

# SPA MENU

## RELAXING MASSAGES

55 mins - INR 2,700

### AROMA THERAPY

Using aromatic oils and light pressure movements, this treatment is perfect for setting you in the right holiday mood.

### SWEDISH

Using medium pressure movements, this treatment is best suited for easing muscles. Ideal for the corporate executive.

### FOOT REFLEXOLOGY

Ancient Chinese Foot Treatment that works on the soles of the feet using traditional pressure points. This treatment is best suited for feet exposed to long hours of standing or walking.

## THERAPEUTIC MASSAGES

55 mins - INR 2,900

### DETOX

Using superficial movements and by draining toxic fluids towards the lymphatic nodes, this treatment is the perfect detox holiday treatment.

### INDIAN DEEP TISSUE

Using strong pressure movements and deep pressure points, this treatment is best suited to release tension out of annoying muscles.

### HOT STONE

While placing hot stones on selected areas of the body, this treatment is best suited for raising energy levels and revitalizing your system with natural balancing energies.

### VIETNAMESE HOT COMPRESS

Ancient Vietnamese treatment using selected herbs bundled in a muslin bag, warmed and compressed all over the body. This treatment is best suited for reviving tired muscles.

## TEASER MASSAGES

25 mins - INR 1,500

### INDIAN HEAD

Using traditional medium pressure movements and pressure points on the scalp, this treatment is best suited for the racing mind.

### SPRITZY BACK

Using medium pressure movements, this treatment is best suited for a quick back treat.

### SPRITZY FOOT

Using medium pressure movements across the feet, this treatment is best suited for quick foot treat.

## FACE CARE

DEEP CLEANSING - Best suited for oily skin	55 mins - INR 3,000
NOURISHING MOISTURIZE - Best suited for dry skin	55 mins - INR 3,000
SKIN BALANCING - Best suited for combination skin	55 mins - INR 3,000
SENSITIVE SKIN WITH JOJOBA - Best suited for sensitive skin	55 mins - INR 3,200
WATERWOODS SIGNATURE - Luxury facial for all skin types	85 mins - INR 3,500

## BODY CARE - SCRUBS AND WRAPS

25 mins - INR 1,500

### SCRUBS

#### ORGANIC FRUIT

Feel free to choose from a variety off... Apple, Banana, Pineapple, Papaya, Mandarin, Mango.

A complete natural body scrub using organic dried fruits and essential oils. This treatment is designed to pamper your skin and bring out complete freshness. A magical experience rest assured.

#### ORGANIC BATH SALT

Feel free to choose from our signature concoctions... Lavender & Rosemary, Rose & Geranium or Mandarin.

A complete body scrub using organic essential oils infused with sea salt. This treatment is designed specifically to allow your skin to breathe and revitalize. Its time to give your skin a chance to glow!

### WRAPS

#### MARINE CLAY

Using natural clay, we cocoon you in a natural mud wrap, followed by nourishing creams to calm the skin. Excellent as a detox therapy.

#### ALOE VERA

With garden aloe vera as skin repair, and nourishing creams to moisturize, this treatment is known for its healing properties.

#### HONEY & ROSE PETALS

Embalm your skin with our honey wrap treatment, followed by nourishing creams to moisturize, leaving your skin totally healthy and hydrated.

#### SUNBURN

Using cold towels we cool your body temperature, followed by applying garden aloe vera for healing, and cooling creams to moisturize your skin. This treatment is designed to heal and calm your skin.

## PACKAGES

### SINGLE

(choosing other treatments off the menu is possible, within the timeframe specified)

2 HOURS	120 mins - INR 5,000
3 HOURS	180 mins - INR 6,500
4 HOURS	240 mins - INR 8,000

### COUPLE

#### COUPLES CORNER

(please ensure to book 3 hrs in advance)

(choosing other treatments off the menu is possible, although within the timeframe specified)

Body Scrub + Body Wrap + Massage + Jacuzzi Bath in Couple Suite

3 HOURS - INR 10,000

*Wishing you an enjoyable stay at  
Waterwoods Kabini*

*And a refreshing experience at  
Essense Wellness Spa*

FOR ENSURING YOUR PREFERRED TIME - PREBOOK BY CALLING ON  
+91.9945921303 or +91.7022013180

SPA TIMINGS 9:00 to 13:00 - 14:00 to 21:00