

The Spa Menu

FULL BODY MASSAGES

Our Maison Sasha massages are personalised to alleviate stress and calm the mind. Paying special attention to each individual area, our spa experts will relax and energise the body as a whole.

SWEDISH MASSAGE RS 2,530 | 1h15 Mins

The Swedish Harmony Massage incorporates a combination of classical massage movements, including long and flowing strokes, kneading, tapping, and gentle stretching. These techniques work in harmony to release muscle tension, improve circulation, and promote a deep sense of relaxation and well-being.

DEEP TISSUE / SPORTS MASSAGE RS 2,750 | 1h

During a Deep Tissue/Sports Massage, your therapist will customize the pressure and depth based on your specific needs and preferences. This intense massage not only aids in alleviating pain and promoting recovery but also helps to prevent future injuries by enhancing muscle strength and flexibility.

TARGETED RELIEF THERAPY RS 1,155 | 45 mins

A specialized treatment that allows you to address specific areas of discomfort and pain. This unique therapy focuses on the problematic area, providing targeted attention to alleviate aches and pains. Whether it's a sore back, tight shoulders, or any other area of concern, Targeted Relief Therapy is designed to bring you much-needed relief.

BALINESE RS 2,750 | 1h 15 Mins

Indulge in this luxurious yet vigorous massage that combines elements of Swedish, Shiatsu, and reflexology techniques. With the use of long, flowing strokes, kneading, and gentle stretching, your muscles will be completely soothed and relaxed with increased bloody flow around the body.

AROMATHERAPY RS 2,750 | 1h 15 Mins

A light, calming massage using a blend of aromatherapy oils, which work on the whole body. This massage is personally tailored to the individual's needs. This massage will treat all areas of the body most prone to stress and tension, such as the back, shoulders and neck, along with the upper and lower legs, arms and hands.

FOUR HANDS RS 4,730 | 1h 45 Mins

This massage experience is particularly recommended for those who want to indulge in a heightened sense of relaxation and enjoy the feeling of being completely pampered. It is a perfect treat for individuals looking to escape from the stresses of daily life and indulge in some blissful self-care.

BESPOKE FACIAL CARE

ADVANCED AESTHETIC FACIAL TREATMENTS

Our Advanced Aesthetic Facial treatments are the design of a close collaboration with our carefully selected French laboratory. All treatments are custom designed for your specific skin type, determined by a skin analysis. All treatments include our welcome touch, skin exfoliation, mask and facial massage.

PURIFYING

RS 3,255 1h30

Using the powerful ingredients of glycolic, mandelic and lactic acids to eliminate dead cells and impurities, restoring skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion.

RADIANCE

RS 3,780 1h30

Using Vitamin C this exceptional treatment is specifically designed to treat any skin type leaving your skin perfectly balanced, fresh, and radiant protecting the skin from hyperpigmentation.

REVITALISE

RS 4,200 1h30

Using stem cell technology, this is the perfect anti-aging treatment. Promoting cellular detoxification, the skin is regenerated radiant and firmer. A vital treatment for overstrained, lifeless skin

COLLAGEN EYE BOOSTER

RS 2,495 1h (Add on - RS 1,945 | 30mins)

A non-invasive treatment tackling signs of ageing, such as lines, wrinkles and age spots, leaving the skin around the eyes perfectly hydrated, plumped and smooth as the signs of fatigue erased. A perfect add on to any of our facial experiences.

CLASSIC FACIALS

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Unique signature treatment protocols that combine the effectiveness of nature & technologies with absolute relaxation.

BALANCING

RS 3,050 1h15

Rediscover harmony and achieve a perfectly balanced complexion with our Balancing Facial. This customized treatment is designed to address the unique needs of combination, oily, or problematic skin, leaving you with a refreshed and harmonized appearance, restoring the skin's natural Ph balance

DEEP CLEANSING

RS 3,050 1h15

Experience the ultimate in deep cleansing and pore refinement with our Deep Cleansing Facial with Steamer. This invigorating treatment harnesses the power of steam to deeply cleanse, detoxify, and rejuvenate your skin, leaving it feeling refreshed, purified, and radiant

ANTI-AGING

RS 3,205 1h15

Rejuvenate your skin and turn back the hands of time with our luxurious Anti-Aging Spa Treatment. Indulge in our Anti-Aging Spa Treatment and experience the transformation of your skin as it becomes revitalized, rejuvenated, and ready to face the world with newfound confidence.

