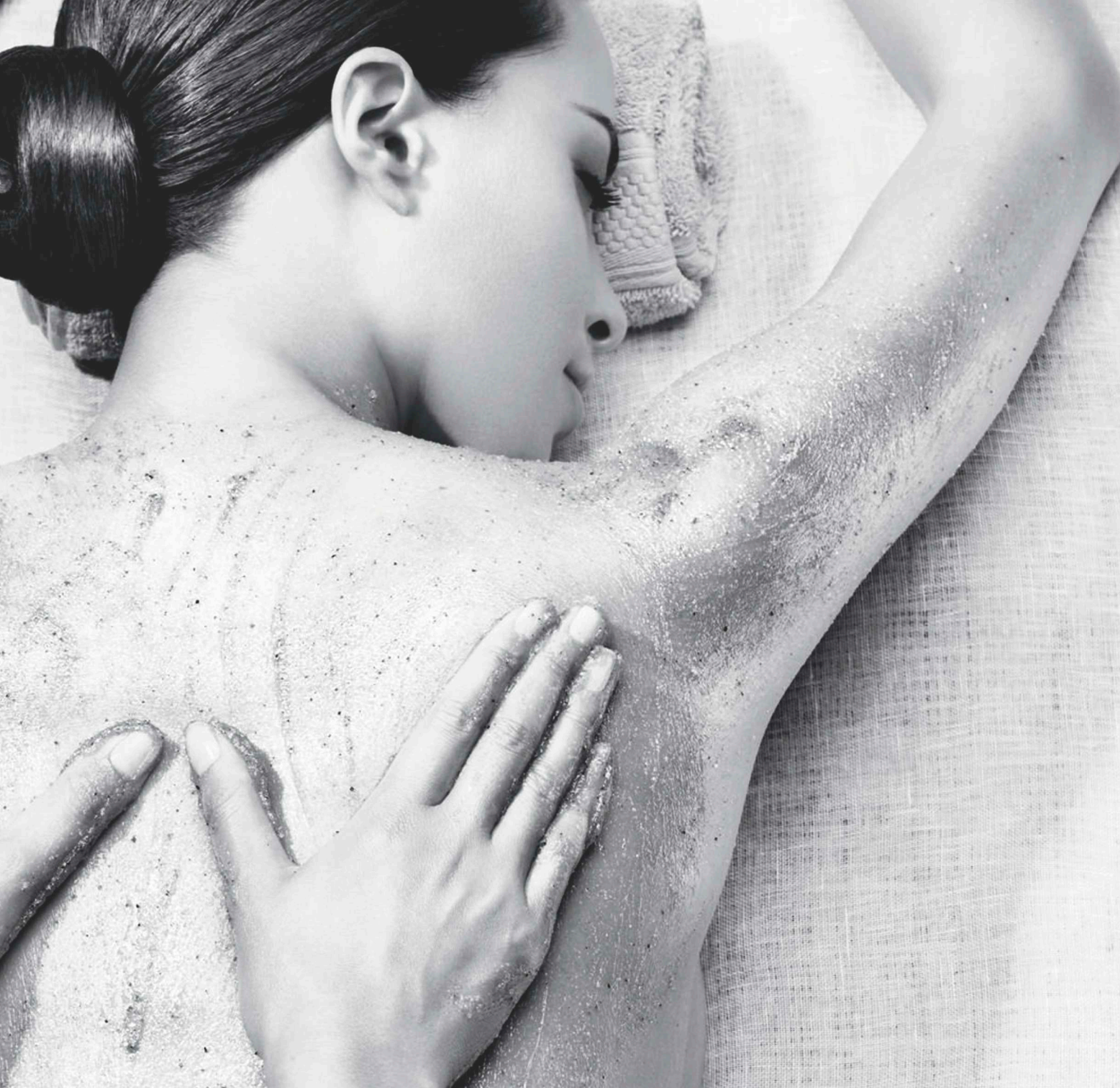
60 minutes

The essential base to regain and keep beautiful skin. Made-to-measure treatment adapted to skin needs. Gentle skin cleansing followed by a deep purifying skin peeling to prepare the skin for the application of a prescribed mask and modeling essence adapted to each individual skin's need.

Express 'Mini' Facial

30 minutes

Gentle skin cleansing and toning, to prepare the skin for the relaxing massage and we will finish with an application of a moisturizer, adapted to each individual skin's need.



