

Alice



Walk in... Float out

Alizé seeks to bring the outside in; lull your senses to relaxation with the ambience, music and the waves. We have names to make you smile and smells and the touch to bring relaxation and joy. Enjoy!

CONTENTS

ABOUT ALIZE'
MASSAGE
MASKS & SCRUBS
SPA PACKAGES
FACIALS
MAN-UP
SALON
FOR LITTLE PEOPLE
YOGA
ADD ON



IMPORTANT TID BITS ABOUT ALIZÉ

OPENING HOURS

We are at your service daily from 09:00 - 20:00.
Last appointment for the day is at 19:00 hours.

SPA ETIQUETTE

Shhhhhhh!

Please help us maintain a peaceful and serene atmosphere at Alizé and help us by turning off the ringer on your mobile phones while you are inside Alizé.

SPA FACILITIES

Alizé is equipped with one fully equipped salon with a special area for manicures and pedicures and 3 treatment rooms across from the soothing pond facing the beach. One room is air-conditioned and low-lit while the other 2 treatment rooms are open air with the choice of curtains for the guest who seeks more privacy. Relax to the sounds of the wave crashing or combine it with relaxing music which is individually controlled in each room.

BOOKINGS

If you would like to grab that afternoon siesta time for a relaxing massage, we strongly recommend that you book your treatment in advance to reserve your preferred appointment time. Please inform us of any changes to your appointment time.

GREETING & ARRIVAL

Please arrive at least 15 minutes before the scheduled start time of your treatment. Upon arrival, please follow our therapist to the arrival area for a gentle foot scrub before proceeding to the treatment room where you will be requested to remove your clothes and prepare for the massage. Ambient and relaxing music gently lulls your senses and prepares you for your relaxing treatment.

OH SO LATE!!

Unfortunately we can't go back in time! Treatment times are strictly adhered to and if you arrive late for your treatment, the treatment will still be completed at the scheduled time.





CANCELLING? OOPS!

Please give us a minimum of three hours notice for cancellations (this is required). Otherwise unfortunately we will have to charge you the full price of the treatment if you fail to honor the treatment time.

ACHES, PAINS & OTHER CONDITIONS

If you have a history of a medical condition such as hypertension, heart conditions or are pregnant, we recommend you consult with the in-house nurse prior to the appointment. Please inform the spa receptionist of any pre-existing medical conditions prior to the treatment.

ALCOHOL AND SMOKING

As relaxing as we are, unfortunately we have a non-smoking environment and consumption of alcohol on the Alicé premises is not permitted unless provided as part of one of our packages.

VALUABLES

Please don't bring your bling to the spa! We ask that no jewelry be worn during massages and treatments to make the experience better for you. Unfortunately the management will not be held responsible for the loss of money or valuables of any kind brought into the spa premises.

CHILDREN

All children under sixteen must always be accompanied by parents.

ALL PRICES ARE IN US\$ AND ARE SUBJECT TO
10% SERVICE CHARGE & 12% T-GST



MASSAGES

Ease in to the island time zone!

JET LAG REVIVER

The cure to your body clock that has gone all whacky due to travel. Adjust to the island time zone by trying this soothing massage, with essential oils that will help relax your nervous system and recover your body's internal balance. Reducing tiredness and fatigue and stimulating circulation will allow your body's clock to ease in to the new time zone.

70 min - \$117.04

JET LAG RECOVERY

Stiff, swollen and feeling uncomfortable after sitting for too long in the flight? Try this combination massage that we have for jet lag recovery. Soak swollen feet in a warm footbath before our therapist works their magic concentrating especially on your foot with a peppermint balm. This combination of Swedish and aromatherapy massage increases your blood flow, regulates heart rate and stress levels. Wake up feeling rested after a small power nap with the help of our talented therapists!

Remember to stay well hydrated: it is key to jet lag recovery!

90 min - \$147.84

THE ALIZE' SPECIAL

Try this exotic combination of Indian head massage with Thai and Swedish massage that results in an experience like no other.

