

HOLISTIC WELL-BEING



GERLAIN SPA

Experience the touch of Daria Chandra, a seasoned holistic practitioner, as she masterfully blends ancient wisdom with modern healing practices.



MIND RENEWAL

CRYSTAL HEALING AND FRAGRANCE PAIRING

Discover a unique healing journey where crystals meet luxury fragrances. As the scent awakens emotion, the crystals rebalance, heal and gently align your energy. Each unique fragrance opens the heart while crystals support deep energetic healing. The session is complemented with gentle voice-guided meditation and Reiki healing practice. Clean the aura, remove blockages and negativity, creating space for the new beginnings.

Location: Guerlain Spa
60mins: USD 300/MUR 14,000

VIBRATIONAL THERAPY WITH SINGING BOWLS

This deeply grounding therapy uses hand-crafted singing bowls of varying sizes and weights, placed directly on the body and gently activated. The therapeutic vibrations travel through the muscles, joints, and nervous system, restoring balance to both body and mind. This treatment can break muscle stiffness, ease insomnia symptoms, promote better sleep, release chronic fatigue, and remove muscle and joint pain. It can be applied for the betterment of nervous conditions and general relaxation.

Location: Guerlain Spa
60mins: USD 300/MUR 14,000

CHAKRA BALANCING WITH SINGING BOWLS (SINGLE / COUPLES)

The body contains seven primary energy centres, or chakras, each resonating with specific sound frequencies. Singing bowls naturally produce these tones, allowing the chakras to realign and return to harmony. Rooted in ancient Indian energy philosophy, this treatment uplifts mood, stimulates creativity, and restores depleted physical and mental energy. A deeply immersive experience, ideal for individuals or couples seeking balance and reconnection.

- 60mins: USD 300/MUR 14,000 (single)
- 60mins: USD 550/MUR 25,500 (couple)

MEDITATION AND BREATHING SESSION

A personalised, voice-guided meditation inspired by ancient practices from India and Tibet. These techniques are designed to calm the mind, balance the nervous system, and restore inner equilibrium. Sessions may include Chakra meditation, Kundalini energy work, breathwork, and channelling practices, tailored to your current emotional and energetic needs.

45mins: USD 250/MUR 12,000

ASTROLOGY READING WITH CRYSTAL CONSULTATION

A refined and intuitive consultation based on your natal astrology chart. By analysing planetary positions at the time of your birth and current cosmic transits, I offer personalised insights into your life path, emotional patterns, and energetic potential. Each session includes crystal recommendations chosen specifically to harmonise your energy and support your intentions, whether for clarity, abundance, love, or transformation.

Location: Guerlain Spa
45mins: USD 200/MUR 9,600

Reservations required 24 hours in advance.
For more information, please contact your Host or call Guerlain Spa reception on extension 7658.
Prices are in Mauritian rupees and inclusive of VAT.





DEEP BREATH

GROUP EXPERIENCES

USD 45 / MUR 2,000 per guest

Maximum 6 guests per session

Weekly schedule

GROUP CRYSTAL MEDITATION & FRAGRANCE PAIRING

A refined group meditation experience designed to awaken the senses and restore energetic balance. This session combines carefully selected crystals with luxury fragrances that gently open the heart and calm the nervous system. Through voice-guided meditation, guests are invited into a state of deep relaxation while crystal energy supports emotional clarity and inner alignment. The subtle interplay of scent, sound, and intention creates a harmonious space for grounding, renewal, and quiet transformation.

An elegant way to begin the day feeling centred, uplifted, and emotionally clear.

Location: Guerlain Spa

• 45mins | 8AM

GROUP SOUND HEALING MEDITATION

A deeply immersive group sound bath using hand-crafted singing bowls and therapeutic vibrations. The resonant tones gently guide the mind into stillness while the body releases accumulated tension and stress.

Location: Soul Studio

• 45mins | 4PM

POOL SOUND MEDITATION & BREATHWORK

A unique water-based sound healing experience combining breathwork and singing bowls. The vibrations travel through water, gently calming the nervous system while breathwork energises the body, detoxifies the lungs, and awakens vitality. A signature morning ritual for vitality, clarity, and inner ease.

Location: Guerlain Spa

• 30mins | 8AM

YOGA CLASS

Tailored yoga practices to suit individual needs and intentions, including:

- Hatha Yoga
- Vinyasa Flow
- Power Yoga
- Kundalini Yoga
- Yoga Therapy

Sessions are adapted to the client's level, energy, and desired outcome.

Location: Guerlain Spa

- 60mins: USD 180 (Single)/MUR 8,500;
USD 250 (Couple)/MUR 12,000
- 90mins: USD 225 (single)/MUR 10,500



Reservations required 24 hours in advance.

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RESERVATION

For reservation please contact your Host or call on +230 401 1688
reservations@oneandonlysaintgeran.com

One&Only