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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



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 to soothe aching muscles & restoring balance to the muscularskeletal 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.



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THERAPY SELECTION

CHOCOLATE BODY WRAP POLISH

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.

Duration : 90 min | 11200

BACK AND SHOULDER MASSAGE OR HEAD & SHOULDER MASSAGE

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

Duration : 30 min | 2500

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 9900/-

3 Massages | Duration: 60 mins

2 and a 1/2 Months Package 19900/-

7 Massages | Duration: 60 mins

3 Months Package 29900/-

12 Massages | Duration: 60 mins

4 Months Package 39900/-

18 Massages | Duration: 60 mins

5 Months Package 49900/-

25 Massages | Duration: 60 mins

6 Months Package 59900/-

33 Massages | Duration: 60 mins



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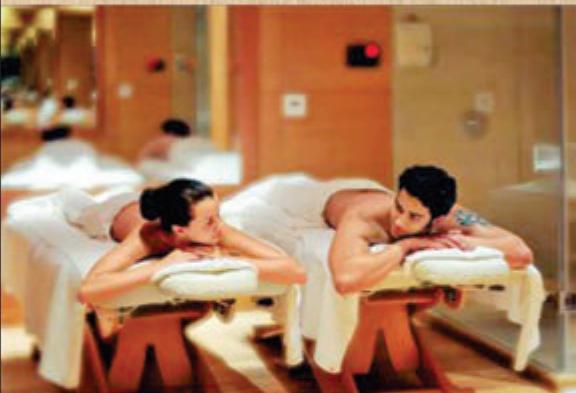


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