



SESEL SPA  
REJUVENATE · REENERGIZE · RENEW

## ISLAND MESSAGES

### SANS SOUCI | DESTRESS MASSAGE

60 / 90 min - 1800 / 2400 SCR

#### Gentle Relaxing Massage

*Our most popular massage choreography and a must for stressed travelers. "Sans Souci" (No worry) Massage oil blends Nutmeg, Cinnamon, Patchouli, Bigarade (local Neroli) and Rose to completely calm the mind and gently rejuvenate the body. Gentle to medium pressure is offered.*

### ENERZI – DEEP TISSUE MASSAGE

60 / 90 min - 1900 / 2500 SCR

*A crisp reviving massage, "Enerzi" (Creole for Energy), is a refreshing yet exotic blend of Grapefruit, Ylang-Ylang. A restorative full body massage for lovers of sport techniques who require focused body work. Perfect for athletes and active individuals.*

### ISLAND STONE MASSAGE

60 / 90 min - 1900 / 2500 SCR

#### Hot Stones, Rosemary and Lemongrass Oils Massage

*The combination of the heat, weight and smoothness of the stones is intoxicating. Combining the grounding effects of hot stones with the power of botanicals the immune boosting, it helps awaken and revitalize. If you have never had one, try It...it rocks!*

### BALINESE MASSAGE

60 / 90 min - 1800 / 2400 SCR

*Balinese massage is one form of traditional Indonesian massage, used for centuries to ren and thumb pressure techniques to relieve tension, improve blood flow, ease stress, and calm the mind.*

### MOTHER-TO-BE MASSAGE

60 / 90 min - 1900 / 2500 SCR

#### Heavenly Pregnancy Massage (not before the fourth month)

*Pregnancy is a time for celebrating motherhood, new life but also yourself. Relieve the discomforts of pregnancy with this heavenly massage. Our spa therapists provide a treatment expressly created to support and nurture the mother-to-be.*

### AFTER FLIGHT MASSAGE

40 min - 1500 SCR

#### Head & Feet Massage

*You feel tired because you have been waiting and sitting so long during your journey to Seychelles? Rejuvenate and harmonize fluid retention and blood circulation, minimize jet lag, rehydrate, and indulge yourself with our Head (and Neck) & Feet (and Calves) combination= 20min on each energy pole.*

### BACK, NECK & SHOULDER NIRVANA MASSAGE

30 min - 1000 SCR

#### Tension Releasing Back Massage

*A back, neck and shoulder massage to ease tension in areas where it is most often held. Feel your shoulders release as your muscles are skillfully kneaded using exquisite oils of Jasmine, Sandalwood, Patchouli, Lime and Vetiver.*

### IN VILLA MESSAGES

60 / 90 min - 2700 / 3500 SCR

*Outside experience by your private pool, while facing the ocean.*

## ISLAND JOURNEYS FOR TWO

---

### SPA FOR TWO

60 min - 4000 SCR

#### Couple Relaxing Massages & Bubbly and Delicious Appetizers Prepared by our Chef

---

*Embark on a romantic love journey with your partner at our award-winning SeselSpa. Enjoy first a 60' soft relaxing massage treatment in our lovely couple's suite, followed by an hour of calming moment in our private garden with view of Seychelles' beautiful mountains whilst sipping on some bubbly and enjoying delicious appetizers lovingly prepared by our Chef.*

### LOSEAN FOR TWO

60 min - 4000 SCR

#### Two Relaxing Back, Neck & Shoulders Massages & Two Express Facials

---

*Share with your beloved "Losean" (Ocean), two 30 minutes destressing back tension releasing sessions, plus two cleansing and brightening rejuvenating express face treatments.*

## ISLAND BODY RITUALS

---

### COCO-NUTS

90 min - 2900 SCR

#### Full Body Scrub & Relaxing Oil Coconut Massage

---

*This coconut-rich tropical ritual created to hydrate, soothe the soul, and slow you down to the gentle rhythm of the islands. An exotic coconut body scrub with vanilla, luxurious rice will smooth and revitalize. This is followed by our richly nutritive, relaxing, massage during which coconut and avocado oil, infused with the curative tropical delights will leave you floating above tropical skies.*

### SKIN-KISSED | AFTER SUN THERAPY

45 min - 2800 SCR

#### Aloe Gel Application & Wrap

---

*A skin-restorative wrap combines local pure aloe-Vera gel with healing oils. Then a gentle nurturing hydrating balm, enhanced by chamomile, calendula extracts is applied to keep skin soft. While your skin hydrates, enjoy a soothing scalp massage to complete this nurturing experience.*

### SWEET CHOCOCO

90 min - 2800 SCR

#### Full Body Scrub, Wrap & Massage

---

*A pure Cocoa exfoliation with its intense and moving aroma that improves senses of well-being. A sweet pleasure which helps the skin to appear uniform, smooth. Reshapes the silhouette with a delicious self-heating cocoa-based body wrap that deeply nourishes the skin. Massage with Coconut moisturizer, unique composition of organic origin, local coconut oil made in the pure Seychelles tradition*