60 min - \$123.20

90 min - \$154.00

SWEDISH MASSAGE

This distinctly-European, full body massage enhances circulation, improves muscle tone, relieves tension and soothes tired muscles. Medium in pressure this massage uses a combination of three basic strokes. A gentle, soothing and rhythmic massage that is sure to bring your body back to balance.

60 min - \$104.72

90 min - \$123.20

MARMA MASSAGE

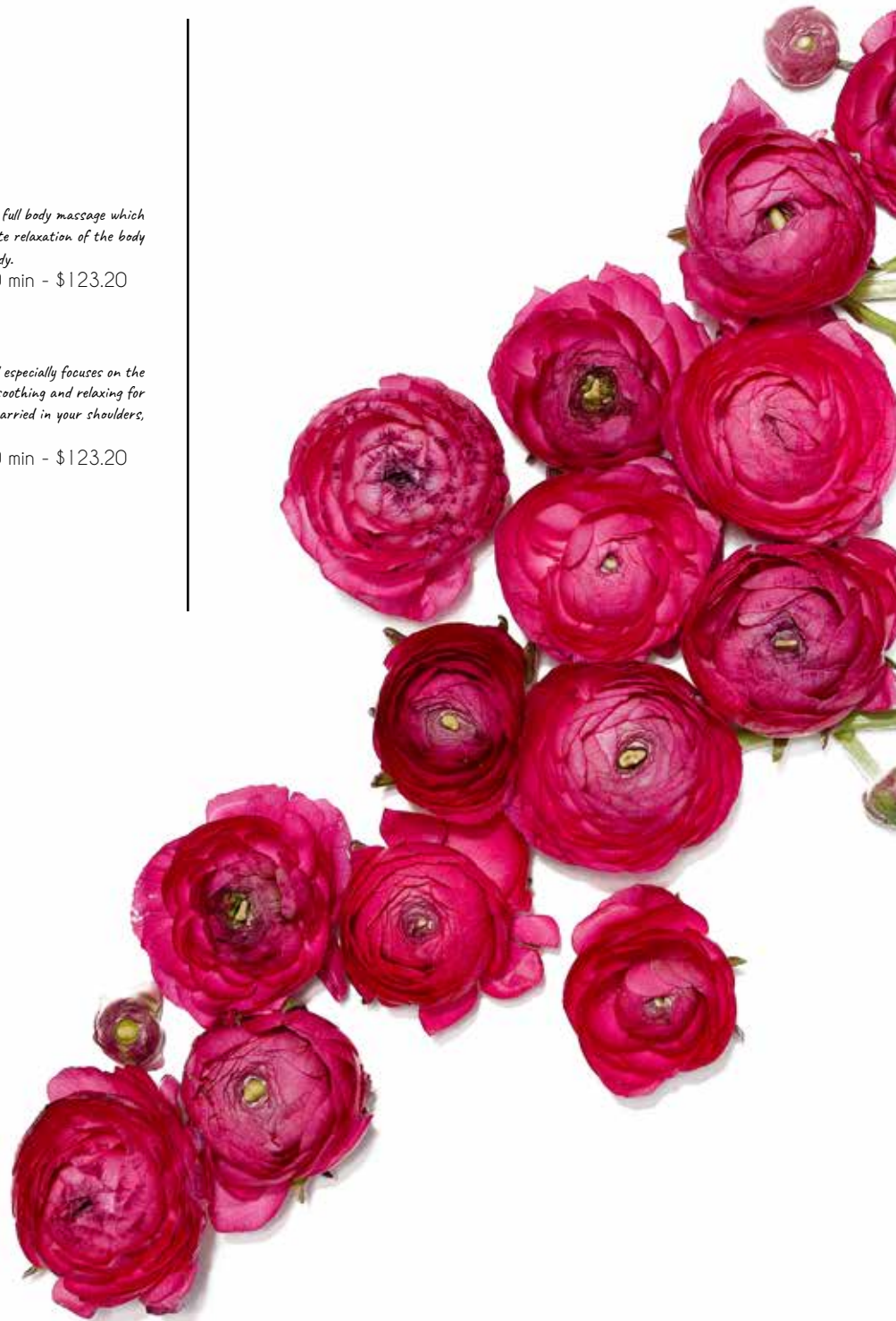
This massage that has its roots in the Indian tradition is a deeply relaxing full body massage which focuses on the vital points and uses special medicated oil. This gives complete relaxation of the body and mind, provides good sleep, improves general vigor and rejuvenates the body.

