

## **SIGNATURE TREATMENTS**

### **Signature Massage**

90 min: INR 3500

The Signature Massage at ————the Spa has been crafted by our specialist to cater to an individual personal need. A fusion of Swedish and Aromatherapy massage techniques is blended to create a massage that has therapeutic effect specific to individual personal requirements. It is designed to strengthen the body's vital energy and bring renewed sense of balance

## **MASSAGES**

### **Ayurvedic Abhyanga massage**

60min/INR 2750

Traditional full body massage using medicated oils. It improves the physical consistency, sleep patterns and eye sight. It helps to liquify toxins and induces relaxation and eliminating impurities

### **Aroma Therapy Massage**

60/90min INR 2500/3500

Aromatherapy massage is a popular relaxing massage using fragrant therapeutic essential oils to activate healing properties in your body. In an aromatherapy massage the oil also contains an essential oil derived from plants. Essential oils penetrate the body through the skin, creating multiple benefits beyond just their nice smell. They affect your mood, alleviate pain, detoxify your body, and ramp up your immune system.

### **Swedish Massage**

60/90min INR 2500/3500

The Swedish massage is the most common and best-known type of massage, therapists utilize this type of massage to stimulate circulation, flush the circulatory system, release tight muscles, restore range of motion, and to relieve pain. Swedish massage promotes relaxation

### **Deep Tissue Massage**

60/90min INR 2750/3750

Deep tissue massage is aimed at the deeper tissue structures of the muscle and connective tissue, which is great for relieving chronic muscle pain that's aggravated by traveling. Deep tissue massages use many of the same movements and techniques as Swedish massages, but the pressure will generally be more intense. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots

### **Indian Head Massage/Back & Neck Stress Buster**

30 min/INR 1750

Indian head massage is a relaxing holistic treatment that uses pressure point massage on the head, neck, and shoulders. This form of massage focuses on the Three higher chakras mind, body and spirit as such as hit your epicentre.

## **ORIENTAL TREATMENTS**

### **Balinese Massage**

90 min/INR 3500

Inspired by traditional Balinese techniques, this specially designed massage works at soothing damaged tissues and relieve strained muscles and joint pain. A combination of gentle stretches and acupressure to stimulate the flow of blood, oxygen and prana. This massage helps to relieve stress and rebalance the energies in your body

### **Foot Reflexology**

30/60min INR 1750/2500

Reflexology is an ancient healing science based on the principle that the reflex point on the feet correspond to the system of the entire body. Using gentle motion and applying pressure to specific pressure points that stimulate or restore the energy flow to the body as a whole