



WELLNESS SPA & MASSAGE

Ayurvedic Massage 60 MIN | 2500

Ayurvedic Massage 90 MIN | 3500

Ayurvedic Massage 120 MIN | 4500

This treatment treats not just the body, but also the nervous system, brings deep nourishment to all the cells and tissues as well as the mind. This is a whole body massage involving the back, arms, hands, neck, head, legs and feet. The oil is infused with Ayurvedic herbs for individual body-mind constitution composed from the combination of five different elements.

Swedish Massage 60 MIN | 2500

Swedish Massage 90 MIN | 3500

Swedish Massage 120 MIN | 4500

This is commonly used form of classical Western Massage, generally performed in the direction of the heart, sometimes with active or passive movement of the joints. The techniques used during the massage trigger changes in the brain's chemistry, resulting in reduced stress and an improved mood.

Deep Tissue Massage 60 MIN | 2500

Deep Tissue Massage 90 MIN | 3500

Deep Tissue Massage 120 MIN | 4500

A Deep Tissue Massage targets the deep layers of connective tissue and muscle throughout the body. Using slow strokes to apply pressure, the massage focuses on areas of defined pain and tension. When the muscles are deeply massaged, blood flow throughout the body is increased.

Aromatherapy Massage 60 MIN | 2500

Aromatherapy Massage 90 MIN | 3500

Aromatherapy Massage 120 MIN | 4500

Aromatherapy is the use of essential oils from plants for healing. Although the word makes it sound as if the oils are only inhaled, they can also be massaged into the skin. Whether inhaled or applied on the skin, essential oils are gaining new attention as an alternative treatment for infections, stress, and other health problems.





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Thai Massage 60 MIN | 2500

Thai Massage 90 MIN | 3500

Thai Massage 120 MIN | 4500

Thai massage is an ancient healing system combining acupressure. Thai massage uses no oils or lotions. The recipient remains clothed during a treatment. There is constant body contact between the giver and receiver, but rather than rubbing on muscles the body is compressed, pulled, stretched and rocked.

Trekkers Massage 60 MIN | 2500

Trekkers Massage 90 MIN | 3500

Trekkers Massage 120 MIN | 4500

Trekkers Massage is a special developed massage for people who went on a trek or been travelling a lot. This massage is a combination of Ayurvedic Massage, Deep Tissue Massage and Stretching (Thai Massage). It will help you loosen up stiff muscles and improves the blood circulation.

Reflexology 30 MIN | 2500

Reflexology 45 MIN | 3500

Reflexology 60 MIN | 3500

Reflexology is the ancient art of healing by working pressure points on the feet and hands which correspond to different parts of the body. It is a spa treatment where the therapist works on reflex points on your feet, hands that are thought to relate to specific organs and glands in the body.

Spinal Massage 30 MIN | 2500

Spinal Massage 45 MIN | 3500

Spinal Massage 60 MIN | 4500

A spinal massage is best given as part of an overall body or back massage. For an initial general massage you may or may not use massage oil.



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Head and Shoulder 30 MIN | 2500

Head and Shoulder 45 MIN | 3500

A head and shoulder massage is a wonderful way to ease shoulder and neck tension while gaining a peaceful retreat from the outside world. A feeling of immense relaxation is the most likely benefit along with feelings of having had a "mini break"

Hot Stone 90 MIN | 3500

Stone 120 MIN | 4500

A hot stone massage is a type of massage therapy. It's used to help you relax and ease tense muscles and damaged soft tissues throughout your body. During a hot stone massage, smooth, flat, heated stones are placed on specific parts of your body

Shirodhara 90 MIN | 3500

Shirodhara 120 MIN | 4500

Shirodhara is an amazing, unique body therapy from the ancient natural medical system Ayurveda that balances and stabilizes the mind. It has a profound impact on the nervous system. Specially prepared warm herbal oil is poured in a thin steady stream directly onto the forehead and sixth chakra. The name comes from the Sanskrit words shiro (head) and dhara (flow)

Shiatsu 60 MIN | 2500

Shiatsu 90 MIN | 3500

Shiatsu is based on traditional Japanese massage therapy. Summary. Shiatsu works with the body's energy flow, known as Ki or Qi (pronounced chee). It uses acupressure to release tension and bring balance to the body. It can help to lift your mood and make you feel relaxed.

