



AYURVEDIC RITUALS

Ayurvedic means “Science of Life” which teaches the old Indian holistic tradition that unites mind, body and spirit. These wellness-enhancing rituals are uniquely designed to detoxify, purify and bring balance, well-being and energy to the body and mind. They release physical tension, harmonise these energies, and deeply nourish your core, bringing tranquility and peace to every cell of your body.

These treatments are chosen to meet your individual needs according to your specific Dosha.

ABHYANGA (60 mins / US\$130)

A traditional Abhyanga massage is performed by two therapists using the long stroke technique. This offering is a delightful way to relax the body and allow the mind to drift away, using a traditional blend and medicinal oils to awaken inner wisdom.

AYURVEDIC BODY SCRUB (45 mins / US\$60)

A total body scrub, is given with medicinal oil based cream and herbal scrubber followed by hot sponging.

POMEGRANATE SUGAR SCRUB (45 mins / US\$60)

Revive your body, discover your ancient soul with an exotic exfoliation ritual to invigorate and revitalise your senses. A blend of exotic pomegranates, milk, lemon skin and brown sugar deeply cleanses, polishes and softens the body to perfection.

HIMALAYAN CLAY BODY ENVELOPMENT (90 mins / US\$120)

An intense purifying wrap using Himalayan Clay and essential oils to detoxify, purify, heal and tone. Enjoy a relaxing scalp massage during your treatment, concluding with an application of our signature aroma blend moisturiser.

SHIRODHARA (45 mins / US\$110)

A traditional Abhyanga massage is performed by two therapists using the long stroke technique. This offering is a delightful way to relax the body and allow the mind to drift away, using a traditional blend and medicinal oils to awaken inner wisdom.

GEMSTONE MASSAGE (60 mins / US\$90)

This exquisite massage has been exclusively created to provide you with the ultimate in pure spa relaxation. Your therapist will provide you an amazing lymphatic drainage massage utilising the gemstones. This treatment revitalises the mind, eliminates tension and inspires total rejuvenation.

