

# SECRET ROOT

spa

ayurveda

## **doctor's consultation- RS.5000 (60 mins)**

Ayurvedic diagnosis and advice is available from our professional and experienced Ayurvedic Doctor

## full body massages – 60mins and 90 mins

### **secret root ayurvedic full body massage RS.6000 /RS.8000 (60 mins/90mins)**

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.6000 /RS.8000 (60 mins/90mins)**

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 jasmine essential oils

### **deep tissue full body massage (full Body) RS.6000 /RS.8000 (60 mins/90mins)**

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

### **pindesweda (full body) RS.9000 (90mins)**

A rejuvenating treatment and remedy for sluggish energy and a stiff achy body. Using poultices of warm rice and herbs, the therapist delivers a soothing, rhythmic massage that is deeply nourishing to the skin, muscles bones and joints.

### **ayurvedic synchronized massage (full body) - RS.10,000 (60mins)**

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

## short of time? Why not try? -30 mins

### **back massage RS.3500**

Specifically targets stress areas of the back to relieve tight muscles

### **deep tissue back massage RS.3500**

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

### **head, neck and shoulder massage RS. 3500**

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

### **foot massage RS. 3500**

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.4000**

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

### **'shirodara' ayurvedic head treatment - 45 mins RS.6000**

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.

## spa packages

### **ayurveda package one RS. 9000**

secret root full body massage and herbal scrub

### **ayurveda package two RS.10,000**

secret root full body massage and shirodara

### **ayurveda package three RS. 13,000**

secret root full body massage, shirodara and herbal scrub



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