

# THE LEGEND SPA

———— A VIEW WITH A SPA \*\*\*\*\*



IN COLLABORATION WITH THE ESTEEMED BRAND CINQ MONDES





“Dive into an oasis of peace and allow yourself to be carried away on a journey of relaxation and rejuvenation. At Legend Hill, our spa in collaboration with Cinq Mondes invites you to find the balance between body and mind, take a well-deserved break, and reconnect with yourself. The treatments we offer are designed to awaken your senses, soothe your mind, and revitalise your inner energy. Whether you are seeking serenity or a sensory escape, let us transform your wellness experience into a true art of living. Enjoy your retreat by rediscovering the magic of the present moment.”

Eva NAIDU  
General Manager  
Legend Hill Resort & Spa \*\*\*\*\*

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# TREATMENT MENU



1.

BATH RITUALS  
BODY  
TREATMENTS



2.

FACE  
TREATMENTS  
& MASSAGES



4.

BODY  
MASSAGES



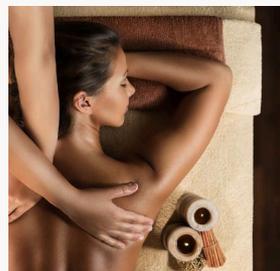
6.

CARE &  
WELLNESS  
RITUALS



7.

BEAUTY  
TREATMENTS



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PRACTICAL  
GUIDE

# BATH RITUALS BODY TREATMENTS

20 MIN



## AROMATIC SPICE SCRUB 20MIN - 2500 MUR - ENERGISING

Treat yourself to this exfoliating treatment inspired by Java, made with spices and sea salts that transport you with its delicate scents, leaving your skin soft and silky.

## PAPAYA PUREE SCRUB 20MIN - 2500 MUR - SENSORY

Discover this exfoliating treatment from Siam, using creamy Papaya Puree with fine grains. Your skin is gently exfoliated, regaining its softness.

## BELDI BLACK SOAP SCRUB 20MIN - 2500 MUR - PURIFYING

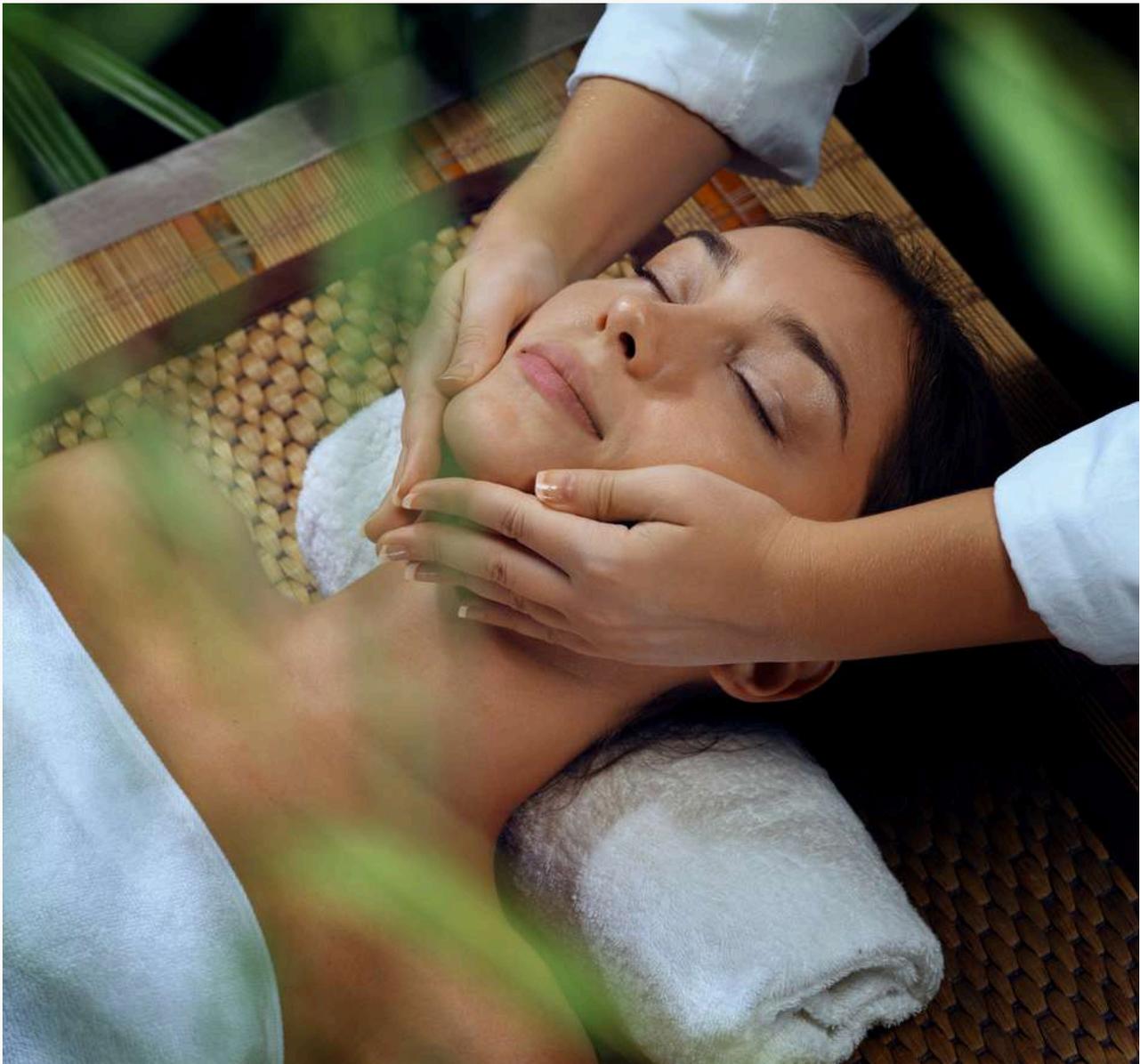
At the heart of Eastern tradition. The hammam and the exfoliating action of the Kassa glove, combined with traditional Beldi Black Soap, purify the skin deeply, leaving it soft and silky. This treatment is exclusively performed after a hammam session.

