

SINCE 2022



MENU

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LOOK GOOD. FEEL BETTER. LIVE LONGER.

BOOK YOUR APPOINTMENT NOW



9819893901 / 9819893912

AROMA MASSAGE



MASSAGE BENEFITS

- * Boosts memory. The oils and techniques used in aromatherapy serve as a Boost up for your memory. ...
- * Helps in quick recovery. The oils used in aromatherapy massage can help in speeding up rate of healing in our body.
- * Reinforces immune system. ...
- * Reduces pain. ...
- * Helps in getting good sleep

Terms & Condition Apply

MASSAGE THERAPY	60 MIN	90 MIN	120 MIN
AROMA MASSAGE	3400/-	4800/-	5800/-
SPECIAL OFFER	1700/-	2400/-	2900/-

SWEDISH MASSAGE



MASSAGE BENEFITS

- * Pain management. ...
- * Increased blood flow. ...
- * Rehabilitation for muscle injuries. ...
- * Increased flexibility. ...
- * Reduced stress. ...
- * Improved immune system.

Terms & Condition Apply

MASSAGE THERAPY	60 MIN	90 MIN	120 MIN
SWEDISH MASSAGE	3400/-	4800/-	5800/-
SPECIAL OFFER	1700/-	2400/-	2900/-



MASSAGE BENEFITS

- * Lowers stress. ...
- * Boosts energy. ...
- * Relieves headaches. ...
- * Stimulates circulation. ...
- * Improves range of motion.

Terms & Condition Apply

MASSAGE THERAPY	60 MIN	90 MIN	120 MIN
THAI DRY MASSAGE	3400/-	4800/-	5800/-
SPECIAL OFFER	1700/-	2400/-	2900/-

DEEP TISSUE MASSAGE



MASSAGE BENEFITS

- * Sports injuries.
- * Fibromyalgia.
- * Plantar fasciitis.
- * High blood pressure.
- * Sciatica.
- * Tennis elbow.

Terms & Condition Apply

MASSAGE THERAPY	60 MIN	90 MIN	120 MIN
DEEP TISSUE	4400/-	6000/-	7300/-
SPECIAL OFFER	2200/-	3000/-	3650/-

BALINESE MASSAGE



MASSAGE BENEFITS

- * Improvement of blood and oxygen circulation.
- * It balances the body.
- * It boosts the immunity levels
- * It relieves sleep disorders.
- * Alleviating strained muscles and joint pain.
- * It energises the body and relieves body tension.
- * It relieves migrains.

Terms & Condition Apply

MASSAGE THERAPY	60 MIN	90 MIN	120 MIN
BALINESE MASSAGE	4400/-	6000/-	7300/-
SPECIAL OFFER	2200/-	3000/-	3650/-

AROMA MASSAGE WITH SCRUB



MASSAGE BENEFITS

- * Boosts memory. The oils and techniques used in aroma therapy serve as a boost up for your memory. ...
- * Helps in quick recovery. The oils used in aromatherapy massage can help in speeding up rate of healing in our body.
- * Reinforces immune system. ...
- * Reduces pain. ...
- * Helps in getting good sleep.

Terms & Condition Apply

MASSAGE THERAPY	—	90 MIN	120 MIN
AROMA MASSAGE WITH SCRUB	—	5800/-	—
SPECIAL OFFER	—	2900/-	—

FOOT MASSAGE



MASSAGE BENEFITS

- * One of the most immediate benefits of foot massage is stress relief. A good massage triggers the release of endorphins, which are your body's natural mood boosters. Whether you're using a professional masseuse or a simple massager for feet, this relaxation can help ease anxiety and bring calm to your mind.

Terms & Condition Apply

MASSAGE THERAPY	30 MIN	60 MIN	—
FOOT MASSAGE	1600/-	3000/-	—
SPECIAL OFFER	800/-	1500/-	—

BODY SCRUB MASSAGE



MASSAGE BENEFITS

- * Using a body scrub regularly will help make your skin look more vibrant and youthful. Benefits of body scrubs through the removal of dead skin cells as a results of exfoliation with a mild body scrub extend to moisturizing as it allows for the easy absorption of a skin moisturizer into the healthy skin.

