



## SPA MENU

### ANCIENT AYURVEDIC TREATMENTS

Ayurveda in Sanskrit means “knowledge of longevity of life”. Practiced for over 4,000 years with the aim of creating harmony within the body. Modern research has proven the beneficial effect that Ayurvedic massage has on all areas of the body; specifically the neuromuscular, circulatory, lymphatic, skeletal and gastrointestinal systems.

Ayurvedic oils are infused with up to 75 different herbs then warmed to increase the therapeutic effect and enhance the process of purification and regeneration.

### OUR OCEAN VIEW DOUBLE SPA & STEAM ROOM IS AVAILABLE FOR THE FOLLOWING 60 MINUTES TREATMENTS:

#### TRADITIONAL AYURVEDIC MASSAGE

A deeply relaxing massage with strokes vary that from deep to superficial and follow the flow of energy channels, nerve pathways and hair growth.

#### AYURVEDIC HEAD AND FOOT MASSAGE

Specifically focusing on high-tension areas of the head, neck, face and foot, manipulating energy channels to improve circulation as well as clear blockages that can cause a build-up of stress.

#### AYURVEDIC FACIAL

One of the most relaxing therapies to stimulate the skin, improve tone and rejuvenate the face. Besides being an effective method of beauty therapy, it is helpful in invigorating the facial muscles.

#### AYURVEDIC REFLEXOLOGY FOOT MASSAGE

Through application of pressure to the reflex points, which corresponds to all parts, glands and organs of the body, a reflexology type massage relieves stress and tension, improves circulation and builds up the immune system, thus returning the body back to a state of homeostasis “balance”.

#### DEEP TISSUE SPORT MASSAGE

A western-style massage focusing on the deeper layers of muscle tissue. Releases tension and melts away aches and pains through slow strokes and deep finger pressure on the contracted areas.