

SPA MENU







Inspired by the various local and cultural practices of wellness and body manipulation, Yuj is a unique Mauritian Spa offering a complete and positive vibration, opening up the five senses which will carry you on a journey towards a guaranteed holistic well-being.

“Yuj” embodies 400 years of Mauritian cultural diversity in all the aspects of its Spa services.

From the very first step into our Spa till you depart, experience a seamless encounter towards well-being by re-energizing the senses and initiating a journey towards the sixth sense.

BODY MASSAGE





BODY MESSAGES

Duration (Mins) Price (Rs)

Mauritian Magic – House Specialty Massage

90

4,800

Yui's Spa house massage is designed to offer the finest resonance between body, mind and soul. The traditional manipulative techniques will balance your body's energy flow.

Fusion Massage

60/90

3,300/4,800

Combining the best of therapeutic massage practices from around the world, this Swedish-based therapy uses specific rhythmic movements and potent herbal oils to enhance the therapeutic effect on your body.

Deep Tissue Massage

60/90

3,300/4,800

This massage is designed to relieve severe tension in the muscles and connective tissues and focuses on the muscles located just below the top muscles. Deep tissue massage is highly recommended for individuals who experience consistent body pain.

Thai Massage

90

4,800

A masterful combination of Thai stretching techniques and applications over the pressure points to reach the deep tissues and meridians of the body. This stimulates the blood flow, dispels toxins and allows the body to naturally regain its suppleness and heal itself.

Javanese Massage

60/90

3,300/4,800

This massage draws its inspiration from century-old massage traditions which were customarily practiced amongst the Javanese Royalty. Their highnesses used it as the main treatment for maintaining their good health and well-being.

Hot Stone Massage

90

4,800

Heated volcanic stones are used to apply the massage strokes and movements, adding a unique dimension to the overall experience. This treatment relieves muscle tension, emotional stress and mental strain.

Ayurveda Massage

60/90

3,300/4,800

Using "dosha" – specific nourishing warm oils, this rhythmic and blissful full body massage addresses the body's individual needs.

Balinese Massage

60/90

3,300/4,800

The gentleness of the Balinese massage aims at making the person feel totally relaxed and calm. This will help reduce stress and balance the body's meridians.

All of the above massages are available in our duo spa rooms.

ELEMENTAL MESSAGES





ELEMENTAL MESSAGES

Duration (Mins) Price (Rs)

Back Massage

30

1,900

By the manipulation of the energy centres and soft tissues along the spine, this massage is deeply healing and will re-vitalize the nervous system.

Foot Massage

30

1,900

A restorative and relaxing foot massage will leave you feeling profoundly relaxed.

Divine Head Massage

30

1,900

Popularly referred to as “Champi” and used as a quick stress reliever in India, the trigger points on the head and the neck are stimulated to induce relaxation.

Head & Shoulders Massage

30

1,900

Tired, fatigued or drained? Get those troubles out of your head! The head and shoulder massage includes applications on the pressure points of the shoulders, neck and scalp.

BODY THERAPIES





BODY SCRUB AND POLISHES

Duration (Mins) Price (Rs)

Ocean Body Scrub

30

2,200

Suitable for all skin types, this body scrub uses reviving sea salt and spirulina - a family of green algae - to nourish and re-vitalize the body.

Cane Sugar Body Scrub

30

2,200

Ideal for all skin types, this gentle exfoliating Cane Sugar body polish will leave the skin smooth and silky as well as lightly scented with sandalwood.

Madurai Malli Body Scrub

30

2,200

For dry to normal skin types, this wonderfully aromatic body polish will balance the body.

Green Apple Body scrub

30

2,200

Recommended for normal to sensitive skin types, the Green Apple Body scrub will leave your skin soft, smooth, healthy, glowing and vibrant.



BODY WRAP

Duration (Mins) Price (Rs)

Rain Forest Mud Wrap

30

2,200

Recommended for all skin types, this mud wrap peps up the blood circulation and restores the brilliance of the skin by firming and re-vitalising the body.

Aloe Body Wrap

30

2,200

Ideal for sensitive to dry skins, the aloe body-wrap tones and tightens the skin's surface and boosts cellular activity in the deeper layers to restore elasticity and firmness to the tissues.

Honey Milk Wrap

30

2,200

Suitable for all skin types, the Honey Milk wrap uses a highly conditioning wrap technique which instantly revives dry, dehydrated skin and makes it soft, supple and rehydrated.

