

PARADIS BEACHCOMBER GOLF RESORT & SPA

*The Art of Wellness* **CONCEPT**

# More than a Spa,

a philosophy of life, an approach to the art of living

**Wellbeing • Kindness • Beauty**  
Listen • Feel • Understand • Indulge



**Discover** a unique concept of well-being, tailor-made for you in every way, concentrating on the essentials for a lasting impact on your body and inner-self. You'll take back home an enhanced sense of well-being from our islands and beaches.

“ Live Our Experience, is finding time for yourself... ”

### Our Wish...

To treating you to an essential and enduring state of well-being through a unique and distinctive approach

### Our Facilities...

Our Spas are surrounded by a tranquil and welcoming atmosphere and our caring therapists invite you to a deep relaxation in beautiful settings.

### Our Artisans of Well-being...

The traditional therapist of the Art of Wellness Spas will ensure that your needs taken care of and will guide you through the discovery of the Art of Well-being and Beauty.

### Our Commitment...

Introduce you to the secrets of an art de vivre that is mindful of our planet and embraces age-old traditions of natural healing.

### Our Promise...

Your personal sensory journey starts from the very first session. The Art of Wellness Spa Experiences will introduce you to the Art of relaxation to achieve an unprecedented sense of self-fulfilment and harmony. As you progress through the treatments, you will learn how to restore your energy and find the perfect balance between your lifestyle and your well-being.

### Our Multifaceted Expertise...

Our expertise is based on ancient therapeutic wisdom and you will enjoy the enhanced benefits of holistic care in line with our B(e) treatments and protocols, gently restoring a lasting sense of serenity, vitality and strength.

### Our Expertise...

We will guide you through the fulfilment of all your wishes, may it be to improve your vitality, soothe your stresses and strains, purify, rejuvenate or regenerate your mind, body and soul, or even boost your performance. Our teams will adjust their treatments to your sensitivity, providing you with the utmost attention, importance and involvement – because we genuinely care for your Well-Being. We look forward to sharing with you the benefits of our expertise.

**Living the “Art of Wellness Experiences”...**

**Our body and mind are most precious treasures.**

**Experiencing a deep sense of well-being is a priceless gift,**

**But most of all...the best experience in life**

**are those that we have yet to enjoy.**

# The Art of holi stic touch

An exclusive range of signature B(e) massages, which are inextricably linked with our comprehensive, tailored approach.

<b>B(e) Discovery Massage 1hr or 1hr30</b> <i>Energetic Decoding</i>  A combination of energy techniques, pressure, stretching and oil massage to give you a taste of our expertise: a blend of benefits that suits all needs for complete relaxation and a sense of total self-awareness.	<b>The MUST TO B(e) 2hr (your capital wellness assessment)</b> <i>Much more than a relaxation session, a real healthcare massage.</i>  Our Expect Coaches, are able to feel and identify points of tension and obstruction in order to unlock them and make them gradually disappear. Using a range of techniques as the session progresses, the therapist works meticulously over the whole body to create a calming effect and a profound sense of relaxation. More holistically, the treatment reached your inner being, so that the little aches and pains caused by emotional factors will no longer disturb your equilibrium. Little by little, you can feel that the energy needed to retrain our newfound vitality has been enhanced and is flowing freely. The treatment helps to boost and maintain the immune system and the physical and mental balance needed for good health and well-being. Associated with a confidential appraisal, this highly technical massage links preventive treatment to a detailed analysis of your fitness and needs.  <i>You are strongly advised to use this Must without moderation, both of your own benefit and for the sake of your loved ones – happily well-being is contagious!</i>
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## The Art of Discovery for even greater benefits

The Well-Being Experience of the Art of Wellness can be enjoyed over several hours or days...

### Awakening 2 days - 3hr

B(e) Discovery Massage - 1hr30, à la carte Art to B(e) Massage - 1hr30

### Initiatory Experience 3 days - 4hr

The MUST TO B(e) - 2hr, individual body care workshop - 30min, à la carte Art to B(e) Massage - 1hr30

## A la carte Art to B(e) Massages – 1hr or 1hr30

Let yourself be guided by our professional therapists to maximise the multiple benefits of the world's most effective original ancient therapies.

• **Well-Being Shiatsu • Thai Yoga Massage • Abhyanga • Shirotchampi • Reflexology • Kobido • Harmony Star**

... will provide you with peace of mind and balance.

• **Hawaiian Lomi Lomi • Thai Massage with Oils • Balinese • Prenatal • Swedish Massage • Kalari Sukha\***

... will relax your muscles and provide you with renewed vitality.

• **Lymphatic Drainage • Slimming Detox Tuina Therapy • Balinese • Tuina AnMo Massage to relieve your Back\***

... are in depth drainage treatments that will relax your body, sculpt and rebalance your figure.

