

## NALA SPA MENU



### ❖ Jet lag massage - 45 mins – USD 70.00 USD

After or before a long flight this re-energizing full body massage will help re-balance and refresh your system and make you feel invigorated.

- This is a soft to medium massage
- Your body system will feel relaxed and re-energized
- Promotes blood circulation, detoxification, and releases tension
- It is perfect for one who is suffering from insomnia and headache

### ❖ Rihiveli massage – 1h – USD 80.00

For a complete relaxation, let the organic coconut oil penetrate slowly into your skin. This full body massage is personalized, and the pressure is adjusted according to your needs to relieve all tensions.

### ❖ Shiatsu massage - 45 mins – USD 65.00

Relaxing massage of shoulders, neck, arms, hands, legs, feet without any oil. The perfect alliance between stretching and pressure points that reduces tension and soreness.

### ❖ Aromatherapy massage – 1h – USD 80.00

Using your choice of aromatherapy oil, this massage covers all the body. Pressure can be applied to help your body detoxify, heal, and relieve you from stress. This unique massage soothes your body mind and spirit.

- Soft to medium massage
- Slow flowing, and rhythmic massage techniques to reduce tension
- Your whole body will be totally stimulated, detoxified, and healed

### ❖ Anti-stress massage – 30 mins – USD 70.00

Release the tension that has built-up in your back and shoulders through a massage that focuses on these load-bearing muscles.

- Concentrated on your back and shoulders
- Massage from low-back to the neck
- Relief of your tensions and pain

❖ **Sport massage – 1h – USD 80.00**

This special full body massage is designed to relieve sore muscles resulting from heavy exercise or a long hectic day.

- This is a deep tissue massage using fore-arms and elbows
- We use strong and intense massage techniques but not painful
- It is perfect for muscular distress

❖ **Reflexology massage – 30 mins – USD 70.00**

Pamper your tired legs and feet with a cream massage which will stimulate the reflex points connected to internal organs and specific area of affliction.

- Pampers your tired legs and feet
- Releases your legs and feet muscle tension
- Help to sleep or solution for water retention
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❖ **Facial radiant massage - 45 mins – USD 65.00**

A delicate facial massage to reduce wrinkles. This massage is followed by a cucumber mask with rehydrating virtues and is completed with a head or neck massage to unwind you.

❖ **After sun massage - 1h – USD 80.00**

After a long day in the sun, it is important to take care of your skin and moisturize it. Enjoy a fresh full body massage using aloe vera to rehydrate and nourish your skin.

❖ **Body scrub – 45 mins – USD 70.00**

Enjoy a coffee or green tea scrub to clean and detoxify your skin, leaving you with a brilliant look.

*\*All rates are subject to 10% Service Charge and 12% T-GST.*

*\*If you have any health condition that our therapist should know before massage, please inform us.*

