



# Spa Menu

## Yoga

### BASIC YOGA AND STRETCHING PROGRAM

On request

An invigorating blend of basic yoga and stretching exercises.

Nourish your body, mind, and soul as you engage in a holistic practice to enhance flexibility, strength, and inner balance.

## 98 Royal Treatment

LKR 14,900

Relax with an Aroma Full Body Massage, featuring a selection of aromatic oils chosen to suit your preferences.

Experience the rejuvenating benefits of Special Foot Reflexology, enhanced by a warm herbal pack thawing (punching).

Crown your indulgence with a Royal Aroma Bath—a luxurious blend of aroma oil, herbs, milk, and flowers, ensuring a truly regal escape for your senses.

# À la Carte Menu

## Prana

60 MINUTES | LKR 10,400

A Head-to-Toe Full Body Massage that transcends relaxation. Immerse yourself in the art of well-being as you choose from a selection of oils, including herbal and aromatic varieties.

This holistic journey promises to rejuvenate your entire being, from head to toe, leaving you in a state of blissful harmony.

## Suveda

80 MINUTES | LKR 13,900

An indulgent Full Body Massage paired with a soothing Steam Bath designed for profound cleansing and pore-opening.

This special treatment offers both physical and mental relief, providing a tranquil escape for holistic rejuvenation.

## Nadi

45 MINUTES | LKR 7,900

An exquisite combination of a soothing Herbal Foot Bath and revitalizing Foot Reflexology for the ultimate foot pampering experience.

## Shanthi

45 MINUTES | LKR 7,900

A targeted Anti-Stress Massage focusing on your head, neck, shoulders, and back, relieving tension and promoting deep relaxation.

## Nandālā

30 MINUTES | LKR 5,900

A specialized treatment focusing on the back and spine, extending from the neck to the lower back, delivering soothing relief and fostering overall well-being.

# À la Carte Menu

## Avagaha

30 MINUTES | LKR 6,900

An exclusive experience featuring a Herb-Infused Steam Bath coupled with the application of therapeutic oils.

This special treatment promotes the opening of pores, providing physical and mental relief, enhancing blood circulation, and fostering rejuvenation.

## Vakthara

60 MINUTES | LKR 7,400

An exquisite Facial Treatment with Steaming.

Our natural blends of cleansers, scrubs, packs, toners, and face massage create a harmonious experience.

The gentle exfoliating face scrub, revitalizing herbal face mask, and soothing face massage ensure the return of a glowing complexion.

## Head Massage

30 MINUTES | LKR 5,900

A blissful Head Massage enhanced with the nourishment of herbal oil, providing a rejuvenating and calming escape for your senses.

## Face Massage

30 MINUTES | LKR 5,900

A soothing Face Massage enriched with the natural goodness of Aloe Vera, promoting hydration, rejuvenation, and a radiant glow for your skin.



# À la Carte Menu

## Palm Massage including pressure points

30 MINUTES | LKR 5,900

A rejuvenating Palm Massage that skillfully incorporates pressure points, offering a holistic experience to release tension and promote overall well-being.

## Full Body Scrub -Selecting

30 MINUTES | LKR 7,400

A luxurious Full Body Scrub experience.

Choose from our exquisite options: Sandalwood & Curd Scrub, Tea Scrub, or Coffee Scrub, each crafted to exfoliate and leave your skin refreshed and radiant.

## Foot Scrub

30 MINUTES | LKR 5,900

A blissful Foot Scrub featuring nail cleansing and a soothing pumice stone rub, ensuring not just relaxation but revitalization for your tired soles

## 98 - Kusuma

3 1/2 HOURS | LKR 29,850

### SPECIALLY FOR HONEYMOONERS

Embark on a journey of relaxation with a Full Body Massage using fresh papaya, curd, and Vitamin-E oil for a sensory delight of long, flowing strokes.

A special Foot Reflexology targets specific pressure points, promoting general well-being, easing tension, and inducing relaxation.