• **Osteopathy**

**For a maximum relaxing treatment, our Artisans therapists enrich the massages according to your needs with a myriad of products and accessories for multiplied effects:**

- **Be Beautiful\*** - an exclusive brand of natural cosmetic “terroir des îles” - cocktails of precious oils, exquisite balms and hydrating creams to enliven the sessions.  
- **Hot stones, Oshi Bori, total relaxation ritual ...moxa, suction cups...**

## A more intensive programme for those craving for a wider variety of experiences

A package for individuals or for groups of friends/families

**Plenitude**

10hr or 20hr à la carte massage itinerary

**Infinite Serenity**

30hr à la carte massage itinerary

• This natural brand will be available under the label Cosmos Natural ECOCERT in 2020.

\* The massage is performed exclusively by our Artisans Coach Wellness.



# My coach and I

This bespoke service is for those who want to go further in exploring, uncovering and extending their potential for well-being.

## As a prelude to all programmes

**The MUST TO B(e) - 2hr : Your personal coach gives you a highly skilled massage treatment, far beyond a simple relaxation massage, followed by a confidential appraisal of your Wellness Potential.**

Your Wellness expert will then define with you a themed programme to meet your requirements and will thereafter structure specific treatments and personalised working sessions.

Your coach will guide and motivate you by adapting massages and fitness routines to a pace that suits you.

The coaching incorporates your will to progress, based on a desire to achieve a greater understanding of your body and what you are capable of, so as to realise your objective(s).

The themes may be various, depending on the ‘Capital Well-being’ assessment.

Your choice, depending on what you’re looking for...

... a return to fitness and vitality for a more positive and enriching daily life

PROGRAMME **ENERGY & DESTRESS**

... bringing you that dose of serenity and harmony needed for personal self-fulfilment

PROGRAMME **HARMONY & RELAXATION**

... feeling better about yourself and more relaxed about your looks, thanks to a smoother, finer, more shapely profile and a toned and detoxed body

PROGRAMME **SHAPE & TONE**

... reducing the impact of the passage of time and find renewed flexibility, improved mobility and fresh energy

PROGRAMME **YOUTH & VITALITY**

## Choosing a theme

**A fully personalised experience related to your wellness appraisal**

**With highly focused massages and tailor-made Affinity Arts activities, leading you to a total understanding of how you function and enabling you to unlock your full potential**

**Based on what you want to achieve, you decide on the rhythm and intensity of your sessions and timetable:**

### My coach and I • 5 days

The MUST TO B(e) – including an assessment of your Capital Well-being (2hr)

**2** Tailor-made MUST TO B(e) (1hr30)

**2** Scheduled ART To B(e) massages adapted to your needs (each of 1hour)

**3** Individual body workshop sessions and focused personalised advice\* (each of 30min)

### My coach and I • 8 days

The MUST TO B(e) – including an assessment of your Capital Well-being (2hr)

**4** Tailor-made MUST TO B(e) (1hr30)

**3** Scheduled ART To B(e) massages adapted to your needs (each of 1hour)

**5** Individual body workshop sessions and focused personalised advice\* (each of 30min)

### My coach and I • 10 days

The MUST TO B(e) – including an assessment of your Capital Well-being (2hr)

**6** Tailor-made MUST TO B(e) (1hr30)

**6** Scheduled ART To B(e) massages adapted to your needs (each of 1hour)

**7** Individual body workshop sessions and focused personalised advice\* (each of 30min)

**Tailor-made MUST TO B(e) 1h30**

This treatment features in the programs ‘Mon Coach et Moi’ and is designed and customized by your Coach Practitioner after the Must To B(e) wellness evaluation. The tools and techniques used at each session are tailor-made. They enhance and cement the feeling of wellbeing while respecting the objectives of the program that you selected.

In your luggage, you will be able to transport Art of Wellness tools adapted to your style and rhythm of life. So that you can retain what you have accomplished and continue your progress towards long-lasting Well-being.

*\*Your commitment to the various recommendations which you will be given (nutritional balance, fitness routines and exercises etc) is key to unlocking the benefits of coaching and lasting Well-being.*

# The Arts of Beauty

## A Natural Revolution

**The B(e) Beautiful rituals refine the body and soothe the mind**

## The Art of Bath

*Steam bath is well-known and popular therapy around the world. Contrary to common beliefs, it is not associated with a particular time period or civilization.*

Enjoy all benefits of our baths, designed for either wet steam (of Oriental origin) or dry heat (in the Nordic tradition). The duration time for a steam bath will depend on the usual health \*\* recommendations and the objective you are trying to achieve.

