



Hospitality at its best...



+91 93223 72316



essentialspa0@gmail.com



www.essentialspa.com



FULL BODY MASSAGE



SWEDISH MASSAGE

A relaxing and soothing body massage, it is one of the oldest and most effective technique, using various traditional, long kneading strokes over the body. Light to medium pressure is applied which relaxes muscle tension and improves blood circulation.

60 mint 2400/-

90 mint 3400/-

AROMA THERAPY

A soothing body massage, it involves the use of long kneading strokes over the body. The aroma from the essential oils stimulates the mind and eases mental stress, disseminating a feeling of absolute relaxation and wellness.

60 mint 2500/-

90 mint 3500/-

BALINESE MASSAGE

This therapy soothes damaged tissues and relieves strained muscles and joint pains. It is a rigorous and luxurious spa treatment that uses a variety of massage techniques leaving the body and mind relaxed and spiritually renewed.

60 mint 2700/-

90 mint 3700/-

DEEP TISSUE MASSAGE

A relaxing and soothing body massage, it is one of the oldest and this is particularly effective massage for muscular pain. It helps to refresh and relax muscles. Increases blood flow and therefore, the circulation of oxygen through the body.

60 mint 2900/-

90 mint 3900/-

ESSENTIAL SIGNATURE THERAPY EXPERIENCE

This signature therapy provides one with a truly unique experience of comfort and relaxation along with numerous health benefits.

90 mint 4500/-

COUPLE REGAL ESCAPE

Performed using specially blended massage oils, the gentle and healing strokes help to calm the nervous system, warm and relax muscle tissue and promote the growth of healthy new skin cells.

120 mint 8500/-

THAI MASSAGE

Thai massage is a form of therapeutic touch that differs in many ways from traditional massage. Instead of a massage table, you lie on a mat on the floor while the provider manipulates your body in certain ways to stimulate organs.

60 mint 2400/-

90 mint 3200/-



BODY SCRUB & WRAP



CHOCOLATE

The chocolate wrap consists of three parts-first. the body is exfoliated using a cocos bean and sweet almond oil scrub Then, the body is layered with chocolate cream and wrapped in special sheets, which help draw impurities from the body. Finally chocolate cream is applied using a relaxing massage technique

30 mint - 1500/-

MARINE EXPERIENCE WITH SEA SEAWEED DETOX

Our Marine Detox treatment is a relaxing experience.
A body wrap combination of sea salt,
oil scrub and seaweed gel.

60 mint - 2800/-

MINERALIZING VANILLA AND COCO

Together with Olive, Coconut & Kaolin Clay, our scrub works
to deeply hydrate and mineralize your skin,
while naturally exfoliating, & leaving refreshed.

30 mint - 1500/-