## PURIFYING AND DETOXIFYING WRAP WITH "CREME DE RASSOUL®" 20MIN - 2500 MUR

Let yourself be transported to the magical world of the hammam and Moroccan tradition, and achieve toned and silky skin thanks to the detoxifying properties of this natural clay. (This treatment is exclusively performed after a Purifying Scrub with Beldi Black Soap® in the warm scrub room).

*"The secret of beauty lies in the care one gives to their body and mind." - Unknown*





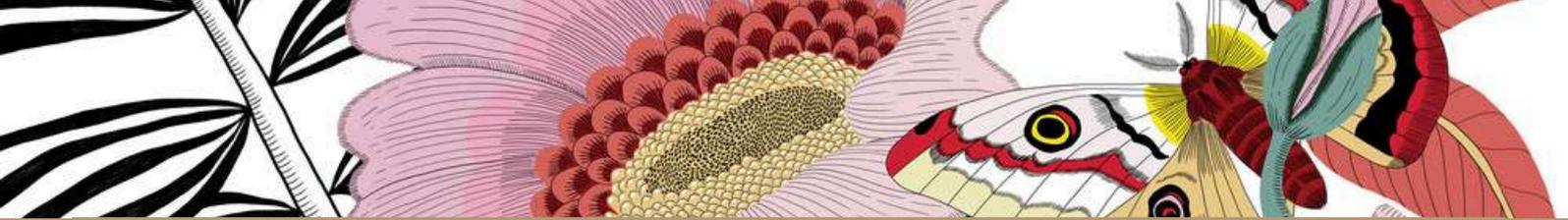
# FACE TREATMENTS & MASSAGES

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20 TO 50 MIN

Each facial massage treatment reveals the beauty of each individual in a unique experience that combines technique and absolute relaxation. Each Cinq Mondes product used during the treatment adheres to the principle of Skin Dietetics®, ensuring targeted and tailored effectiveness.

The features of the face, neck, and décolleté are deeply relaxed thanks to Dermapuncture®, an exclusive manual technique of needle-free acupuncture combined with massage techniques from traditional medicine around the world.



