

MySpa<sup>TM</sup>

Since 2011

UNISEX

SPA | AYURVEDA | BEAUTY



🌐 [www.myspa.co.in](http://www.myspa.co.in)



# BODY MASSAGE THERAPIES

## ✦ **Toning Swedish Massage**

**60 MINS : Rs. 1600/- | 90 MINS : Rs. 2200/-**

A medium pressure massage uses strokes such as kneading, knuckling, circular movements, vibrations and topping which helps to relax and energize. It also helps to tone the body.

## ✦ **Relaxing Aroma Massage**

**60 MINS : Rs. 1700/- | 90 MINS : Rs. 2400/-**

A massage technique to relax mind and body, elevates the mood, calm the nervous system. Aroma essential oils are used for optimum results.

## ✦ **Revitalising Thai Massage**

**60 MINS : Rs. 1800/- | 90 MINS : Rs. 2600/-**

A Thai therapy involves stretching and deep massage. It improves health of joints and muscles and gives deep relaxation.

## ✦ **Rejuvenating Ayurveda Abhyangam**

**60 MINS : Rs. 2000/- | 90 MINS : Rs. 2800/-**

A traditional massage done with medicated warm herbal oil in a synchronized rhythmic manner. Removes fatigue, boost the immune system, delays aging & improves mental



# BODY MASSAGE THERAPIES

## **Pain Relief Deep Tissue Massage**

**60 MINS : Rs. 2200/- | 90 MINS : Rs. 3000/-**

A deep pressure massage technique uses slower, more forceful strokes to target the deeper layers of muscle and connective tissues. Its also known as SPORTS MASSAGE. Ease away the deep rooted pain and cellulite.

## **Energy Booster Balinese**

**60 MINS : Rs. 2400/- | 90 MINS : Rs. 3400/-**

A combination of gentle stretches, Acupressure & deep pressure massage. It helps to stimulate blood circulation and energy. Also brings a sense of well-being & deep relaxation.

## **MySpa Signature Massage**

**90 MINS : Rs. 3800/-**

A leisure massage therapy involves stretchings, deep tissue massage followed by Bamboo rollers massage on back and thighs with an uplifting face pack and steam. It reduce stress, relaxes the nerves, decrease pain and brings a vigor in overall body.





# EXPRESS MASSAGE

## ✦ **Indian Head Massage (Champi)**

**30 MINS : Rs. 800/-**

An Indian massage technique to relax head, neck and shoulders. Medicated/Aroma oils used on scalp aids sleep, improves blood circulation, relieves migraine, eliminates toxins and helps to reduce hair fall & dandruff.

## ✦ **Spa Foot Massage**

**30 MINS : Rs. 800/-**

A massage therapy to reduce stiffness and pain in legs and feet. Balm/cream/ oil is used for massage.

## ✦ **Spa Back Massage**

**30 MINS : Rs. 800/-**

A therapy done with stretching back and then massaging it with hot oil to relax the upper ,middle and lower back giving pain relief and nourishment. It also improves postural problems.





# EXPRESS MASSAGE

## **Asian Foot Reflexology**

**45 MINS : Rs. 1400/-**

A great foot massage treatment involving acupressure points and a foot massage. It helps to improve overall health, induce sleep, open blocked channels and balances health.

## **Aroma Candle Moisturizing Massage**

**Back 30 MINS : Rs. 1200/- Full Body 60 MINS : Rs. 2500/-**

A smoothing and energizing massage done to nourish the skin and relax muscles at the same time. Corrects posture and gives flexibility to back.

## **Hot Stone Massage**

**Back 30 MINS : Rs. 1200/- Full Body 60 MINS : Rs. 2500/-**

Hot and cold lava stones are used to massage the deeper layers of muscles to relax and give pain relief for the body.



# AYURVEDA TREATMENTS



## **Pottali Back Massge**

**30 MINS : Rs. 1400/-**

Medicinal boluses are heated in herbal oil and pounded on body to reduce inflammation and pain in joints and muscles.



## **Shirodhara**

**30 MINS : Rs. 1600/-**

Warm oil is gently poured on the forehead in a continuous stream. It helps to calm & relax the mind and nerves. Also helpful in hair loss & lack of sleep.



## **Udvardana**

**30 MINS : Rs. 1800/-**

A herbal powder massage to invigorate the whole body, reduce fats, improves skin complexion.



## **Ayurveda Abhyangam Massage** **45 MINS : Rs. 1600/-**




**60 MINS : Rs. 2000/- | 90 MINS : Rs. 2800/-**

A traditional massage done with medicated warm herbal oil in a synchronized rhythm manner. Removes fatigue, boost the immune system, delay aging & improve mental clarity.









## BEAUTY TREATMENTS

 <b>Facials</b>	<b>60 MINS : Rs. 1800/-</b>
 <b>Body Scrubs</b>	<b>45 MINS : Rs. 1800/-</b>
 <b>Body Wraps</b>	<b>45 MINS : Rs. 1600/-</b>

## SPA THERAPY PACKAGES

 <b>Body Toning</b>	<b>2 HRS 30 MINS : Rs. 3600/-</b> Scrub + Steam + Swedish Massage + Head Massage
 <b>Body Relaxing</b>	<b>2 HRS 30 MINS : Rs. 4000/-</b> Ayurvedic Abhyangam + Potalli / Shirodhara + Udvartana
 <b>Body De-Stress</b>	<b>2 HRS 30 MINS : Rs. 4200/-</b> Head Massage + Deep Tissue Massage + Steam + Foot Reflexology
 <b>Body Polishing</b>	<b>2 HRS 30 MINS : Rs. 4500/-</b> Cleansing + Scrub + Steam + Massage + Wrap

## MEMBERSHIP

**MySpa Premium : Rs. 14000/-**  
(10 sessions of any 60 mins massages)

**MySpa Royal : Rs. 20000/-**  
(10 sessions of any 90 mins massages)

- ◆ The membership plan carries 10 sessions valid for 12 months.
- ◆ The membership can be shared.
- ◆ Prior appointment is mandatory.
- ◆ Membership fees will be taken in advance.
- ◆ The session will be deducted if the members don't turn up for the appointment on Saturday or Sunday.



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