



emerge
brighter



perfecting

your journey

eforea spa at Hilton Seychelles Northolme Resort & 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 scr 895

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 scr 895

feet

Ground yourself. This foot and legs experience combines the richness of ancient Egyptian foot ma with the spiritual concepts of Native American healers.

30mins scr 895

add on to your treatment

30mins scr 799



essentials
journey

face

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results

Pro Glow Renewal

30MIN Scr 1105

Short but sweet. This powerful face treatment, packed with super minerals, awakens and restores tired cells. Awaken your skin and leave feeling revived. You, only better!

Pro Glow Resurface

60MIN Scr 1895

Clinically proven* to target signs of aging and uneven skin tone, this precision treatment uses enzyme layers for powerful exfoliation and renewal. Experience a new start for smoother, younger-looking skin.

Pro Grow Brilliance

60MIN Scr 1895

A nutritional boost rich in superfoods and essential minerals, designed to energize and detoxify stressed, dull skin. Clinically proven* to leave skin plumper, radiant, and glowing with good health.

Pro Glow Smooth

60MIN Scr 2205

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

massage

Thermal Deeper Than Deep Hot Stone Massage

60MIN Scr 2199

Immerse in the rejuvenating touch of Balinese stones bathed in Frangipani Monoi Body Oil, working deep into muscles to release tension. Revel in sparkling vitality and intensely hydrated skin, a radiant outcome of this invigorating treatment.

Intensive Deep Muscle Release Massage

60MIN Scr 1955

Unwind with our tension-taming treatment, deeply nurturing body and mind. Skin feels invigorated and alive as rich balm penetrates muscles, releasing tension and promoting movement and flexibility

Eforea Deep Tissue Journeys

60MIN Scr 1855

Your therapist will select aromatic oil 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 -

Ease away tired, aching muscles

Chakra Balancing -

Bring your body and emotions into total equilibrium

Spirit Reviver Deep Tissue Massage -

Up lift, detoxify and renew your zest for life

ELEMIS Peaceful Pregnancy Massage

60MIN Scr 1855

Carefully crafted for each trimester, this nurturing treatment supports women through pregnancy. Enjoy a gentle, intuitive massage that hydrates expanding skin, ensuring relaxation and comfort during this precious journey.

body

Cleansing mineral salts, oil blends rich in actives and Trans portative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalized skin and deeply eased muscles.

Intensely Cleansing Salt Scrub

30MIN Scr 1595

Lime and Ginger or Frangipani Fragranced salt gently exfoliates, promoting new cell regeneration. Achieve a smooth canvas, primed to absorb deeply nourishing body oil for ultimate hydration.

Hydrating Frangipani Nourishing Wrap

30MIN Scr 1755

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.



A luxe body cream enriched with nourishing oils, Frangipani Monoi Body Cream leaves skin feeling smooth and delicately scented



escape

De-stress Together

120MIN Scr 6999 Per Couple

Treat yourself and your partner to a transformative journey at eforea spa. Rejuvenate with a 30-minute body scrub, followed by a detox wrap to restore equilibrium, and complete your treatment with a soothing one-hour massage.

Thousand Flower Detox Wrap

90MIN Scr 3049

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.

Back, Neck and Shoulder

30MIN Scr 1000

Escape for 30 minutes with a stress relieving massage that focusses on the build-up of stress and muscle tension in all areas around the neck, shoulders and across the back.

Balinese Tranquility

60MIN Scr 1905

This traditional therapy combines gentle stretches, acupressure, and aromatherapy to restore balance and relaxation. The nourishing coconut oil deeply hydrates your skin while soothing techniques release tension and promote a sense of well-being.

Paradise Glow Body Scrub

45MIN Scr 1750

Transport yourself to a tropical haven with our Paradise Glow Body Scrub. This fragrant, exfoliating treatment smooths and hydrates your skin with rich coconut oil, leaving you feeling silky and refreshed, enveloped in the essence of the islands.

escape
journey



Energise and detoxify stressed, dull skin with a nutritional superfood boost. Leaves skin plumper, radiant and lit up with good health.

nails

Spa Manicure

60MIN Scr 1195

Full service manicure includes exfoliating treatment and hydrating massage plus colour of choice .

Spa Pedicure

60MIN Scr 1455

Full service pedicure provides relaxation and pampering foot care, completed with colour of choice.

Express Manicure

30MIN Scr 755

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

30MIN Scr 1029

Great for those on the go or looking for a touch up. A quick fix for your feet with a nail soak, nail shaping, cuticle care and nail buffing. nail colour is not included.

Express Manicure Gel Bottle

30MIN Scr 925

An express option, it provides those on the go with a nail soak, nail shaping, cuticle care and nail buffing. Nail color is not included.

Express Pedicure Gel Bottle

30MIN Scr 1150

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.

Spa Manicure Gel Bottle

45MIN Scr 1350

Indulge in a gel manicure that combines the artistry of ancient beauty rituals with modern elegance. Experience lasting shine and strength, leaving your hands beautifully rejuvenated and your spirit refreshed.

Spa Pedicure Gel Bottle

45MIN Scr 1630

Pamper your feet with a gel pedicure that merges traditional beauty secrets with modern sophistication. Enjoy enduring shine and strength, revitalizing your feet and soothing your soul.



**eforea spa at Hilton Seychelles
Northolme Resort & Spa**

Let your mind escape and your body relax in this beautiful island Spa surrounded by the sound of the Indian Ocean waves. Whether your desire is to invigorate the soul, relax the mind or beautify the body, our professional therapists will exceed your every expectation.

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CANCELLATION 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 articles, however we do provide lockers and suggest that you use these for any items you may bring to the Spa with you.

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 16 years will need to be accompanied by a parent or adult guardian for services.