
GLOW
by sunlife
Spa & Wellness

The Spa is open from 8.30 am to 7 pm.
Coastal Road, Palmar, Mauritius
Reception Spa: (+230) 401 8188
glow@ambremauritius.com

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 7,800









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 4,800 90 min | Rs 5,800

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 2,700

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 2,700

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 2,700

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 4,800

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 4,800

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 5,000 90 min | Rs 6,200

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 4,800

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 5,800

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 4,500

CANDLE MASSAGE

A warm, sensory ritual beginning with a soothing foot treatment, followed by an aromatic candle massage. Once melted, the candle transforms into a fragrant massage oil that envelops the body, awakens the senses and invites a deep sense of relaxation.

75 min | Rs 5,800

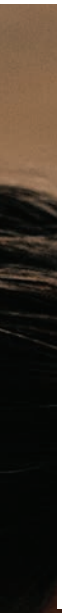
THAI MASSAGE

Experience the benefits of this traditional healing therapy that combines acupressure, assisted stretching and rhythmic compression to restore the body's natural energy flow. Performed without oil and in comfortable clothing, Thai Massage improves flexibility, relieves muscular tension, enhances circulation and promotes deep relaxation.

90 min | Rs 6,200







ABHYANGA MASSAGE

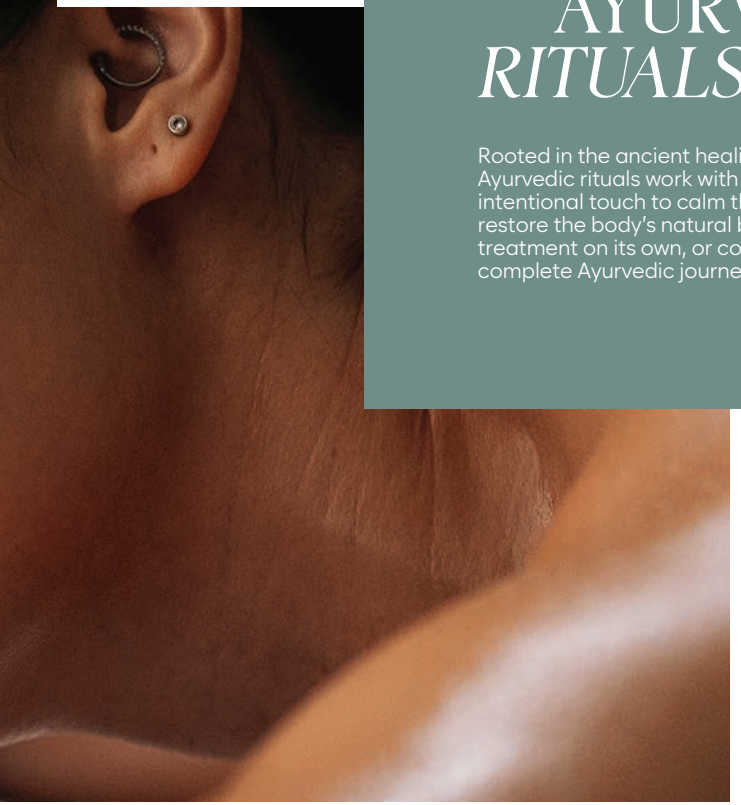
Rooted in the ancient wisdom of Ayurveda, this nurturing full-body massage uses warm sesame oil and long, rhythmic strokes to calm the nervous system, encourage deep relaxation and restore the body's natural balance. Designed to harmonise body, mind and energy, it leaves you feeling grounded, restored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

60 min | Rs 4,800 90 min | Rs 5,800



AYURVEDIC *RITUALS*

Rooted in the ancient healing wisdom of India, our Ayurvedic rituals work with warm oils and rhythmic, intentional touch to calm the nervous system and restore the body's natural balance. Enjoy each treatment on its own, or combine the two 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 3,600

BODY *RITUALS*

Our body rituals combine targeted massage with an enveloping wrap to purify, nourish or refine. Each begins with skin preparation and concludes with a nourishing application, leaving the body renewed from head to toe.

