



SEVEN COLOURS®
WELLNESS EXPERIENCES

Wellness Comes in Colours





Contents

Our Sustainable & Wellness Mission | 02

Our Concept & Philosophy | 03

Wellness Dimensions By Seven Colours | 04

Wellness Bliss Programme | 05

Holistic Health & Healing Cares | 06

Mindful Nature Connections | 08

Mind-Body Connection Sessions | 09

Spa Rituals & Massages | 10

Beauty Cares | 12

Our Sustainable & Wellness Mission

Heritage Le Telfair strives to develop a harmonious balance with the nature while delivering a superior guest experience.

Through conscious practices, we are ensuring the wellbeing of our hosts as well as considering the surrounding natural environments in every major company decision since 2017.

We believe that it is our responsibility to our guests, employees and the community that all company policies help create and maintain a clean, healthy environment, from utilising a clean and healthy food philosophy to implementing robust recycling and renewable resource programs, we endeavor to create a footprint that is green and friendly to the world around us.

In striving for an optimal balance between the individual and the environment we live in, it is our goal to extend Heritage Le Telfair's philosophy the creation and fostering of a unique wellness experience into the arena of our community and to the environment that we all hold in trust.

"The earth is what we all have in common."

- Wendell Berry

Heritage Le Telfair Golf & Wellness Resort is committed to delivering unique and memorable Wellness Services incorporating special recipes for food and beverages options.

In close collaboration with a nutrition expert, our Executive Chef and team are engaged in crafting delicious recipes to deliver a memorable Mauritian Wellness experience while using the best local products with extensive knowledge ranging from nutrient preservation, natural healing properties of ingredients to toxin-free preparation and cooking.

By extending the same thought process that brought us an enhanced understanding of the interconnectivity of mind, body and soul, we are inspiring people live in better balance with the nature by implementing our own vegetable garden, healthy signature dishes, detox cocktails, wellness nature experience and mindfulness activities.

*Intelligent luxury embraces the food we eat
as well as the environment in which we enjoy it.*



Our Concept & Philosophy

Wellness Pavilion by Seven Colours' brand takes inspiration from our multi-culture and nature of Mauritius and from the ancestral philosophy of energy centers also named 7 chakras. Our holistic approach based on our five dimensions of wellness, aims to enhance your well-being. Each of our guest is unique, therefore we have designed our treatments and services around a personalized approach to your Wellness Bliss.

*Wellness is a state of consciousness leading to
a holistic lifestyle for an optimal health,
happiness and fulfillment.*

- Seven Colours

Wellness Dimensions By Seven Colours





Wellness Bliss Programme

Dear Wellness Seekers,

Seven Colours has designed this tailor-made program to meet your wellness needs and expectations and actively participate to your long-term well-being. This program addresses your wellness goals.

Your Wellness Bliss Experience begins with a consultation to design the most appropriate program taking into account your medical history, lifestyle, personal preferences and desired outcomes whether you would like to:

- + Ease body pain and gain flexibility
- + Detox and reshape your body
- + Relieve stress and find your peace of mind
- + Reconnect with your true self and find inner balance
- + Pamper and take care of yourself

We offer a large selection of treatments /sessions based on the five dimensions of wellness:

1. Holistic Health & Healing Cares: Energy Balancing
2. Mind-Body Connection Sessions: Yoga, Tai-Chi, Pilates, Fitness
3. Mindful Nature Connections: Forest Bathing, Mindful Practices
4. Spa Rituals & Massages: Massages, Body Cares
5. Beauty Cares: Facials, Manicure, Pedicure, Hairs

We adjust your bookings according to your stay and allow you to benefit from a preferential rate.

The Wellness Pavilion is open 7/7 from 9 am to 8 pm.

We plan your program according to your stay, as from 1 day to the full length of your vacation. This can include as many sessions as needed.

Dedicated to your well-being,
Seven Colours Wellness Team



Holistic Health & Healing Cares

HEALTH AND HEALING CARES - PRIVATE SESSIONS

Pranic Healing session | 1 HR – Rs. 2,800

Pranic Healing© is a “No-Touch” healing technique based on the fundamental principle that your body is a self-repairing entity that possesses the innate ability to heal itself. It accelerates the healing process on a physical and emotional level, by increasing the life force or vital energy (Prana) to the affected part of your body.

