

The background of the entire image is a dark teal color with a subtle, repeating pattern of stylized, light teal leaves or branches. In the center, there is a white rectangular box containing the text. The text 'Ocean Spa' is written in a gold-colored serif font. 'Ocean' is on the top line, and 'Spa' is on the bottom line, with the 'S' being significantly larger and more decorative than the other letters. To the right of 'Spa', the words 'WELLNESS', 'BEAUTY', and 'RELAX' are stacked vertically in a smaller, gold-colored, all-caps sans-serif font.

Ocean  
Spa

WELLNESS  
BEAUTY  
RELAX

*Take care of your, your soul wants to live in it.*

*Chinese proverb*

## Summary

Signatures _____	4 - 5
Facial Treatments _____	6 - 7
Body Treatments _____	8 - 9
Body Massages _____	10 - 13
Hands & Feet Treatments _____	14 - 15
Hands & Feet Beauty _____	16 - 17
Hands & Feet Massages _____	18 - 19
Cellutox _____	20 - 21
Indie Pilates _____	22 - 23
Children's & Teen Corner _____	24 - 25
Women & Men Estetic _____	26 - 27
Spa Package _____	28 - 29



« Our signatures are stored in order to customize your massage experience for a real time drop in the heart of Ocean spa »

# Signatures

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**OCEAN SECRET FACIAL SIGNATURE** .....  
An exceptional anti-aging treatment to reveal beauty of each woman. Sculpt the contours of the face and tightens the lines, a real manual lifting.

**90mins / 3 520 rs**

**OCEAN SIGNATURE TREATMENT** .....  
Personalized and complete massage from head to toes, pressure according to your request, foot reflexology included in the massage Essential Oil of your choice (Peppermint, Vanilla, Lavender, Ylang-Ylang).

**90mins - 2 600 rs / 120mins - 3 200 rs**



Beyond well-being, the resource of the mind is also done by the beauty of be. Ocean spa offers a great diversity of care that has the distinction of associating beauty and relaxation to live the unique experience.

## Facial Treatments

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### **THALISOURCE HYDRATATION ABSOLUE** .....

This treatment is suitable for thirsty, dehydrated skin damaged by the sun. Your skin is intensely hydrated, it regains suppleness and radiance.

**60mins - 2 300 rs**

### **ALGOPUR TREATMENT**.....

This treatment deeply cleanses combination and oily skin. It clarifies, matifies, refreshes, restores radiance and softness.

**60mins - 2 400 rs**

### **ALGOLIFT TREATMENT** .....

It is intensive and innovative care that specializes in combat against wrinkles and sagging skin. The skin is lifted and visibly younger and more radiant.

**60mins - 2 500 rs**

### **GENTLEMAN FACIAL TREATMENT**.....

The solution for skin attacked daily by shaving and pollution. With this treatment your skin will be purified, oxygenated, soothed and full of energy.

**60mins - 2 400 rs**

### **FACIAL RADIANCE** .....

Radiance treatment combining skin cleansing, well-being and beauty.

**30mins - 1 300 rs**



# Body Treatments

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## **COCONUT BODY SCRUB** .....

Treat yourself to a moment of well-being thanks to this ritual inspired by natural beauty recipes. Let yourself be transported by the delicate scents of this treatment.

**30mins - 1 300 rs**

## **BACK BEAUTY**.....

The back beauty technique is similar to that of a classic facial cleansing. The peeling, the mask and the hydration with essential oils are the main actors of this specific treatment, as well as the extraction of comedones.

**60mins - 2 400 rs**

## **BLACK SOAP PURIFYING SCRUB** .....

Associated with the exfoliating action of kassa glove, this ancestral recipe allows to purify the skin in depth to leave it gentle, satiny and delicately scented. this treatment is carried out exclusively after Hammam.

**30mins - 1 400 rs**

## **ORIENTAL** .....

Regenerate your skin with hammam 20mins, purifying black soap and Kassa glove, followed by a relaxing and hydrating massage with argan oil.