### Pre-treatment

*A 15-minute steam bath is the ideal way to prepare your body and mind before a massage session.*

### On a weekly basis

*Regular weekly sessions of 30 to 45 minutes each*

## B(e) Beautiful Body & Mind

**These 3 treatments are applied using our sugars, butters, ointments and powder.**

*These recipes are used to nourish the skin, providing amazing sensations and multiple benefits.*

*Each ritual is an ode to nature and comfort, providing undivided attention to your precious skin.*

### Original Natural Sugar

**45min**

*Smoothing caramel honey from Rodrigues*

A sweet treat to create a more refined and smoother skin, beautifully scented with a light caramel fragrance.

*Smoothing butter balm with almond and coconut powder*

Blissful textures enabling a rediscovery of the self, lulled by the scent of island fragrances and smells of your childhood  
Exfoliating, deep cleansing, massaging and moisturizing.

### Mother of Pearl

**1hr30**

Mother of pearl is a living material ground into a powder and incorporated into a creamy ointment; imperfections are gently removed to leave the skin purified, radiant and protected. An exclusive B(e) Beautiful recipe and formulation, this white honey cream with tonic pearls is a deliciously precious, deep action treatment.  
Exfoliating, cleansing, preparing the skin for moisturizing, massaging and nourishing.

## B(e) Beautiful Face & Mind

**We offer you a combination of two original holistic beauty treatments with natural products from our island.**

### Milky Way

**1hr**

**Including 1 infusion AAA (Capsules) Repairing or Calming**  
*Illuminates, hydrates, smooths and soothes*

A highly soothing and comforting almond milk and coconut cream that will help you reconnect with your childhood and provide deep skin soothing and moisturizing. A specific face massage will ease all your tensions. A nourishing and smoothing beauty treatment for the skin.

### Sublime Wonder

**Including 1 Infusion AAA (Capsules) NEO ENERGY or WHITENING**

*Hydrates, purifies and tones*

A highly revitalizing back and neck massage with a chest scrub, a face neck and neckline massage, a Hara (belly) massage, applying the ‘secret origins’ mask, a hand massage and a gentle wake-up for an utterly blissful experience.

**1hr30**

### Eternal Alchemy

**Including 1 Infusion AAA (Capsules) with option**

*Energizes, lifts, smooths, stimulates, oxygenates and rejuvenates*

An anti-ageing experience focusing on the interaction between cold and warm to activate and optimize the cellular metabolism. To further firm the skin and activate its regeneration, the active ingredients of the mother of pearl cream help reduce wrinkles and fine lines while giving a clear and healthy complexion. You will receive an ancient Japanese massage with mother-of-pearl honey reserved only for geisha girls, using exactly the same technique to provide an enhanced effect. This treatment has a guaranteed action on the effects of ageing.

**2hr**

To extend the experience, we offer an exclusive Synergy of Natural properties for Anti-Ageing Action with enhanced results.

- Combination of the technical quality of our manual Japanese facelifts and active infusion through magnetophoresis (Grand Innovation Award) using WISHPRO technology
- Our range of natural cosmetics with guaranteed, eco-friendly active ingredients
- Undeniable efficiency over time

An extensive selection of AAA Infusions (capsules) with active ingredients: COLLAGEN, BOTOX, HYALURONIC, REPAIRING, NEO ENERGY, WHITENING, CALMING

### Infusion AAA Color of Time

- Incorporated with a facial treatment or massage of at least 90 mins
- 20-minutes extension to a treatment or massage lasting less than 90 mins

**Infusion AAA Color of Time Express**  
(30-minute treatment)

### Program AAA Color of Time

**3hrs30**

A synergy of 3 treatments (over a minimum of 2 to 3 days)

- Mother of Pearl Scrub + AAA Infusion (1 hr)
- Eternal Alchemy + AAA Infusion (2 hrs)
- AAA infusion + Manual Facelift (30 mins)



# My Sunshine Dream

## Sunshine Beach Ritual

1hr15

### Face and Body

- A choice of scrubs (mother-of-pearl, sugar, almond or coconut) to eliminate dead skin
- A blend of lotion, balm and rocou oil \* to:
  - Prepare the skin for treatment
  - Balance out the skin's moisture levels
  - Prevent photo-ageing and imperfections
  - Prepare the skin for sun exposure
  - Optimise the effectiveness of your sunscreen
  - Stimulate the natural tanning process

\* The highlight of this beauty therapy during your program Sunshine Dream : Sunshine OIL – rocou oil which derives from the Urucum, a tree from Latin America that can also be found in the islands of the Mascarenes.

