

secret root spa

full body massages – 60mins and 90 mins

secret root ayurvedic full body massage RS.4000 /RS.5000 (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.4000 /RS.5000 (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 jasmin essential oils.

deep tissue full body massage (full Body) RS.4000 /RS.5000 (60 mins/90mins)

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

pinde sweda (full body) RS.6000 (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 synchronised massage (full body) - RS.6000 (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.2500

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

deep tissue back massage RS.2500

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

head, neck and shoulder massage RS. 2500

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

foot reflexology RS. 2500

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.2500

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.3500

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.2500

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. 5000

secret root full body massage and herbal steambath

ayurveda package two RS.6500

secret root full body massage and shirodara

ayurveda package three RS. 7500

secret root full body massage, shirodara and herbal steambath

doctor's consultation RS.4000 (60 mins)