eforea spa at Hilton Seychelles Labriz Resort & Spa
is a place like no other where you will reconnect with self and
emerge brighter. Our Essentials and Escape
Journeys feature both results-oriented and
locally inspired therapies.

Signature to eforea spa are the Journey
Enhancements, powerful mini treatments that
are added to your existing services or enjoyed
by themselves. These treatments have been
specially designed for eforea and introduce
guests to special, commonly unexperienced
techniques from the most fabled spa cultures
around the world.

Perfecting your journey

head & face
Find clarity. This illuminating experience draws from mystical practices
of ancient Indian massage and powerful Thai therapies.
30mins 650SCR

shoulder, neck & scalp
Lighten your load. This deep relaxation experience draws from Chinese acupressure,
the modern science of trigger point therapy, and traditional methods of reflexology.
30mins 650SCR

feet
Ground yourself. This foot and legs experience combines the richness
of ancient Egyptian reflexology with the spiritual concepts of Native American healers.
30mins 650SCR

Add on to your Massage
30mins 550SCR
**face touch**

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

**Hilton Super Express Facial**
- Scr 950
  - Short but sweet. This responsive and powerful face treatments packed with super minerals to awaken and restore tired, fatigued cells. Awaken your skin and leave feeling revived. You, only better!

**Correcting Dynamic Resurfacing Precision Peel**
- Scr 1850
  - Clinically proven* to target the signs of ageing and uneven skin tone. This pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal.

**Hydrating Visible Brilliance**
- Scr 1850
  - A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energizing, detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health.

**Sensitive Skin Soother**
- Scr 1850
  - Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothing, comfortable and calm.

**Anti-Aging Pro-Collagen Age Defy**
- Scr 2150
  - Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger-looking skin.

**body**

Cleansing mineral salts, oils blend rich in actives and Trans portative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

**Deep Exfoliation - Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani**
- Scr 1550
  - Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

**Hydrating Frangipani Nourishing Wrap - Frangipani**
- Scr 1650
  - The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

**Hot Mineral Body Boost**
- Scr 2400
  - This unique treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. A revolutionary, mineral-charged experience of skin conditioning, metabolic balancing and energising wellness.

**Eforea Deep Tissue Journeys**
- Scr 1850
  - Your therapist will select aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

**Muscle Melt Deep Tissue Massage**
- Scr 1950
  - A tension taming treatment that is deeply nurturing. Body and mind are rebalanced, skin feels invigorated and alive. Rich balm penetrated deep into the muscle to release and heal leaving more movement and less stiffness in the body.

**Chakra Balancing**
- Scr 1950
  - Bring your body and emotions into total equilibrium.

**Spirit Reviver Deep Tissue Massage**
- Scr 1950
  - Lift, detoxify and renew your zest for life

**ELEMIS Peaceful Pregnancy Massage**
- Scr 1850
  - This thoroughly researched and carefully formulated treatment has been designed to nurture and support a woman through the rich experiences of each trimester. Gently and intuitively and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

**Thermal Deeper Than Deep Hot Stone Massage**
- Scr 2100
  - Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

**Intensive Deep Muscle Release Massage**
- Scr 1550
  - A tension releasing treatment that is deeply nurturing. Body and mind are rebalanced, skin feels invigorated and alive. Rich balm penetrated deep into the muscle to release and heal leaving more movement and less stiffness in the body.

**Shirodhara**
- Scr 1550
  - The most sought after Indian de-stress treatment. Warm oil is drizzled onto the forehead (third eye chakra) to induce a deep state of relaxation followed by a soothing massage that takes you to a different level of calm.

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Sweet Orchid Crown to Soul
Scr 2400
An emotionally grounding experience for skin that has never felt silkier. This luxuriously fragrant, intensely moisturising journey will transport you to the Far East. The velvety texture of the Monoi Oil will restore skin elasticity and emotional ground you.

ELEMIS Thousand Flower Detox Wrap
Scr 2500
This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

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Spa Manicure
Scr 1150
Full service manicure includes exfoliating treatment and hydrating massage plus colour of choice.

Spa Pedicure
Scr 1350
Full service pedicure provides relaxation and pampering foot care, completed with colour of choice.

Express Manicure
Scr 995
Great for those on the go or looking for a touch up. A quick fix for your fingers with a nail soak, nail shaping, cuticle care and nail buffing. Nail colour is not included.

Express Pedicure
Scr 990
An express option, it provides those on the go with a foot soak, nail shaping, cuticle care and nail buffing. Nail color is not included.
eforea spa at Hilton Seychelles Labriz Resort & Spa

Let your mind escape and your body relax in this beautiful island Spa surrounded by the natural granite boulders of Silhouette Island. Whether your desire is to invigorate the soul, relax the mind or beautify the body, our professional therapists will exceed your every expectation.

Phone: +248 429 3949 ext 700
Email: sezlb_spa@hilton.com

**Cancellation Policy**
If you need to make a cancellation or date change, we request a minimum of 6 hour notice for any service. Fifty percent of the service price will be charged on any late cancellation or no show appointments.

**Appointments**
For Spa services, please arrive 15 - 30 minutes in advance of your appointment to allow time to change into a robe and if applicable enjoy access to the Spa facilities. Being on time for your appointment is appreciated, both in consideration of our other guests and in order for you to receive your full service.

**Spa Attire & Etiquette**
To enjoy fully your spa experience and as a courtesy to other guests, your cell phone should be on silent mode at all times and conversation should be conducted in a low voice.

We regret that we cannot be responsible for the loss or damage of personal articles, however we do provide lockers and suggest that you use these for any items you may bring to the Spa with you.

Our professional therapists will respect your modesty at all times with professional towel draping and will provide you with disposable underwear, however, if you prefer, you may choose to wear your own underwear or swimsuit.

**Minimum Age**
The Spa is an adult oriented atmosphere, therefore the minimum treatment age is 16 years. Young adults under the age of 18 years will need a signed waiver and/or accompaniment by a parent or adult guardian for services.