## Package

### Sunshine B(e)fore and After – 2hr30

- 1 Sunshine Beach Ritual
- 1 Sunshine After Sun

### Sunshine Dream – 7 days

- 1 Sunshine Beach Ritual
- 1 Sunshine After Sun
- 5 Sunshine Serenity

## Sunshine Serenity

30min

An exclusive service to help you maintain your tan. Daily hydration and relaxation.

Every day, after you've been in the sun, make your way to the spa for our 30-minute signature AFTER SUN massage treatment. A refreshing cocktail of lotion, balm and rocou oil will be applied to your skin, to pamper and refresh it after a day at the beach.

## Sunshine After Sun

1hr15

Indulge in this massage for tanned skin midway or at the end of your stay. Ideal to ensure a luminous, long-lasting tan.

- A gentle mother-of-pearl or sugar scrub to revitalise the tan, preserving its radiance and preventing very bronzed skin from appearing dull.
- A hydrating massage with a balm and rocou oil to restore the skin's elasticity and maintain its balance.



# The Affinity Arts

For improved breathing, movement and sense of freedom.

The art of moving and breathing promotes balance and we will introduce you to a selection of simple and effective body therapies that you will first learn through practising with us, and then try on your own every day.

**Santa Yoga(s)**  
A rational and newer form of the historic yoga practice specifically tailored to the needs of today’s individuals. Our practices have been developed to help you cope with the contradictions and stresses of modern life (isolation, stress caused by work-related issues or a climate of general uncertainty, exceeding one’s limits, burnout syndrome).

**Mindfulness Meditation**  
The practice of mindfulness meditation is simply being fully in the moment and being aware of one’s inner sensations, perceptions, thoughts and emotions. This practice promotes a state of mind that protects against stress and helps quiet the hurried minds or control the mind. In addition, this discipline is said to have a positive effect on health in general. Neuroscientists are also interested in mindfulness as it appears to have an impact on the functioning of the human brain.

**Makko Ho**  
Makko Ho is a Japanese method that consists of specific stretching exercises developed in the 20th century by the Shiatsu Master, Shizuto Masunaga. This precise and gentle exercise method focuses on the meridians and 10 minutes of everyday practice is enough to set the body’s energy in motion and ensure its proper functioning.

**5 Tibetan Rites**  
These 5 ancient rituals inspired by yoga are simple and fun physical exercises that are accessible to everyone and are a powerful way to stimulate overall vitality, restore energy and strength to the body. Daily practice maintains youthfulness and contributes to longevity.

**Respirology**  
Breathing is an innate behaviour but proper breathing does not come naturally to most people. This gentle method is already popular in Germany, in Canada and with freedivers; it involves simple exercises that help regulate one’s breathing and thus regain control in order to better manage one’s emotions, efforts and feelings. There are specific exercises for having a good start to the day, boosting one’s energy or stopping a panic attack.

**Well-Being Qi Gong**  
This traditional Chinese gymnastics and breathing science is based on the knowledge and control of vital energy, combining often slow movements, breathing exercises and concentration. Regular practice has various benefits: illness prevention and healing, maintaining good health, improved life expectancy, quality of life and self-development.

**Body care workshop(s) – available in single 30min/1hr session or packages of 3, 5 or 10 workshops**  
A package for individuals or for groups of friends/families

# Children sanctuary

The Art of an Amazing World on an Island for Children aged 6 to 15 years old between 11am and 3pm

Kids and teens need to be taught how to take good care and develop an awareness of their body. Our treatments are specifically designed to suit their young age (the duration of the treatment is adjusted with a more gentle pressure and the use of body care products incorporating their favourite aromatic notes – chocolate, vanilla, caramel, candy...). The result is wonderful sense of well-being, increasing their desire to always take care of themselves.

<b>B(e) Tender Scrub</b> An introduction to skin-smoothing exfoliation techniques (hands, back and calves) using Mauritian brown sugar.	<b>30min</b>	A few more of those little treats with some rituals specially designed for the little boys and little girls
<b>B(e) Gentle Massage</b> Your children will be transported to a contemplative state and will enjoy a total Zen state of mind. An introduction to massage techniques (back, half-legs, arms, hands and face) with fragrant essential oils.	<b>30min</b>	<b>B(e) Little Princess &amp; Little Prince</b> Fun and relaxing mini facial care and fiery make-up look Skin cleaning, smoothing exfoliating scrub, mask and skin hydration.
<b>B(e) Bonding DUO Experience with Mom or Dad</b> A gentle scrub “Bounty” and then share the joy of a 30-minute duo massage.	<b>1hr</b>	<b>B(e) Mermaid &amp; Pirate</b> Mini foot care, nail polish application, nail art.
		<b>B(e) Tinker Bell &amp; Peter Pan</b> Mini hand care, nail polish application, nail art.

Be Beautiful

Be Beautiful