



Wellness Menu

Head Therapy

Soothing head massage to nourish and lubricate the roots whilst aiding the release of hormones and enzymes to nourish the brain and assure complete relaxation

20 minutes

USD 30

Foot Therapy

Focusing on the tender spots of the foot up to the knee, the massage will aid fight dryness and fatigue in the legs and relive pain to give comfort

20 minutes

USD 30

Neck and Shoulder Therapy

A calming massage to release rheumatic pain, muscular spasms, and stress related conditions through ancient massage techniques to give complete rejuvenation

20 minutes

USD 30

Back and Spine Therapy

A massage to tackle tense and knotted muscle on the back and along the spine as well as backaches to aid stress relief and pain

20 minutes

USD 30

Back and Leg Therapy

Focusing on the sciatic nerve, the massage will relieve the muscles and assist in easing body pains and bringing relaxation to the body

30 minutes

USD 40

Intensive Body Therapy

For complete relaxation and wellbeing of mind and body, the massage incorporates different ayurvedic oils to promote general rejuvenation of the body

40 minutes

USD 50

Rice Pack Body Therapy (Pinda Sweda)

For complete and deep relaxation and improved blood circulation, the massage uses heat and herbs to reduces stress in body and mind

30 minutes

USD 50

Head and Foot Therapy

Aimed at realigning the bodily energies, the massage aims to reliving stress and strain of everyday life from the body and aid complete relaxation

40 minutes

USD 45

Neck, Shoulder and Spine Therapy

A massage for strength and flexibility, the massage releases tension from the neck, shoulder and spinal areas of the body

40 minutes

USD 50

Couple Package

Choose a combination of therapies to enjoy a relaxing massage to rejuvenate mind, body and soul with a loved one

60 minutes

USD 150

Long Stay Packages

Three (03) 20 minute therapies per stay

USD 225

Two (02) 30 minute therapies per stay

USD 225

02 (02) 40 minute therapies per stay

USD 225