



Aarogya Luxury Spa



Aarunya

INTERNATIONAL THERAPIES & MASSAGES

Stress Release Massage

60 Minutes - \$65 | 90 Minutes - \$90

Combining soothing strokes and acupressure techniques with a choice of signature oil blends, this gentle massage sweeps away stress, tension and fatigue, uplifts the spirit, and is a wonderful jet lag tonic.

Aarunya Royal Body Ritual

120 Minutes - \$120

A luxurious full body pampering experience with therapeutic massage oils to soothe, calm and de-stress your body, mind and soul. The Royal ritual starts with a relaxing foot bath, foot scrub and tranquility forehead massage. This is followed by an exfoliating back scrub and an extended full body massage. This therapy is a fusion of proven techniques to promote total well-being.

Deep Tissue Massage

60 Minutes - \$65 | 90 Minutes - \$90

This vigorous yet relaxing remedy uses classic Swedish massage strokes and works deeply into the muscles to stretch the fibers and release tension that may otherwise cause restricted movement and pain. Encouraging blood flow, this treatment improves flexibility and relieves sore or pulled muscles.

Aarunya Signature Massage

90 Minutes - \$90

A pampering experience that combines techniques of Balinese, Deep Tissue, and Stress Relief for total well-being. Includes Swedish Deep Tissue for comforting joint aches, muscle pains and sports injuries.

Hot Stone Massage

60 Minutes - \$80 | 90 Minutes - \$120

Heated basalt stones are applied in long flowing strokes to the body. Hot stones loosen tight muscles and relieve stress. Aromatic oils make this a truly relaxing treatment.

Calming Scalp Ritual

60 Minutes - \$65

A therapeutic head massage with therapy oils, focusing on specific sleep inducing points of the head, neck, forehead and shoulders to help totally relax your body and mind, giving you a good night's sleep.

Prices are subject to applicable Government Taxes and Service Charge.

Relaxing Foot Ritual

60 Minutes - \$ 65

A relaxing foot bath is followed by a rejuvenating acupressure foot massage on specific points of your feet that help promote soothing relaxation and deep restful sleep.

BODY SCRUBS

Detoxifying Green Tea Sea Salt Scrub

30 Minutes - \$50

Purify, refresh and enliven skin with a therapeutic green tea polish followed by an all-over moisturizer. Enjoy skin that feels renewed, soft and beautifully healthy.

Revitalizing Sea Salt Scrub

30 Minutes - \$50

Rich in vitamins and antioxidants, this exotic scrub gently sweeps away dead cells, smoothens, and strengthens new skin. Moisturizing, healing and protecting, skin is flawless and gloriously fragranced.

BODY WRAPS

Sandalwood Turmeric Honey Wrap

60 Minutes - \$65

Sandalwood is one of nature's most versatile and effective skin care treatments. An exalting body wrap with freshly ground sandalwood paste, an antibiotic element that cleans the skin from the freckles, leaving the skin moisturized with a radiant glow.

Gotukola Powder Body Wrap

60 Minutes - \$65

Deeply penetrating and gloriously soothing, this luxuriant herbal powder wrap lavishes skin with Gotukola's healing moisture and vital nutrients. Skin feels soft, supple and beautifully enriched.

Aloe After Sun Soother

60 Minutes - \$60

Wonderfully soothing and calming, an expert therapist applies fresh, cooling Aloe-Vera gel to decrease redness and pain.

Prices are subject to applicable Government Taxes and Service Charge.

SIGNATURE SCRUB AND TREATMENT

Purifying Body Ritual

90 Minutes - \$100

An intense purifying ritual which begins with dry brushing to improve blood circulation and lymphatic drainage, followed by a body polish. The pampering experience is completed with a 60 minute body massage.

FACIALS, PEDICURES, & MANICURES

Aarunya Signature Facial

60 Minutes - \$60

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Sri Lankan ingredients to encourage cell renewal and oxygenation. A gentle massage coaxes pure relaxation and the herbal mask restores the natural balance of your skin.

Aarunya Luxury Pedicure Treatment

\$55

A complete purifying and relaxing treatment for your feet. Includes a complete professional Spa pedicure, foot bath, foot scrub and 15 minutes of blissful foot and leg massage.