## FACE TREATMENTS & MESSAGES

### FACIAL MASSAGE TREATMENTS KO BI DO

This must-try Facial Massage is exclusive to our spas. As its name suggests, it is an extremely sophisticated facial massage originating from Japan. "Ko" means ancient, "Bi" refers to the beauty of the face, and "Do" signifies the right action.

#### KO BI DO 20MIN - 2500 MUR - INSTANT YOUTH

This treatment combines natural lifting movements with a care approach tailored to the most delicate areas of the face, delivering immediate results.

#### KO BI DO 80MIN - 7500 MUR - GLOBAL ANTI-AGEING

This exceptional treatment combines the power of the Gua Sha with Dermapuncture® techniques and Ridoki for a true natural facelift.



### FACIAL MASSAGE TREATMENTS

#### BALI FLOWERS MASSAGE TREATMENT 20MIN - 2500 MUR - RADIANCE BOOST

Enjoy the delicate scents of tropical flowers in this "radiance boost" treatment and discover the benefits of initial care for cleansed skin and a glowing complexion.

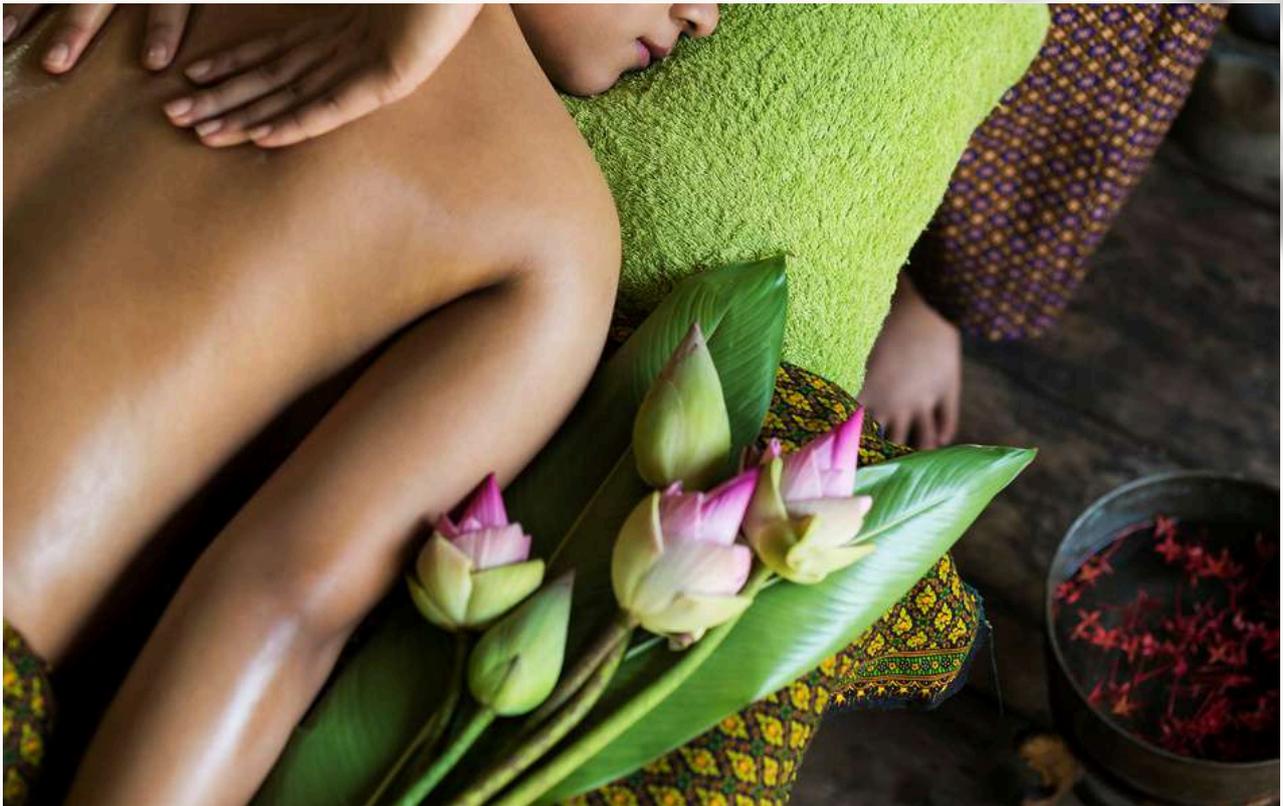
#### 5 Bali Flowers Massage Treatment 50min - 5000 MUR - HYDRATING & PLUMPING