BRIGHTENING

RS 3,050 1h15

Illuminate and revive your skin with our Brightening Facial. This rejuvenating treatment is designed to improve the appearance of dull, tired, or uneven skin and leave you with a radiant, glowing complexion, while combating the effects of hyperpigmentation.

BODY POLISHERS

SPA BODY SCRUBS RS 1,155 | 45mins

Experience pure indulgence and achieve silky-smooth skin with our Spa Body Scrubs at Massion Sasha. Our experienced therapists will use a luxurious blend of natural and organic ingredients, combined with expert massage techniques, to leave you feeling relaxed, refreshed, and rejuvenated.

COFFEE SCRUB

Infused with caffeine and essential oils, our coffee scrub helps to stimulate circulation, reduce cellulite, and exfoliate the skin, leaving it soft and radiant.

SALT SCRUB

Our sea salt scrub deeply cleanses, detoxifies, and revitalizes the body, leaving your skin feeling rejuvenated and refreshed.

SUGAR SCRUB

Our sugar scrub gently exfoliates to remove dead skin cells, revealing fresher, youthful skin. It is suitable for sensitive skin and will leave you feeling revitalized and refreshed.

BODY WRAPS RS 1,650 | 45-mins

Immerse yourself in the ultimate pampering experience with our rejuvenating Body Wraps. Indulge in the therapeutic benefits of these luxurious treatments, as our expert therapists apply a custom blend of nourishing ingredients to your body, followed by a relaxing wrap to enhance the absorption of beneficial nutrients.

DETOX WRAP

Infused with natural ingredients and antioxidants, this treatment helps to stimulate your lymphatic system, promoting the removal of impurities and leaving you feeling refreshed and rejuvenated.

HYDRATING WRAP

This treatment replenishes your skin's moisture, leaving it supple, smooth, and deeply nourished. Enjoy the sensation of hydrating ingredients penetrating your skin, as you relax and feel the stress melt away.

FIRMING WRAP

The specialized blend of firming ingredients helps to tighten and tone the skin, reducing the appearance of cellulite and leaving you with a more youthful, sculpted silhouette.

LADIES' NIGHT AT MAISON SASHA

Join us on the last Friday of each month to relax, connect, and indulge in a special evening for ladies. Whether you're new to the Island looking to connect with other ladies or with a group of friends, enjoy pampering, treats, and champagne. Unwind in our steam room, treat yourself to a manicure and pedicure, and experience a soothing scalp massage, body exfoliation, and back massage. Don't miss out on this unforgettable night-limited spaces available!

BESPOKE SPA RITUALS

Indulge in our personalized holistic spa rituals and nurture your body and soul. These thoughtfully crafted treatments incorporate the power of natural ingredients to create a harmonious connection between your body and mind. Through detoxification and expert massage techniques, these rituals will leave you feeling revitalized and grounded.

SASHA'S RETREAT

RS 6,930 | 4h10

Indulge in the ultimate half-day spa experience at Maison Sasha. Treat yourself or a loved one to a deep-cleansing facial, signature full-body exfoliation, massage, express manicure & pedicure, blow-dry, and light meal. Pamper yourself like never before and leave feeling renewed!

SASHA'S HARMONY

RS 4,950 2h45

Our deluxe spa package includes expert exfoliation using a body brush, nourishing body wrap, soothing scalp massage, relaxing full body massage and a refreshing facial cleanse. Transform your skin, relax your body, and leave looking and feeling refreshed!

BEAUTY BLISS

RS 4,910 | 3h

Treat yourself to a heavenly combination of a rejuvenating facial, soothing scalp massage, and express manicure and pedicure.

REVITALISE & RENEW

RS 4,180 | 2h10

This Ritual is the perfect detoxifying treatment to restore balance, vitality, and vigor to your mind and body. This invigorating treatment commences with a luxurious body scrub then relax and unwind with a soothing Draining Detox Massage, tailored specifically to rid the body of toxins. End with our firming body wrap to promote beautiful health and plump skin.

ROYAL REJUVINATION RITUAL

RS 4,642 2h30 (Curepipe & PAC only)

This invigorating exfoliation treatment works to remove impurities and reduce the appearance of cellulite. Indulge in a relaxing & detoxifying massage designed to target key areas prone to fluid retention. Next, experience the slimming and firming benefits of a luxurious body wrap, carefully formulated with powerful ingredients to promote a toned and sculpted appearance.

*This exclusive treatment is available at our Curepipe branch with Hammam. Alternatively, you can choose our Pointe Aux Canonniers branch, where you can conclude your treatment with a detox bath.

