
GLOW
by sunlife
Spa & Wellness

The Spa is open from 9 am to 7 pm.
Coastal Road, Belle Mare 41601, Mauritius
Reception Spa:(+230) 401 1943
glow@longbeachmauritius.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.

”

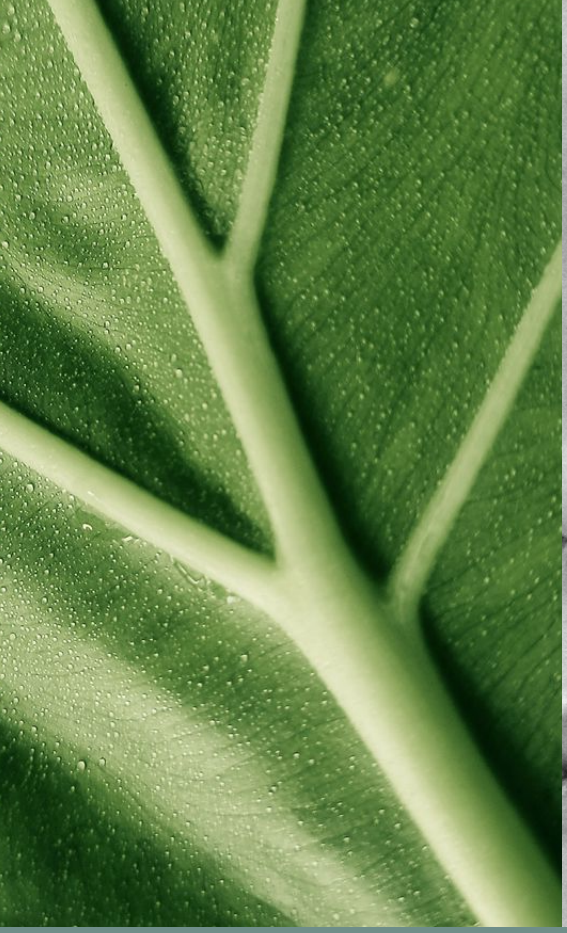
THE GLOW *SIGNATURE*

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 8,400









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 5,100 90 min | Rs 6,900

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

MAURITIAN *BATHS*

ZESTY BATH

An invigorating spa moment to reduce body-mind fatigue.

30 min | Rs 2,100

FLORAL BATH

A delightful spa moment to reduce body-mind stress.

30 min | Rs 2,100

HERBAL BATH

A refreshing spa moment to reduce body-mind congestion.

30 min | Rs 2,100

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 5,100 90 min | Rs 6,500

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 5,100 90 min | Rs 6,300

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 5,800 90 min | Rs 7,000

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 5,100 90 min | Rs 6,100

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 6,600

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 4,800

GOLFER MASSAGE

Designed for the golfer, this targeted massage focuses on the shoulders, back, hips and forearms, the areas most affected by the swing. Combining focused pressure with gentle assisted stretching, it releases accumulated tension, restores mobility and prepares the body for the next round.

60 min | Rs 5,800







ABHYANGA MASSAGE

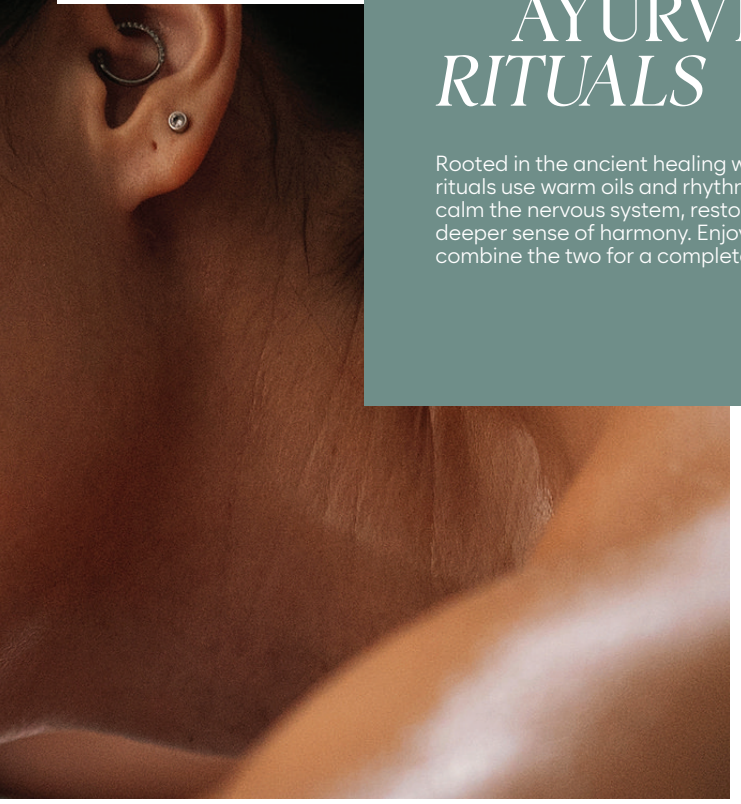
Rooted in the ancient wisdom of Ayurveda, this nurturing full-body massage uses warm sesame oil and long, rhythmic strokes to calm the nervous system, encourage deep relaxation and restore the body's natural balance. Designed to harmonise body, mind and energy, it leaves you feeling grounded, restored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

60 min | Rs 5,000 90 min | Rs 6,300



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 on its own, or combine the two for a complete Ayurvedic journey.



