



GLOW

by sunlife

Spa & Wellness

The Spa is open from 9 am to 7 pm.
Wolmar, Flic en Flac, 90504, Mauritius
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All prices are in Mauritian Rupees and include applicable taxes.

“

LET THE POWER
AND RADIANCE
OF THE SUN
REVITALISE YOUR
BODY, MIND,
AND SOUL.

”

THE GLOW SIGNATURE

RADIANCE GLOW JOURNEY

A transformative signature ritual designed to restore harmony to body, mind and spirit. Beginning and ending with bespoke GLOW rituals, this immersive experience combines a full-body exfoliation with a deeply relaxing body, face and scalp massage to renew the skin, ease tension and awaken the senses. Inspired by nature and the art of slowing down, it leaves you feeling rebalanced, rejuvenated and enveloped in a deep sense of well-being.

90 min | Rs 9,800

RADIANCE GLOW FACIAL

Our signature facial combines an in-depth cleansing ritual with specialised massage techniques and antioxidant-rich formulas to revive and replenish the skin. Red Light Therapy complements the experience, helping to support a smoother, calmer and more radiant-looking complexion. The result is skin that feels refreshed, luminous and beautifully revitalised.

75 min | Rs 6,500

SUGAR BEACH SIGNATURE JOURNEY

Inspired by timeless wellness traditions, this exclusive signature ritual opens with the comforting warmth of the Hammam to prepare the body, followed by a Date Body Scrub rich in natural antioxidants to reveal beautifully soft, radiant skin. The journey continues with a soothing Shiro-Massage, as warm aromatic herbal oil flows rhythmically over the body to invite deep relaxation and inner stillness. It concludes with a personalised Pinda Massage, its warm herbal poultices and restorative techniques tailored to your needs, leaving you renewed, rebalanced and enveloped in a lasting sense of harmony.

110 min | Rs 10,800







INSPIRED BY MAURITIUS

Inspired by the richness of Mauritius, this collection celebrates the island botanicals and wellness traditions. Each ritual is thoughtfully crafted to reconnect you with nature, creating an authentic sense of place while nurturing body, mind and spirit.

AUTHENTIC MAURITIAN MASSAGE

Inspired by the rich cultural heritage of Mauritius, this signature massage blends traditional influences with flowing therapeutic techniques to create a truly unique wellness experience. Enhanced with a harmonious blend of GLOW's three signature aromatherapy oils, it eases muscular tension, restores balance and leaves the body and mind deeply relaxed and rejuvenated.

60 min | Rs 6,100 90 min | Rs 7,500

ZESTY POLISH

An invigorating blend of sea salt and island citrus essential oils that gently exfoliates the skin, awakens the senses and leaves the skin feeling refreshed and revitalised.

30 min | Rs 3,000

FLORAL POLISH

A regenerating blend of cane sugar and delicate floral essential oils that gently exfoliates the skin, uplifts the senses and leaves the skin beautifully soft and radiant.

30 min | Rs 3,000

HERBAL POLISH

A purifying blend of moringa botanicals, sea salt and aromatic herbal essential oils that gently exfoliates the skin, soothes tired muscles and leaves the body feeling refreshed, balanced and naturally restored.

30 min | Rs 3,000

MASSAGE SELECTION

ULTIMATE AROMATHERAPY MASSAGE

Immerse yourself in the therapeutic benefits of your chosen GLOW signature aromatherapy blend; Floral Relax, Citrus Boost or Herbal Balance. This personalised full-body, face and scalp massage combines slow, flowing techniques with the restorative power of pure essential oils to ease tension, calm the mind and restore balance, leaving you feeling deeply relaxed, balanced and renewed.

60 min | Rs 5,700

TIMELESS MASSAGE

Inspired by traditional Swedish massage techniques, this therapeutic full-body treatment combines flowing, rhythmic movements to ease muscular tension, improve circulation and promote deep relaxation. Designed to restore balance and relieve physical fatigue, it leaves you feeling deeply renewed.

60 min | Rs 5,700

DEEP TISSUE MASSAGE

A restorative massage designed to release deep-seated muscular tension and improve mobility. Using sustained pressure and targeted therapeutic techniques, this treatment focuses on areas of chronic tightness to relieve discomfort, restore flexibility and leave the body feeling stronger, lighter and rebalanced.