90 min - \$123.20

THE MOTHER-TO-BE PAMPERING

Targeted towards every expectant mother, for all those aches and pains and especially focuses on the areas taking the strain during the pregnancy. This pregnancy massage is soothing and relaxing for both mother and baby and is designed to help you with the excess stress carried in your shoulders, lower back and legs and improves circulation.

90 min - \$123.20





SPORTS MASSAGE

A fast paced massage therapy that involves the manipulation of muscle tissue, to treat a wide variety of sports and non-sports related conditions. This massage uses a series of powerful massage techniques to alleviate muscle tension.

60 min - \$117.04

AROMATHERAPY MASSAGE

Aromatherapy massage uses valuable relaxation techniques for reducing anxiety and stress, and is beneficial to the immune system. It is a holistic practice of using aromatic essential oils to evoke a pleasurable mood, remove negative energy and promote physical and mental revitalization.

60 min - \$104.72

90 min - \$123.20

THAI MASSAGE

Through deep muscle stretching, application of pressure on energy lines and emphasis on breathing, Thai massage eliminates muscle pain, muscle spasm, calms the nervous system and promotes a deep sense of relaxation with an increased energy.

60 min - \$104.72

90 min - \$123.20

THE ROCKS [hot stone massage]

This hot stone therapy has been practiced in ancient medicine for centuries. This heated basalt stone massage is a technique renowned for its healing and relaxing properties, while providing the guest with a unique way to indulge. This specialty massage utilizes carefully placed heated basalt stones, which rejuvenate and soothes the body and mind.

90 min - \$135.52

LOMI LOMI MASSAGE

Originating from Hawaii this deeply revitalizing massage is done with long rhythmical motions using hands and forearms strokes. This 90 minute massage eases and loosens stressed muscles and increases the flow of blood and lymphatic systems and assists with the elimination of toxins. We use thumbs and elbows to stimulate specific pressure points ensuring comfort to the client.

90 min - \$123.20

BACK, HEAD AND FOOT

Beach calling your name? Short on time for indulgence? Try these speedy massages!

BACK MASSAGE

This massage is designed to help those who spend long hours working at the desk or have backaches, as it will loosen tight muscles in the back, neck, shoulder and arms whilst concentrating on the legs to leave you feeling balanced and re-energized.

40 min - \$73.92

HEAD MASSAGE

The treatment focuses on the head, neck and shoulders using locally sourced virgin coconut oil. Enjoy this deeply relaxing island ritual and feel the stress of a busy city life slip away.

40 min - \$73.92

FOOT MASSAGE

Energizes your soles with a vigorous and miracle-working foot massage using specific pressure points that relieves fatigue, increases circulation and invigorates the body.

40 min - \$73.92





Body Care

Go from good to great skin with our body care packages. body care is another important aspect of the many wellness experiences offered at Alizé. In our body care routines, we have carefully chosen naturally occurring exfoliates such as coconut, sea salt, espresso beans and mangosteen to buff away dead skin cells to leave your skin feeling silky and soft, so that you can go back home with a tan plus a glow!

BODY SCRUBS

Dry, dead skin? Make them yesterdays news and try our body care packages!

COCO-NUTS ON YOU!

Smell like your beach holiday and try this freshly grated coconut scrub - good for sensitive skin.

40 min - \$80.00

MANGOSTEEN OVERLOAD

Contains mangosteen peel which is a natural anti-bacterial agent that heals sensitive skin.

40 min - \$80.00

COFFEE BREAK

Skin on the dryer side? Need a coffee break without the jitters? Try this invigorating coffee scrub; made famous around the world for cellulite treatments as well!

40 min - \$80.00

GARDEN OF EDEN

Calm your senses and destress your soul through the smell of ylang ylang and jasmine.

40 min - \$80.00

C'MON SUGAR!

For the extra sensitive skin after all the sun try our sugar polish. Sugar polish is gentle and soothing on the skin and won't aggravate your sensitive skin.