This Balinese treatment deeply hydrates, balances the skin's microbiome, and brightens the skin thanks to the combination of 5 tropical flowers. The facial, neck, and trapezius massages release the tensions of daily life.

*"The beauty of a face reflects inner peace." - Coco Chanel*

# BODY MESSAGES

20 TO 80 MIN



Invite your senses to discover the benefits of the finest massages inherited from ancient traditions around the world. Bali, India, the Orient... each sensory journey offers you a unique escape through time and space for a deep regeneration of body and mind. Allow yourself to be carried away by intoxicating scents and enchanting textures for lasting tranquility.

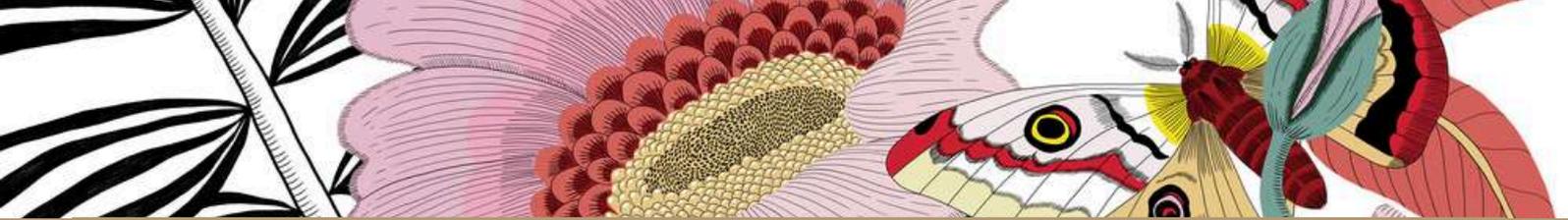
## **LEGEND HILL SIGNATURE: 6000 MUR - 50MIN: 9000 MUR - 80MIN - LEGENDARY**

Indulge in our signature massage, designed to stimulate your senses and revitalise your body. Begin with a soothing massage of the head and shoulders while your feet relax in a warm floral bath. Enjoy a unique foot ritual using authentic Mauritian products crafted to pamper you.

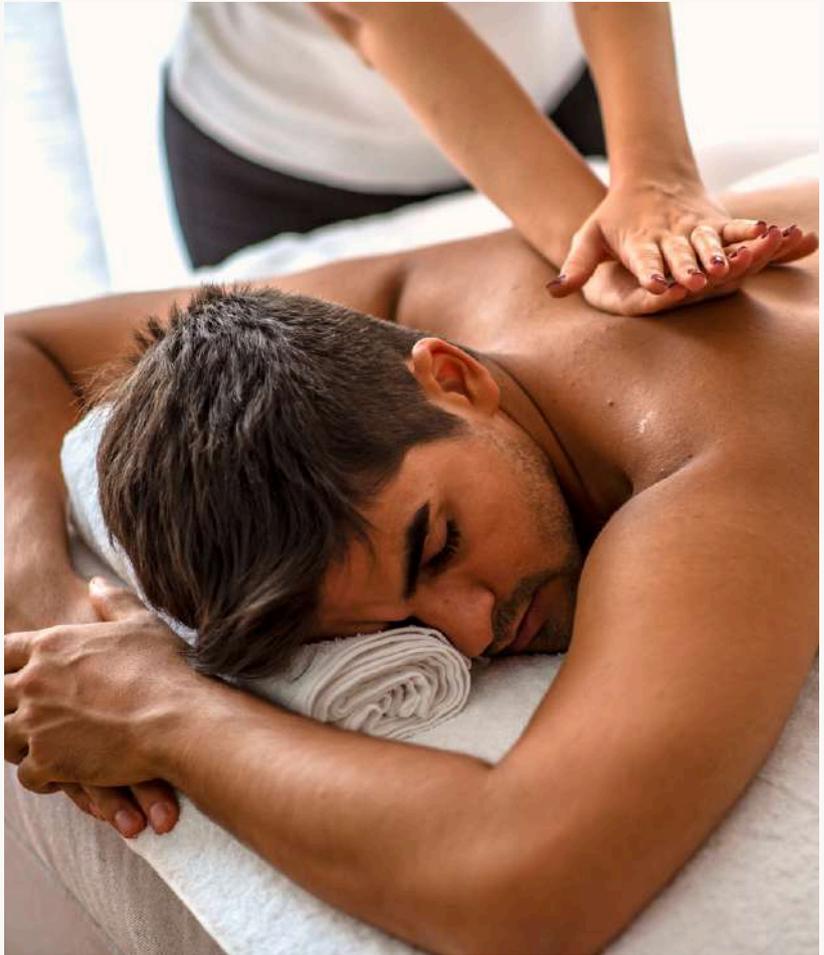
Our qualified therapists will guide you through a combination of stretching techniques and gentle massage movements, using warm towels to release muscle tension and promote deep relaxation. Feel the stress melt away as your body is skillfully massaged.