60 min | Rs 7,100 90 min | Rs 8,100

DETOX MASSAGE

Inspired by gentle lymphatic drainage techniques, this restorative full-body massage supports the body's natural lymphatic flow, helping to reduce puffiness, ease muscular tension and promote an overall feeling of lightness. Ideal for tired or heavy legs, travel fatigue and general fluid retention, it leaves the body feeling refreshed, rebalanced and naturally revitalised.

60 min | Rs 5,700

HOT STONE MASSAGE

Combining the therapeutic benefits of heat with targeted massage techniques, this restorative treatment helps release deep-seated muscular tension, ease stiffness and promote the body's natural recovery process. Ideal for tired, overworked muscles, it leaves the body feeling relaxed, comforted and deeply restored.

90 min | Rs 7,500

MOTHER-TO-BE MASSAGE

Specially designed for expectant mothers from the second trimester (14 weeks onwards), this nurturing massage uses gentle, supportive techniques and organic oils to ease tension in the back, legs and areas of discomfort. Promoting deep relaxation, improved circulation and overall well-being, it provides a comforting and restorative experience for both mother and baby.

60 min | Rs 5,500





ABHYANGA MASSAGE

Rooted in the ancient wisdom of Ayurveda, this nurturing full-body massage uses warm sesame oil and long, rhythmic strokes to calm the nervous system, encourage deep relaxation and restore the body's natural balance. Designed to harmonise body, mind and energy, it leaves you feeling grounded, restored and deeply revitalised.

75 min | Rs 6,800



AYURVEDIC RITUALS

Rooted in the ancient healing wisdom of India, our Ayurvedic rituals use warm oils and rhythmic, intentional touch to calm the nervous system, restore balance and encourage a deeper sense of harmony. Enjoy each treatment individually, or combine both for a complete Ayurvedic journey.

SACRED SHIRODHARA

A deeply calming Ayurvedic therapy in which warm sesame oil flows gently and continuously over the forehead, helping to quiet the mind, soothe the nervous system and invite a profound sense of inner stillness and relaxation.

30 min | Rs 3,800

BODY RITUALS

Restore balance from head to toe with our collection of indulgent body rituals. Combining expert massage with luxurious body wraps, each treatment is designed to purify, nourish or firm the skin while leaving the body beautifully restored and renewed.

DETOX BODY WRAP

This purifying body ritual combines a stimulating drainage massage with a warming, mineral-rich body wrap to leave the body feeling lighter, refreshed and beautifully revitalised.

45 min | Rs 3,800

HYDRATING BODY WRAP

Indulge in the comforting embrace of a warm, nourishing body wrap, delicately scented with the fragrance of your choice. This cocooning ritual deeply hydrates the skin while inviting body and mind into a state of complete relaxation, leaving the skin beautifully soft, supple and nourished.

45 min | Rs 3,800

FIRMING BODY WRAP

Designed to tone and refine the silhouette, this targeted body ritual combines a stimulating massage with an active firming wrap, leaving the skin feeling smoother and firmer. For enhanced results, a course of treatments is recommended.

45 min | Rs 4,800



BODY BOOSTERS

Our Boosters can be enjoyed as stand-alone treatments or as the perfect complement to any massage, body or facial treatment. Most last 30 minutes, with a longer option available where shown. Designed to target areas requiring extra care and attention, they help ease muscular tension, relieve stress and restore comfort, leaving you feeling deeply relaxed, rebalanced and revitalised.

HEAD, NECK AND SHOULDER MASSAGE

Designed to ease stress-related tension in the head, neck and shoulders, this targeted massage combines specialised techniques to restore comfort, quiet the mind and leave you feeling deeply relaxed and rebalanced.

30 min | Rs 3,200

FOOT REFLEXOLOGY

Inspired by the principles of reflexology, this therapeutic treatment focuses on the feet and lower legs, stimulating specific reflex points to restore balance, ease tension and promote a profound sense of relaxation and overall well-being. Enjoy as a focused 30-minute session, or take the full 50 minutes for a complete reflexology experience.

30 min | Rs 3,300 50 min | Rs 4,500

HAND REFLEXOLOGY

Inspired by the principles of reflexology, this therapeutic hand treatment stimulates specific reflex points to restore balance, ease tension and promote a profound sense of relaxation and overall well-being.

