



SPA MENU

WWW.SPARADDISE.ORG

SPARADDISE SPA

(60 mins)

HEAD MASSAGE

Relieve tension and promote relaxation with our signature head massage.

FOOT MASSAGE/ REFLEXOLOGY

This reflexology treatment concentrates on restoring your body by pressuring delicate foot reflex points.

AROMA THERAPY

Our aroma therapy is a gentle long stroke massage which helps reduce anxiety, ease depression, boost energy level and encourage healing process.

BALINESE

Our Balinese massage is perform in medium pressure to improve blood and oxygen circulation, relieve sleep disorder and alleviate body imbalances.

DEEP TISSUE

Our deep tissue massage focus on your deepest layers of muscle tissue, tendons and fascia to release chronic muscle tension.

TRADITIONAL THAI MASSAGE

Our Thai massage is a dry massage therapy that is performed using different compressing and stretching actions that are similar to those used in yoga. Thai massage can benefit almost every organs in your body.

POWER BODY PACKAGE

(90 mins)

SPARADDISE SIGNATURE

Simmering candle light massage, aimed to provide supreme enlightenment, leaving you feeling relaxed and beautiful. It helps nourish dry and sensitive skin.

PEOPLE'S CHOICE

Our very own customized service for clients looking for an adventurous experience. Involving acupressure and stretching to reduce muscle stiffness and tension to harmonize body and mind (30 mins), followed by a pampering oil massage with our exclusive blended essential oil to improve blood circulation (60 mins).

FRUITY & FUN BODY

Strawberry/Cucumber/Papaya/Orange/Mix Fruit

Our scrubs leave your body feeling extremely soft, hydrated and glowing. Perfect for dry or skin kissed skin. Includes 30 Mins Scrub followed by 60 Mins oil massage

HOT STONE THERAPY

Our hot stone massage is a type of therapy which is performed with heated volcanic lava stones by aligning the body chakras that helps to reduce stress, anxiety and muscle tension.

EXOTIQUE

SPARADDISE ESCAPE

Begin unwinding yourself with our mesmerizing age reversing scrub that gently exfoliates your dead skin followed by a hypnotic rejuvenating massage and regain your youthful glow with our organic nourishing facial. (150 mins)

SUGAR - OH - HONEY

Gently exfoliate with almond sugar scrub, to leave skin moisturized, glowing and silky smooth. Followed by macadamia, shea butter and almond formulated melting candle massage that soothe and re-hydrate your skin. (120 mins)

WED A WOW

Allow us to define your curves to walk down the aisle with our enchanting tailor – made one of a kind treatment that will effectively condition you emotionally and prepare the body before the wedding. (180 mins)

- **Brightening pearl scrub:** antioxidant, lighten spots, and evens skin tone
- **Pearl Pack:** Rehydrate and draw out impurities, improves cell renewal.
- **Pearl Cream Massage:** Helps to reduce age spots, fine lines, and hyper pigmentation.
- **Facial (Red Wine / Charcoal / Gold Mask):** For anti ageing /pore refining/ instant glow).

SPICE IS NICE

(60 mins)

DETOX ME LEMON GRASS & GREEN TEA

Detox your congested over-stressed skin by our lemongrass and green tea anti-oxidant, anti-inflammatory treatment, for oily and problematic skin.

COCONUT & JASMINE

Rejuvenate your skin with our uniquely formulated centuries old ayurvedic coconut scrub that nourishes, hydrates and soothes your dry and sensitive skin.

ANTI AGEING

Look and feel forever young with our age defying ginseng & pearl de-tanning and anti-ageing scrub.

SPARADDISE MEMBERSHIP CARD

SPARADDISE SILVER : Pay Rs 25,000/-
Worth Rs 30,000/- and get services

SPARADDISE GOLD : Pay Rs 50,000/-
Worth Rs 70,000/- and get services

SPARADDISE PLATINUM : Pay Rs 1,00,000/-
Worth Rs 1,50,000/- and get services

