POZ

Take time to POZ

Taking time is not wasting time! In Mauritius, we understand the importance of taking a moment. A moment to sit on a rock and see the light glinting off the lagoon, or to watch the world go by from a bench.

It’s not laziness, it is energy. Knowing the importance of taking some time for yourself. So we invite you to slow down, stop and dedicate space for body and mind. That’s what POZ (pause) is all about.

We like to spa sustainably. This doesn’t complicate matters. In fact, it makes it simple. We know where each flower and herb has come from in the products we use because we asked our local botany experts, Indika, to grow them right here in Mauritius. The setting? These medicinal plants bloom in the Ferney Valley. Add island–sourced coconut, neem and coffee beans, and we’ve got all the ingredients we need for our scrubs, balms and oils.

In a world where we are always moving on to the next task, it’s time to POZ!

Did you know? Our handmade POZ products are 100% natural and wrapped in recyclable packaging!

Treating you is in our nature!

For more details, see the following pages or contact one of our team directly on +230 402 7070 or by email at spaattitude@friday-attitude.com

We are happy to chat it through and find the right treatment for you.

our massage rituals

Rs

Gran mama – A Cocooning massage **[90mins]** 3900

Pressure: Firm and Soothing

A comforting Mauritian-inspired ritual combining a detox foot bath, invigorating scalp massage, and a full-body massage using the traditional catora steel bowl. Firm, soothing pressure releases muscular tension while botanical aromas relax the body and calm the mind.

Ti Balad Dan Ferney – A full body scrub and massage for tired skin **[90mins]** 3900

Pressure: Medium and Soothing

Awaken your senses with our 100% natural Ferney coffee scrub.
This invigorating full-body exfoliation buffs away dull skin, revealing a silky-smooth glow before a deeply relaxing full-body massage.
A treat for both body and senses.

Larivyer Tanier – A deeply relaxing massage [90mins] 3900

Pressure: Firm and Slow rhythmical

Inspired by the gentle flow of Mauritian rivers, this calming ritual begins with a coconut milk foot bath, followed by a slow, rhythmic head–to–toe massage with nourishing coconut oil. Designed to release tension, calm the mind, and invite restful sleep.

classic massage

Rs

Bois Des Amourettes– [50/75mins] 2700/ 3600
Relaxing warm oil massage

Pressure: Medium and soothing

Long, slow, flowing movements with warm ylang ylang & wintergreen oils and gentle, comforting pressure create a soothing ritual that relaxes the body and restores inner calm.

La Forêt Macondé – [50/75mins] 2900/ 3700
Pain and tension relief

Pressure: Firm and strong

Deep–tissue pressure hunts down the knots in your shoulders and eases stubborn aches. A warming blend of peppermint, rosemary and cinnamon gets your energy moving again.

Poudre d'Or — A massage to banish fluid retention [50/75mins] 2700/ 3600

Pressure: Firm and Slow

A therapeutic full-body massage using draining techniques and revitalising oils to stimulate circulation, relieve fatigue, and restore a lasting feeling of lightness.

body care

Rs

Exfoliating scrub [30mins] 1900

A personalised exfoliating scrub crafted from local ingredients to smooth, soften, and revitalise the skin. Boosts circulation, enhances treatment results, and reveals a healthy, radiant glow.

special care

Bel Air – complete let go [75mins] 3600

Pressure: Medium to firm

Travelling from scalp to hands to feet, this pressure-point therapy releases tension at the body's busiest extremities. Locally grown peppermint oil keeps it fresh and reviving.

Jet Lag – Ease jet lag and fluid retention (*)

[30mins] 1900

Pressure: Medium to Firm

Choose an invigorating leg-and-foot massage to beat fluid retention, or a back, neck and shoulder treatment to undo travel fatigue.

(*) *Can be done as a standalone or added to Poudre D'or massage*

Head, Neck & Shoulders Massage (*)

[30mins] 1900

Pressure: Customised Pressure

Focused work where tension gathers most – neck, shoulders and scalp – easing tightness and clearing your head.

(*) *Can be done as is or added to any treatment*

Mother-To-Be Massage (From week 14 onwards)

[60mins] 2900

Hello, mama! From week 14 of your pregnancy onwards, we are here to pamper you. We ease the aches and strain of pregnancy while improving circulation and mobility – so you can put your feet up.

Rivière des Créoles – Sunburn and much more (*)

[45mins] 2700

The perfect holiday companion, this deeply hydrating body wrap soothes sun-exposed skin while helping prevent moisture loss, leaving your skin soft, radiant, and beautifully sun-kissed.

(*) *Can be done as is Or added to massages*

Henna Tattoo

700

Base Size: 5cm x 5cm

Pricing increases according to design size

If you are celebrating a special occasion (or simply a special holiday), ask us about a henna tattoo!

facial care

Anti-Ageing facial

[75mins] 4100

Expert facial massage techniques and powerful active ingredients work together to boost collagen, smooth fine lines, and reveal a firmer, more radiant complexion.

Hydrating facial

[60mins] 2900

Dry, dehydrated, dull skin? A collagen infusion replenishes moisture and refines texture, so your face looks its freshest in every holiday photo.