BODY TREATMENTS

Slimming Treatment

75 minutes

A comprehensive slimming treatment to reduce the appearance of all types of cellulite. Precisely tailored to each client, this treatment begins with an incredible active, self-heating peeling/wrap to slim and smooth the skin. Followed by the rhythmic pressure of slimming massage, exclusively designed by Sothys, that your figure will be sculpted and refined, to help the formation of fatty deposits. The treatment will end with the application of customised body serum and an exclusive slimness modeling method from Sothys. A very highly effective treatment!

*** Recommended: Package of 5 treatments (one per day), specially designed by Sothys

Firming Treatment

90 minutes

This comprehensive treatment has been specially designed to target : bust, stomach, thighs, arms... Exfoliation, toning peel-off wrap and modeling cream. The skin is more beautiful, its firmness and elasticity are restored. Unique protocol, in a programme combining effectiveness with sensory pleasure.

*** Recommended: Package of 3 treatments

100 % Customized Exfoliation and modeling

60 minutes

Indulge in a personalized sensorial escape! Made-to-measure welcome procedure, where you will be able to choose your fragrance and the texture of your massage product. Treatment will start with full body exfoliation using sweet & salty scrub, followed by full body massage to feed your mind, body and soul.

Hanakasumi

60 minutes

A unique protocol inspired by Japanese tradition, with

Cherry blossom and lotus sensorial escape. Treatment will start with full body peeling using exfoliating gloves, relaxing massage techniques of the entire body and specific reinvigorating modelling of the feet in this nourishing delicately perfumed ritual. An ode to wellbeing, to relaxation and beauty of the body.

Oriental Ceremony

60 minutes

A rejuvenating ritual of Oriental inspiration with Cinnamon and ginger sensorial escape. This Amazing Journey will start with oriental spicy scrub, followed by a nourishing modelling of the entire body with warm aromatic poultices. Sothys invites you on a journey with a fragrance to transport you to another world.

Sweet-Salty Scrub

30 minutes

This body scrub prepares the skin to receive other treatments, giving it a unique velvety touch. A tonic exfoliation combining sea salts and sugars leaving it deliciously smooth and soft; and detoxifies and re-mineralizes the skin.

*** Additional 20% charge to experience the Scrub at Private Steam Room

Delicious scrub

30 minutes

This body scrub prepares the skin to receive other treatments, nourishes the skin, provides softness and comfort. An amazing scrub with ginger, nutmeg, cinnamon, orange and tangerine, to softly clean and delightfully sublimate the skin. A delectable care leaving the skin delicately perfumed.

*** Additional 20% charge to experience the Scrub at Private Steam Room

MASSAGES

Classical Massages:

Four Hands Massage *

90 minutes / 60 minutes

Enjoy the sensation of an extremely relaxing Four Hands massage pampered by two therapists while they synchronize their movements and perform this full body massage. Experience the pure indulgence of four hands, slow rhythmic movements induce a state of relaxation so deep that it can only be compared to meditation or perhaps... heaven.

Hot Stone Massage

90 minutes

A treatment incorporating intensive hot basalt stone massage, placed on key energy points around the body to evoke an aura of warmth. The deep penetrating heat from stones combined with massage techniques enables deep muscle work, improves circulation, releases tensions and balances the spirit. We will listen and be guided by your energy.

Sports Massage *

90 minutes / 60 minutes

This deep tissue massage is perfect for those in need of a more intense session and firmer pressure. It focuses on tension areas to relax and stretch the muscles using intense strokes. Ideal to relieve all pains and stiffness caused by physical activities.

Swedish Massage *

90 minutes / 60 minutes

A full body Swedish massage, using the therapist's body weight and palms, will loosen tight muscles, create

energy, increase blood circulation and transport you to a world of relaxation.

Mother to be Massage *

60 minutes

Specially created for expecting mothers, this massage is done with the future mother in a lying or a seating position. Neutral oil is used. This gentle relaxing massage brings much needed release and relief.

Anti-Stress Back Massage *

30 minutes

To counter balance our stressed and crazy way of life, this massage relieves aches and pains, releases tensions and brings an amazing well-being sensation. A real anti-stress treatment...