### MAGIC SILK ROAD

90 min - 2500 SCR

#### Full Body Scrub, Wrap & Massage

---

*The experience begins with a full body exfoliation with the spices of cardamom, cinnamon, and poppy seeds to nourish and revitalize your skin, leaving it supple and smooth. Continue the journey with the application of a precious silk mask to deeply hydrate the skin, giving it a satin appearance and a silky touch. During the mask enjoy a relaxing scalp massage...*

## FIRMNESS VIT C+

90 min - 2800 SCR

### Full Body Scrub, Firming Wrap & Massage

A body scrub rich in vitamin C, that provides the skin with an ultra-smooth texture with the action of exclusive micro-particles of roasted orange peel. The skin is satiny, silky, and radiant. Firming wrap with a preparation based on lemon, orange and papaya helps restore the luminosity, vitality of the skin, leaving it smooth and shiny. It's an extraordinary regenerating effect on stimulating the body's collagen production while improving the elasticity of the skin. This treatment ends with a relaxing full body massage, which ensures the full absorption of vitamin C.

## THE ESSENTIAL HARMONY

180 min - 4500 SCR

### Full Body Scrub, Body Wrap (silk road), Relaxing Massage & Facial (So delicate)

A luxurious multi-sensorial treat to indulge your senses. This is a sensorial journey, spend three hours of unadulterated relaxation. It begins with a full body scrub and soothing silk wrap to leave the skin feeling luxuriously soft; Next you will enjoy a full body aromatherapy massage that will allow you to completely unwind side-by-side. Your journey completes with an express refresher facial designed to maintain a healthy, clear complexion.

## ISLAND BODY BUFF

30 min - 1400 SCR

Imagine harnessing the power of an energizing, deep cleansing (salt scrub) imbued with Eucalyptus Oil to help detoxify and promote circulation and give your skin back its youthful look, along with a Vichy rain shower treatment.

## ISLAND FACIALS

by Germaine de Capuccini

## BASICO FACIAL

60 min - 2200 SCR

### Normal Skin Type

This facial treatment is the first step for refreshed and balanced skin, including the elimination of impurities. Applying a smoothing cream and mask will hydrate your skin, bringing the youthfulness glow of your face.

## PURE EXPERT HYGIENE FACIAL

60 min - 2400 SCR

### Oily Skin Type

This facial treatment deeply cleanses oily skin prone to acne. The skin appears shiny, uniform, pure, healthy, and balanced without spots.

## SO DELICATE FACIAL

60 min - 2000 SCR

### Sensitive Skin Type

Soothing treatment instantly providing relief and comfort to the most sensitive skin. A combination of phyto-active extracts restoring absolute well-being to the skin. Day after day, the skin is more protected, more tolerant, less sensitive.

## HOLISTIC EXPRESS FACIAL

30 min - 1500 SCR

A tropical Anti-Aging or Sensitive Facial, with skin renewing aromatic oils to cleanse and purify, revitalize, and rejuvenate dull, lifeless skin.

## MANICURE PEDICURE

### EXPRESS MANICURE OR PEDICURE

30 min - 560 SCR

### FULL MANICURE OR PEDICURE

60 min - 1250 SCR

### NAIL POLISH APPLICATION

300 SCR

## SPA ETIQUETTE

---

### **ENHANCING YOUR SPA JOURNEY, RESERVE YOUR SPA EXPERIENCE**

*To accommodate your preferences, advanced reservations are strongly recommended. Resort guests can dial "At Your Service" button on their in-room telephone or directly call Spa reception (extension 2301).*

*From outside the resort please call +248 438 7000 or email: [seselspa@story-hotels.com](mailto:seselspa@story-hotels.com)*

### **ARRIVAL**

*We recommend that you arrive at Seselspa 10 to 15 minutes before the hour of your treatment, in order to eventually complete your consultation form and change, if you do wish to use shower facility before treatment, please kindly come 30 min before.*

### **SPA ENVIRONMENT**

*Our spa environment is one of relaxation and tranquility and is a mobile phone and smoke free zone. Please respect guests' right to privacy and serenity.*

### **CANCELLATION POLICY**

*As courtesy to other guests, please give us a 6hours notice if you need to cancel or reschedule your appointment(s), otherwise 100% of the treatment (s) will be charged for "No show".*

### **SPA ATTIRE**

*Disrobe to the level of your comfort, we provide disposable undergarments for your privacy. Our therapists are always fully trained in draping techniques to protect your privacy.*

### **VALUABLES**

*We recommend that you kindly leave in your room / villa's safe all valuable belongings, Seselspa will not assume any responsibility for loss, damaged or forgotten personal items.*

### **MASSAGES**

*Please note that all our massages are not therapeutic and are only to be considered as holistic relaxation.*

### **FACILITIES**

*Complementary two separated saunas are available for your comfort, Female and Male sides with outside rain shower and calm relaxing areas to enjoy a fresh ginger tea with honey.*