FACE THERAPIES





FACE THERAPIES

Duration (Mins) Price (Rs)

Yuj Facial – For all skin types

90 3,800

This house signature facial therapy uses fresh ingredients prepared daily in the Spa kitchen. This facial treatment delivers a cleaner, healthier and smoother skin.

Purity Face Ritual – For Oily Skin

90 3,800

By boosting the lipid levels and nourishing the skin, this purity facial ritual cleanses and restores your skin by using this refreshing treatment. It is tailored for normal to oily skin types.

Soothing Face Ritual – For dry to sensitive skin

90 3,800

This facial will hydrate, soothe and repair your skin through the use of calming techniques and a fresh face mask.

Balancing Face Ritual – For normal to combination skins

90 3,800

This facial hydrates, protects and brings new life of an exceptional radiance to the face.

Firming Face Ritual – For Mature Skins

90 3,800

A deeply nourishing and skin-tightening facial treatment, specifically formulated to prevent collagen breakdown while allowing for its rebuilding. It will also firm the skin and replace essential moisture loss.

After Sun Face Ritual – For skin de-pigmentations

90 3,800

An ideal treatment to rid the face of pigmentation marks, scars, blemishes, unsightly marks or any other skin imperfections.

Quick Face Ritual – Instant Facial

30 2,200

A toning face treatment, leaving the face glowing.

DAY SPA PACKAGES





DAY SPA PACKAGES

Duration (Mins) Price (Rs)

Ocean Heaven

120

6,000

Reveal your skin with an invigorating body Polish to remove dead skin cells followed by a body-wrap to moisturize your skin. A body massage will be the perfect complement to the treatment.

30 mins Body Scrub + 30 mins Body Wrap + 60 mins Full Body Massage

Nirvana

90

5,200

The ultimate stress buster, this luxurious treatment virtually guarantees Nirvana – a state of complete mental and physical bliss. It is a package that combines Abhyangam massage with rejuvenating herbal oils and Divine Shirodhara.

60 mins Ayurveda Massage + 30 mins Shirodhara

Body Glow

90

5,200

Personalise your spa package with your choice of a body polish and massage. Combined, they help create a healthy glow.

60 mins Body Massage + 30 mins Body Polish

Jet Lag- Reviver

75

4,000

Specialised techniques are used to treat the back and feet to relieve bloating, fatigue and muscle aches which normally result from long hours of air travel.

40 mins Back Massage + 35 mins Feet Massage

Romantic Couple Ritual – Couples only

180

12,000

Relieve your pre-wedding stress or enjoy some time out together for a post-party break by choosing spa treatments from a relaxation-inducing programme, taken in the comfort, luxury and privacy of our duo-rooms.

30 mins Body Polish + 60 mins Body Massage + 60 mins Facial + 30 mins Bath

DAY SPA PACKAGES





DAY SPA PACKAGES

Duration (Mins) Price (Rs)

FOR HER

Ladies Get-Away

120 6,000

The Ladies Get-Away package offers her a lavish and relaxing body massage, while pampering her hands with a manicure or showering attention to those tired soles of hers.

60 mins of Body Massage + 60 mins of Manicure or Pedicure

Radiance

90 5,200

Savour and relish a complete makeover – From Top to toe.

30 mins of Body Polish + 60 mins of Facial

FOR HIM

Handsome

120 6,000

Get ready to face the world after this intensely relaxing experience.

60 mins of Body Massage + 60 mins of Facial

Iron-Out

90 5,200

Choose from an array of body massages tailored to your mood and follow up with a foot massage.

60 mins of Body Massage + 30 mins of Foot Massage

FOR TEENS

Spa Discovery*

45 2,800

This massage stretches the ligaments, relieves tension and soothes tired muscles.