Access Bars | 1 HR - Rs. 2,800

Access Bars is an advanced treatment that involves gently touching 32 points on your head to relieve anxiety, facilitate sleep, and improve overall health. An opportunity to let go negative feelings.

HEALING CARES - GROUP SESSIONS

Refer to Activity Program for days, time and place of each sessions

Introduction to Energy Healing Group Session | 1 HR – FREE

Discover the mechanism of a ‘no-touch’ energy healing technique that treats the energy body by cleaning, energizing and harmonising the human energy system. An understanding of the energy body, auras and chakras together with a live demonstration of this ‘no-touch’ healing session will be presented.



Mindful Nature Connections

NATURE CONNECTION – HALF DAY EXPERIENCE

**(To be booked 24 HRS in advance
| Depends on weather conditions)**

- 🌿 **Forest Bathing (Shinrin-Yoku) near Biosphere Reserve, UNESCO World Heritage Site**
| 2.5 HRS – Rs.1,500 / Person (min 2 pers.)

Forest bathing is a natural wellbeing therapy that utilises the healing power of the forest. Just being in a forest can help to reduce anxiety and boost the immune system, frees up your creativity and accelerates your recovery from illness.

NATURE CONNECTION - GROUP SESSIONS

Refer to Activity Program for days, time and place of each session

- 🌿 **Guided Silent Grounding Walk | 1 HR - FREE**

The Guided Silent Grounding Walk is the essential first step in calming your mind, connecting with your energy and the environment. If you feel stressed, scattered, drained, overwhelmed and overworked, you need to ground yourself. Each second spent in tranquillity will make you more mindful to each of your senses.

- 🌿 **Sunset Yoga in the Nature | 1 HR - Rs. 2,450 / Person**

Practicing yoga as you watch the sun setting over the mountain is a truly transformative and beautiful experience. An evening yoga practice helps you to slow down, focus inward and gently transition from day to night. Relax and re-new as you clear your mind and move your body with a flow of yoga postures, deep breathing, and gentle stretching as you soothe your soul in a moving meditation while the sun sets.



Mind - Body Connection Sessions

MIND-BODY CONNECTION - PRIVATE SESSIONS

Hatha Yoga Session | 1 HR – Rs. 2,450

Powerful postures and slower-paced stretching exercises to work on your body alignment, build strength, increase flexibility and release tension.

Ashtanga Session | 1 HR – Rs. 2,900

An appropriate yoga method if you are up for building core strength, body toning and purifying sweat that detoxifies muscles and organs, through synchronised breathing and a progressive series of postures.

Tai Chi Session | 1 HR – Rs. 2,450

Gentle exercises that control movement, meditation and rhythmic breathing to enhance mental and physical health.

Pilates Session | 1 HR - Rs 2,450

Pilates is a form of low-impact exercises that aims to strengthen muscles while improving balance, postural alignment, flexibility, mobility and target the core of your body involving slow, precise movements and breath control.

Body Workout | 1 HR – Rs. 2,450

According to your needs, state of health and goals our fitness coach will design an appropriate program whether you are looking to build lean muscle, burn fat, increase your strength, or a combination of all of those goals.

MIND-BODY CONNECTION - GROUP SESSIONS

Refer to Activity Program for days, time and place of each session

Hatha Yoga Group Session | 1 HR – FREE

Ashtanga Group Session | 1 HR – FREE

Wellness Breathing Group Session | 45 MINS – FREE

Breathing connects the mind and body, it can help us relax, control anxiety, insomnia and improve our well-being.

Pilates Group Session | 1 HR – FREE

Mobility & Flexibility Group Session | 1HR – FREE

Maintaining or regaining flexibility and mobility is an essential key to a healthy body. Flexibility refers to the ability of a muscle to lengthen, whereas mobility refers to the ability of a joint to move through its full range of motion without restriction or discomfort, releasing pain and tensions.