To perfect the experience, enjoy a discovery facial treatment including cleansing, exfoliation, and a revitalising mask. Say goodbye to fatigue and dull skin: your complexion will be refreshed and radiant.

 For our young guests, a tailored 30-minute massage can be arranged upon request, depending on your child's specific needs. Our team is here to personalise this experience while ensuring a safe and relaxing time.



## BODY MESSAGES



**TRADITIONAL ORIENTAL MASSAGE 20MIN: 2500 MUR - 50MIN: 5000 MUR - SENSORY** 🦋

Journey into the heart of Eastern traditions with this massage that works on the entire body using heated argan oil. This enveloping treatment of slow and deep movements provides a moment of pure well-being.

**AYURVEDIC INDIAN MASSAGE 50MIN: 5000 MUR - 80MIN: 7500 MUR - DEEP TONING**

Enjoy this massage inspired by traditional Abhyanga, tonifying with warm oil. The energetic and alternating rhythm releases tension and relaxes the muscles.

**RELAXING BACK MASSAGE 20MIN - 2500 MUR - RELAXING** 🦋

Discover this relaxing massage with warm oil. Focusing on the muscles of the back and neck, this treatment releases tension to provide you with total well-being.

**RELAXING LEG MASSAGE 20MIN - 2500 MUR - LIGHTNESS**

Experience light legs and feet with this toning and draining massage that uses acupressure techniques.

*"Touch is the first sense that connects us to the world." - Diane Ackerman*

# CARE & WELLNESS RITUALS AT THE SPA

1H50 AND MORE...



Experience a unique and unforgettable journey that combines the beauty of the body and face with bliss! These Treatment Rituals allow you to enjoy a combination of several treatments based on the desired benefits. Let yourself be guided by the traditions of global medicine, their secrets, and unforgettable scents for 2 hours and more of pure well-being..

## GRAND RITUAL OF BLISS FOR TWO 1H50: 17000 MUR - DUO RELAXATION

Share an unforgettable moment of well-being and relaxation together. This ritual includes a hammam, scrub, and body massage, providing a unique experience to regain energy and harmony.

## GRAND HAMMAM RITUAL 1H50: 9500 MUR - DIVINE ARGAN

Experience the unique Hammam experience. Enjoy a purifying exfoliation with the Kassa glove combined with traditional Beldi Black Soap, followed by a wrap with Crème de Rassoul and a 50-minute traditional Oriental massage. Then escape into the heart of Eastern traditions with a full-body massage using heated argan oil.

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*"Take care of your body; it's the only place  
you have to live." - Jim Rohn*



# BEAUTY TREATMENTS

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20 TO 60 MIN

## EXPRESS MANICURE - 30 MIN - RS 1,800 - REVITALISING

In just 30 minutes, treat yourself to an express manicure that will breathe life into your hands with precision and care. Ideal for those in a hurry, it leaves your nails clean and refreshed.

