



TABULA RASA  
Resort & Spa | Sri Lanka

## SPA MENU

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### **Head Massage**

30 minutes | USD 30

Wonderful massages for your head, neck, shoulders, arm, and upper back. This will stimulate blood circulation to your scalp. This treatment is also effective in relieving headaches.

### **Back Massage**

30 minutes | USD 30

Feel the tension in your shoulders, neck, and lower back melt with this relaxing massage, where the areas of focus will be customized according to your needs.

### **Feet Reflexology**

30 minutes | USD 30 / 60 minutes | USD 50

An ancient healing therapy as blissful as it is beneficial; a foot massage and the reflex point can restore the natural flow of body energy and improve your health. Recover physical and mental harmony with this wonderful treatment that will send waves of deep relaxation through your entire body.

### **Hands Reflexology**

30 minutes | USD 30

Hand reflexology brings your body's energy flow back into balance by removing energy packages in all areas of your body. You increase circulation, reduce tensions, and detoxify energy flows freely again into your entire body, you feel this incredible sensation of perfect harmony within yourself.

## FULL BODY MASSAGES

### **Signature Massage**

90 minutes | USD 75

This massage is our signature. A relaxing combination of 2 massages, starting with 30 minutes long strokes, deep skin massage for 30 minutes and followed by 30 minutes long stroke relax massage again.

### **Balinese Massage**

60 minutes | USD 50 / 90 minutes | USD 70

The Asian Traditional massage is a full body massage using palm pressure and long gentle strokes while applying a unique blend of natural essential oils. This combination stimulates your blood circulation, improves energy flow, and drains tensions away.

### **Swedish Massage**

60 minutes | USD 50

Using warm oil, heated up in a bottle, and poured oil over your body, the Swedish massage is designed to harmonize the corporal functions, such as blood circulation, breathing, and mind relaxation. Soft and long strokes envelop the body from feet to head creating an overall relaxation of the body and a soothing effect.

### **Warm Oil Massage**

60 minutes | USD 50

This treatment uses various herbal oils and unique massage techniques to bring forth a deeply relaxing, rejuvenating, and nourishing experience which will aid in promoting youthfulness, and increase energy and mobilization.

### **Sense of Touch Massage**

60 minutes | USD 75

The ultimate massage: a sense of seducing escape from daily life. Combining the world's best massage techniques; inspired by Balinese massage and Lomi-Lomi massage technique, expect a deeply relaxing and uplifting massage experience. This massage works with the body's natural energy system to harmonies the energy flow. Using aroma therapy massage oil to revive your senses whilst enriching your skin with anti-oxidants and deep hydration.

### **Sri Lankan Healing**

120 minutes | USD 90

Our bespoke top-to-toe **Signature Ritual** uses the essence of 100% pure organic coconut native to the Sri Lankan. Experience profound and deep relaxation; enjoy smooth and hydrated skin and shine, with the tropical scent of coconut.

- Freshly coconut body scrub.
- An Indian head massage using coconut oil.
- Tropical full-body massage with 100% virgin coconut oil.

## **BODY TREATMENTS**

### **Sun Lovers**

60 minutes | USD 50

After a day spent in the sun, come and enjoy our Special Sun Lover to calm, soothe, and rehydrate your skin. Sun Lover treatment is specially designed to fight against sunburn and the aging of the skin. This treatment starts with body wash for a gentle cleansing followed by the application of cucumber and homey body conditioner for cooling and shooting the skin ends with the application of body lotion to prevent skin peeling and to lock in the moisture.

### **Natural Coconut Body Scrub**

60 minutes | USD 50

Renew and refresh your skin with this unique spa experience. a gentle skin exfoliation using our own homemade natural coconut scrub that aids in renewing your skin's chemical balance leaving it soft and subtle.

### **Gift from Nature Green Tea Body Treat**

60 minutes | USD 50

Renew and refresh your skin with this unique spa experience. Begin with a gentle skin exfoliation using our own homemade natural green tea body scrub that aids in renewing your skin's chemical balance. Followed by a luxurious natural papaya body wrap. It helps to repress the skin.

### **Himalayan Body Scrub**

60 minutes | USD 50

Renew and refresh your skin with this unique spa experience. Begin with a gentle skin exfoliation using our own homemade natural green tea body scrub that aids in renewing your skin's chemical balance. Followed by a luxurious natural papaya body wrap. It helps to repress the skin.

### **Refresher Facial**

30 minutes | USD 30

A great introduction to facial treatment using for principal ingredients: pure honey mask and cucumber, leaving your skin feeling smooth and radiant. Enjoy the benefits of these natural ingredients with an age-old reputation for skin healing, softening, and moisturizing.

**Natural Asian Facial**

60 minutes | USD 45

Using only bio-natural products, the face is cleaned and gently exfoliated to eliminate all the dead cells on the surface of the skin. While purifying with a gel mask, relax and unwind with a hand and feet massage. This treatment will effectively restore and hydrate your skin. Leaving your face fresh, youthful, and restored.

**Spa Manicure**

30 minutes | USD 20

Give your hands and nails well-deserved care with our hand's beauty treatment. Starting with the basics of nail cut, file, and cuticle repair, your hands are then gently exfoliated for a silky feeling. A nourishing cream is applied with a gentle massage to restore moisture and improve the texture of your skin. Your hands feel hydrated, smooth, and soft with a great youthful look.

**Spa Pedicure**

30 minutes | USD 20

Cool, energize, and revive your feet with our Feet Beauty Treatment. Comprising of the classical pedicure treatment with nail cut, file, cuticle repair, and soothing foot soak of essential oils; it is then followed by a peppermint scrub that will relieve your tired or swollen feet. Finally, to stimulate blood circulation a foot massage is applied with a refreshing lotion. Your feet are hydrated, fresh, and soothed.

For an extra charge,  
you may complete manicure treatment with Nail Polish

Nail Polish | USD 10

**DELUXE SPA PACKAGES****Relaxation Package**

1 hour 20 minutes | USD 65

Balinese Massage 50mn

Foot Massage 30mn

**Pampered Package**

2 hours 20 minutes | USD 110

The Signature Spa

Nature Asian Facial