40 min - \$80.00

BODY MASKS

A-LOE VERA MASK

Replenish skin with the combined cooling effects of cucumber and chamomile before gently relaxing into a healing wrap that is infused with aloe vera. Combating sunburn and promoting hydration, skin will be soothed and nourished.

40 min - \$80.00

CHOCOLATE INDULGENCE

An indulgent hydrating chocolate body mask is both a mood enhancer and skin moisturizer. The mask has a calming effect, and it leaves the skin protected and moisturized, feeling luxuriously soft, silky and toned.

40 min - \$80.00

GLOW

This hydrating body mask includes yoghurt, honey and the powerful anti-oxidant pomegranate. This is a body mask to help improve the skin's texture. This treatment soothes, softens and moisturizes the skin, giving it a healthy glow. Pomegranate fights and frees radicals that damage and age the skin, and as such is a great remedy for skin damaged by sun exposure or aging.

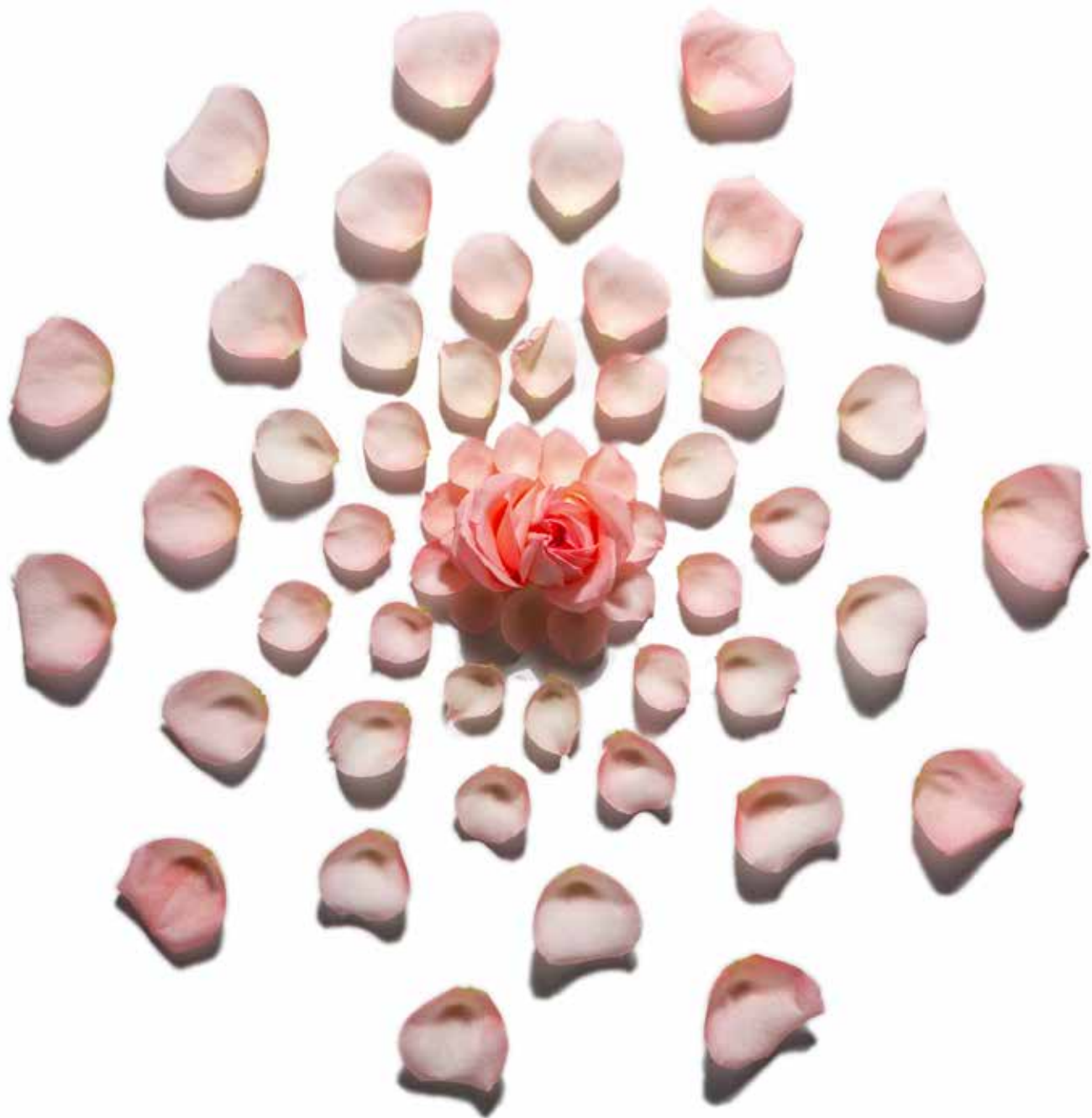
40 min - \$80.00

ALOE VERA BODY WRAP WITH SCRUB

Enjoying the fabulous sun sucks the hydration from your skin. Enliven your skin by moisturizing it with this wrap. Our body wrap begins with exfoliation with a basic salt scrub to ensure that all the dead skin is rubbed away so that your skin is primed to receive the goodness of the hydrating wrap. After the body scrub the Therapist will then apply the hydrating mask using soothing massage techniques to relax you. Wind down with a rain shower, after which our therapist will conclude this treatment with the application of aloe vera gel.

Salt Scrub | Aloe-Vera Mask | Rain Shower | Aloe-Vera Gel

90 min - \$197.12



SPA PACKAGES

SORE NO MORE

Over-exposure to the sun can lead to very sensitive and painful sunburn. This package is designed to relieve your suffering with a facial specific to your skin type and an aloe vera healing mask.

Aloe Vera Mask | Rain Shower | Facial

90 min - \$147.84

TROPICAL BREAK

Enjoy a tropical spa break with a choice of your exotic spa scrub to revitalize tired skin followed by a therapeutic 55 minute full body massage.

Body Scrub | Rain Shower | Full Body Massage

90 min - \$147.84



COCONUT VACATION

Shed dead skin with this freshly grated coconut body scrub. After an invigorating shower, the therapist will wrap up the treatment with a full body massage.