Terms & Condition Apply

MASSAGE THERAPY	30 MIN	60 MIN	—
BODY SCRUB MASSAGE	3000/-	5000/-	—
SPECIAL OFFER	1500/-	2500/-	—

HOT STONE THERAPY



MASSAGE BENEFITS

- * Helps relieve muscle tension and pain
- * This can be particularly helpful for people with chronic muscle pain or stiffness.
- * The warmth and massage combination creates a sedative effect, calming the nervous system and promoting a sense of peace.
- * The deep relaxation from the massage can help improve sleep quality.

Terms & Condition Apply

MASSAGE THERAPY	60 MIN	90 MIN	120 MIN
HOT STONE THERAPY	6000/-	7600/-	9000/-
SPECIAL OFFER	3000/-	3800/-	4500/-

BAMBOO THERAPY



MASSAGE BENEFITS

- * **Deep muscle relaxation:** The warmth and pressure from the bamboo sticks can penetrate deep into muscle tissue to release knots, chronic tension, and soreness.
- * **Improved circulation:** The rolling and gliding motions of the bamboo stimulate blood flow, delivering more oxygen and nutrients to your muscles and helping to flush out toxins.
- * **Stress reduction:** The rhythmic and warm pressure of the massage promotes a deep sense of calm, helping to lower stress hormones like cortisol and improve your mental well-being.

Terms & Condition Apply

MASSAGE THERAPY	60 MIN	90 MIN	120 MIN
BAMBOO THERAPY	6000/-	7600/-	9000/-
SPECIAL OFFER	3000/-	3800/-	4500/-

AYURVEDIC POTLI MASSGE



MASSAGE BENEFITS

- * The heat from the herbal potli helps relax muscles and relieve stiffness, which can alleviate both joint and muscular pain.
- * It helps to calm the nervous system and promotes a sense of overall tranquility.
- * By opening pores, potli massage helps cleanse the skin and may reduce signs of aging.

Terms & Condition Apply

MASSAGE THERAPY	60 MIN	90 MIN	120 MIN
AYURVEDIC POTLI	6000/-	7600/-	9000/-
SPECIAL OFFER	3000/-	3800/-	4500/-

THAI BALM THERAPY



MASSAGE BENEFITS

- * The balm's analgesic and anti-inflammatory herbs help relieve muscle aches, joint pain, and tension headaches.
- * The aromatic herbs calm the mind, lower anxiety, and promote a feeling of relaxation.
- * The warm steam from herbal compresses can open pores, while the natural oils and balms nourish and moisturize the skin.

Terms & Condition Apply

MASSAGE THERAPY	60 MIN	90 MIN	120 MIN
THAI BALM THERAPY	6000/-	7600/-	9000/-
SPECIAL OFFER	3000/-	3800/-	4500/-

CANDLE MASSAGE



MASSAGE BENEFITS

- * The heat from the warm oil helps to increase blood flow and circulation throughout the body.
- * Many massage candles are infused with essential oils that have aromatherapy benefits, which can improve mood and promote a sense of well-being.
- * The fragrant scents help to calm the mind and can leave you feeling refreshed and revitalized.