Foot Massage *

30 minutes

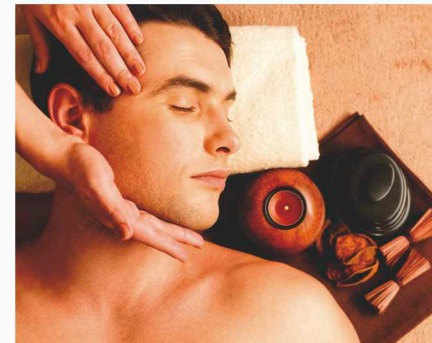
Our blend of botanical extracts, antioxidant vitamins, soothing white tea essence offers a relaxing massage and gentle hydration. This massage will leave you floating on your feet.

Head and Shoulders Massage *

30 minutes

Head and Shoulders massage involves work on the upper part of the body including the head, neck and shoulders. This amazing massage will completely free the mind of stress and awakens the senses.

** In Room Spa / treatment available, single or couple /**



MASSAGES

Ayurvedic Massages:

Abhyanga Massage

90 minutes / 60 minutes

Abhyanga massage is one of the most well-known ayurvedic massage. It improves the energy circulation, loosens up joints and muscles, increases vitality and induces deep relaxation. A wave of relaxation floods into your body from the feet to the head bringing a deep sense of stillness.

Padabhyanga

90 minutes / 60 minutes

This Ayurvedic reflexology therapy is an ancient massage for the sole which focuses on the marma points of the feet and lower legs. Padabhyanga promotes quality sleep, increases circulation and energy flow to boost immunity, rejuvenating your entire body.

Shirodhara

30 minutes

Shirodhara is an ancient Indian therapy that consists in pouring a warm herbal oil into a slow steady stream on the third eye chakra, through the scalp and into the hair, which has a hypnotic effect on the mind, dissolving tension, releasing stress, harmonizing the body's energy and inducing a profound sense of relaxation. Experience another level of consciousness...

Asian Traditional Massages:

Balinese Massage *

90 minutes / 60 minutes

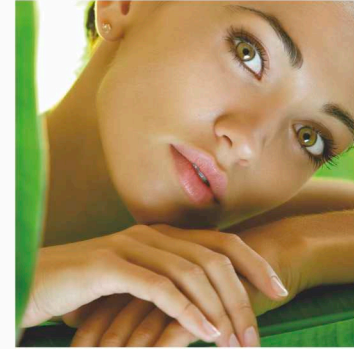
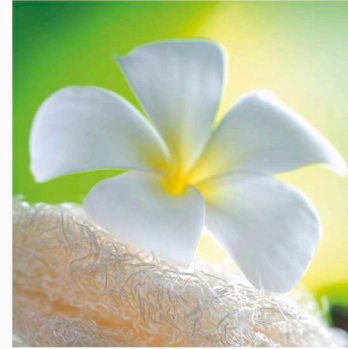
Balinese massage is a luxurious spa treatment and an excellent choice if you want to experience a variety of massage techniques, gentle stretches, acupressure and aromatherapy oils you will relax and feel spiritually renewed at the same time. A relaxing massage with attitude, related to the Ayurveda, this will boost your circulation and yield deep relaxation and wellness.

Traditional Thai Massage

120 minutes / 90 minutes

Traditional Thai massage was developed by Buddha's physician, more than 2,500 years ago in India. For centuries, Thai massage was performed by monks as one component of Thai medicine. Thai massage is dry massage using passive stretching and gentle pressure along energy lines, contributing to a sense of ease and wellbeing. Thai massage stimulates and release tense muscles, reduces stress, improves circulation, increases energy and centers mind and body.

** In Room Spa / treatment available, single or couple /**



PACKAGES

Water

105 minutes

Dive into the Spa aquatic universe ! Soothing, draining, re-connect.

- Sothys Sweet-Salty Body Exfoliation in Private Steam room (30 minutes)
- Sothys Hydradvance Facial (75 minutes)

Air

120 minutes

Alleviate your mind ! Purity, lightness, equilibrium, balance.

Recommended to use Steam and Sauna room before treatment

- Head and shoulder massage (30 minutes)
- Sothys Energizing Facial (90 minutes)

Earth

90 minutes

Re-focus, return to your roots ! Rejuvenating, refine, re-mineralize.

Recommended to use Steam and Sauna room before treatment

- Hanakasumi ritual (60 min)
- Mini Facial (30 min)

Fire

120 minutes

Revive your body and awake your senses ! Energize, stimulate.