Spa Rituals & Massages

MILLESIME SIGNATURE RITUALS

 **Beloved Spa Suite Experience**
| 2 HRS - Rs. 10,600

Couple Massage, Flower Bath
and Private Relaxation Area and Pool.

 **Mauritian Journey** | 2 HRS - Rs. 11,500

Body Scrub "Gourmand", Mauritian Massage
Mauritian Head Massage, Coco Facial Appetizer
Aloe Body Moisturizing Care.

SEVEN COLOURS SIGNATURE MESSAGES

 **Mauritian Massage** | 1 HR - Rs. 4,500

Unique blend of massage techniques
from the different cultures of Mauritius.

 **Head & Shoulders Massage Mauritian Style**
| 45 MINS - Rs. 3,700

Soothing massage to relieve all tension
in the head, neck and shoulders.

 **Feet Reflexology Massage (Mauritian
style)** | 45 MINS - Rs. 3,800

Rejuvenating massage to restore, balance
and boost energy through the whole body.

 **Aromatherapeutic Candle Massage**
| 1 HR - Rs. 4,500

Deepened relaxation with warm
aromatic massage oil.

 **Musical Massage** | 1 HR - Rs. 4,300

Rhythmical massage perfectly synchronized
to the vibrations of music.

 **Semi-Precious & Volcanic Hot Stone Massage**

| 1 HR 30 MINS – Rs. 5,500

Deep relaxing massage using the soft warmth and
energising power of volcanic, crystal and semi-precious
stones.

SEVEN COLOURS MAURITIAN BODY CARES Coco Spa Ritual

| 1 HR 30 MINS – Rs. 5,100
Warm coco milk feet bath
Exotic coco face & body exfoliation
Beauty coco hairs & body mask

Body Scrub "Gourmand" | 30 MINS – Rs. 2,300

Mauritian ingredients for the beauty of your skin and
pleasure of your senses.

Aloe Skin Repair Care - After Sun | 45 MINS - Rs. 2,250
Soothes skin irritation and speed skin regeneration.

BODY CARE BY THÉMAÉ

Nepalese Style Tea Exfoliation | 30 MINS – Rs. 2,450

The skin's radiance will revive thanks to being
massaged and rubbed with this exfoliating paste,
a blend of apricot oil and shea butter, bamboo
powder and Complexe des 4 Thés® (4 Teas Elixir).

FOCUS MESSAGES

Back & Shoulders Tension Relief Massage | 30 MINS
– Rs. 2,900 / 45 MINS – Rs. 3,700

Relieve stress, tension and pain from your back,
shoulders, neck.

Digestive Massage | 30 MINS – Rs. 2,900 / 45 MINS
– Rs. 3,700

Ease tensions on stomach, intestine and abdominal
muscles and stimulate toxins elimination.

PERSONALISED AROMATHERAPEUTIC MESSAGES

Relax Massage | 1 HR – Rs. 4,100

A smooth, slow relaxing massage with generous strokes, following the rhythm of a deep and profound breath.

Pressure: Soft to Deep

Relieve Massage | 1 HR - Rs. 4,100

Rhythmic and stimulating massage to relieve physical tensions.

Pressure: Medium to Firm

Detox Massage | 1 HR - Rs. 4,100

Detoxifying massage acting on the lymphatic and circulatory system to drain the body.

Pressure: Soft to Medium

Revitalise Massage | 1 HR - Rs. 4,200

Energetic massage with muscle stimulation and stretching techniques.

Pressure : Medium to Firm

Chakra Balancing Massage | 2 HRS - Rs. 6,700

Harmonising massage using seven massage techniques for an overall balance of the chakras, body and mind.

Pressure: From Soft to Firm

Asian Fusion Massage | 1 HR - Rs. 4,200

The fusion of Thai techniques and Shiatsu points in a unique asian-inspired treatment signed by Seven Colours.

MASSAGE BY THÉMAÉ

Le Telfair Signature | 1 HR 15 MINS - Rs. 5,100

Inspired by the island's rituals, this massage uses the wave technique to release muscle tension.

