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MASSAGES

SWEDISH

This classic massage uses a variety of techniques to promote a deep sense of wellbeing. Swedish massage is particularly great for stimulating circulation, increasing lymphatic drainage and easing muscle pain. **60min Rs: 9100 90min Rs: 11300**

SPORTS MASSAGE

A deep tissue massage designed to warm and relax the muscles and improve your range of motion. This specially designed massage will give relief from muscular stress and restore the tranquil state of muscles. **60min Rs: 9800 90min Rs: 12000**

The strokes are generally faster than Swedish massage and facilitated stretching is a common technique used.

AROMATHERAPY MASSAGE

Experience the synergy of aroma and touch in this customized experience that will leave you feeling refreshed, renewed and revitalized. **60min Rs: 9800 90min Rs: 12200**

FOOT RITUAL

An ideal massage for those with tired and achy feet. This specialized foot massage improves blood circulation by channeling qi (energy) from the reflex points of the feet. The experience is enhanced with a sandalwood infused scrub. Finally a relaxing massage is done using herbal massage cream. **60min Rs: 8500**

HEAD AND SHOULDER

The treatment targets acupressure points that releases fatigue and tension, clearing all the stuck energy from the top of the head ,neck and shoulders. Choose your desired level of pressure, from strong massages to relieve built up tension or a gentle and tranquil experience if you just need a break from busy life. **30min Rs: 5300**

BALINESE MASSAGE

This massage refreshes and relaxes the mind as well as easing and soothing the whole body. A number of pushing techniques are used in the Balinese massage that are specially designed to calm the nerves. **60min Rs: 9500 90min Rs: 11700**

BACK BUSTER

An invigorating therapeutic treatment done using a warm milky scrub and highly targeted deep-pressure techniques. **30min Rs: 6000**

BODY TREATMENTS

EXFOLIATE AND PROTECT

Choose from a variety of body polish treatments which will exfoliate and detoxify your body and leave your skin feeling nourished and hydrated. **30min Rs: 6600**

BIO - RHYTHMS

Travelling, particularly flying and jet lag, disturbs our body's natural flow of energy. This powerful treatment aims to restore the body's natural biorhythms. Therapists help you to recover from the long journey and gain normal circadian rhythm. By massaging the lower body followed by green tea extract body wrap; this massage will make you feel light on heavy legs soon as possible

50min Rs: 8000

SUN SOOTHER BODY WRAP

Repair and renew your skin with a herbal body scrub followed with fresh Aloe vera wrap. The body treatment concludes with an application of refreshing earth essence lotion to soothe sun burned skin. **45min Rs: 8500**

THIRST QUENCH

Dry air and biting winds can deplete the moisture in your skin. Gentle exfoliation done with a revitalizing sea salt scrub prepares your skin to absorb the moisture followed by a body envelopment with a moisturising neem and yoghurt mask to rehydrate the skin.

50min Rs: 8000

SPA ETIQUETTE

ARRIVAL

We recommend you arrive 15 to 20 minutes prior to your appointment time to allow yourself to relax and experience our calming surroundings.

FOOD AND ALCOHOL CONSUMPTIONS

Smoking and the consumption of alcohol within the spa is strictly prohibited. Consuming alcohol or caffeinated drinks before or immediately after a treatment is not recommended.

EMERALD & JADE

Whilst no personal lockers are provided for you, we recommend you to leave all valuables in your hotel room as we are not able to take responsibility for loss or damage of any kind.

CANCELLATIONS

A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation/changes with less than 4 hours' notice will incur a 50% cancellation fee. Full charges will be imposed for a "no-show".

SPA ROOM SERVICE

We encourage you to visit the Spa for your favorite treatment. However if you wish to get the treatment in the comforts of your own hotel room a 20% additional charge will be applied. Please consult the spa reception for treatments which can be availed in your room.

HEALTH CONSIDERATIONS

Your health and safety come first. Please inform us of any medical conditions that need to be taken into consideration for your treatment. Let your therapist know of any skin allergies, or if you are pregnant, and indicate any areas of your body that may require special attention. During your treatment, advise your therapist if you are suffering any pain or discomfort.

GREEN ENVIRONMENT

For the comfort of other spa guests and for preserving the serene ambiance of the spa, please ensure your electronic devices are switched off upon entry.

We also thank you in advance for walking and conversing quietly in the spa.

AGE LIMIT

To maintain a peaceful environment, children under 18 years are not permitted in the spa.

WHAT TO WEAR

We encourage you to wear comfortable clothes when visiting the Spa. Upon arrival you will be provided with a robe, towels and disposables. Disposable underwears are a must while on treatment.

SPECIAL OFFERS FOR OUR IN-HOUSE GUESTS

2 Full body massages of your choice with 10% discount. 3 or 4 full body massages of your choice with 15% discount. * Please note that the package discount is per person and is non-refundable. Discount applicable only 60min and above massages.

OPENING – 10am / CLOSING – 8 pm



www.ugaescapes.com

Please dial 200 for reservations