DETOX WRAP

A purifying body ritual combining a stimulating drainage massage with a warming, mineral-rich body wrap. Deeply relaxing and energising, it leaves the body feeling lighter, cleansed and thoroughly revitalised.

45 min | Rs 3,600

HARMONY HYDRATING WRAP

A nourishing remineralising ritual that recharges the skin with marine minerals and trace elements. A cooling gel infused with magnesium and delicate floral notes restores cellular vitality, leaving the skin deeply hydrated, supple and beautifully soft.

45 min | Rs 3,600

CONTOUR & FIRM 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.

60 min | Rs 4,500



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 3,000

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 3,000 50 min | Rs 4,100

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 2,000

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 3,000

FACIALS

Whatever your skin type, our facials are designed to nourish, rebalance and reveal your skin's natural radiance. Each treatment begins with a personalised consultation to identify your skin's needs and select the products best suited to you, and includes a relaxing neck and shoulder massage.

HYDRACURE FACIAL

55 min | Rs 4,700

PURE-EXPERT DEEP CLEANSE FACIAL

55 min | RS 4,700

ROYAL JELLY FACIAL

55 min | Rs 4,700

LIFT-IN TREATMENT

75 min | Rs 5,800

TIMEXPERT C+ RADIANCE

75 min | Rs 6,000

EXPERT EYES

45 min | Rs 3,200

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 3,000

BRIGHT EYE CONTOUR

This eye contour treatment clears signs of fatigue and puffiness, leaving the contours smoother and the skin firmer. A specialised massage improves micro-circulation and drainage, while a hydrating mask diminishes fine lines.

30 min | Rs 3,000

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 2,700



HAMMAM

A time-honoured ritual of heat and steam. The aromatic warmth gently opens the pores, softens the skin and eases muscular tension — the perfect preparation for any treatment, or a restorative moment in its own right.

HAMMAM RITUAL

Complimentary when reserved as part of a treatment. Available separately for guests who wish to enjoy the hammam on its own.

30 min | Rs 1,300



SPA *RITUALS*

RECONNECT COUPLE RITUAL

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

120 min | Rs 18,000

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 3,000

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 3,900

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 6,800

HAIR & *MAKEUP*

Tanino Hair Care (60 to 90 mins) · as from **Rs 3,500**
Realignement & Restructuring. Reconstruction.
Intense Hydration. Blond Hair. Curly Hair.

Blow-Dry – Short Hair (45 min) · **Rs 2,700**
Blow-Dry – Long Hair (60 min) · **Rs 3,000**
Shampooing & Cut (60 min) · **Rs 3,200**
Hairstyle (60 min) · **Rs 3,000**
Hairstyle Trial (60 min) · **Rs 2,800**
Bridal Hairstyling (90 min) · **Rs 4,800**
Bridal Make-Up (80 min) · **Rs 4,000**
Bridal Make-Up Trial (60 min) · **Rs 3,000**
Henna Design (15 min) · **Rs 1,000**
Henna Design (60 min) · **Rs 2,500**

NAIL BAR

Hand Wellness (60 min) · **Rs 3,100**
Foot Wellness (60 min) · **Rs 3,400**
Gel Manicure (45 min) · **Rs 2,700**
Nail Varnish · **Rs 1,000**
Semi-Permanent Varnish — Soak Off (30 min) · **Rs 1,100**

WAXING & *GROOMING*

Full Leg Waxing (45 min) · **Rs 2,300**
Half-Leg Waxing (30 min) · **Rs 1,300**
Full Arm Waxing (45 min) · **Rs 1,800**
Half-Arm Waxing (30 min) · **Rs 1,000**
Underarm Waxing (30 min) · **Rs 1,300**
Bikini Line Waxing (45 min) · **Rs 1,500**
Back Waxing (30 min) · **Rs 1,900**
Chest Waxing (45 min) · **Rs 1,900**
Face Waxing (30 min) · **Rs 1,500**
Lip Waxing (20 min) · **Rs 650**
Eyebrow Threading (20 min) · **Rs 650**




GLOW
by sunlife
Herbal Balm
Nourish & Soothe Muscles
GLOW
by sunlife
Floral Scrub
Exfoliate & Soothe
GLOW
by sunlife
Citrus Balm
Nourish & Revitalise