Coconut Scrub | Rain Shower | Full Body Massage

90 min - \$160.16

STOP THE CLOCKS!

Stop the clocks for relaxation with this ultimate 2 hour Alizé experience. Indulge in a complete head to toe treatment starting with the coconut scrub which rids your body of all the dead skin. Step under the warm rain shower which opens up your pores making your skin ready to receive the moisture that the body mask will give you. Choose from a choice of either chocolate or the glow mask. Finally the soothing hot-stone massage will drive toxins from your body making you ready to float out of Alizé.

Coconut Scrub | Rain Shower | Choice of Mask | Hot Stone Massage

120 min - \$246.40

GIRLFRIENDS GETAWAY

Per 2 friends

Catch up on the latest news and gossip over a pedicure and manicure.

110 min - \$160.16

IT ISN'T EASY BEING QUEEN

Heavy are the head & the shoulders that wears the crown! Get those knots out with a soothing head, shoulder and back massage followed by a mini facial. Wrap up your 150 minute treatment with a basic foot treatment.

Choice of Scrub | Head & Shoulder Massage | Mini Facial | Basic Foot Massage

150 min - \$258.72







FACIALS

Take a time out and Treat yourself to some well deserved me time and try our facials!

CLEAN AS A WHISTLE!

Oily to combination skin

No pimples allowed at the party? Oily or combination skin? Our Thai Tamarind & Curcuma cleanser will gently sweep away impurities and dead skin cells while maintaining the skin's natural moisture. The facial starts with a gentle cleansing followed by exfoliation and a relaxing hand treatment. And finally a nourishing and firming facial mask with green tea and honey will de-stress, firm and strengthen the skin; leaving it fresh, relaxed and nourished.

60 min - \$92.40

BRILLIANCE

Dry skin

If your skin is dry this is the facial for you. In this treatment, a dose of powerful antioxidants is applied to infuse your skin with age defying nutrients that smooth fine lines, improve texture and offer immediate, striking results. While the facial mask nourishes and firms your skin, you will enjoy a gentle hand massage. The facial will be completed with radiance boosting collagen serum that gives the face a more vibrant look.