Facial Treatment is a pampering ritual, incorporating a herbal face mask, cleanser, scrub, toner, and a gentle face massage. The revitalizing herbal face mask and exfoliating face scrub work harmoniously to revive your complexion.

Experience the rejuvenating effects of a Full Body Scrub with white sandalwood and curd, followed by a refreshing shower bath. A full-body mask of fresh papaya, curd, and vitamin E oil adds the perfect finishing touch.

Immerse yourself in a Steam Bath with a full body bee honey application. This not only reduces bacteria and accelerates healing but also protects the skin while encouraging deep cleansing, opening pores, improving blood circulation, and reducing body fat.

Beauty Bath, enriched with herbs, white sandalwood, red sandalwood, jasmine oil, flowers, and milk, creates a serene oasis. This special treatment promises neutralized and glowing skin, physical and mental rejuvenation, and an overall sense of relaxation for your body, mind, and soul.

## Marma

2 1/2 HOURS | LKR 18,500

Experience tranquility with a Stress-Relieving Head Massage, expertly crafted with special herbal oil extracts.

Our Face Massage is a radiant ritual, ensuring the return of a glowing complexion.

Savor a Head-to-Toe Massage, where long flowing strokes enhance circulation and promote the ultimate state of relaxation.

Let our Special Foot Reflexology target specific pressure points, contributing to improved general well-being.

Immerse yourself in a Herb-Infused Steam Bath, encouraging deep cleansing and the gentle opening of pores.

Indulge in a warming and rejuvenating Herbal Bath, elevating your relaxation experience to new heights.

## Prema

1 1/2 HOURS | LKR 13,950

Experience the luxury of a Full Body Oil Application, where long flowing strokes envelop your body in a soothing embrace.

Our Full Body Massage is specially curated to alleviate complications from long-distance travel, offering relief and relaxation.

Indulge in the serenity of Special Foot Reflexology, a treatment meticulously designed for both physical and mental relief.

This holistic experience aims to alleviate deep vein thrombosis, muscular aches, and ankle swelling, while concurrently reducing stress. Fully revitalizing your body, mind, and soul, the Prema Radiance Renewal is a journey into profound relaxation and well-being.

## Love and Desire

3 HOURS | LKR 24,900

Savor a Full Body Massage using essential oils infused with herbs, flowers, and plant extracts, creating a symphony of relaxation for your senses.

Revive your complexion with a Gentle Exfoliating Face Scrub and a Revitalizing Herbal Face Mask, leaving your skin glowing with radiance.

Indulge in a Foot Reflexology Massage to ease tension and promote profound relaxation, grounding you in tranquility.

Experience the purifying benefits of a Steam Bath with the application of bee honey, reducing bacteria, accelerating healing, and protecting your skin from external disturbances.

Revel in a Warm and Reviving Aroma Bath, a sensory delight that further induces relaxation and bliss.

Complete your journey with the application of our Moisturizing Body Lotion enriched with herbal or floral extracts, leaving your skin irresistibly smooth and supple. Love and Desire Harmony – a celebration of indulgence and serenity.

## 98 Special Chill Out Experience

2 HOURS | LKR 16,850

Indulge in a Head-to-Toe Full-Body Massage, luxuriously enhanced with the application of warm herbal oil, enveloping you in a soothing embrace.

Experience the therapeutic benefits of the Warm Bundle of Herbal Pack Full Body Thawing (Punching) Treatment, designed to improve blood circulation, rejuvenate, strengthen, and nourish the body, with a special focus on relieving muscle and joint pain.

Immerse yourself in a rejuvenating Herbal Bath, elevating your senses and contributing to your overall well-being.

This special treatment is a sanctuary for physical and mental rejuvenation, ensuring you step back into your daily life with a relaxed body, mind, and soul.



## Heavenly Indulgence

1 1/2 HOURS | LKR 13,900

Savor the serenity of an Aroma Head-to-Toe Full-Body Massage, where every stroke is a symphony of relaxation for your senses.