**90mins - 3 500 rs**

## **RITUEL THALISENS** .....

Unique multi-sensory experience imagined to dive the body and the mind in a deep drop state. Through a massage exclusively manual associated with 100 % natural marine textures tiara or sparkling citrus scents.

**60 mins - 2 600 rs / 90mins - 2 900 rs**

# Body Massages

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## HEAD & SHOULDERS .....

Energizing and relaxing massage, quickly dissipates muscle tension and nervous. (Peppermint Essential Oil).

**30mins - 1 100 rs / 45mins - 1 300 rs / 60mins - 1 500 rs**

## DEEP BACK .....

Modeling which helps tensions to release stress and soothe fatigue. (Peppermint Essential Oil)

**30mins - 1 200 rs / 45mins - 1 500 rs / 60mins - 1 800 rs**

## SWEDISH .....

Relaxing Swedish massage with pressure, releases the spirit and the tensions of the body.(Lavender Essential Oil).

**60mins - 1 800 rs / 75mins - 2 100 rs**

## EVASION .....

Very relaxing massage. It is a deep release of the body, a true sensory experience. (Ylang-Ylang Essential Oil).

**60 mins - 2 000 rs / 75 mins - 2 500 rs**



# Body Massages

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## **ABHYANGA** .....

Ayurvedic massage with hot coconut oil, Indian method, relaxation and soothing the body with firm pressure which relieves stress and negative emotions, promotes lymphatic circulation and vital energy..

**75mins - 2 400 rs / 90mins - 2 900 rs**

## **PINDA** .....

Massage with hot herbal pouch, relieves pain muscles, dissipates tension, stimulates internal organs, improves blood, lymphatic circulation and ensures total relaxation of body and mind.

**90mins - 3 800 rs**

## **BALINESE** .....

Relaxing massage movements as well as more vigorous pressure point stimulation. The practitioner begins to massage and knead the legs, then the back and the arms firmly to finally slowly massage the scalp.

**60mins - 2 000 rs / 75mins - 2 400 rs / 90mins - 2 900 rs**

## **SPORTS** .....

Relaxing, energizing and detoxifying massage. Massage targets circulation, muscles but also the tendons. Improves physical performance, optimizes the effects of training and recovery after the effort. Stimulates balance and prevents pain. (Peppermint Essential Oil)

**60mins - 2 000 rs**

## **AROMATHERAPY** .....

Aromatherapy uses essential oils to improve health and emotional wellbeing and restore balance to the body.

**75mins - 2 400 rs / 90mins - 2 900 rs**

## **HOLIDETOX** .....

This massage draining the body from head to toes will help you get back in shape. The detox massage, by acting on specific points (the nodes in particular) will put the lymphatic and circulatory systems back to work and thus reboot the body.

**90mins - 2 900 rs / 120mins - 3 200 rs**

## **PRENATAL** .....

Moment of tranquility and serenity to share with baby, relieves tension in the lower back, neck and legs. Promotes blood and lymphatic circulation. A pure moment of sweetness and relaxation.

**60mins - 2 000 rs**



# Beauty Hands

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## **OCEAN SPA MANICURE** .....

Pamper your hands in a warm bath of sea salt, followed by a sugar and honey scrub, and wax treatment on request. Soothing lotion massage and gentle nail grooming prepare your hands for the polish color of your choice.

**60mins - 1 200 rs**

## **DELUXE OCEAN SPA MANICURE**.....

Soak your hands in a warm sea salt bath. Nail shaping and gentle cuticle treatment will keep your nails looking their best. Gentle exfoliation with sugar and honey scrub. Finish with a moisturizing lotion massage and the Semi permanent color of your choice.

**60mins - 1 400 rs**

## **EXPRESS OCEAN SPA MANICURE** .....

A treatment to take care of your hands to have an impeccable result.

**30mins - 800 rs**

# Beauty Feet

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## **OCEAN SPA PEDICURE** .....

