



Urban Retreat

Beautifully Yours



Welcome to your Urban Retreat

Crafted to provide an exquisite sensory experience, this "home away from home" will refresh and rejuvenate your spirit and physical being. Our small and dedicated team will offer you the privacy and coziness you need, while pampering your body with our invigorating treatments. We feature an indulgent array of care, each designed to soothe the body through the healing touch of our professionally trained therapists.



Facial Care with GATINEAU

Essential Care

- **Serenity Treatment for the sensitive skin:** It provides immediate soothing effect and lasting comforting action, leaving you with a "velvet effect" structure.

- **Aquamemory for integral hydration:** Provides exceptional moisturizing comfort through deep-down and surface hydration.

Rejuvenating Treatment

- **Active Eclat:** This "express" re-balancing treatment involves natural products that help to balance your skin tone.
- **Melato Probiotics:** This regenerating facial is recommended for mature women, and is suitable for all skin types.

Facial Care with certified organic ESSE products

- **Express:** An express refresh of the skin, tailored to your individual needs.
- **Deep:** Beginning with a professional skin analysis and consultation, this includes eye treatment.
- **Anti-aging:** A concentrated treatment for mature skin and skins showing signs of pre-mature aging, including eye treatment.

Waxing and/or Threading

Underarms, Upper/Lower lips, Eyebrow Reshaping, Chin, Arm (Half/Full), Leg (Half/Full), Bikini (Half/Full)

Bleaching

Facial, Neck-line, Arm...

Body Scrubs

Exfoliation of your body from dead cells and impurities, leaving your skin clean and soft.

A wide range of scrubs is available depending on your personal preferences and needs: *Chocolate Decadence*, *Lemon & Ylang-Ylang*, *Coffee Scrub* or the popular *Peppermint Sugar* are just a few of a wider range of recipes we have carefully chosen to give your skin the glow it deserves.

Body Wraps

Designed to improve the texture and appearance of your skin by removing excess fluid and toxins from the body, body wraps firm loose skin and treat the unsightly appearance of cellulite.

A variety of detoxifying organic materials such as aloe vera, orange peel, cucumber is used to draw toxins from the body and soften the skin. Cellulite treatment is also available in package.

Make Up

Home service provided upon request.



Manicure/Pedicure

NailsForU products have been carefully chosen to balance and improve nail conditions and maintain the skin of the hands and feet, and improve their appearance. We offer both 'Express' and 'Deluxe' Manicure and Pedicure, as well as nail re-polish and nails decoration. Paraffin oil for treatments is also available.



Experience the healing and soothing powers of massage...

- **“Joys for the Legs”**: For those who stand all day at work, or are generally on their feet for a long time.
- **“Heaven for the back”** : Ideal therapy for lower back and sciatica, and recommended for people who sit at desk for long hours.
- **“Head Bliss”**: This 'scalp, shoulders, neck & face massage' will relieve pain by improving circulation and removing muscle tension.
- **Whole Body Relaxation**: More than just a “feel good treat”, this massage relieves tension and stress, and creates awareness of body-mind connection.
- **Foot Reflex**: Far East method of using thumb pressure on specific reflex points on your feet.
- **Swedish Deep Tissue (Sports)**: Based on the Western concepts of anatomy and physiology, this massage helps to relieve your muscle pain and tension.
- **Manual lymphatic drainage**: Consists of very gentle, rhythmic pressure that will activate the immune system as well as encourage fluid circulation and cell regeneration.
- **Shiatsu**: Using traditional hands-on Japanese healing art, this massage helps to prevent the build-up of stress.

Our Signature Messages:

- **Mum’s Treat**: Pregnancy and Postnatal Messages by qualified therapists and team of certified midwives with a choice between oils or medically tested products from European laboratories. These have been developed to avoid teratogenic effects i.e. they do not present any risk for pregnant mothers or babies. These products are alcohol-free, caffeine-free and compatible with breast-feeding.
- **Craniosacral Therapies**: Originated from osteopathy, this powerful but gentle treatment of the whole body will bring a sense of perfect harmony to your body, mind and soul.
- **Baby massages**: Specialised therapists use age-old techniques to soothe and relax the new born to mimic the comfort once enjoyed in the maternal womb. This pampering can be offered from delivery till two years of age.



For bookings and further information:

3, Volcy Goupille Street, Beau Bassin


☎ (230) 454 1114

✉ urbanretreat@yourservice.mu

Opening Hours:

Monday to Friday: 0930-1730

Saturday: 0900 -1730

 Urban Retreat

24hours cancellation notice. Please note that your session is time sensitive and late arrivals will result in your treatment being shortened to accommodate other clients booked after you.