Choose your indulgence with a Selecting Scrub—options include Tea, Coffee, or Sandalwood and Milk, each crafted to exfoliate and rejuvenate. Complete the experience with a refreshing shower bath after scrubbing.

## 98 Hidden Relaxations

2 HOURS | LKR 16,850

Savor the serenity of an Aroma Head-to-Toe Full-Body Massage, where every stroke is a symphony of relaxation for your senses.

Choose from a variety of scrubs—options include Tea, Coffee, or Sandalwood and Milk, each crafted to exfoliate and rejuvenate. Complete the experience with a refreshing shower bath after scrubbing.

## 98 All Over Body Beauty

2 HOURS | LKR 16,850

Relax with a Head, Shoulder, and Back Massage, where stress-reducing herbal oils are expertly applied for a soothing escape.

Indulge in a Facial Treatment, a luxurious ritual that incorporates a herbal face mask, cleanser, scrub, toner, and face massage, leaving your skin refreshed and glowing.

Revitalize your entire body with an All-Over Body Scrub, enriched with indigenous herbs, plants, and tea leaf extracts. Afterward, luxuriate in a shower bath to enhance the refreshing effect.

Elevate your senses with a Herb Sandalwood and Milk Beauty Bath, a serene soak that promises tranquility.

Complete your journey with the application of Aloe Vera Body Lotion, providing natural moisturization for skin that radiates beauty and vitality.

\* The above rates are inclusive of VAT and service charge

## 98 Relaxing Experience

2 HOURS | LKR 16,850

Enjoy an Aroma Full Body Massage with a choice of aromatic oils.

Revitalize your complexion with a Facial Treatment, including cleanser, scrub, toner, pack, and a soothing face massage.

Indulge in the soothing effects of our Special Foot Reflexology for profound relaxation.

## Asana

2 HOURS | LKR 16,850

Experience a Full Head-to-Toe Massage, skillfully performed with a combination of special herbal oils.

Indulge in a Facial Treatment featuring a nourishing herbal face mask, inclusive of cleanser, scrub, toner, pack, and a soothing face massage.

Savor the purifying benefits of a Herb-Infused Steam Bath, enriched with indigenous Sri Lankan herbs, creating a sanctuary for relaxation.

## Shama

1 1/2 HOURS | LKR 13,900

Relieve tension with a Head, Neck, Shoulder, and Back Massage, enriched with tension-relieving essential oils.

Pamper your feet with a Herbal and Salt Water Foot Bath, coupled with rejuvenating Reflexology for a truly soothing experience.

## Devine

2 1/2 HOURS | LKR 19,200

Enjoy a Full Body Massage with body-specific herbal oils, tailored to elevate your well-being.

Revitalize your feet with a Herbal Foot Bath and Foot Reflexology, providing a soothing escape.

Indulge in a Sandalwood, Curd, and Bee Honey Body Scrub Treatment, followed by a refreshing shower bath.

Complete your journey with Rehydrating Body Rubs using natural Aloe Vera, leaving your skin replenished and revitalized.

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98 - kusuma

3 1/2 hours

29850

SPECIALLY FOR HONEYMOONERS

Full body massage using fresh papaya, curd and Vitamin-E oil application and long flowing strokes.

Especially foot reflexology targets specific pressure points of the feet to improve general well-being, ease tension, an promote relaxation.

Facial treatment incorporates a herbal face mask, cleanser, scrub, toner and a face massage. Gently exfoliating face scrub and revitalizing herbal face mask will help revive the complexion.

Full body scrub with white sandalwood and curd. Includes a shower bath after scrubbing. Fresh papaya, curd and vitamin E oil will be used for full-body mask.

Steam bath with full body bee honey application. Helps reduce bacteria and speeds up healing while protecting the skin from outside disturbances. Encourages deep cleansing, helps to open pores, helps to improve blood circulation, and reduces fat in your body.

Herbs, white sandalwood, red sandalwood, jasmine oil, flowers and milk for beauty bath.

This is a special treatment for neutralized and glowing skin, physical and mental rejuvenation and an overall relaxed body, mind and soul.

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