

FOOT REFLEXOLOGY

Reflexology is a simple, non-invasive method to help balance the body. It has been described as a natural therapy that requires the application of a specific type of pressure on particular area of the feet.

It is based on the principle that there are reflexes in the feet which correspond to every part of the body.

FOOT REFLEXOLOGY (20 mins)
only feet are worked upon.

Rs. 500 + 12.36 taxes

FOOT REFLEXOLOGY (40 mins)
only feet and calves are worked upon.

Rs. 850 + 12.36 taxes

FOOT REFLEXOLOGY (60 mins)
feet, calves, hands, back & shoulders are worked upon.

Rs. 1100 + 12.36 taxes

***HEAD MASSAGE (20 mins)**

Rs. 550 + 12.36 taxes

***HOT OIL HEAD MASSAGE (30 mins)**

Rs. 850 + 12.36 taxes

***THAI DRY MASSAGE (60 mins)**

Rs. 2000 + 12.36 taxes

Thai massage is an intense dry massage which involves mostly stretching and pulling of the muscles. It helps in reducing stress and improves the circulatory system and reduces the potential for disease.



Spa translates to healing through many forms & combinations.

It gives a magical touch to your body.
It smooths, nourishes & rejuvenates.

BODY MASSAGE

***AROMA THERAPY (60 mins)**

Rs. 1800 + 12.36 taxes

Aroma therapy is a caring therapy which seeks to induce relaxation to increase energy, to reduce the effects of stress and restore lost balance to mind, body & soul.

***SWEDISH THERAPY (60 mins)**

Rs. 1800 + 12.36 taxes

Swedish therapy is the most popular style of massage. It is a soft tissue manipulation, used to relax muscles and the nervous system. It is very relaxing and a good choice for first-time spa goers.

***DEEP TISSUE MASSAGE (60 mins)**

Rs. 2200 + 12.36 taxes

It is a deep tissue massage done by the forearms and elbow. It is a hard pressure massage used to target knots and release chronic muscle tension. Its main focus is on the deepest layers of muscle tissue & tendons.

***HOT STONE THERAPY (1hr. 15 mins)**

Rs. 2500 + 12.36 taxes

Heated smooth, flat stones are placed on key points of the body. The warmth of the stone along with aroma oil improves circulation and calms the nervous system.

***BLISSFULL BACK MASSAGE (30 mins)**

Rs. 1100 + 12.36 taxes

Blissful back massage is a half, an hour relaxing massage done on the back with oil.

* Almond Scrub & Back — Rs. 2700 +
12-36 taxes

To Nuts