Purifying facial

[60mins] 2900

A purifying facial for oily and blemish-prone skin. Deep cleansing and gentle exfoliation help unclog pores, reduce excess oil, and restore a clearer, healthier-looking complexion.

Revitalising facial

[60mins] 2900

An essential facial for all skin types, designed to nourish, hydrate, and maintain a healthy, radiant complexion.

Express facial

[30mins] 2000

Thirty minutes, one quick hit of nourishment to leave your face looking its best. Enjoy solo, or add to any body treatment to stretch your session.

hands & feet care

Classic Manicure & Polish

[60mins] 2500

The hero of hand care: we exfoliate, hydrate and tend to your hands, then finish with a classic coat of polish.

Express Manicure (*)

[30mins] 1900

Need a helping hand? A swift treatment that exfoliates, hydrates and cares for hands and nails, leaving them looking their best.

Classic Pedicure & Polish

[60mins] 2900

Flip flops, ahoy! Don’t hide away your feet this holiday. Make them look their best with our Classic Pedicure, a treatment to exfoliate, hydrate and care for your feet. We’ll follow the pampering with a swipe of classic nail polish for a pop of colour.

Classic Polish Application

We'll prep your nails, giving them a file, cut and light clean. It's then time for the nail polish application. Will you go for a pop of colour or a classy French manicure?

- Colour — **[20mins]** 1000
- French manicure — **[25mins]** 1200

Semi-Permanent Polish Application (*)

Want polish that lasts?
After filing and a light clean, choose your colour – lagoon blue or mango orange – set under a UV/LED lamp. No acrylic, no resin.

- Colour — **[45mins]** 1700
- French manicure — **[50mins]** 1900

(*) *Can be done as a standalone treatment or added to any treatment.*

Removal of Semi-Permanent Nail Polish + Nail Care — **[45mins]** 1500

Let's ditch that old nail polish!
We'll also file your nails and take care of hydrating those cuticles.

Clean to the very tips

All nail polishes used are vegan, cruelty-free and 10-free – meaning none of the nasties, for you or the planet.

wax care
(approximate duration)

Full legs	**[45mins]**	**1900**
Half legs	**[30mins]**	**1000**
Full arms	**[30mins]**	**1300**
Half arms	**[20mins]**	**900**
Underarms	**[15mins]**	**700**
Bikini line (classic)	**[30mins]**	**1300**
Back or Chest or Stomach or Face	**[30mins]**	**1600**
Eyebrows or Chin or Upper Lip *(threading technique)*	**[15mins]**	**500**

hair care

Bridal Hair Style (including a trial)	**[75mins]**	**5000**

make-up care

Bridal Make-up (including a trial)	**[60mins]**	**4000**

kids'care

Get the kids involved in a spa session! If they are aged 3–12 years old (should be accompanied at all times by a parent), they can join you for a pamper session. Choose from one of these mini treatment:

Coconut Bliss Massage **[30mins]** 1600

A gentle, relaxing massage with nourishing coconut oil to soothe growing muscles, soften the skin, and leave young guests feeling calm and refreshed.

Fresh Glow Facial **[30mins]** 1600

A gentle facial that cleanses, hydrates, and restores a fresh, healthy glow for soft, happy skin.

Fairy Fingers **[30mins]** 1000

Nails are shaped, hands are gently scrubbed and moisturised, then finished with colourful polish.

Rainbow Toes **[30mins]** 1200

Feet are pampered with nail shaping, a gentle scrub, nourishing moisturiser, and a splash of colourful polish.

our packages

The more time you POZ, the more you can save! Create your own spa day with multiple treatments or make your holiday extra happy by locking in that dedicated me-time. These discounts are available on treatments of 50 minutes and above:

4 Treatments Or more
10% off

6 Treatments Or more
15% off



8 Treatments Or more
20% off

10 Treatments Or more
25% off



5% for the attitude FOUNDATION

Developed especially for POZ, our entire product range is 100% natural and made from exotic ingredients and plants carefully grown right here on the island.

Beautiful on the inside, POZ products do good on the outside, too! If you buy one of our care products to take home, you contribute to sustainable actions on the island. We donate 5% of each purchase to the Attitude Foundation and, since 2014, its aim has been to promote local culture, support the Mauritian community and help preserve the island's coastal and marine environment.

Who said that you can only think about yourself when enjoying a spa?
Certainly not us!

Spa facilities/Services

The spa is open seven days a week from 9:00 to 20:00 subject to reservations. Children, as from the age of 3 years, are allowed in the spa for treatments but must be accompanied by a parent. No nudity in communal areas. It is recommended that you leave valuables in your guest room safe.

Reservations

We highly recommend booking your treatments in advance to ensure that your preferred time and service are available. Please contact the spa reception to schedule your appointments.

Before Your Treatment

For the best spa experience, please arrive at least 10 minutes before your appointment to allow time to relax and prepare for your treatment. Please note that late arrivals may result in a shorter treatment, as sessions will end at the scheduled time out of respect for the next guest.

Cancellation policy

Any cancellation should be communicated to the Spa at least 4 hours before your scheduled booking OR before 18:00 hours on the evening before your scheduled booking. If we are not informed of your cancellation, 50% of the price of the treatment will be charged to you.



Reservations

For all bookings or further information

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www.hotels-attitude.com/en/friday-attitude

POZ

indika

made in moris™

attitude