



*Spa treatments*  
*Sapana Village Lodge*

Our spa house is located on site  
Ask the hotel reception about appointment  
Relax and enjoy !

## *Ayurvedic therapy*

30 mn = 28\$ // 1 h = 40\$ // 1h30 = 60\$

Ayurvedic therapy is relaxing full body oil massage. The oil used is a complex concoction of herbs that aids in relaxation and helps ease muscle pain and cramps. A perfect way to relax and get all the toxins out of your system.

## *Deep tissue massage*

1 h = 40 \$ // 1 h 30 = 60 \$

As the name suggests, a massage that will go deep into the muscle and break all the tension that form from day to day pressure of the modern world or for athletes that have worked their muscles from excessive use.

A deep tissue massage is for people that want relief from severe tension and pain in the muscles. This treatment will work deep into muscles and connective tissues.

## *Swedish massage*

1 h = 40 \$ // 1 h 30 = 60 \$

One of the primary goals of the Swedish massage technique is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. But Swedish massage therapy goes beyond relaxation. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

## *Nepali massage*

1 h = 40 \$ // 1 h 30 = 60 \$

Nepali massage aims at lessening lower back pain, depression and anxiety, and helps improve sleep. This massage is also known to have improved range of motion and their serotonin and dopamine levels can get higher.

## *Shirodhara*

1 h = .... \$ // 1 h 30 = .... \$

Shirodhara is a luxuriant and easy way to achieve instant calm and rejuvenation. The term Shirodhara is derived from the two Sanskrit words: shiro, meaning head, and dhara, meaning to flow. It involves the warm and consistent flow of aromatic oils on the forehead, specifically on the "third eye." This is the chakra point just above and between the eyebrows and is said to be the seat of human consciousness. The oils flow over the scalp and through the hair, creating a blissful sensation.

## *Hot stone therapy*

1 h = 42 \$ // 1 h 30 = 65 \$

This therapy involves the placing of hot basalt stones on key points of the body warming it up and allowing the therapist to massage deep into muscle and relaxing the muscles

## *Foot massage and palm reflexology*

30 mn = 20 \$

Based on chinese principle of reflexology, foot massage is one of the most relaxing massage you can have. We focus on the pressure point of your foot and it aids in removing toxin from your body. It helps in reducing stress or beating those sore feet you have after a long time walk.

## *Head oil massage*

30 mn = 20 \$

Relieves headache and stress. Improves blood circulation and promotes healthy hair growth.



## **How to prepare for your session**

For hygiene reasons, please shower before your treatment

Wear loose clothing that can be easily removed according to your treatment

Undergarments must be worn at all times

Seat in the waiting area of the spa and your therapist will collect you

Declare any health conditions to your therapist

During your treatment, communicate with your therapist regarding your confort level

After treatment you'll have access to a private bathroom , shampoo will be provide

Drink water to hydrate your body after treatment



10 % service charge and 13 % government taxes are not included

## *Beauty and Cosmetic*

### *Threading : Eyes brows*

5 \$

Threading is a method of hair removal originating in Asia . A thin thread is doubled, then twisted. It is then rolled over areas of unwanted hair, plucking the hair at the follicle level. Unlike tweezing, where single hairs are pulled out one at a time, threading can remove short lines of hair.

### *Manicure or Pedicure*

15 \$ ( included nail color) manicure

15 \$ ( included nail color) pedicure

A pedicure or manicure is a cosmetic beauty treatment for the fingernails and hands or toenails and feet. It consists of filing and shaping of the free edge, pushing and clipping any nonliving tissue, some treatments with various liquids, massage and application or not of nail polish.

### *Scrub*

45 mn = 25 \$

A body scrub is a popular body treatment for the body. It exfoliates and hydrates your skin, leaving it smooth and soft. It is done with an abrasive material ( salt , sugar and honey...) Exfoliation is followed by a shower and an application of body lotion. The therapist starts by gently rubbing the exfoliant on your back, the backs of your arms, and the backs of your legs and feet, while doing a soft and gentle massage.

### *Facial treatment*

50 mn = 25 \$

A facial is essentially a multi-step skin treatment that is one of the best ways to take care of your skin. A facial cleanses, exfoliates and nourishes the skin, promoting a clear, well-hydrated complexion, and can help your skin look younger. With variety of skin care product and soft facial massage you feel fresh and cool !

*Relax and enjoy*



Design by Maria