



aavya
wellness

Discover yourself with us....





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THE THERAPY SELECTION

THAI MASSAGE **Duration : 45/60/90 min | 3900 / 4600 / 6100**

A traditional ritual of stretching & manipulation of muscles to increase the flow of Zen energies & elimination of blockages. It is a unique & perfect blend of acupressure, reflexology & yoga stretches. A treatment spread from toe to head with rhythmic compressions, rolling of limbs & gentle rocking of energy zones that decrease muscles tension and stiffness & increase flexibility & strength.

ROSE RESTORE **Duration : 45/60/90 min | 3900 / 4600 / 6100**

A gentle and relaxing therapy that is a combination of soothing touch & beautiful blends of essential oils, extracted from plant sources. A sensory experience that impacts physical, mental & emotional health. The Treatment that focuses on relaxation & helps drive out tension & is the perfect remedy for the modern life.

MINERAL BODY **Duration : 45/60/90 min | 4500 / 5200 / 6800**

A most popular rejuvenation massage in western culture that increases oxygen supply to the muscle & tissue and enables toxin disposal. It involves the use of hands, forearms & elbows to influence the layers of muscles, blood circulation & body relaxation with the use of oils that possess anti-inflammatory and pain relieving properties. Releases stress, depression, anxiety & helps with concentration.

CITRUS DEEP TISSUE **Duration : 45/60/90 min | 4800 / 5600 / 7200**

A wholesome massage that focuses on realigning the deeper layers of muscles. With increased pressure, the focus is on tissues and tendons. It soothes strained muscles and relieves chronic aches and pains by concentrating on areas such as stiff neck, back, leg, sore shoulders and other physical ailments. It assists in loosening muscle tissues, releasing of toxins and increasing blood circulation.

BALINESE MASSAGE **Duration : 45/60/90 min | 5300 / 6000 / 7600**

A massage that manipulates a body's meridian through a combination of massages that focus on gentle yet firm techniques that treat emotional & physical problems. An intense & effective therapy that emphasizes on tense & over-worked muscles & results in relaxing them. It has the capacity to stimulate blood flow and is beneficial to help with the modern lifestyle.

#The above prices are inclusive of 18% GST



THE THERAPY SELECTION

SPORTS MASSAGE **Duration : 45/60/90 min | 5000 / 5700 / 7300**

An intense therapy that involves using palm, thumb, forearm & elbows to apply pressure soothe aching muscles & restoring balance to the musculoskeletal system. Recommended for those who experience consistent pain or are involved in heavy physical activity. Helps Prevent & recover from injuries & maintain a healthy physical state.

HOT OIL MASSAGE **Duration : 45/60/90 min | 5300 / 6000 / 7600**

Hot oil is done by using thumbs, fingers, palms, elbows and sometimes even the knee to manipulate the soft tissues, muscles and tendons of the body to achieve the desired results which is reduce pain, relieve tension and soreness, ultimately bringing about a state of relaxation.

LOMI LOMI MASSAGE **Duration : 45/60/90 min | 6400 / 8300 / 10800**

Lomi lomi is an ancient that combines massage techniques using palms, forearms, knuckles, elbows, knees, feet and oil with elements of prayer, breathing and dance to restore energy, nourish & soothe the body. The long continuous strokes are designated to help the body let go of its old patterns that cause stress and strain in the muscle.

COUPLE MASSAGE **Duration : 60/90 min | 9000 / 11100**

An opportunity to share an experience that strengthens closeness which can be shared with your spouse, friend or loved one. With two table and two therapists-each person enjoys individualized treatment simultaneously followed by a both. It is also a great way to introduce someone new to massage therapy.

WINE MASSAGE **Duration : 60/90 min | 7000 / 9000**

Wine has its advantages of being antioxidant, detoxifying and regenerative. It is rich in resveratrol and has power ingredients that fight against skin aging and stretching. A massage that guarantees healthy, youthful and glowing skin along with relaxed muscles.

#The above prices are inclusive of 18% GST



THERAPY SELECTION

CHOCOLATE BODY WRAP POLISH

Duration : 90 min | 11200

A wrap that is a nourishing cocoon designed to hydrate and tone, cleanse and heal the skin. The body wrap is designed to have a remedial effect on your skin, while the coverings will swathe and warm your body, promoting muscle relaxation, and sweating to cleanse your pores.

BACK AND SHOULDER MASSAGE OR HEAD & SHOULDER MASSAGE

Duration : 30 min | 2500

Loosen up, as our masseur treats your back to this energizing experience. Firm pressure applied by skilled hands, releases knots leaving you strengthened.

LYMPHATIC DRAINAGE MASSAGE

Duration : 60/90 min | 5200 / 6800

A profound technique that helps increase lymph flow and remove harmful substances from the tissues. Apart from helping in recovery of any muscle or tissue damage, this massage also helps in building immunity. The massage requires gentle, repetitive strokes that help the internal filtration system. LDM helps improve mood and combat anxiety, increase energy, boost immunity.

FOOT REFEXOLOGY

Duration : 30 min | 2800

A therapeutic treatment that manipulates different points of the feet to correspond with different areas of the body & mind. A special practice of reflexology & Chinese massage principles & stimulation of special acupoints present in the body that helps with sleep & deep relaxation.

STEAM BATHS

STEAM BATH

Duration : 15 min | 499

What links the ancient Mediterranean civilization of Turkey with Scandinavian countries such as Finland? The answer is heat and steam! For hundreds of years, both cultures have valued the benefits of heat and steam for their cleansing and rejuvenating properties. In the case of Finland, 'Finnish Bath' is the traditional manifestation of this aspect of their culture and in Turkey it is the 'Turkish Bath'

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MEMBERSHIP PACKAGES

1 and a 1/2 Months Package

3 Massages | Duration: 60 mins

9900/-

2 and a 1/2 Months Package

7 Massages | Duration: 60 mins

19900/-

3 Months Package

12 Massages | Duration: 60 mins

29900/-

4 Months Package

18 Massages | Duration: 60 mins

39900/-

5 Months Package

25 Massages | Duration: 60 mins

49900/-

6 Months Package

33 Massages | Duration: 60 mins

59900/-

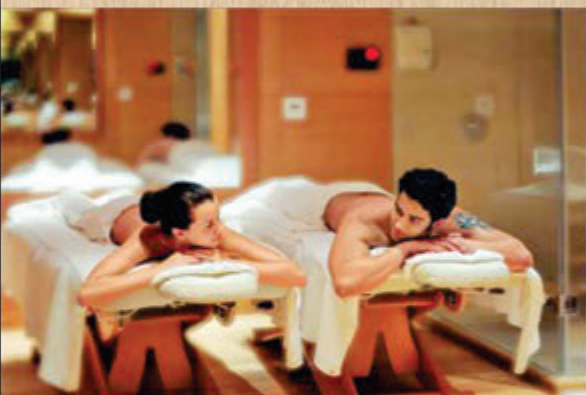
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