Recommended to use Steam and Sauna room before treatment

- Savoy Scrub - Seychelles white sand scrub in Private Steam room (30 minutes)
- Balinese massage (60 minutes)
- Mini facial (30 minutes)





PACKAGES

Romantic Hideaway

120 minutes

This romantic couple ritual starts with Sothys Body Scrub, Classical massage by your choice (except Four Hands Massage) and we will finish the treatment with a Head and Shoulders Massage.

Just the Two of Us

120 minutes

Enjoy our Wet facilities prelude before your treatment, so your skin will get ready to receive this amazing treatment. We will start with a foot ritual, followed by the Sweet and Salty Exfoliation, and end with our Savoy Signature Massage, side by side with your loved one, in our couple's treatment room.

Inner Peace

4 x 50 minutes classes

Hatha Yoga, Private Meditation, Ashtanga Yoga, Stretching.

Harmony

135 minutes

This ritual includes a 50 minutes Yoga private session, followed by 25 minutes Bath Ceremony, and finish the treatment with 60 minutes Swedish Massage.

Short Fitness Package

4 x 50 minutes classes

Personal training, Abs/Legs/Bums session, Fit ball session, stretching session.

Sporty Package

160 minutes

50 minutes Ashtanga Session, 50 minutes Stretching Session, 60 minutes Sports Massage.

BEAUTY TREATMENTS

NAIL CARE

Manicure	45 minutes
Manicure + nail polish	60 minutes
French Manicure	75 minutes
Nail polish	15 minutes
French polish	20 minutes
Pedicure	60 minutes
Pedicure + nail polish	75 minutes
French pedicure	90 minutes

WAXING

Eyebrow shaping	10 minutes
Underarms	20 minutes
Half legs	30 minutes
Legs	45 minutes
Bikini	20 minutes
Arms	30 minutes
Back or torso	40 minutes

HAIR MASK

30 minutes

This highly conditioning treatment evolves into an energizing and uplifting scalp massage to alleviate jet lag, restlessness and fatigue. This treatment includes a hair mask and a scalp massage.

BATHING CEREMONY

25 minutes

Make your Spa experience uniquely yours. We can adapt a lot of bath ceremonies: relaxing, detoxifying, revitalizing, flower bath... Select your bath and enjoy this private moment...



WELLNESS

Fitness

Personalized Fitness Training

60 minutes

Participate in personal training with the fitness expert who will design a unique program for your needs and objectives no matter what your fitness level. This program is designed to complement your home routine and to maximize your use of the Savoy Spa / Fitness facilities. The session starts with a fitness consultation, followed by a customized program of specific exercises to suit your needs.

Private Session Abs, Legs and Bums

45 minutes

Work out focusing on your abs, legs and bums

Private Session on the Fit ball

45 minutes

All exercises use a fitness ball.

Private Stretching Class

45 minutes

Yoga

Traditional Meditation

50 minutes

Meditation is our specialty and is the central component in nearly everything we do at Savoy. The techniques we offer are grounded in ancient Indian traditions, yet immediately practical to accommodate modern needs. An overview of different beginner and advanced meditation techniques will aid in choosing the right meditation exercise for you.

Hatha Yoga

50 minutes

A challenging and dynamic form of Hatha Yoga designed to revitalize and invigorate. This session is ideal for

increasing greater self-awareness tap into an inner core of energy and creativity while improving posture, muscular flexibility, balance and suppleness. Hatha Yoga is recommended for guests suffering from stress / back pain, or for those who spend too much time sitting down.

Ashtanga – Power Yoga

50 minutes

Core Power Yoga is simply what it says, using the bandhas or abdominal locks to access your center - where all your power strength lies. Combined with breath and particular yoga poses that target your core is a wonderful class to build up core stability as well as inner and outer strength. This is athletic yoga – significantly challenging. Be prepared to sweat, keeping in mind that the beauty is that each person can adapt Ashtanga to suit their own body and abilities.

Yoga Nidra

50 minutes

A technique of deep yogic relaxation, Yoga Nidra means 'Psychic sleep,' a state of conscious sleep whereby someone straddles the borderline between wakefulness and sleep. Yoga Nidra involves a guided process of relaxation; the practitioner hovers on the threshold of the subconscious plane, such that one is enabled to release the hidden psychic tensions of consciousness.

Tennis

Tennis court with sparring partner

60 minutes

Private Tennis lesson

60 minutes

