



*Vasanava*

SPA

SPA MENU



*A unique body and soul experience*



# *Vasanava*

## SPA

### Treatments

#### Flawless

A full body massage with aromatherapy oils. This massage will completely relax all your muscles and ease stress. You can choose the pressure. It will transfer you into a state of pure bliss.

60 min. \$45.-

90 min. \$60.-

#### Atmaya

A head, neck and back massage where all muscular tension is released and calms your mind completely. This treatment will also increase the blood circulation in your body.

45 min. \$35.-

#### Oba

A foot and leg massage which focuses on the pressure points of the feet. A foot mask is also applied. This massage releases all the pain and fatigue in your feet as well as having a great calming effect on the whole body.

30 min. \$25.-

#### Baths

You can come to total relaxation when you take a warm herbal bath after your treatment. From your bath you can enjoy a fruit drink or tea while overlooking the jungle and the Indian Ocean.

30 min. \$20.-

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Vasanava is complete pampering from head to toe. Starting with a relaxing aromatherapy Flawless body massage, followed by a sea salt, sandalwood and yogurt scrub. Time then for your aromatherapy intensive facial, which includes the ritual of cleansing, smoothing and hydrating your skin. After this you can enjoy the incredible view of the jungle and the Indian Ocean from a relaxing hot herbal bath.

### Deep Tissue Relief

An intense full body massage with aromatherapy oils. This massage is applying a strong penetrating pressure to the body and reaches trough your tight areas to increase the blood circulation and relieves stress and muscle tension. You'll feel limber & lighter.

### Face Massage

This massage releases tension. It stimulates collagen production, relaxes wrinkles, firms and tightens the skin. It increases micro-circulation, boosting skin healing and rejuvenation.

### Head Massage

With a boost of minerals to stimulate the scalp, this deeply relaxing treatment is especially effective for those who suffer from headaches.

### Sun Burn Soother

A whole body cool down treatment for sunburn or perfect after a very hot day. Cool lavender towels are applied to your skin, then an icy yogurt mask is applied to your body. Fresh Aloe Vera then magically soothes your skin.

120 min. \$80.-

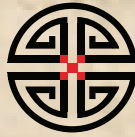
50 min. \$45.-

30 min. \$25.-

30 min. \$25.-

45 min. \$35.-

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### Detox

Your body is exfoliated with Sea Salt, Yogurt and Sandalwood. Old skin cells will be removed stimulating your skin, which in turn will increase your energy level. Non allergic suits all skin types.

### Manicure

Indulge your hands with a full manicure including a rejuvenating hand scrub, hand massage, cuticle tidy, shape and nail polish.

### Pedicure

Your feet are soaked and nails are cut and shaped. Exfoliated rough skin is buffed and smoothed, cuticles are cut and then a relaxing foot massage follows. Nail polish finish is finally applied.

### Herbal Facial

We use only natural Sri Lankan herbal products such as Sandalwood, Venival or Aloe Vera. As all herbs having different properties, the Spa Therapist will advise which is best suited to your skin type. The facial includes cleansing, exfoliating, steam and face massage. A nourishing mask is then applied and a relaxing head massage is given while the face mask enriches your skin. Finally your face is then moisturised with the magical properties of Aloe Vera.

### Aromatherapy Facial

This facial will brighten your skin tone. It has anti-aging properties and after cleansing, exfoliating, steam and face massage a mask is applied to the skin. This is a relaxing experience and rejuvenates jet lag and tired skin. A must for the long distance traveller.

30 min. \$30.-

60 min. \$30.-

60 min. \$30.-

60 min. \$45.-

45 min. \$45.-

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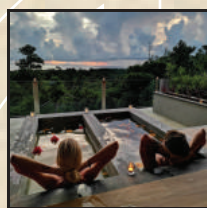
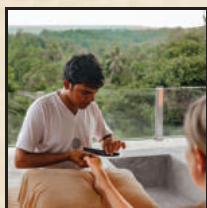
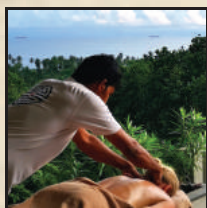


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### 'Vasanava's slice of heaven'

One day of absolute relaxation in one of the most iconic Spa's of the South of Sri Lanka. Treat yourself -or somebody else- on this experience for body and soul. This day treatment is inclusive one of the best massages on the menu and inclusive drinks and food, which is prepared by the Chef of the Resort

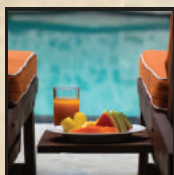


### PROGRAM

- |                |  |
|----------------|--|
| 7.30 am        | : Start with a herbal porridge                             |
| 7.45-8.45 am   | : Herbal facial, (incl. a face and head massage)           |
| 9.00 am        | : Healthy breakfast, with fresh seasonal fruits            |
| 11.00-11.30 am | : Detox through a full body scrub and special herbal drink |
| 12.30          | : Healthy Sri Lankan lunch with dessert                    |
| 3.30-5.00 pm : | Flawless full body massage with herbal bath and herbal tea |

### All Inclusive: \$ 125

All prices are including taxes , incl. 10% service charge



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