

poz



Taking a break. This is what POZ is all about!

Here in Mauritius, well-being, like cuisine, religion and culture, is at a crossroad between east and west. Our “gran dimoune” as we say here, meaning our elders, have brought with them, from their faraway lands, their knowledge and secrets: ayurvedic massage techniques from India, reflexology from China and many almost miraculous properties from the African soil. Those traditional remedies have always been part of the Mauritian way of life. An island, where taking time is not wasting time.

“Kass enn ti poz” is an art de vivre! It means to just take a break and enjoy the time being. Watch a sunset, sit under a banian tree, reconnect with nature or just relax for a little while... carpe diem.

POZ draws its inspiration in the tropical and vegetal surroundings of the green Mauritian nature. If Mauritius is well-known for its beautiful beaches and turquoise lagoons, there is another side to this paradise: a trip deep into the country – a generous tropical vegetation and refreshing waterfalls.

So, just put pause. Breathe deeply, slowly... You will leave POZ happy, serene, and full of energy!

5% goes to Green Attitude Foundation

Buying a POZ product is contributing to sustainable actions in Mauritius. 5% of each purchase goes to the Green Attitude Foundation which in turn supports quite a number of sustainable development projects linked to the sustainable development: protection of environment, support of the local economy, community and environment.



rituals from our roots

Gran mama

[90 min]

A full body massage with Moringa oil, geranium and neem leaves that starts at the two extremities: the soles and the head

Ti balad dan Chamarel

[90 min]

The combination of a relaxing body massage and an exfoliation with coffee beans from Chamarel and muscovado: perfect match for a cleansed and hydrated skin

Larivier Tanier

[90 min]

A full revitalizing body massage with pure coconut oil that stimulates circulation while detoxing and tonifying the body

Mon Désert Mon Trésor

[90 min]

A full body massage with rice bags that alleviates tension. Coconut oil, vanilla and muscovado are used to regenerate, protect and hydrate the skin



POZ 100% natural products



Our beauty and massage products are exclusively produced for POZ, by Indika. They are 100% natural and crafted from ingredients and exotic plants sourced from the Indian Ocean, Sub-Saharan Africa, and other regions around the world. The packaging is fully recyclable.

Indika is a Mauritian company that cultivates medicinal plants in the Ferney Valley to create simple and healthy health and wellness products. Their approach highlights the biodiversity and botanical heritage of the Indian Ocean islands, based on values such as nature-inspired innovation, protection of local biodiversity, promotion of sustainable and responsible agriculture, and improvement of the quality of life for the population.

Among the essences used, we find local essences like neem, cinnamon, cardamom also known as elaiti and babool.

classic massages

Bel Air

[75 min]

A full head massage followed by hand and foot reflexology. The peppermint essential oil refreshes and calms

Bois des Amourettes

[50 min]

Relaxing full body massage with coconut, ylang-ylang and Gaulthery oil

La forêt Macondé

[50 min]

A pain relief massage with peppermint, rosemary and cinnamon that relieves muscle tension and enhances energy flow

Poudre D'Or

[50 min]

A lemon and curcuma-based full body draining massage that improves circulation, helps eliminating toxins and reducing fluid retention

Laventure

[30 min]

Your custom-made massage.

[50 min]

Choose among our different treatments and products the ones that suit you most

[75 min]



4 Treatments
10% off

6 Treatments
12% off

8 Treatments
15% off

body scrub

Chamarel scrub [30 min]

Quatre Cocos scrub [30 min]

tattoo

Henna tattoo

hammam

facial

Moisturizing care [60 min]

Purifying care [60 min]

Revitalizing care [60 min]

Anti-aging care [60 min]

hands & feet

Classic manicure [45 min]

Classic pedicure [60 min]

Nail polish [30 min]

French manicure [30 min]

Gel nail polish [30 min]

Removal of gel nail polish [30 min]

waxing

Full legs [40 min]

Half legs [20 min]

Under arms [15 min]

Back [30 min]

Classic Bikini [25 min]

Brazilian bikini [45 min]

threading

Eye brows	[15 min]
Upper lips	[15 min]
Chin	[15 min]

hair care

Shampoo and hair cut	short
	long
Shampoo blowdry	short
	medium
	long

Hair style

Bridal hair trial & hair style

Hair braids as from

Hair cut kids

makeup

Bridal makeup including trial

Evening makeup

Day makeup





POZ



attitude