



MASSAGE THERAPIES

A pampering trip to Hive Spa with our massages. Get the chance to relax yourself with our experienced therapists with their warmth and genuineness.

HOT STONES SIGNATURE (90 mins | US\$135)

Hot stone massage therapy melts away tension, ease muscle stiffness and increase circulation and metabolism. Combining hot stone protocols with a full body massage provides a very healing and effective experience. The hot stones also expand blood vessels, which encourages blood flow through out the body. The hot stones have a sedative effect than can relieve chronic pain, reduce stress and promote deep relaxation.

THAI HERBAL MASSAGE (90 mins | US\$140)

A heat compress invites back muscles to relax before relaxing massage leaves you feeling physically rested and mentally uplifted.

BALINESE MASSAGE (60/90 mins | US\$90/120)

This oil massage uses the combination of gentle stretches and acupressure to stimulate the blood and energy circulation while breaking down tensions.

HEAD MASSAGE (30/45 mins | US\$40/60)

Head massage where you get full relaxation and helps to include a massage of the forehead and temples when massaging to relieve a tension headache. Scalp massage helps relieve symptoms of migraine headaches and promotes sleep.

DEEP TISSUE (60/90 mins | US\$90/120)

This therapy is of deeper pressure than Swedish Massage and is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia.

BACK, NECK & SHOULDER (45 mins | US\$70)

Provides deep relaxation to the stressed shoulder muscles, stimulates the flow of blood and improves the functioning of the lymph system. Shoulder massage is a natural analgesic as it stimulates the release of endorphins. In addition, it is an excellent stress buster and can make you feel relaxed and recharged.

SWEDISH MASSAGE (Hive Spa signature massage) (60/90 mins | US\$80/100)

A Therapeutic massage with light to medium pressure which helps to relieve stress, reduce pain, boost mood and promote relaxation. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