60 min - \$92.40

QUENCHED & DRENCHED

For all skin types

Skin feeling thirsty? Get re-hydrated with this refreshingly hydrating facial! Try this aromatherapeutic facial combining Asian healing techniques with a bouquet of naturally active ingredients. This luxurious facial massage, gentle exfoliation and relaxing hand treatment is a divinely relaxing facial designed to rejuvenate and protect the skin.

60 min - \$92.40

FACE MASSAGE

Concentrates only on the face using a mild massage cream and face-lifting massage techniques.

50 min - \$49.28

WHO THE MAN? YOU THE MAN!

MAN-up! Take better care of your skin.

THE REPAIR MAN-ICURE

Give your nails some TLC. Our repair man-icure starts with our therapists trimming and shaping your nails, followed by a warm water soak, cuticle grooming and a manly scrub. This is then followed by a warm towel wrap and a relaxing hand and arm massage with a moisturizing oil. You may choose to buff and shine your nails at this point if you would like.

60 min - \$43.12

THE REPAIR PEDICURE

Unightly callouses on your feet? Get lighter feet and give our repair pedicure a try. Soak your feet in warm water after getting your nails trimmed, followed by a thorough scrub and buff to get all your dry skin and callouses off. The pedicure is wrapped up with a warm towel wrap and a relaxing foot massage with moisturizing oil. You may opt to buff and shine your nails at this point if you would like.

60 min - \$43.12

MUSCLE MELTER

Aching muscles and tensions are soothed with the Swedish Massage. The Swedish massage stimulates blood circulation and improves energy. This is followed by a face and head massage for further relaxation.

Swedish Massage | Face & Head Massage

90 min - \$147.84

RENEW YOUR VITALITY

Bring your vitality back with this invigorating coffee scrub and say good-bye to your dead skin. Soak and refresh yourself under the warm rain shower making your skin ready to receive the goodness of the mask followed by the Alizé signature massage.

Coffee Scrub | Rain Shower | Choice of Mask |
Alizé Signature Massage

120 min - \$246.40

MODERN GENT

Gentlemen, get your glow on with this ultimate male grooming experience. The experience starts with your choice of scrub and a manly "feel the pressure" lomi lomi massage. Wrap up the treatment with a "man-up" skin treatment focused on the face with a face massage followed by a basic foot massage.

Choice of Scrub | Lomi Lomi Massage | MAN-Up Skin Treatment |
Basic Foot Massage

150 min - \$258.72





SALON

Because no matter how gorgeous we are, we can always use a helping hand!

MAINTENANCE

| | |
|---------------------------------|------------------|
| <i>Speedy nail polish</i> | 30 min - \$24.64 |
| <i>Pedicure</i> | 60 min - \$49.28 |
| <i>Manicure</i> | 60 min - \$43.12 |
| <i>Women's haircut</i> | 45 min - \$67.76 |
| <i>Men's haircut</i> | 45 min - \$55.44 |
| <i>Crème bath</i> | 45 min - \$92.40 |
| <i>Hair style & make-up</i> | 90 min - \$92.40 |
| <i>Eyebrow plucking</i> | 30 min - \$43.12 |
| <i>Shampoo & blow dry</i> | 30 min - \$45.00 |

WAXING

Say goodbye to the fuzz and get silky smooth!

| | |
|---|------------------|
| <i>Upper lip</i> | 15 min - \$12.32 |
| <i>Upper lip, chin & eyebrow</i> | 25 min - \$30.80 |
| <i>Under arms</i> | 10 min - \$24.64 |
| <i>Chest</i> | 45 min - \$49.28 |
| <i>Arms</i> | 35 min - \$43.12 |
| <i>Half legs</i> | 35 min - \$43.12 |
| <i>The little black dress treatment - full legs</i> | 60 min - \$67.76 |
| <i>Back</i> | 60 min - \$67.76 |

JUST FOR LITTLE PEOPLE

For 4 to 12 years olds, treatments are done with the utmost care and comfort for our young guests. We require parents/guardians to remain in the spa during the service.

