eforea™
SPA

emerge brighter

perfecting

your journey

eforea spa at Hilton Seychelles Labriz Resort & Spa is a place like no other where you will reconnect with self and emerge brighter. Our Essentials and Escape Journeys feature both results-oriented and locally inspired therapies.

Signature to eforea spa are the Journey Enhancements, powerful mini treatments that are added to your existing services or enjoyed by themselves. These treatments have been specially designed for eforea and introduce guests to special, commonly unexperienced techniques from the most fabled spa cultures around the world.

head & face

Find clarity. This illuminating experience draws from mystical practices of ancient Indian massage and powerful Thai therapies.
30mins 650SCR

shoulder, neck & scalp

Lighten your load. This deep relaxation experience draws from Chinese acupressure, the modern science of trigger point therapy, and traditional methods of reflexology.
30mins 650SCR

feet

Ground yourself. This foot and legs experience combines the richness of ancient Egyptian reflexology with the spiritual concepts of Native American healers.
30mins 650SCR

Add on to your Massage

30mins 550SCR

essentials
journey

face touch

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results

Hilton Super Express Facial

30MIN **Scr 950**

short but sweet. This responsive and powerful face treatmentis packed with super minerals to awaken and restore tired, fatigued cells. Awaken your skin and leave feeling revived. You, only better!

Correcting Dynamic Resurfacing Precision Peel

60MIN **Scr 1850**

Clinically proven* to target the signs of ageing and uneven skin tone,this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

Hydrating Visible Brilliance

60MIN **Scr 1850**

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energizing, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health

Sensitive Skin Soother

60MIN **Scr 1850**

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses.Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

Anti-Aging Pro-Collagen Age Defy

60MIN **Scr 2150**

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

body

Cleansing mineral salts, oil blends rich in actives and Trans portative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

Deep Exfoliation - Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani

30MIN **Scr 1550**

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

Hydrating Frangipani Nourishing Wrap - Frangipani

30MIN **Scr 1650**

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

Hot Mineral Body Boost

72MIN **Scr 2400**

This unique treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. A revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

Exotic Body Restore

60MIN **Scr 1750**

Dry body brushing gently sheds dead skin cells encouraging new cell renewal, uncovering a smoother and brighter skin. Skin is then intensely soothed and drenched in rich milks creating a divine moisture barrier.

massage

Thermal Deeper Than Deep Hot Stone Massage

60MIN **Scr 2100**

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

Intensive Deep Muscle Release Massage

60MIN **Scr 1950**

A tension taming treatment that is deeply nurturing. Body and mind are rebalanced, skin feels invigorated and alive. Rich balm penetrates deep into the muscle to release and heal leaving more movement and less stiffness in the body.

Shirodhara

45MIN **Scr 1650**

The most sought after Indian de-stress treatment. Warmed oil is drizzled onto the forehead (third eye chakra) to induce a deep state of relaxation followed by a soothing massage that takes you to a different level of calm.

Eforea Deep Tissue Journeys

60MIN **Scr 1850**

Your therapist will select aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Muscle Melt Deep Tissue Massage -
Ease away tired, aching muscles

Chakra Balancing -
Bring your body and emotions into total equilibrium

Spirit Reviver Deep Tissue Massage -
Up lift, detoxify and renew your zest for life

ELEMIS Peaceful Pregnancy Massage

60MIN **Scr 1850**

This thoroughly researched and carefully formulated treatment has been designed to nurture and support a woman through the rich experience of each trimester. Gently.An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

combination

Sweet Orchid Crown to Soul

75MIN **Scr 2400**

An emotionally grounding experience for skin that has never felt silkier. This lusciously fragrant, intensely moisturising journey will transport you to the Far East. The velvety texture of the Monoi Oil will restore skin elasticity and emotional ground you.

ELEMIS Thousand Flower Detox Wrap

90MIN **Scr 2500**

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

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Spa Manicure

60MIN **Scr 1150**

Full service manicure includes exfoliating treatment and hydrating massage plus colour of choice.

Spa Pedicure

60MIN **Scr 1350**

Full service pedicure provides relaxation and pampering foot care, completed with colour of choice.

Express Manicure

30MIN **Scr 595**

Great for those on the go or looking for a touch up. A quick fix for your fingers with a nail soak, nail shaping, cuticle care and nail buffing. nail colour is not included.

Express Pedicure

30MIN **Scr 990**

An express option, it provides those on the go with a foot soak, nail shaping, cuticle care and nail buffing. Nail color is not included.

escape
journey

eforea spa at Hilton Seychelles Labriz Resort & Spa

Let your mind escape and your body relax in this beautiful island Spa surrounded by the natural granite boulders of Silhouette Island. Whether your desire is to invigorate the soul, relax the mind or beautify the body, our professional therapists will exceed your every expectation.

Phone: +248 429 3949 ext 700

Email: sezlb_spa@hilton.com

CANCELLATION POLICY

If you need to make a cancellation or date change, we request a minimum of 6 hour notice for any service. Fifty percent of the service price will be charged on any late cancellation or no show appointments.

APPOINTMENTS

For Spa services, please arrive 15 - 30 minutes in advance of your appointment to allow time to change into a robe and if applicable enjoy access to the Spa facilities. Being on time for your appointment is appreciated, both in consideration of our other guests and in order for you to receive your full service.

SPA ATTIRE & ETIQUETTE

To enjoy fully your spa experience and as a courtesy to other guests, your cell phone should be on silent mode at all times and conversation should be conducted in a low voice.

We regret that we cannot be responsible for the loss or damage of personal articles, however we do provide lockers and suggest that you use these for any items you may bring to the Spa with you.

Our professional therapists will respect your modesty at all times with professional towel draping and will provide you with disposable underwear, however, if you prefer, you may choose to wear your own underwear or swimsuit.

MINIMUM AGE

The Spa is an adult oriented atmosphere, therefore the minimum treatment age is 16 years. Young adults under the age of 18 years will need a signed waiver and/or accompaniment by a parent or adult guardian for services.

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