30 min | Rs 3,000

TANINO SCALP & HAIR TREATMENT

Rooted in Ayurvedic tradition, this conditioning scalp and hair treatment blends healing herbs with essential oils to nourish the hair, soothe the scalp and release tension, leaving you feeling calm, refreshed and renewed.

30 min | Rs 3,000

BACK TENSION RELEASE MASSAGE

Designed to relieve deep-seated tension, this targeted back massage combines therapeutic pressure, kneading and Thai-inspired stretching techniques to restore comfort, improve mobility and leave your back feeling deeply relaxed, refreshed and renewed.

30 min | Rs 3,300

FACIALS

Reveal your skin's natural radiance with our collection of personalised facials. Following an expert skin consultation, each treatment is tailored to your skin's individual needs and includes a deeply relaxing neck and shoulder massage.

SOTHYS FUNDAMENTAL FACIAL

A personalised facial tailored to your skin's unique needs following an expert skin diagnosis. Combining thorough cleansing, gentle exfoliation, a nourishing mask and Sothys' signature modelling massage, this treatment restores comfort, balance and a healthy, radiant complexion. Ideal as an introduction to Sothys or between more intensive facial treatments.

60 min | Rs 5,100

GLOW DEFENSE — DX GLOW™

A dual-action radiance ritual designed to combat the visible effects of pollution, fatigue and daily stress. Featuring an organic elderberry complex, this deeply relaxing facial restores an instant boost of luminosity from the very first treatment. The complexion appears visibly brighter, refreshed and radiant.

75 MIN | RS 6,200

YOUTH — SSP3 TRI-COMPLEX™

Sothys' expert answer to the visible signs of ageing. Combining five key treatment stages with eight targeted formulas powered by the Saffron-Sophora-Peptides tri-complex, this exceptional facial blends advanced skincare with Sothys' signature modelling massage to visibly firm, smooth and redensify the skin.

75 min | Rs 6,200

HYDRATING — HYDRA HYALURONIC ACID⁴

The ultimate answer for dehydrated skin. Four forms of hyaluronic acid and patented Sothys actives combine to deeply hydrate, plump and replenish the skin, restoring softness and a dewy, youthful glow.

75 min | Rs 6,200

SECRETS DE SOTHYS® FACE RITUAL

The pinnacle of the Sothys experience. Performed in eight luxurious acts, this exceptional facial combines advanced skincare with Sothys' signature modelling massage to visibly smooth, firm and rejuvenate the skin, revealing a radiant, more youthful-looking complexion.

90 min | Rs 7,900





FACIAL BOOSTERS

INSTANT RADIANCE

An express revitalising facial that delivers an instant glow. Cleansing, exfoliation and a rebalancing mask fight signs of fatigue and dullness, leaving the features rested and the skin fresh.

30 min | Rs 3,300

CRYO EYE PROFESSIONAL TREATMENT

A targeted treatment designed specifically for the delicate eye area. Combining a cooling massage with Sothys' exclusive modelling porcelains, this refreshing ritual immediately smooths signs of fatigue and ageing, reduces puffiness and revives tired eyes, leaving the eye contour visibly rested, brighter and more awake.

30 min | Rs 3,200

LED RADIANCE THERAPY

Give your skin an instant boost of radiance. In just 30 minutes, LED light therapy helps revitalise and soothe the skin, soften signs of fatigue and promote a more even-looking complexion. A quick, restorative treatment that leaves the skin looking refreshed, luminous and renewed.

30 min | Rs 3,200



SPA RITUALS

RECONNECT COUPLE RITUAL

Reconnect and unwind together with this bespoke wellness ritual for two in the privacy of our Signature Suite. Combining a full-body exfoliation, relaxing massage, personalised facial mask and a fragrant soaking bath, this immersive experience is complemented by gourmet refreshments, leaving you both feeling deeply relaxed, reconnected and renewed.

120 min | Rs 19,500

RESET RITUAL

Whether preparing for your journey or unwinding after arrival, this restorative travel ritual combines relaxing foot reflexology with a cooling gel application to revive tired feet, ease travel fatigue and leave you feeling refreshed, rebalanced and beautifully restored.