Terms & Condition Apply

MASSAGE THERAPY	60 MIN	90 MIN	120 MIN
CANDLE MASSAGE	6000/-	7600/-	9000/-
SPECIAL OFFER	3000/-	3800/-	4500/-



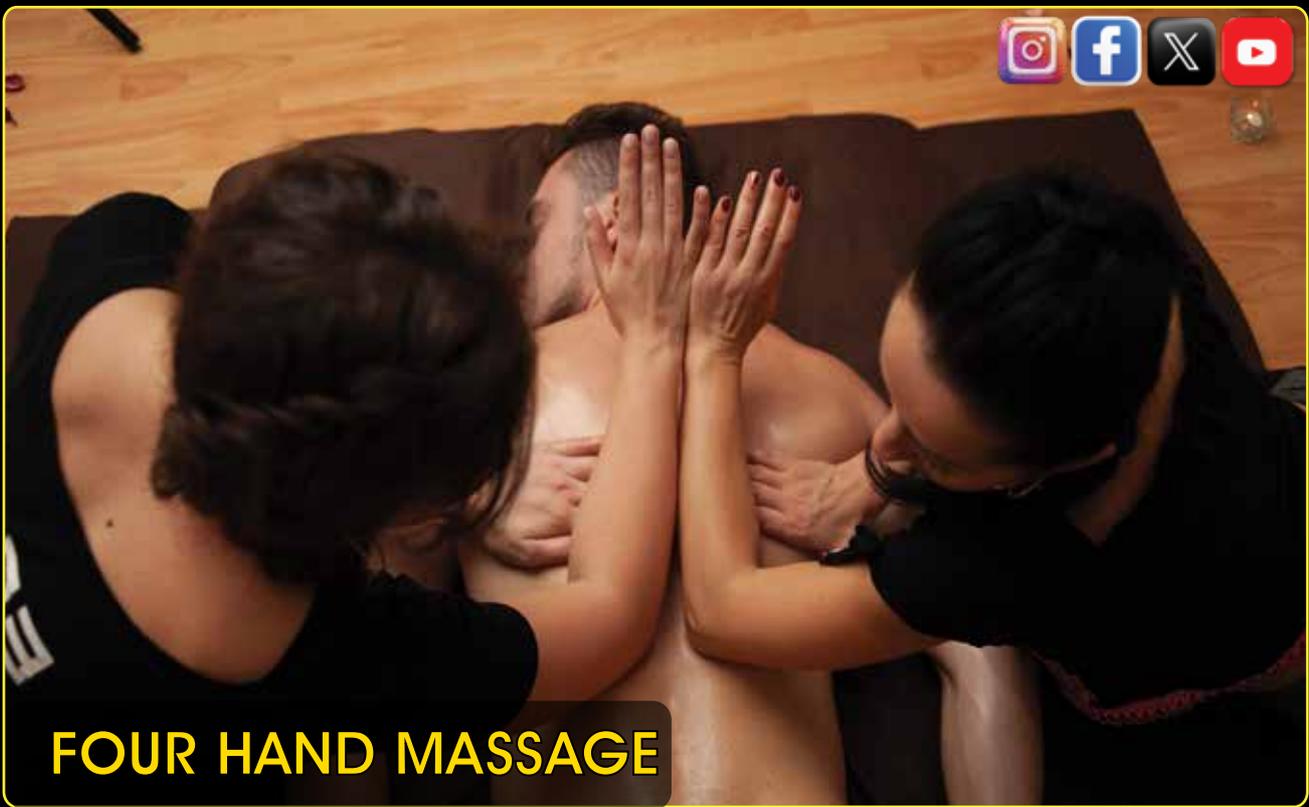
AYURVEDIC SHIRODHARA

MASSAGE BENEFITS

- * Strengthen roots and reduce hair fall by improving blood circulation to the follicles.
- * Prevent dryness and flakiness by hydrating the scalp.
- * Reduce dandruff with the antifungal properties of certain herbal oils.

Terms & Condition Apply

MASSAGE THERAPY	60 MIN	90 MIN	120 MIN
AYURVEDIC SHIRODHARA WITH MASSAGE	—	9000/-	1200/-
SPECIAL OFFER	—	4500/-	6000/-



FOUR HAND MASSAGE

SAGE BENEFITS

- * Two therapists can work on different areas simultaneously or apply more pressure, which provides a more thorough and effective muscle release.
- * The increased and simultaneous pressure from four hands boosts blood flow and circulation throughout the body.
- * The synchronized movements can foster a deeper connection between the mind and body by fully immersing you in the present moment.

Terms & Condition Apply

MASSAGE THERAPY	60 MIN	90 MIN	120 MIN
FOUR HAND MASSAGE	5,600/-	8400	—
SPECIAL OFFER	2,800/-	4400/-	—

COUPLE MASSAGE



SAGE BENEFITS

- * Couples' massages allow for the release of softer energy. This has an impact on your relationship's mental health, particularly if one of you is constantly anxious.
- * Therefore, couples massages can be the solution if you're looking for a way to improve your relationship.
- * A couple's massage can lower stress hormones like cortisol while boosting mood-enhancing chemicals like serotonin and dopamine.

Terms & Condition Apply

MASSAGE THERAPY	60 MIN	90 MIN	120 MIN
COUPLE MASSAGE	7000/-	10000/-	—
SPECIAL OFFER	3500/-	5000/-	—



**WE OFFER THE BEST BODY MASSAGE AT AFFORDABLE PRICE
WITH OUR PROFESSIONAL THERAPIST**

SPA OPENING TIME

**10:30AM TO 11PM
LAST APPOINTMENT IS 9:30PM**

**ADDRESS: Opposite Croma Mall Beside Starbucks coffee
1st Floor Teresa Road,link Corner Mall of 24th Linking
Road,Bandra (west) Mumbai,Maharashtra 400050**

THANK YOU & HAVE GREAT DAY