Massage's Optimisers* | Supplement - Rs. 500

- + Bellabaci Cupping -
Draining Toxins & Relieving tension
- + Warm Volcanic Stones

LEARN HOW TO MASSAGE

| 1 HR 30 MINS – Rs. 4,600

Learn relaxing techniques, easy to use at home with family or friends.

KIDS SPA TREATMENTS

Your children too would love to be pampered!

Kids' spa treatments are available for children from 4 to 12; they must be accompanied by a parent.

'Ti' Massage | 30 MINS - Rs. 2,200

'Ti' Facial | 30 MINS - Rs. 2,400

'Ti' Mani or Pedi | 30 MINS - Rs. 1,200

'Ti' Nail Deco or Henna | 15 MINS - Rs. 1,200

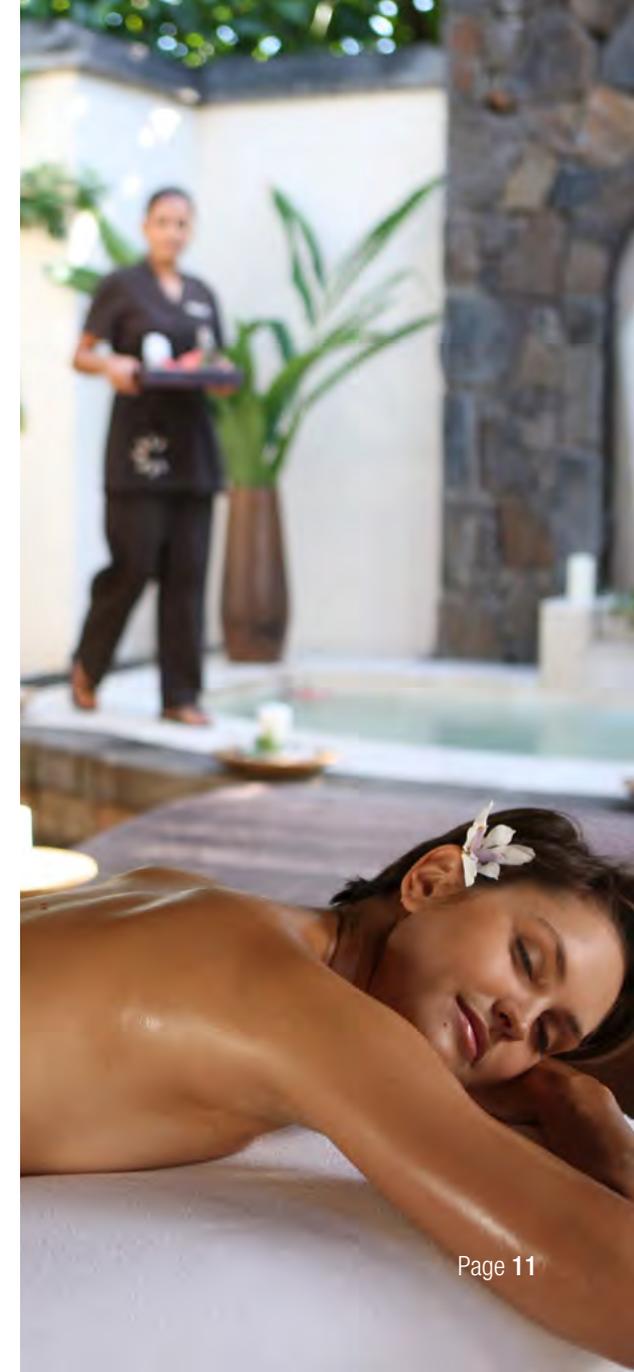
MOTHER-TO-BE

'Mother-to-be' Massage | 1 HR – Rs. 3,950

Gentle massage to relax tense muscles, ease sore spots, improve circulation and mobility.

FAMILY SPA EXPERIENCE

 Share a relaxing spa experience with your kid(s). 2 to 4 pers.



Beauty Cares

FACIALS BY THÉMAÉ

✦ **Hydration Strategy - Brilliance | 1 HR – Rs. 4,500**
Hydration and nourishment are key to this exceptional skin soothing treatment.