45 min | Rs 4,200

SUN HEALING RITUAL

Soothe and restore sun-exposed skin with this comforting ritual, combining a relaxing foot reflexology treatment with a cooling gel application and nourishing Aloe Vera to calm, hydrate and refresh the skin. The perfect remedy to leave you feeling comforted, revitalised and beautifully restored.

60 min | Rs 5,300

POWER OF SELF-CARE RITUAL (MEN)

Reconnect with your inner vitality through this exclusive wellness ritual for men. Combining a steam bath, a full-body massage, foot reflexology and a relaxing head massage, this restorative experience releases tension, revitalises body and mind and leaves you feeling refreshed, rebalanced and renewed.

90 min | Rs 7,500

LUXURY MANICURE — BEAUTY BUBBLE RITUAL

A moment of pure “me time” in the Beauty Bubble, combining a manicure with a soothing body and head massage, accompanied by one of our signature herbal teas. Designed to quiet the mind, release tension and restore a sense of balance and calm.

75 min | Rs 12,900

SEA HEALING THERAPY

Let your mind drift with the rhythm of the ocean during a deeply restorative session with our healing practitioner. Reiki, intuitive guidance and healing touch come together with the natural energy of seawater and ocean air to encourage release, restore balance and invite a deeper sense of inner calm.

60 min | Rs 7,700

CHILDREN & *PRE-TEENS' SPA*

A gentle introduction to wellness, designed especially for younger guests. These mini treatments offer a calming moment to relax, unwind and enjoy a little GLOW time of their own.

MINI MASSAGE

A relaxing massage with light pressure on arms, legs and back.

30 min | Rs 2,600

PRE-TEEN MINI MASSAGE

A relaxing and calming body massage focusing on the back, shoulders and head.

30 min | Rs 3,000

PRINCESS HANDS

Hand bath, gentle exfoliation, mini hand massage and nail polish application. For 5 to 9 year olds.

25 min | Rs 2,300

SOFT TOOTSIES

A gentle foot treat for little ones — foot bath, soothing massage and nail polish application.

20 min | Rs 2,300

KIDS NAIL DECO

A playful nail decoration for little ones, with a choice of colourful polish and a fun design of their own.

15 min | Rs 950



HAIR & MAKEUP

Tanino Hair Care – (as from 60 to 90 mins) · Rs 5,600
Realignment & Restructuring · Reconstruction · Intense
Hydration · Blond Hair · Curly Hair

Blow-Dry — Short Hair (45 min) · Rs 2,200
Blow-Dry — Long Hair (60 min) · Rs 2,600
Shampooing & Cut (60 min) · Rs 3,300
Men's Haircut (30 min) · Rs 1,800
Children's Haircut (30 min) · Rs 900
Hairstyling (60 min) · Rs 3,600
Hair Colour — as from (60 min) · Rs 3,600
Highlights — as from (60 min) · Rs 2,200
Hair Braiding — per braid · Rs 700
Makeup (45 min) · Rs 3,000

NAIL BAR

Manicure (60 min) · Rs 3,600
Pedicure (60 min) · Rs 3,800
Nail Polish (20 min) · Rs 1,200
Permanent Nail Polish (20 min) · Rs 1,500
French Semi Permanent Nail Polish (30 min) · Rs 2,000
Semi-Permanent Varnish - Soak Off (20 min) · Rs 2,300
Luxury Manicure or Pedicure including Nail Polish
Application (120 min) · Rs 7,500
Nail Decoration - Full hand Nail Art · Rs 980

WAXING & GROOMING

Full-Leg Waxing (45 min) · Rs 3,200
Half-Leg Waxing (30 min) · Rs 2,300
Full-Arm Waxing (45 min) · Rs 2,800
Half-Arm Waxing (30 min) · Rs 1,500
Underarm Waxing (30 min) · Rs 1,500
Bikini Line Waxing (45 min) · Rs 1,500
Full Bikini Waxing (50 min) · Rs 3,200
Back Waxing (30 min) · Rs 2,300
Chest Waxing (45 min) · Rs 2,000
Face Waxing (30 min) · Rs 1,800
Lip Waxing (20 min) · Rs 700
Eyebrow Threading (20 min) · Rs 700
Eyebrow & Eyelash Tinting (30 min) · Rs 1,600

