

## FULL BODY MASSAGE

### Swedish Massage (Light)

Classic massage that targets superficial layers of muscles for stress relief, overall physical and mental rejuvenation.

**₹1300      ₹1800**

**60 Mins      90 Mins**

### Aromatherapy Massage (Light)

Popular massage that uses essential oils to promote total relaxation, enhance mood and balance emotional well being.

**₹1500      ₹2000**

**60 Mins      90 Mins**

### Balinese Massage (Medium)

Indonesian massage that use gentle stretches, palm pressure, techniques to relieve tension and improve circulation.

**₹1600      ₹2200**

**60 Mins      90 Mins**

### Deep Tissue Massage (High)

Therapeutic massage focused on targeting deeper layers of muscles and connective tissues. Reduce pain, improve flexibility.

**₹1900      ₹2500**

**60 Mins      90 Mins**

## FULL BODY SCRUB

### Body Scrub Therapy

Body scrub involves exfoliating the skin to remove dead cells, impurities and dryness. Makes skin soft, enhances skin texture.

**₹1500**

**60 Mins**

## QUICK MASSAGE

### Foot Massage

Massage technique targets pressure points on feet to eliminate aches and pains, drain toxins and increase circulation.

**₹500**

**30 Mins**

### Head & Shoulder Massage

Massage that relives stress from head and shoulder - improves scalp circulation, reduce head aches and shoulder stiffness.

**₹600**

**30 Mins**

### Back Massage

Massage that uses pressure points techniques, stress and pain of the back melts away with this concentrated therapy.

**₹700**

**30 Mins**

### Dry Massage

Shoulder to foot dry massage without oil designed to promote overall wellness, reduce stress, relieves muscle tension.

**₹1000**

**45 Mins**

## SPA FACIAL

### Express Facial

Facial massage includes deep cleansing, scrubbing, glow pack - brighten and relaxes face muscle, improves blood circulation.

**₹500**

**30 Mins**