✦ **Puri'tea Skin Renewal | 1 HR – Rs. 4,500**
Skin is oxygenated, purified and renewed.

✦ **Hydra Puri'tea for Men | 1 HR – Rs. 4,500**
Detoxifying facial to reduce the effect of stress and fatigue.

✦ **Vitali'tea Facial | 1 HR 15 MINS – Rs. 5,300**
Lifting and rejuvenating treatment which will result in a younger looking skin.

✦ **Original Beauty | 1 HR 15 MINS – Rs. 5,300**
Unique sensory journey to youth. Your skin is plumped and the contours of your face redesigned.

BEAUTY BOOSTERS

+ **Semi-precious Energising Stones | *supplement Rs. 500**

+ **Bellabaci Cupping – Draining & Revitalising | *supplement Rs. 500**

HANDS & FEET CARES

Approximate duration

- ✦ **Manicure | 1 HR – Rs. 2,400**
- ✦ **Nail Polish | 30 MINS – Rs. 1,500**
- ✦ **Pedicure | 1 HR 15 MINS – Rs. 2,900**
- ✦ **Mini care | 30 MINS – Rs. 1,500**
- ✦ **Classic Nail Varnish Application | 15 MINS – Rs. 950**
- ✦ **French Nail Varnish Application | 20 MINS – Rs. 1,150**
- ✦ **Semi-Permanent Classic Nail Varnish Application | 40 MINS – Rs. 1,850**
- ✦ **Semi-Permanent French Nail Varnish application | 50 MINS – Rs. 2,100**
- ✦ **Removal only | 20 MINS – Rs. 1,200**
- ✦ **Removal (before re-application) | 20 MINS – Rs. 900**
- ✦ **Nail Deco Supplement | Rs 90 /nail**

✦ **Footlogix® Pedicure | 45 MINS – Rs. 2,300**

Footlogix® is the world's first Pediceutical® foot care line offering innovative products that provide effective and transformational results. The treatment softens and protects your skin against dryness and cracking, by replenishing the skin's moisture in the epidermis.

HAIR SALON BY KÉRASTASE

Consult our hair stylist for a diagnosis, he/she will design the suitable treatment for your hair.

✦ Revitalising Ritual - Densifying

✦ Nutrition Ritual

✦ Restoring Ritual – Resistance

| 20 MINS – Rs. 800

✦ Purity Ritual - Specific Radiance

✦ Revealing Ritual - Reflection

✦ Ritual 24 Carats - Ultimate Elixir

| 15 MINS – Rs. 600

✦ Discipline Ritual | 45 MINS – Rs. 1,800

A unique combination of fibre soothing active ingredients to control movement and ensure fluidity. Anti-frizz and anti-moisture action for 72hrs.

✦ Shampoo Brushing

Short Hair | Rs. 1,800

Medium to Long Hair | Rs. 2,300

✦ Hairstyling

Basic | 45 MINS (approx.) as from Rs. 5,500

Structured | 1 HR (approx.) as from Rs. 8,500

✦ Makeup

Basic | 30 MINS (approx.) as from Rs. 3,000

Structured | 1 HR (approx.) as from Rs. 5,000



📌 Packages

Discounts are non-cumulative. Packages valide for 6 months. All prices may be subject to modifications without prior notice. All prices are inclusive of local taxes.

📌 Optimisers*

Can be added in complement to your main treatments, but cannot be counted as a treatment in packages.

📌 Wellness & Spa Facilities

Wellness Pavilion is open 7/7 from 9 am to 8 pm on reservation. Children, as from the age of 4 years, are allowed in the spa for treatments, but must be accompanied by a parent. Facilities are accessible to guests as from 13 years.

📌 Late Arrival

Arriving late for your treatment will limit the time of your wellness or spa service thus lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time to accommodate the next guest's scheduled appointment.

📌 Cancellation

Any cancellation should be communicated to us before 8 pm on the evening before your scheduled booking. If we are not informed of your cancellation, then 25% of the price of the treatment or service will be charged to your account.

📌 Menu available in other languages in the Wellness Pavilion.

A Heritage Le Telfair Golf & Wellness Resort, Domaine de Bel Ombre

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