## LUXURY MANICURE - 60 MIN - RS 2,800 - LUXURIOUS

Experience the ultimate in hand and nail care with our luxurious manicure. Enjoy a relaxing massage, cuticle treatment, and nail shaping, followed by a perfect polish application for soft and elegant hands.

## EXPRESS PEDICURE - 60 MIN - RS 1,800 - REFRESHING

Give your feet the well-deserved break they need with our express pedicure. This treatment focuses on nail shaping, cuticle care, and polish application, resulting in soft and revitalised feet.

## NAIL POLISH APPLICATION - 60 MIN - RS 2,200 - ELEGANT

Enhance your nails with a perfect polish application. Choose from a wide range of vibrant colours for a refined look, ready to shine on any occasion.

## NAIL POLISH REMOVAL - 30 MIN - RS 1,400 - GENTLE

Gently remove your polish with our nail-friendly technique. Your nails will be cleaned and cared for, ready for a new application or for a natural look.



## FACIAL WAXING - 30 MIN - RS 1,800 - SOFT & SILKY

Achieve soft and radiant skin with our facial waxing treatment. Whether for the eyebrows, upper lip, or chin, this service guarantees a clean and delicate finish.

## FULL LEG WAXING - 45 MIN - RS 1,800 - FLAWLESS

Enjoy impeccably smooth legs with our full leg waxing. This treatment gently removes unwanted hair, leaving your skin soft and silky.

## HALF LEG WAXING - 20 MIN - RS 1,200 - QUICK & EFFECTIVE

Our half leg waxing provides smooth skin quickly, for either the upper or lower leg, with a gentle and comfortable treatment.

## BIKINI WAXING - 30 MIN - RS 1,500 - PRECISE

Achieve a perfectly clean bikini line with our precise waxing service, ensuring flawless results while maintaining comfort and confidence.

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*"Beauty is a light in the heart that  
illuminates the face." - Kahlil Gibran*

# PRATICAL GUIDE

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## RESERVATION

We humbly advise you to visit the Spa reception upon your arrival to schedule your treatments. Access to the Hammam is available before or after your treatments; please note that the Hammam is mixed-gender, so bringing a swimsuit is necessary.

Treatments may be scheduled for either the morning or afternoon, subject to availability.

Payment for treatments is required at the time of booking. Any cancellation or modification of the appointment made less than 24 hours in advance will not be eligible for a refund of the reserved treatment.

## SERENITY

To preserve the Spa's ambiance of well-being and tranquility, we kindly ask that all guests honor each other's comfort. Smoking is prohibited, and mobile phones are not allowed.

We kindly ask that you arrive 15 minutes prior to your scheduled appointment to ensure the timely start of your treatment.

For treatments lasting approximately 20 min, 50 min, and 80 min, please allow for a total session of 30 min, 1 hour, and 1 hour 30 min, respectively.

## ADVICE

For your peace of mind, please do not bring any valuables to the spa (money, jewellery, etc). The spa declines all responsibility in the event of loss or theft of items within the spa premises.

We advise gentlemen who have booked a facial treatment to shave approximately one hour before their appointment time to ensure the quality of the treatment. At the Spa reception, we will provide you with the necessary accessories for your treatments (robe, towels, etc). For your safety, wearing non-slip sandals is mandatory within the Spa. The use of spa-provided robes and towels is restricted to the spa premises.

**Massage:** All our massages are non-medical and non-paramedical. They are wellness and aesthetic treatments and not therapeutic. The term "massage" may also be used to describe body modelling performed using various techniques by trained masseurs in accredited centres or by beauticians.



A selection of treatments marked with this symbol is offered to adolescents aged 11 to 17, under certain conditions. Please consult us at the Spa reception.



# THE LEGEND SPA

— A VIEW WITH A SPA \*\*\*\*\*



BOOK YOUR TREATMENT:  
[LEGENDSPA@LEGENDHILL-RESORT.COM](mailto:LEGENDSPA@LEGENDHILL-RESORT.COM)  
tel: +230 484 20 35

*"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."  
- Marcel Proust*