



## AYURVEDIC AROMA SPA

All our massage oils are made on the base of highest quality coconut oil which is considered as perfect massage oil due to its unique qualities :

- It penetrates the skin very easily while massaging and serve very well when used as a carrier oil for other herbal extracts and essential oils.
- It is gifted with a lot of rejuvenating antioxidants which protects the skin from sagging, peeling, and discoloration.
- It's full of saturated fats and protects the skin from drying and cracking
- It's rich in vitamin E and keeps your skin rejuvenated, young, and healthy

### MASSAGE OIL MENU

#### RELAXING BERGAMOT

*The relaxing and soothing aroma of this massage oil is sedative and can assist with sleep disorders by putting into a restful state. It relieves headaches, muscle aches, and sprains.*

#### CLEANSING TEA TREE

*Tea tree oil is a natural wonder with its anti-inflammatory, antiseptic, anti-microbial and nourishing properties. It will leave you with glowing, flawless skin you've always wanted.*

#### SOOTHING LEMON GRASS

*Being a natural anti-inflammatory lemongrass oil offers soothing pain relief and reduces pain in inflamed joints.  
As a natural antiseptic and astringent, lemongrass oil is perfect for cleansing and toning the skin and makes it fresh and glowing .*

*Prices in US Dollars unless stated otherwise*



TREATMENTS	DURATION	CHARGE
<b>FULL BODY MASSAGE</b>		
<i>This massage is relaxing and refreshing. Carefully applied pressure techniques and gentle stretching movements have a soothing affect on body and mind , regulate blood pressure and relive any internal aches and pains in the joints.</i>	60 minutes	\$50
	90 minutes	\$65
<b>HEAD, NECK &amp; SHOULDER MASSAGE</b>		
<i>A relaxing 30-minute head, neck and shoulder massage</i>	30 minutes	\$25
<b>NECK, SHOULDER &amp; BACK MASSAGE</b>		
<i>A gentle massage focusing on the neck, shoulders and back</i>	45 minutes	\$35
<b>FACIAL MASSAGE</b>		
<i>A pampering 30-minute facial massage using your choice of one of our massage oils</i>	30 minutes	\$25
<b>FEET &amp; LEG MASSAGE</b>		
<i>A wonderful soother for legs, feet and mind</i>	30 minutes	\$25
ONE DAY TREATMENTS	DURATION	CHARGE
<b>HERBAL BODY SCRUB</b>		
<i>This revitalising treatment begins with an Ayurvedic scrub using the pulp of Venivel (a natural antiseptic) and Kokum (an antioxidant) blended with curd. It is designed to remove dead cells, deeply cleanse the skin and help relieve sunburn. After the scrub, our therapist will apply one of our massage oils. Good for all skin types.</i>	75 minutes	\$55
<b>AYURVEDIC FACIAL WITH HERBAL PACK</b>		
<i>Our soothing facial uses a traditional blend of naturally healing Ayurvedic herbs, Kokum (an antioxidant) and Venivel (a natural antiseptic) mixed with cooling curd . This treatment encourages new skin growth, smooth the signs of ageing and leave your skin with a healthy glow.</i>	45 minutes	\$35