

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 banyan 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

*Rs*

## **Gran mama**

**[90 min] 3900**

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] 3900**

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] 3900**

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

## **Mon Désert Mon Trésor**

**[90 min] 3900**

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\*

Rs

## **Bel Air**

**[75 min] 3200**

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

## **Bois des Amourettes**

**[50 min] 3000**

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

## **La forêt Macondé**

**[50 min] 3000**

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

## **Poudre D'Or**

**[50 min] 3000**

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

## **Lavature**

**[30 min] 2400**

Your custom-made massage.

**[50 min] 3200**

Choose among our different

**[75 min] 3600**

treatments and products the ones that suit you most

\*All classic massages can be done in our villas for Rs 4000



4 Treatments  
**10**% off

6 Treatments  
**12**% off

8 Treatments  
**15**% off

## body scrub

Rs

Chamarel scrub	[30 min]	1800
Quatre Cocos scrub	[30 min]	1800

## tattoo

Henna tattoo	[as from]	600
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## salt hammam

500

## facial

Moisturizing care	[60 min]	3100
Purifying care	[60 min]	3100
Revitalizing care	[60 min]	3100
Anti-aging care	[60 min]	3100

## hands & feet

Classic manicure	[45 min]	1900
Classic pedicure	[60 min]	2200
Nail polish	[30 min]	500
French nail polish	[30 min]	800
Gel nail polish	[30 min]	1500
Removal of gel nail polish	[30 min]	1000
Bridal manicure	[60 min]	2500
Bridal pedicure	[60 min]	2900

## waxing

Full legs	[40 min]	2000
Half legs	[20 min]	1300
Under arms	[15 min]	900
Back	[30 min]	1800
Classic Bikini	[25 min]	1200
Brazilian bikini	[45 min]	2300



## threading

*Rs*

Eye brows	[15 min]	400
Upper lips	[15 min]	400
Chin	[15 min]	400

## hair care

Hair cut	short	900
	long	1200
Shampoo		400
Shampoo blowdry	short	1500
	medium	1900
	long	2200
Hair style		2300
Bridal hair trial & hair style		4500
Hair braids as from		600

## makeup

Bridal makeup including trial	5500
Evening makeup	2800
Day makeup	2300

Prices are in Mauritian rupees





# POZ



*attitude*