

## PACKAGES

**CHERRY BLOSSOM AND LOTUS ESCAPE RITUAL** 75 Minutes - Rs. 5,000  
Inspired by the Japanese Bath tradition, this treatment is designed to relieve stress and relax the body and mind, while awakening the senses. The five stage process includes exfoliation with a cherry blossom and rice powder cream, intense moisturising with Asian scented shea butter, and reflexology inspired plantar modelling massage.

**THE EXECUTIVE SPA EXPERIENCE FOR MEN** 120 Minutes - Rs. 6,000  
An exfoliating yet moisturising hand and back scrub is followed by an intensely relaxing Classic Deep Tissue Sports Massage. The experience is completed with a cleansing Sothys 'Just for Men' Facial. Choices for the scrubs are 1. MANDARIN & MANGO 2. LEMON GRASS & GREEN TEA. 3. MILK, HONEY AND WHITE CHOCOLATE.

**THE JET LAG PACKAGE** 110 Minutes - Rs. 5,000  
Designed to revive the body and mind after a long journey, an invigorating Body Scrub is followed by a Jet Lag massage that relaxes yet awakens. Finally, a Pampering Foot Massage will restore tired and aching feet, while regularizing the flow of energy and relieving stress throughout the entire body. Choices are MILK, HONEY AND WHITE CHOCOLATE, MANDARIN & MANGO, LEMON GRASS & GREEN TEA.

**THE PALMS SPA EXPERIENCE** 160 Minutes - Rs. 7,500  
This ultimate spa experience begins with a hydrating milk, honey and white chocolate hand and foot scrub. The second stage is a yogurt, honey and pomegranate body mask, to exfoliate and moisturise the skin. This is followed by a full body Balinese massage to stimulate circulation, ease muscular and joint pain, and relax the body and mind. The experience is completed with a raspberry and rhubarb facial, a perfectly balanced diet to nourish the face.

**LAVENDER FOUR STAGE SPECIAL** 130 Minutes - Rs. 6,500  
The sea salt cleansing instantly reduces the roughness of the skin and enhances hydration ... followed by a lavender scrub, removing dead skin cells, leaving the skin silky smooth and then paving the way for a Balinese massage which prepares the skin for a complete deoxygenation. The Lavender mask that follows instantly draws out impurities and the brightness and smoothness of the skin will accelerate to give a soft glow.

*The Palms Spa*

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## MASSAGES

**THE THAI MASSAGE** 60/90 Mins. - Rs. 3,200/4,800  
Through a series of yoga inspired stretches this specialized treatment relieves muscular and joint tension, increases flexibility and stimulates circulation, thus improving overall energy levels.

**THE AROMATHERAPY MASSAGE** 60/90 Mins. - Rs. 3,200/4,800  
Using our bespoke natural aromatic oil this gentle massage using neuromuscular therapy relieves tension and stress leaving the body soothed and the mind relaxed.

**THE CLASSIC DEEP TISSUE SPORTS MASSAGE** 60/90 Mins. - Rs. 3,700/5,550  
Using our unique deep tissue blend, this massage is especially helpful for chronically tense and contracted areas such as stiff necks, lower back tightness, and sore shoulders. The movement is slower and the pressure is deeper.

**THE BALINESE MASSAGE** 60/90 Mins. - Rs. 3,500/5,250  
This massage involves a blend of deep tissue massage, acupressure, reflexology, gentle stretching, and aromatherapy. It is designed to stimulate circulation, ease muscular and joint pain, and bring about a sense of wellbeing, calm, and deep relaxation.

**THE REFLEXOLOGY FOOT MASSAGE** 30/60 Mins. - Rs. 1,200/2,200  
Based upon the principle that every area of the body is linked to a corresponding zone in the feet, Reflexology is a combination of gentle massage and pressure on specific points, enhancing the circulation and leaving the body detoxified and de-stressed. You can choose to add a fifteen minute Detox Herbal Compress massage to this treatment, at an additional cost of Rs. 300.

**THE BACK, SHOULDER, NECK & HEAD MASSAGE** 60/90 Mins. - Rs. 3,200/4,800  
Designed to relieve stress and tension from the areas of the body where it is felt the most.

**THE DETOX HERBAL COMPRESS MASSAGE** 75 Minutes - Rs. 4,000  
Incorporating an ancient Thai and Indian healing remedy for deep muscle aches and spasms, this massage stimulates circulation while increasing the flow of energy. Using a steamed herbal compress, toxins are drawn out of the body leaving the muscles relaxed.

## BODY POLISHES

**MANDARIN & MANGO SCRUB** 45 Minutes - Rs. 2,500  
This treatment cleanses, exfoliates and moisturises the skin leaving it smooth and soft with a delicious mandarin and mango aroma. The rich shea butter and olive oil base leaves the skin intensely moisturised and supple.

**LEMON GRASS & GREEN TEA SCRUB** 45 Minutes - Rs. 2,500  
Packed with naturally exfoliating enzymes, the Lemon Grass and Green Tea scrub removes dead skin cells leaving the skin silky smooth. The rich shea butter and olive oil base leaves the skin intensely moisturised.

**MILK, HONEY & WHITE CHOCOLATE SCRUB** 45 Minutes - Rs. 2,500  
This treatment cleanses, exfoliates and moisturises the skin, drawing out impurities, leaving it silky smooth and even. The Combination of Milk, Honey and White Chocolate, enhances the glow.

## FACIALS

**THE SOTHYS LIGHTENING LINE CORRECTION FACIAL** 60 Minutes - Rs. 3,300  
Designed to make the skin uniform, radiant, and translucent, this five stage facial corrects dark spots, while lightening the complexion. The treatment combines Sothys Digi – Esthétique method and their 'W' patented complex, with a blend of white tea, chamomile, and brown algae.

**THE SEASONAL CARE FACIAL** 60 Minutes - Rs. 3,300  
This facial is designed to replenish the skin's collagen, which is lost naturally over time. It boosts the natural radiance of the complexion while improving the health and elasticity of the skin.

**THE SOTHYS 'JUST FOR MEN' FACIAL** 60 Minutes - Rs. 3,300  
Sothys intensive treatment for Men moisturises and tones the skin, while preventing wrinkles, and protecting against the harmful effects of pollution. Containing Phytomalt, this treatment both detoxifies and de-stresses. This facial revitalises the skin, while relaxing the mind.

**THE SOTHYS HYDRO FACIAL** 60 Minutes - Rs. 3,300  
This facial uses Sothys intensive Hydroptimale moisturising facial treatment. This three dimensional hydrating treatment, hydrates the skin reducing dullness, and leaves it soft, smooth, and supple. This facial also reduces the appearance of fine lines, giving the skin a more youthful appearance.

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