** Recommended for kids above 12 years old only*



DAY SPA PACKAGES

Duration (Mins) Price (Rs)

"Relax" – 2 Day Package

60/90 6,300/8,200

	60 Mins	90 Mins
Day-1	Body Massage	Body Massage
Day-2	Body Scrub + Body Wrap	Body Scrub + Body Wrap Back Massage

"Revive" – 3 Day Package

60/90 8,300/11,000

	60 Mins	90 Mins
Day-1	Body Massage	Body Massage
Day-2	Body Scrub + Body Wrap	Body Scrub + Body Wrap + Back Massage
Day-3	Back Massage + Foot Massage	Back Massage + Foot Massage 90 Mins Facial 60 mins

"Revitae" – 4 Day Package

60/90 9,900/14,000

	60 Mins	90 Mins
Day-1	Body Massage	Body Massage
Day-2	Body Scrub + Body Wrap	Body Scrub + Body Wrap Manicure or Pedicure
Day-3	Back Massage + Foot and Back Massage	Back Massage + Body Scrub + Body Wrap
Day-4	60 mins Facial	90 mins Facial



WELLNESS SPA PACKAGES

Duration (Mins) Price (Rs)

"Rejuve" – 5 Day package

60/90 11,500/16,500

	60 Mins	90 Mins
Day-1	Body Massage	Body Massage
Day-2	Body Scrub + Body Wrap	Body Scrub + Body Wrap Manicure or Pedicure
Day-3	Back Massage + Foot Massage	Back Massage + Foot Massage Back Massage + Body Scrub + Body Wrap
Day-4	Body Massage	Body Massage
Day-5	60 mins Facial	90 mins Facial



BEAUTY





BEAUTY

Duration (Mins) Price (Rs)

HAIR SALON

Ladies Haircut	60	1,900
Men's Haircut	30	1,300
Child's Haircut	30	700
Wash and Blow dry	30	1,300
Hair Styling	90	2,600
Hair Treatment	90	2,600

Hair Wash + Hair Massage + Hair Mask + Hair Wash & Blow dry

HAND AND FEET THERAPIES

Manicure	75	2,300
Pedicure	75	2,300
French Manicure	90	2,600
French Pedicure	90	2,600

WAXING

Full Leg	45	1,800
Half Leg	30	1,300
Full Arm	60	2,000
Half Arm	45	1,800
Under Arm	20	800
Bikini Wax	60	2,000
Back Wax	45	1,800
Full Body	180	5,500

THREADING

Lip Threading	20	500
Chin Threading	20	500
Eyebrow Threading	20	500

LIFESTYLE & WELLNESS





LIFE STYLE AND WELLNESS THERAPY

Duration (Mins) Price (Rs)

Sunset Yoga

60

1,200

Sunset Yoga is the practice of restorative Yoga stretching postures combined with breathing and relaxation techniques which increase your body's suppleness and releases the stress accumulated during the day. It is suitable for yoga practitioners at all levels.

Pranayama

30

800

Pranayama is a slower paced restorative class that focuses on breathing relaxation and gentle stretching; this class is perfect for beginners.

Surya Namaskar – 'Sun Salutation'

45

1,000

Greet the sun with a series of yoga postures, which build strength and increase muscle and spinal flexibility. This energising class is suitable for intermediate yoga practitioners.

Wellness diagnosis of your Constitution

30

1,000

Allow our in-house specialists to guide you to total wellness. Develop your lifestyle in harmony with nature as we provide you with an insight into your physical constitution as per the tenets of wellness.

Fitness Consultation

30

1,000

A comprehensive fitness assessment will help you personalise your fitness training plan further and help you achieve your goals faster.

Personalized Fitness Training

30

1,000

A motivating one to one coaching to help you to reach your personal health and fitness goals. The training is suitable for guests at any fitness level.

SPA ETIQUETTE





SPA ETIQUETTE

- Please arrive 15 minutes prior to your appointment time. Should you be late for an appointment, we will endeavor to provide you with the best possible treatment within the remaining time.
- We recommend that no jewelry be worn at the spa. The management and staff will decline any responsibility for the loss of money or valuables of any kind brought into the spa premises.
- To preserve the tranquil environment within the Spa, we request that you switch off your mobile phones, pagers and electronic devices or, if unavoidable, to keep those in silent mode till you depart.
- We request you to speak softly in the spa.
- Guests under the age of 12 years are not allowed within the spa premises, unless accompanied by an adult.
- The Spa is an alcohol and smoke free zone. Guests under the influence of alcohol, high energy drugs and/or medication will not be allowed to use the spa facilities.
- Appropriate under wear or disposable under wear provided by the Spa, must be worn for all body treatments.
- The Spa Management reserves the right of admission to the premises in case guests fail to comply with the Spa etiquette.

Note: Govt. Taxes (VAT) as applicable.

A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to availability. Any cancellation with less than 4 hour's notice will incur a 50 % cancellation fee. A full fee will be applied for a "no-show".



INTERCONTINENTAL®
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