A soothing treatment for overworked feet, starting with a warm sea salt foot bath. Gentle exfoliation with sugar and honey and nail shaping are followed by a complete foot massage for relaxation, finishing with the polish color of your choice.

**60mins - 1 300 rs**

## **DELUXE OCEAN SPA PEDICURE** .....

A soothing treatment for overworked feet, starting with a warm sea salt foot bath. Gentle exfoliation with sugar and honey scrub, nail shaping are followed by a complete foot massage for relaxation, finishing with the Semi permanent color of your choice.

**60mins - 1 500 rs**

## **EXPRESS PEDICURE OCEAN SPA** .....

A treatment to take care of your Feet to have an impeccable result.

**30mins - 900 rs**





## Beauty hands & feet

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### **NORMAL NAIL VARNISH HANDS OR FEET** .....

Nail cleaning and normal varnish application.

**15 mins - 700 rs**

### **SEMI PERMANENT NAIL VARNISH HANDS OR FEET** .....

Nail cleaning and semi permanent varnish application.

**45 mins - 900 rs**

### **SOAK OFF SEMI PERMANENT HANDS OR FEET** .....

Free if you do semi permanent pose.

**15 mins - 500 rs**

### **FISH SPA** .....

Immersion of the feet in a bassin filled with fish, which will operate gently to get rid of your dead skin.

**15mins - 500 rs / 30mins - 900 rs**

### **RITUEL FISH SPA** .....

Take the time to soften your feet and find them regenerated and nourished Start with a Fish Spa, followed by a foot bath with saline tamarind salts, gentle sugar and honey scrub, callus removal, moisturizing mask and massage.

**45mins - 1 400 rs**

# Hands & Feet Massages \_\_\_\_\_

## **HANDS MASSAGE** .....

Modeling and relaxing hands massage.

**30mins - 900 rs**

## **FOOT MASSAGE** .....

Modeling and relaxing foot massage.

**30mins - 900 rs**

## **FOOT REFLEXOLOGY** .....

Each organ, part of the body or function corresponds a point on the feet. A specific touch on these areas makes possible to locate and dissipate tension to restore balance to the body..

**30mins - 1 100 rs / 45mins - 1 300 rs / 60mins - 1 500 rs**

## **LIGHT LEGS** .....

Draining massage, stimulates microcirculation the legs and helps fight heavy legs. It decongests and provides instant relief with tired legs..

**45mins - 1 850 rs**





The objectives of the slimming massage are to remodel the silhouette in a targeted manner, find toned skin and eliminate the orange peel appearance. The slimming massage is practiced as a treatment of several sessions depending on the objectives. It can also be maintained throughout the year to prevent cellulite from coming back. Exercise, sporting activity and a healthy diet are the winning duo in the fight against cellulite.

*You can ask Helen, fitness and nutrition coach, our spa and fitness studio director, to have advices.*

## Cellutox Treatments

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<b>CELLUTOX</b> .....	60mins - 2 000 rs
Slimming massage that restructures fat cells superfluous evacuates them. Reduces the appearance of stretch marks. (Cypress Essential Oil).	
<b>DEEP CELLUTOX</b> .....	75mins - 2 700 rs
Slimming massage that restructures fat cells superfluous evacuates them. Reduces the appearance of stretch marks. Slimming scrub pearl and slimming massage with slimming gel.	
<b>CURE CELLUTOX</b> (8 SESSIONS + 1 FREE) .....	16 000 rs
<b>CURE CELLUTOX</b> (11 SESSIONS + 2 FREE) .....	22 000 rs
<b>CURE DEEP CELLUTOX</b> (8 SESSIONS + 1 FREE) .....	21 600 rs
<b>CURE DEEP CELLUTOX</b> (11 SESSIONS + 2 FREE) .....	29 700 rs



At the Indie Studio or at home, indoor or outdoor, I adapt to your desires for your Pilates and fitness lessons, on Tamarin, Black River. I wish to make you discover this method of sweet gym adapted to everyone through my personalized lessons and adapted to your needs my different certifications allow me to also offer you the following activities :



Pilates



Indieflow



Stretching



Yoga



Cardio



Cardio-boxing



Muscle building

+230 58 36 24 21 / +33(0) 6 25 79 39 01 / helene@indie-pilates.com / Palm Square La Mivoie S12/13 Tamarin



# Children's Corner

from 3 to 12 years old

## PRINCE... SS HANDS

A treatment to take care of your little hands and normal nail varnish.

