

# body massage & spa treatments



<b>SWEDISH AROMA RELAXATION MASSAGE (60 MINS)</b>	<b>\$780</b>	<b>DEEP TISSUE MASSAGE (60 MINS)</b>	<b>\$780</b>	<b>SPORTS MASSAGE/ STRETCH THERAPY (60 MINS)</b>	<b>\$950</b>
---	--------------	--------------------------------------	--------------	--	--------------

(member price \$700)  
(each additional 15 mins \$195)

This massage consists of a series of long, soothing, and relaxing strokes using aromatic oils. This treatment aids in circulation, increases oxygen flow to the muscles, and releases toxins from the muscles.

(member price \$700)  
(each additional 15 mins \$195)

This massage employs greater pressure and works along specific muscular zones to relieve deep knots and tension that has built up in your body. Helps to detoxify and improve circulation.

(each additional 15 mins \$240)

This is a must for a sporty and active lifestyle to relieve muscle tightness, restore balance, symmetry and increase energy to areas that have been affected by strenuous activity. Specific massage techniques using ginger and eucalyptus oils to warm and energize problem spots will have you ready to tackle your preferred sports.

<b>PREGNANCY MASSAGE (60 MINS)</b>	<b>\$780</b>	<b>ALGOTHERM SLIMMING / ANTI - CELLULTE DRAINAGE MASSAGE (60 MINS)</b>	<b>\$900</b>	<b>SUNDARI SCALP MASSAGE (75 MINS)</b>	<b>\$900</b>
------------------------------------	--------------	--	--------------	--	--------------

(each additional 15 mins \$195)

Ease muscle tension with a relaxing massage using massage techniques tailored to your stage of pregnancy. Available after first trimester.

Please obtain doctor's consent prior to service. This is not offered in the first trimester or to those with high risk pregnancies

(each additional 15 mins \$220)

For effective results, a course of at least 8 to 10 sessions, 2 days per week is recommended

Treatment includes:

- Gentle Marine Body Scrub
- Slimming/anti-cellulite/drainage massage with Body activating Serum Gel
- Silhouette Gel Wrap + Firming Complex
- Silky Tightening Cream

Diminishes stress and tension in the scalp, neck and shoulders with a melting massage adapted from the ancient Indian Head Massage. Nourish the hair and scalp with warming and soothing Neem and Coconut oils. Includes hair wash and simple blow dry hair styling.

<b>FOOT &amp; LEG MASSAGE (45/60 MINS)</b>	<b>\$450 /\$600</b>
--	---------------------

## add ons

<b>Magnet therapy massage (15/30 mins)</b> Suitable for face, neck & shoulders, shoulders & arms Reduces inflammation, aids in cell metabolism (anti aging) and detoxification	<b>+\$300/\$500</b>
<b>Lavender heat pack &amp; essential oils</b> Enjoy the healing properties of Lavender- properties of lavender-combating depression, arthritis, insomnia and nervousness.	<b>+\$200</b>
<b>Lemongrass back scrub</b> An exfoliating salt scrub to slough away dead skin cells and unclog pores on the arms, back and shoulders.	<b>+\$300</b>
<b>Abdominal "tummy" massage (30 mins)</b> For better digestion, to alleviate stress and stimulate internal organs	<b>+\$480</b>

# body treatment



<b>BACK DEEP CLEANSING (60 MINS)</b>	Our soothing back facial can eliminate back acne, impurities and even out skin tone on the back. Our treatment begins with a thorough cleanings of the back area, and deep steaming which helps to open clogged pores and soften skin. This is followed by exfoliation to remove dead skin cells, extraction on clogged pores and finished with an ultra-nourishing mask.	<b>\$850</b>
--------------------------------------	---	--------------

We request a 12 hours cancellation for all services. A deposit is required for scheduling sessions of \$600 or more and couple room treatments. All prices and services are subject to change without notice.