| | |
|---------------------------------|------------------|
| <i>Pretty fingers</i> | 30 min - \$43.12 |
| <i>Terrific toes</i> | 30 min - \$36.96 |
| <i>Glitter nails</i> | 30 min - \$36.96 |
| <i>Island pampering massage</i> | 30 min - \$49.96 |

YOGA

| | |
|-------------|------------------|
| <i>Yoga</i> | 60 min - \$43.12 |
|-------------|------------------|

ADD-ONS

Can be offered with other treatments

| | |
|-----------------|------------------|
| <i>Head</i> | 30 min - \$43.12 |
| <i>Shoulder</i> | 30 min - \$43.12 |
| <i>Back</i> | 30 min - \$43.12 |
| <i>Neck</i> | 30 min - \$43.12 |
| <i>Face</i> | 30 min - \$43.12 |
| <i>Hand</i> | 30 min - \$43.12 |
| <i>Foot</i> | 30 min - \$43.12 |







Yoga

The perfect combination of physical postures, breathing techniques and meditation elevates your body and mind to a state of total relaxation. Find yourself forming a deeper connection with yourself through our many yoga routines!

YOGA

Enhance your mental wellness and physical wellbeing through our exhilarating yoga routines!

HATHA YOGA

Feeling like your body and mind is out of balance? Find your inner balance with our Hatha Yoga! The term "Hatha" represents a combination of the Sanskrit words, "Ha", meaning the sun along with "Tha" meaning the moon and is designed to unite and balance these two energies. However, the literal translation of Hatha is "force", implying the physical nature of the techniques used in this traditional yoga.

60 min - \$50.00 per pax

ASHTANGA YOGA

Are you fit and ready to take on an intermediate challenge? Ashtanga Yoga which focuses on the eight limb paths could be the choice for you! Ashtanga routines demand fitness, flexibility and focus to create a calming yet tiring form of moving meditation following a set of poses done consecutively in the same order with a consistent breath count. Ashtanga is known to improve muscle strength and general well-being in addition to easing pain, providing calmness and promoting healthy eating.

If you feel that a challenging Yoga routine is what you are looking for, Ashtanga Yoga could be the one for you!

60 min - \$50.00 per pax

ASHTANGA MYSORE STYLE

Are you a beginner but you want to experience Ashtanga Yoga? Ashtanga Mysore style could be the right one for you! Ashtanga Mysore style is a self-practice class held by our experienced yogini guiding a class of students working on the same sequence of poses. This means that you could drop in at anytime throughout the class and pick up from there as the teacher would be guiding each student individually depending on their experience and ability.

Ashtanga Mysore style is perfect for a beginner or someone who would like to experience the Ashtanga yoga!

60 min - \$30.00 per pax

AERIAL YOGA

Tired of doing same old Yoga routine? Aerial yoga might be the option for you. Much like your traditional Yoga routine, Aerial Yoga will consist of the same poses and techniques. However, the difference being that instead of the traditional Yoga mat, the weight of your body will be supported by a silk hammock. This form of Yoga is perfect for both beginner and experienced Yoga practitioners and is an exciting change to your regular Yoga routine!

50 min - \$50.00 per pax

PRAYANAM

Pranayam is the practice of breath regulation and is main component of yoga. In Sanskrit "prana" means life energy and "yama" means control. This form of Yoga focuses on holding your breath control can help provide an array of benefits such as decreasing stress and improving sleeping quality.

60 min - \$40.00 per pax

MEDITATION

Had a busy day and looking to wind down? Meditation can be what you're looking for! Meditation can wipe away the day's stress, bringing with its inner peace. If stress has you anxious, tense and worried, consider trying meditation. Spending even a few minutes in meditation can restore your calm and inner peace. Meditation is recommended for anyone with no prior experience or equipment as meditation can be simple and cheap.

60 min - \$40.00 per pax

HAVE YOU NEVER DONE YOGA BEFORE?

We have designed a class for you.

A Class You Can Start With.

Which includes the joint moments, whole body stretch, Asanas, pranayam and meditation.

60 min - \$40.00 per pax



MALAHINI
KUDA BANDOS