

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

*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

**Laventure** [30 min] 2400

Your custom-made massage. Choose [50 min] 3200

among our different treatments and [75 min] 3600

products the ones that suit you most

A kid custom-made massage [30 min] 1750



# Ayurvedic

Ayurvedic indian classic massage	[60 min]	3300
Ayurvedic indian head massage	[30 min]	3000
Ayurvedic Abhyanga massage	[60 min]	3300
Ayurvedic Shirodhara massage	[30 min]	3000

4 Treatments  
10% off

6 Treatments  
12% off

8 Treatments  
15% off



STEP 1

≡ Detox ≡



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

tattoo		
Henna tattoo	[as from]	600

jacuzzi		
One person		500
Couple		800
Family (max 4 personnes)		1900

facial		
Moisturizing care	[60 min]	3100
Purifying care	[60 min]	3100
Revitalizing care	[60 min]	3100
Anti-aging care	[60 min]	3100
Kid facial	[30 min]	1500

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
Kid manicure	[30 min]	900
Kid pedicure	[30 min]	900



waxing

Rs

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

Eyebrows	[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
Hair cut kids		400

makeup

Bridal makeup including trial	5500
Evening makeup	2800
Day makeup	2300

tinting

Eyelash tinting	700
Eyebrow tinting	700

Prices are in Mauritian rupees





# POZ