Luxury Manicure Ritual

\$45

A luxuriously relaxing ritual to pamper your hands and nails. Includes tranquil touch, hand soak, hand scrub, and a complete professional Spa manicure with natural nail shining, followed by 20 minutes of indulgent reflexology hand massage.

Additional Nail Polish Application: \$ 10

Prices are subject to applicable Government Taxes and Service Charge.

AAROGYA AYURVEDA THERAPIES & TREATMENTS

Shirodhara Treatment

120 Minutes - \$110

Full Body Therapy, Herbal Steam Bath, Shirodhara

Shirodhara is derived from the Sanskrit words 'Shira' meaning head and 'Dhara' meaning flow. It is a unique Ayurvedic therapy that involves pouring a steady flow of liquid over the forehead in an oscillating motion. The most commonly used liquids are warm herb-infused oils. One of the most relaxing, and stress-relieving therapies, Shirodhara is one among the four main Murdhni Taila (head oil applications); the others being Shiro Abhyanga, Shiro Pichu and Shiro Basti. According to the liquid used the different forms are: Tailadhara (oil), Ksheeradharma (milk), Takradhara (buttermilk) and Kashayadhara (herbal decoctions). The forehead is the seat of Ajna Chakra and any imbalance there can lead to dysfunction. These therapies works to soothe the mind and the body.

Pinda Sweda

120 Minutes - \$110

Pinda Sweda is a unique treatment offered that combines massage and sweat therapy. Using the standard heat and oil process at the core of the majority of Ayurvedic massage treatments, Pinda Sweda also uses 'rice puddings' or medicinal rice cooked with herbs and bundled into soft cotton to create heat-holding boluses. This treatment is usually recommended for the aching joints and muscles commonly associated with arthritic conditions, back pain and muscle stiffness. It can also be used to delay the ageing process and help manage and treat Insomnia, Multiple sclerosis, Muscle weakness and paralysis.

Udwartana

60 Minutes - \$65

Udwartana is a Sanskrit word which means massaging the body (below the neck) in a direction opposite to the orientation of body hair, with some pressure (usually with a powder of herbs). Udwartana works as an exfoliating, herbal-scrub massage that scrubs away dead skin, improves blood circulation and revitalizes the skin. The distinct strokes and direction of massage used in Udwartana, however, work at a deeper level than a regular body scrub. It fortifies deep body tissues and works as a wholesome procedure for rejuvenation. This herbal body scrub is performed neck down and in a sweeping upward motion opposite to the direction of body hair. Udwartana is part of the daily Ayurveda regimen called Dinacharya and is useful in obesity and weight loss programs.

Prices are subject to applicable Government Taxes and Service Charge.

Shiro Vasti

45 Minutes - \$50

Shiro Vasti is a special ayurvedic therapy where the Shira (head) is subjected to a procedure called Vasti involving a pool of warm oil in a chamber over the head. Vasti denotes "a compartment that holds" (in this case the pool of oil over the head).

Nethra Vasti

30 Minutes - \$40

Netra Vasti is a special ayurvedic therapy where the Netra (eyes) are covered with a pool of medicated ghee (clarified butter) used to improve vision, manage several eye disorders, purify the eyes and delay natural degeneration. Vasti denotes a compartment that holds (in this case the well of ghee over the eyes).

Kati Vasti

45-60 Minutes - \$65

Kati Vasti is an ayurvedic therapy where the Kati (lower back) is subjected to a therapy called Vasti (warm medicated oil placed over the lumbosacral region). The word Vasti denotes "a compartment that holds".

Kati Vasti is a localized procedure to treat disease in the region of the lower back. Essentially, warm medicated Dosha-specific oil is kept in contact over the skin of the lower-back region of the spine, for a particular time, using a 'well' made of a special, black gram dough. This relaxing therapy has an extremely soothing and healing effect on the skin, muscles, joints, bones and underlying structures. If extended to the mid- and upper spine, it is also known as Prushtha Vasti.

Hrud Vasti

45 Minutes - \$50

It is one of the best ayurvedic treatments for heart diseases. The treatment involves placing medicated oil in the region of your heart. The procedure improves the functioning and working ability of your heart. It stimulates the heart chakra. Hrud Basti is an important remedy for the heart, which is a vital organ and an essential marma point that is responsible for the functioning of our body and supplying blood to the organs.

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Spa Opening Hours: 9 am - 9 pm Daily

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