SACRED SHIRODHARA

Rooted in the ancient wisdom of Ayurveda, this deeply calming therapy involves the continuous flow of warm sesame oil over the forehead, gently quieting the mind, soothing the nervous system and promoting a profound sense of inner peace and relaxation.

30 min | Rs 3,000

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 3,600

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 3,600

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. Recommended as a course for optimal results.

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.

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 3,100

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 3,100 50 min | Rs 4,200

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

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

LEG MASSAGE

A targeted massage for tired, heavy legs, easing tension and encouraging circulation to leave the legs feeling light and refreshed.

30 min | Rs 2,900

TANINO SCALP & HAIR TREATMENT

Built on the foundation of healing Ayurvedic herbs skilfully blended with essential oils, this conditioning scalp and hair treatment stimulates the scalp, nourishes the hair and enhances oxygenation for a soothing, mind-clearing effect.

30 min | Rs 2,800

BACK TREATMENT

Restore clarity and comfort with this deeply cleansing back treatment. Following a gentle exfoliation, a relaxing back massage nourishes the skin with nutrient-rich botanical ingredients to ease muscular tension, before a personalised mask tailored to your skin's unique needs leaves your back feeling purified, refreshed and beautifully revitalised.

50 min | Rs 4,000

FACIALS

Reveal your skin's natural radiance with our collection of personalised facials by Sothys Paris. 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 5,800

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 5,800

HYDRATING - HYDRA HYALURONIC ACID[4]

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 5,800

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 6,500

SOTHYS
PARIS



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 3,100

BRIGHT EYE CONTOUR

This eye contour treatment clears signs of fatigue and puffiness and leaves the eye contours smoother and the skin firmer. It includes a specialised eye contour massage to improve micro-circulation and drainage and a hydrating eye mask to diminish fine lines, leaving the skin smoother and the eyes fresh and bright.

30 min | Rs 3,100

SUMPTUOUS *HAMMAM* EXPERIENCE

Our signature hammam is an authentic well-being experience. In this initiatory journey to the heart of tradition, the aromatic steam bath melts away body-mind tension. The body and skin are cleansed and purified on warm marble stone, then cocooned in nourishing clay while a head massage releases any residue of tension.

TRADITIONAL MOROCCAN HAMMAM

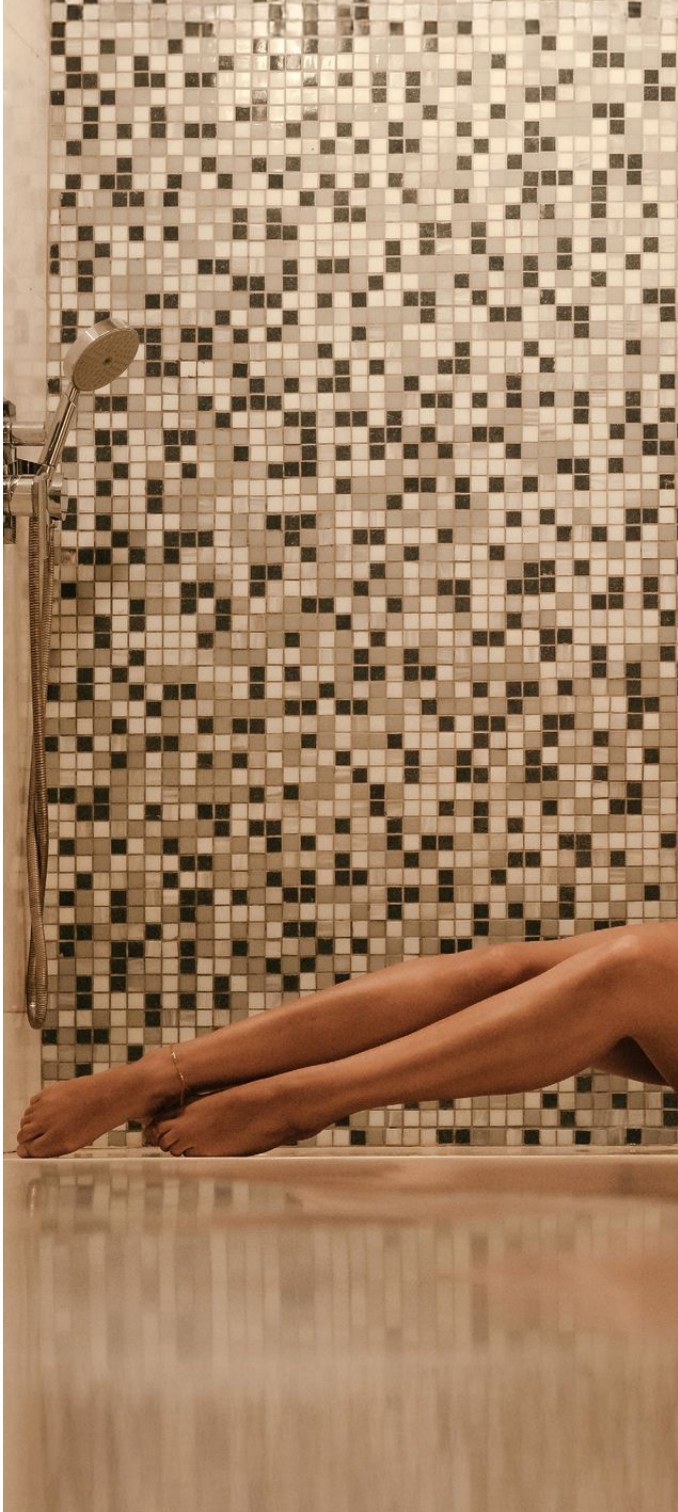
Steam bath · purifying black soap and Kassa glove exfoliation · body oil application.

