

# Full Body Massage





## **Aromatherapy Massage :**

Aromatherapy is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being. A form of alternative medicine, Aromatherapy is gaining momentum. It is used for a variety of applications, including pain relief, mood enhancement and increased cognitive function. The customized massage which uses a light, rhythmic pressure is highly calming and soothing and has subtle effects on the mind and emotions. Essential oils that are applied to the skin are absorbed into the bloodstream which aid in health and beauty.

Duration : 60 Mins | Price : 2,799/-\*

## **Deep Tissue Massage :**

Deep Tissue Massage is one of the best and most effective ways to reduce chronic muscle tension and treat pain. It uses firm-pressure designed to release tight layers of muscle and tissue, which usually develops from bad posture, injury or overuse. The therapy incorporates a special aroma blend of ginger and cinnamon, which restores movement in the soft tissues and alleviates pain, muscle spasm & stress from the problematic area, helping to relax muscles while aiding the body to eliminate toxins.

Duration : 60 Mins | Price : 2,799/-\*.

## **Swedish Massage :**

As the best-known type of bodywork performed today, one of the primary goals of the Swedish massage technique is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. But Swedish massage therapy goes beyond relaxation.

Duration : 60 Mins | Price : 2,799/-\*.

## **Ayurveda Abhyangam :**

An ancient massage focussing on the energy point or chakras for an overall relaxation of body, mind and soul, by applying herbal oils. This Massage helps in maintaining the equilibrium of the body.

Duration : 45/60 Mins | Price : 2,499/2,999/-\*

## **Signature Massage :**

This signature massage is our specialty massage which is a combination technique of Swedish massage, Deep Tissue massage and stretching. This is a specially designed massage with the best relaxing and rejuvenating strokes. This therapy gives you a complete relaxation and calms your mind down

Duration : 90 Mins | Price : 4,499/-\*

**ADD ON :** Head Massage – 15 Mins | Price : 599/-\* (ONLY FOR FULL BODY MASSAGE)

\*Prices are exclusive of GST



# Express Massage





## ⦿ Head Neck & Shoulder :

Relieve yourself with the built up tension in your muscle with energizing Head Neck & Shoulder massage. This can alienate neck pain, stress and headache with affect existing for a long period and soothe the Head Neck & Shoulder.

Duration : 30 Mins | Price : 1,499/-\*

## ⦿ Back Neck & Shoulder :

Nothing feels better than a nice Back Neck Shoulder Massage after a long tiring day. This is really a blessing for all those who spend long hours behind the desk or computers. Enjoy the tranquil effects of our anti-stress massage as you experience a combination of techniques designed to relax the muscles and help stimulate the mind.

Duration : 30 Mins | Price : 1,499/-\*

## ⦿ Foot Reflexology Massage :

This art is said to have originated in the lands of China, Egypt and India and has its basis in the belief that reflex points on the soles of the feet correspond with neurological pathways to the rest of the body and its vital organs. Through pressure points and soothing massage techniques, these areas are stimulated to help improve your immune system, strengthen organs and ease numerous ailments, aches and pains.

Duration : 30 Mins | Price : 1,399/-\*

## ⦿ Thai Foot Massage :

Traditional Thai foot Massage uses pressure points on feet and relaxing strokes on the legs to transport you to a world of peace and serenity. A staple of traditional Thai medicine, which is both invigorating and relaxing, this massage works on the pressure points in the foot to regularize the flow of energy and relieve stress throughout the body. Beginning with a foot bath, foot scrub and special welcoming ritual, allow the gentle, soothing, flowing motions to open, energize and balance your being.

Duration : 30 Mins | Price : 1,399/-\*



\*Prices are exclusive of GST



# Body Scrubs & Wraps





## ⌚ De Tan-Scrub :

As the skin undergoes its own process of natural renewal, dead cells and other impurities accumulate and hide your skin's freshest layer. Papayas act as a natural exfoliate that's able to remove dead skin cells, while brightening dark spots from acne, aging, and the sun. This Scrub helps in treating blemish, darks sports and providing protection from UV rays.

Duration : 30 Mins | Price : 1,799/-\*

## ⌚ Purifying Scrub :

This gently exfoliating body scrub has an uplifting blueberry scent. This scrub not only lifts the dead cells but helps stimulate skin surface microcirculation, leaves skin feeling softer and smoother

Duration : 30 Mins | Price : 1,799/-\*

## ⌚ Hydrating Scrub :

The scrub gently exfoliates the skin and helps your skin get rid of dull and dead skin. It moisturizes the skin from within and gives it a youthful glow, makes it soft and smooth.

Duration : 30 Mins | Price : 1,799/-\*

## ⌚ De Tan-Wrap :

The products used in this wrap (mainly papaya) works wonders on your body from the inside, outside, on the hair as well as on the skin. It contains vitamin A & B, various mineral, nutrients and antioxidants which are beneficial for the body. This scrub is good for exfoliation and helps in treating blemish, darks sports and providing protection from UV rays.

Duration : 30 Mins | Price : 1,799/-\*

## ⌚ Purifying Wrap :

This Wrap is a firming body wrap that stimulates circulation to refine and strengthen the skins structure. It draws out impurities from deep within the skin. This wrap also helps stimulate the skins metabolism, tightens and tones it, without leaving any dry feel. It is a complete indulgence for blueberry lovers which soothes and calm your senses

Duration : 30 Mins | Price : 1,799/-\*

## ⌚ Hydrating Wrap :

This wrap softens your skin all over with an intensive, creamy and fragrant body pack with a light cherry fragrance. This is best for normal to dry skin and moisturizes your skin very well.

Duration : 30 Mins | Price : 1,799/-\*

\*Prices are exclusive of GST



# Facials





## **Glow Facial :**

This facial is for gentle exfoliation of dead skin and also improves skin elasticity, providing glow to the skin  
Duration : -- | Price : 2,499/-\*

## **Purifying Facial :**

Purifying Facial detoxifies the skin with natural clays and freshwater silt, removing oil and impurities. It will leave your skin feeling clean and vibrant.

Duration : -- | Price : 2,499/-\*

## **Hydrating Facial :**

Hydrating facial treatment is designed to nourish your skin on a deeper level, removing dead skin cells, and stimulating the formation of newer, healthier cells. Once the exfoliation of the top layer of old, dead skin is complete, the healthy, hydrated, younger-looking skin underneath is revealed

Duration : -- | Price : 2,499/-\*

## **Anti Blemish Facial :**

This facial treatments focus primarily on extractions to unclog pores and kill bacteria in the skin, cleansing the skin to remove impurities, debris, and oil.

Duration : -- | Price : 2,499/-\*



\*Prices are exclusive of GST



# Hand, Foot & Spa Packages



## SPA SPA Packages :

Please do get in touch with our Spa representative for the customized & discounted packages.

Duration & Price : Based on guests requirement, customization would be done at a discounted rate



\*Prices are exclusive of GST