emerge brighter
eforea spa at Doubletree by Hilton Seychelles Allamanda Resort and 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.

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 and ELEMIS’s clinical know-how, this is where intuition meets expertise with clinically proven results.

Hilton Super Express Facial

**30 MIN**

**Scr 850**

Short but sweet. This responsive and powerful face treatment is 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

**30 MIN**

**Scr 1575**

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. A new start for smoother, younger-looking skin.

Sensitive Skin Soother

**30 MIN**

**Scr 1575**

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 smooth, comfortable and calm.

Anti-Aging Pro-Collagen Age Defy

**60 MIN**

**Scr 1750**

Tackle fine lines and wrinkles with the clinically proven anti-ageing 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 blends rich in actives and transportive 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

**60 MIN**

**Scr 1275**

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

**30 MIN**

**Scr 1075**

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

**72 MIN**

**Scr 1950**

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

**60 MIN**

**Scr 1550**

Your therapist will select aromatic oils 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

**60 MIN**

**Scr 1650**

A tension taming treatment that is deeply nurturing. Body and mind are rebalanced, skin feels invigorated and alive. Rich balm penetrates deep into the muscle to release and heal leaving more movement and less stiffness in the body.

Thermal Deeper Than Deep Hot Stone Massage

**60 MIN**

**Scr 1750**

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

**60 MIN**

**Scr 1650**

A tension relieving treatment that is deeply nurturing. Body and mind are rebalanced, skin feels invigorated and alive. Rich balm penetrates deep into the muscle to release and heal leaving more movement and less stiffness in the body.

Chakra Balancing

**60 MIN**

**Scr 1650**

Bring your body and emotions into total equilibrium.

Spirit Reviver Deep Tissue Massage

**90 MIN**

**Scr 1950**

Up lift, detoxify and renew your zest for life.
**Sweet Orchid Crown to Soul**
Scr 1950
An emotionally grounding experience for skin that has never felt silkier. This lusciously 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 2100
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.

**nails by opi**

**Spa Manicure**
Scr 1050
Full service manicure includes exfoliating treatment and hydrating massage plus colour of choice.

**Spa Pedicure**
Scr 1150
Full service pedicure provides relaxation and pampering foot care, completed with colour of choice.

**Express Manicure**
Scr 725
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 725
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.
efoe spa at
Doubletree by Hilton Seychelles
Allamanda Resort and Spa

Overlooking the Indian Ocean, the stunning views enhance your pure relaxation and wellbeing experience. Leave your body in the expert hands of our professional therapists as they remove every knot and tension as you ascend to a state of emotional tranquility and physical wellbeing.

Phone: +248 438 8800 ext. 429
Email: sezdt.info@hilton.com

CANCELATION 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 article.

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.