30 min | Rs 3,100

ROYAL HAMMAM CEREMONY

Steam bath - purifying black soap with kassa glove exfoliation - Rhassoul wrap - body massage with luxurious floral balm - hydrating face mask - hair treatment with floral oil - resting lounge with refreshments.

90 min | Rs 6,900





SPA *RITUALS*

RECONNECT COUPLE RITUAL

Reconnect and unwind together with this bespoke wellness ritual for two in the privacy of our Signature Suite. Featuring a full-body exfoliation, relaxing massage, personalised facial mask and a fragrant soaking bath, this immersive experience is tailored with your preferred music and signature scent, and complemented by gourmet refreshments for a truly memorable escape.

120 min | Rs 18,900

RESET RITUAL

Specially designed to ease the effects of jet lag and promote relaxation after a long flight, this ritual combines soothing foot reflexology with the application of a cooling gel to revitalise tired feet, relieve travel-related tension and restore a sense of well-being. Ideal upon arrival, it leaves you feeling refreshed, rebalanced and rejuvenated, ready to fully enjoy your stay.

45 min | Rs 3,700

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 4,000

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

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. For 6 to 12 year olds.

20 min | Rs 1,500

PRE-TEEN MINI MASSAGE

A relaxing and calming body massage focusing on the back, shoulders and head. For 6 to 12 year olds.

30 min | Rs 2,000

PRINCESS HANDS

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

25 min | Rs 1,500

SOFT TOOTSIES

A gentle foot treat for little ones, foot bath, soothing massage and nail polish application. For 6 to 12 year olds.

20 min | Rs 1,500



HAIR & *MAKEUP*

Tanino Hair Care (60 to 90 min) · **As from Rs 3,500**
Blowdry - Short Hair (45 min) · **Rs 2,100**
Blowdry - Long Hair (60 min) · **Rs 2,700**
Shampooing & Cut (60 min) · **Rs 3,200**
Man Hair Cut (30 min) · **Rs 1,100**
Child Hair Cut (30 min) · **Rs 700**
Hairstyle (60 min) · **Rs 3,500**
Hairstyle Trial (60 min) · **Rs 2,500**
Highlights (60 min) · **As from Rs 2,200**
Hair Braiding (per braid) · **Rs 500**
Bridal Hairstyling (90 min) · **Rs 4,500**
Bridal Makeup (80 min) · **Rs 4,200**
Bridal Makeup Trial (60 min) · **Rs 2,700**
Makeup (45 min) · **Rs 3,000**

NAIL BAR

Manicure (60 min) · **Rs 2,300**
French Manicure (90 min) · **Rs 2,700**
Gel Manicure (60 min) · **Rs 2,500**
Gel French Manicure (75 min) · **Rs 2,800**
Pedicure (60 min) · **Rs 3,000**
French Pedicure (90 min) · **Rs 3,200**
Gel Pedicure (90 min) · **Rs 3,200**
Gel French Pedicure (90 min) · **Rs 3,500**
Nail Varnish (20 min) · **Rs 1,100**
Semi permanent nail varnish **Rs 1,500**

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 1,500**
Bikini Line Waxing (45 min) · **Rs 1,500**
Full Bikini Waxing (50 min) · **Rs 2,500**
Back Waxing (30 min) · **Rs 2,100**
Chest Waxing (45 min) · **Rs 2,000**
Face Waxing (30 min) · **Rs 1,800**
Lip Waxing (20 min) · **Rs 600**
Eyebrow Threading (20 min) · **Rs 600**


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