

The Ayurvedic Space Packages



The “Ayurvedic Space” rituals are performed at the "Rituals" Spa, a [Comfort Zone] institute located in the North of Mauritius.

One of the elementary principles Ayurvedic rituals are specially designed for expelling toxins from the blood and tissues, which is often the first step of clinical treatments.

In all softness, Ayurvedic treatments open the joints and liberate misplaced energies.

Several of the products used are home-grown at the Spa's back-garden and/or prepared fresh on the spot, offering the guarantee of the organic nature and freshness of the final products.

The packages include the following:

- Treatments for 4 persons over 3 days, 5 days or 7 days.
- Accommodation at Villa “Sesame”, for up to 4 persons; during 7 nights for the 3-Day and 5-Day programmes, during 14 nights for the 7-Day programme.
- Private 2-Way airport transfers.
- Private transfers between the villa and the Spa on the days of treatment.

The 3-Day Programme consists of:

On 1st Day (totalling 2 hrs 30 mins)

- Hammam
- Scrub with spices and fresh home-made yoghurt
- Relaxing oriental massage.

On 2nd Day (totalling 2 hrs 45 mins)

- Abhyanga massage (Warm oil poured all over the body and spread with soft and long strokes of the hand)
- Oriental foot massage (Reflexology)
- Precious essence and flower bath

On 3rd day (totalling 2 hrs)

Ayurvedic ritual including:

- Scrub with spices
- Relaxing back massage
- Shirodhara (the continuous pouring of warm oil onto the third eye for complete relaxation and eventual erasing of past-life traumas)
- Special hair scrub with powder to clean and lustre hair after the Shirodhara

The 5-Day Programme consists of:

On 1st Day (totaling 2 hrs 30 mins)

- Hammam
- Scrub with spices and fresh home-made yoghurt
- Relaxing oriental massage

On 2nd Day (totaling 2 hrs 30 mins)

- Foot bath with lemon, lemon-grass and ginger
- Scrub with rice
- Abhyanga massage (Warm oil poured all over the body and spread with soft and long strokes of the hand)
- Oriental foot massage (Reflexology)

On 3rd day (totaling 2 hrs 30 mins)

- Specific facial
- Traditional Indian massage

On 4th day (totaling 4 hrs 30 mins)

- Manicure
- Pedicure the oriental style
- Oriental foot massage (Reflexology)

On 5th day (totaling 2 hrs 30 min)

Ayurvedic ritual including:

- Scrub with spices
- Relaxing back massage
- Shirodhara (the continuous pouring of warm oil onto the third eye for complete relaxation and eventual erasing of past-life traumas)
- Special hair scrub with powder to clean and lustre hair after the Shirodhara

The 7-Day Programme consists of:

On 1st Day (totaling 2 hrs 15 mins)

- Hammam
- Scrub with spices and fresh home-made yoghurt
- Relaxing oriental massage

On 2nd Day (totaling 2 hrs 45 mins)

- Abhyanga massage (Warm oil poured all over the body and spread with soft and long strokes of the hand)
- Oriental foot massage (Reflexology)

On 3rd day (totaling 3 hrs 30 mins)

- Foot bath with lemon, lemon-grass and ginger
- Scrub with rice
- Specific facial
- Relaxing oriental massage

On 4th day (totaling 1 hrs 30 mins)

- Hammam
- Traditional Indian massage

On 5th day (totaling 4 hrs 30 min)

- Manicure
- Foot treatment the Oriental way
- Foot massage/Reflexology

On 6th day (totaling 2 hrs)

- Hammam
- Relaxing oriental massage

On 7th day (totaling 2 hrs 30 min)

- Ayurvedic ritual (as described above)
- Foot bath with lemon, lemon-grass and ginger
- Fresh salad and fruit juice (offered)

The 3-Day package for 4 persons includes:

- 3-day treatments for 4 persons
- Private 2-Way airport transfers
- Private transfers between the villa and the Spa on the 3 days of treatment
- Accommodation at "Villa Sesame" for 7 nights, for up to 4 persons
- Daily cleaning service

Cost of total package: 3,989 Euros all taxes included, i.e. only 142,50 Euros per night per person.

The 5-Day package for 4 persons includes:

- 5-day treatments for 4 persons
- Private 2-Way airport transfers
- Private transfers between the villa and the Spa on the 5 days of treatment
- Accommodation at Villa "Sesame" for 7 nights, for up to 4 persons
- Daily cleaning service

Cost of total package: 5,519 Euros all taxes included, i.e. only 197 Euros per night per person.

The 7-Day package for 4 persons includes:

- 7-day treatments for 4 persons
- Private 2-Way airport transfers
- Private transfers between the villa and the Spa on the 7 days of treatment
- Accommodation at Villa "Sesame" for 14 nights, for up to 4 persons
- Daily cleaning service

Cost of total package: 8,349 Euros all taxes included, i.e. only 149 Euros per night per person.