DISCOVER *Relaxation*

THE SPA

MENU

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A NEW SPA LANGUAGE

Healing has fascinated and compelled humankind since ancient times. Today, we have access to a treasure trove of traditional healing systems, as well as cutting-edge discoveries in modern medicine. It is intriguing that science can now prove the efficacy of certain ancient practices, while others, practiced today as they have been for millennia, offer benefits that are without scientific explanation.

Many of the world's ancient healing systems, such as Ayurveda and Traditional Chinese Medicine, are based on complex theories of the workings of the human body and mind. Talk of chakras and energy can be off-putting for some people, especially when taken out of context. Yet when understood as part of the philosophy behind traditional healing, they reveal an intriguing language that explains how our bodies work.

At The Spa we give you the space, time and support to define and refine your wellness goals focusing mainly on ancient Ayurvedic rituals.

OPEN DAILY FROM 9 AM TO 9 PM

HOLISTIC AND THERAPEUTIC BODY MASSAGES

Carefully curated to nourish using the finest organic and natural Ayurvedic ingredients, these treatments offer tangible benefits and long-lasting results.

TRADITIONAL HERBAL COMPRESS MASSAGE

The use of herbal heated compresses is a traditional Ayurvedic therapy that dates to ancient times, when it was the secret healing technique of Buddhist monks and local herbal healers. Ayurvedic Herbal Compress involves special poultices made of herbs and spices that are wrapped in muslin and steam heated. Steam heating allows the release of natural essential oils and aromas from the herbs and spices to help promote deep relaxation, reduced stress and fatigue, increased physical wellbeing, enhanced alignment and postural integrity of the body, improved circulation of blood and lymph and the stimulation of the internal organs.

90 MIN - LKR 16,500

VITAL ESSENCE OIL MASSAGE

Our unique Vital Essence Oil Massage combines Ayurvedic knowledge of energy principles with the science of aromatherapy to create the perfect synergy between East and West. This magical and harmonising experience is a simple and effective way to let go of tensions, improve your health, balance your emotions and enhance your life.

60 MIN - LKR 18,000

90 MIN - LKR 19,600

UPPER BODY TENSION RELIEF

This deep-tissue massage focuses on releasing tension and discomfort in the areas most affected by lifestyle and stress. Modern lifestyles promote poor posture, limited or repetitive movement. This leads to an imbalance in our natural flow of movement causing restricted blood flow, blocked energy circulation and even shallow breathing which often manifests as tension, fatigue and pain. Overworked areas such as back, neck and shoulder muscles tend to contract causing tightness and pain. By working deep into the layers of muscles and connective tissue with slow but very firm strokes, this massage effectively relieves tension and contractions in those areas and guides the body back to its natural state.

45 MIN - LKR 14,500

DEEP TISSUE

This deep tissue massage style has been practiced, and the technique handed down, through the generations. It removes blockages and releases energy by working deep seated muscles. It is done by our local healers.

60 MIN - LKR 16,500

90 MIN - LKR 20,500

HEAD, HANDS AND FEET REFLEXOLOGY TREATMENTS

Nurturing treatments that will bring energy back and revitalize tired head, hands and feet.

AYURVEDIC HEAD MASSAGE

Based on the ancient healing system of Ayurveda, this massage treatment is received in a seated position to relieve tension and blockages from your shoulders, neck, back and scalp. Using deep thumb and finger pressure, you will experience improved circulation to the head, the release of emotional and physical tension and an enhanced state of relaxation and mental clarity.

30 MIN - LKR 9000

TRADITIONAL AYURVEDIC FOOT MASSAGE

Ancient Ayurveda theory of approximately 5,000 years ago observed that feet are miniature maps of your entire body, with specific points on the feet corresponding to all major body parts and organs. This treatment uses specific pressure points to systematically activate the nerve reflexes, thereby stimulating all body organs and tissues to improve overall function and wellbeing. Effective for calming the mind, relieving headaches and inducing deep and restful sleep.

60 MIN - LKR 16,600

NURTURING BODY TREATMENTS

For those feeling tired and depleted, these nurturing body treatment encourages the body to enter a phase of deep rest in which it can be physically and emotionally nourished.

ALOE VERA WRAP

Aloe Vera aids in the gentle removal of dead skin cells improving the skin's ability to hydrate itself. With its anti-inflammatory qualities, this cooling and soothing leave-on wrap is perfect for skin overexposed to the sun or to ease itchiness from skin irritations and insect bites. Suitable for even the most sensitive skin.

AYURVEDA SCRUB

A unique selection of neem leaves and locally ground coffee is used to exfoliate the body and remove dead skin, while the power of coffee aromatherapy helps to relax the mind and awaken your inner spirituality. Recommended for dry, sensitive, dehydrated and sunburned skin.

THE HYDRO ROOM

Our steam and sauna rooms deliver many therapeutic benefits: stimulates circulation and boosts immunity, increases metabolism and the burning of calories, deep cleanses the skin, reduces cellulite, and promotes detoxification to purify the body. It may also reduce heavy metal accumulation in the body by promoting skin cell regeneration while unburdening the body of toxins. Various skin conditions may also be treated, and joint or muscular inflammation reduced. Enjoy deep muscle relaxation to banish tension and stress.

Enjoy complimentary 15 mins access to The Hydro Room with every treatment booked. As these facilities are unisex, please wear a bathing suit or use the towel provided.

STEAM ROOM

30 MIN - LKR 5000

SAUNA

30 MIN - LKR 5000

REMINDERS

APPOINTMENTS

We advise booking your spa appointment upon arrival so that we may best accommodate your needs and to avoid disappointment should we be fully booked.

ARRIVAL

Please arrive at least 10 minutes prior to your appointment time. This will allow you to fill in a consultation form and to enjoy our relaxing environment.

CANCELLATION POLICY

We understand that schedules may change. Since your spa time is reserved especially for you, we kindly ask that you give us a minimum of four hours cancellation notice so that someone else may enjoy that time. Cancellation made within four hours will be subject to a 50% charge.

SPECIAL CONSIDERATIONS

Please let us know if you suffer from allergies, sensitivities, high blood pressure, diabetes, a heart condition or any other physical issues or injuries in your consultation form to allow the best possible treatment experience for you. Please notify us when making a booking if you are pregnant and we will guide you through the treatments suitable for you.

The minimum age for spa treatments is 16 years old. Guests under 16 years should be accompanied by a parent or guardian for the entire treatment

WHAT TO WEAR

Bath robes, sarongs and slippers are provided. We also offer disposable undergarments for both men and women. Our therapists are trained in professional draping to cover you appropriately during treatments to maintain your privacy.