30mins - 600 rs

## SOFT FEET

A treatment to take care of your little feet and normal nail varnish.

30mins - 600 rs

## SWEET FACE

A delicious facial, hydrating and indulgent gourmet with «Nougatine Paris» cotton candy, caramel, strawberry vanilla and hazelnut chocolate.

45mins - 1 300 rs

## SOFT SKIN

A gentle exfoliation and a massage with «Nougatine Paris» Vanilla Honey Moisturizing Milk.

45mins - 1 600 rs

## COCOON MASSAGE

A Sweet and Gourmet Body Massage with «Nougatine Paris» Angel Vanilla Honey Dream Balm.

45mins - 1 400 rs

## DUO PARENT & CHILDREN

Have a moment of great bonding and relaxation with your child.

45mins - 2 700 rs

# Teen's Corner

from 12 to 16 years old

## HARMONY MASSAGE

Gentle and relaxing full body massage..

60mins - 1 600 rs

### A 100% children's universe 100% gourmet 100% french.

A brand of natural & organic cosmetics dedicated to children, boy and girl, from 3 years old. Fun and playful textures with gourmet ingredients and fragrances inspired the funfair.



# Esthetic Women

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THREADING EYEBROWS .....	170 rs
THREADING UPPERLIPS .....	170 rs
THREADING CHIN .....	170 rs
EYEBROWS .....	280 rs
UPPERLIPS .....	280 rs
CHIN .....	280 rs
FULL FACE .....	650 rs
UNDERARMS .....	450 rs
HALF ARMS .....	650 rs
FULL ARMS .....	900 rs
HALF LEGS .....	700 rs
FULL LEGS .....	1 050 rs
BACK .....	700 rs
BIKINI LINE .....	550 rs
BRAZIL BIKINI.....	900 rs
INTEGRAL BIKINI.....	1 050 rs

# Esthetic Men

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NOSE .....	280 rs
EARS .....	280 rs
BACK .....	1 050 rs
CHEST .....	1 050 rs
UNDERARMS .....	495 rs
HALF ARMS .....	800 rs
FULL ARMS .....	1 000 rs
HALF LEGS .....	950 rs
FULL LEGS .....	1 200 rs





# Spa Package

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<b>ACCESS TO HAMMAM</b> .....	
A humid steam bath to relieve stress and accumulated tension. It cleanses the skin, eliminates toxins, and allows blood to circulate better. It also clears the respiratory passages.	
	<b>700 rs</b>
<b>HAMMAM 30MINS</b> (5 SESSIONS + 1 FREE).....	
	<b>3 300 rs</b>
<b>HAMMAM 30MINS</b> (10 SESSIONS + 2 FREE).....	
	<b>6 600 rs</b>
<b>READY 4 SUMMER</b> .....	
4 waxing: 1 Face + 1 half legs + 1 Underarms + 1 Brazil Bikini	
	<b>2 100 rs</b>
<b>FROM HEAD TO TOES</b> .....	
Facial Radiance 30mins + Coconut body scrub 30mins + Reflexology 30mins	
	<b>3 200 rs</b>
<b>TIME 4 ME</b> .....	
1 Facial treatment 60mins + 1 Body massage 60mins + 1 Manicure 60mins + 1 Pedicure 60mins	
	<b>6 100 rs</b>
<b>BEAUTY PARTY 4 GIRLS</b> .....	
Privatize your Spa with your friends for an event or simply to have a good time together. 4 Hours of Treatments per Person (Face 60min + Massage 60min + Manicure 60min + Pedicure 60min) Sweet Break and free access to the Hammam and Fish Spa	
	<b>27 500 rs</b>

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