

secret root spa

full body massages – 1 hour

secret root ayurvedic full body massage RS.2500 /RS.3500 (1 hour 30 mins)

A massage using a combination of therapeutic techniques to work the muscles and stimulate blood circulation. Aloe vera oil is applied to nourish sun-kissed skin.

aromatherapy massage (full body) RS. 2800

A gentle massage using long strokes and essential oils for total relaxation of the mind body and soul. Select from calming lavender, soothing eucalyptus or uplifting jasmin essential oils.

deep tissue full body massage RS.3000

Deep rhythmic pressure massage to loosen tight muscles, relieve aches and pains, and revive the senses .

massage with herbs (full body) RS.3000

A revitalising massage applied with a heated pouch of specially selected herbs and medicines. Ideal treatment for soothing aches and pains

ayurvedic synchronised massage (full body) - RS.4000

A variation of the secret root full body massage using the coordinated skills of two therapists to massage both sides of the body simultaneously - 45 mins

short of time? Why not try? -30 mins

back massage RS.1500

Specifically to target stress areas of the back to relieve tight muscles

deep tissue back massage RS.2000

A stronger massage, using deep tissue techniques to address problem areas of the back

head, neck and shoulder massage RS. 1500

A beautifully relaxing massage focussing on all the places you hold the most stress and tension – the head, neck and shoulders .

foot reflexology RS. 1500

Not only a rejuvenating massage to soothe tired feet but using reflexology techniques to help de -stress the entire body

other treatments

herbal body scrub - 25 mins RS.2000

A totally natural moisturising body scrub of mungbean, sandalwood & tumeric. Removes dry skin, nourishing and softening it to leave skin fresh and glowing

'shirodara' ayurvedic head treatment - 45 mins RS.2500

A steady stream of warm ayurvedic oil poured onto the centre of the forehead, followed by head massage. Beneficial for blood pressure and headaches, and for promoting peaceful sleep herbal

steam bath - 20 mins RS.1500

A sweat therapy using a combination of specially selected herbs and medicines to cleanse the skin of sweat and toxins. Ideally taken after massage.

Spa packages

ayurveda package one RS. 3000

secret root full body massage and herbal steambath

ayurveda package two RS.4500

secret root full body massage and shirodara

ayurveda package three RS. 5000

secret root full body massage, shirodara and herbal steambath