

Massage Therapy

Swedish Massage

Classic relaxation massage using long, flowing strokes to reduce tension and promote overall well-being. Perfect for stress relief and muscle relaxation.

45 Minutes - INR 2500 | 60 Minutes - INR 2800

Thai Massage

Traditional therapeutic massage combining acupressure, stretching, and yoga-like movements to improve flexibility and energy flow.

45 Minutes - INR 2800 | 60 Minutes - INR 3200

Aromatherapy Massage

Gentle massage enhanced with essential oils chosen for their therapeutic properties to promote relaxation and emotional balance.

45 Minutes - INR 2800 | 60 Minutes - INR 3200

Herbal Oil Massage

Nourishing massage using warm herbal-infused oils to rejuvenate skin, improve circulation, and provide deep relaxation.

45 Minutes - INR 2500 | 60 Minutes - INR 2800

Deep Tissue Massage

Intensive massage targeting deeper muscle layers and connective tissue to relieve chronic tension and muscle knots.

45 Minutes - INR 3200 | 60 Minutes - INR 3900

Signature Massage

Our exclusive blend of massage techniques customized to your specific needs, incorporating the best elements of various therapeutic styles.

60 Minutes - Price: INR 4200

Prices are exclusive of applicable GST

Serene Spa at Matsya Island Retreat

www.matsyahavelock.com/spa



Special Combo Pack

Face Massage and Head Massage

Rejuvenating combination focusing on facial muscles and scalp to relieve tension, boost circulation, and reduces puffiness through lymphatic drainage for a youthful glow.

30 Minutes - INR 1500

Leg and Foot Massage

Therapeutic treatment targeting tired legs and feet to improve circulation, relieve fatigue, enhance sleep, detoxify, and reduces stress while strengthening muscles and boosting immunity.

30 Minutes - INR 1400

Back and Shoulder Massage

Focused treatment for the most tension-prone areas, ideal for desk workers and those with upper body stress.

30 Minutes - INR 1500

Head and Neck Massage

Specialized massage targeting headache-prone areas and neck tension to promote mental clarity and relaxation.

30 Minutes - INR 1200

Swedish Massage and Hot Stone Therapy

Luxurious combination of classic Swedish techniques enhanced with heated stones for deeper muscle relaxation and warmth.

90 Minutes - INR 4200

Deep Tissue Massage and Sports Recovery

Comprehensive treatment combining intensive massage with stretching, dry needling, and cupping for optimal muscle recovery and performance.

90 Minutes - INR 4500

Prices are exclusive of applicable GST

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Special Therapy

Hot Stone Therapy

Therapeutic massage using smooth, heated stones placed on key points of the body to melt away tension and promote deep relaxation.

45 Minutes - INR 3200

Dry Cupping Therapy

Traditional healing technique using suction cups to improve blood flow, reduce inflammation, and release muscle tension.

45 Minutes - INR 2800

Bamboo Cupping Therapy

Gentle cupping method using natural bamboo cups to provide therapeutic suction while maintaining comfort and effectiveness.

45 Minutes - INR 3200

Thai Taping Spine Adjust

Specialized technique combining therapeutic taping with gentle spinal adjustments to improve posture and alleviate back pain.

45 Minutes - INR 2800

Dry Needling

Precision therapy using fine needles to target trigger points and release muscle tension for pain relief and improved mobility.

45 Minutes - INR 2800

Wet Cupping Therapy

Traditional healing method combining suction therapy with controlled micro-incisions to promote detoxification and healing.

60 Minutes - INR 3600

Sports Recovery

Comprehensive treatment designed for athletes, combining massage, stretching, and recovery techniques to enhance performance and prevent injury.

90 Minutes - INR 3900

Prices are exclusive of applicable GST

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Professional Therapeutic Spa

- Licensed massage therapists and wellness practitioners only
- All services are strictly therapeutic and health-focused
- We maintain professional standards in accordance with industry regulations
- Inappropriate requests will not be accommodated
- Management reserves the right to refuse service

Prices are subject to change without notice

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