

# AMANWELLA

## SPA MENU

### ABHYANGA MASSAGE

A traditional Ayurvedic massage using a combination of soothing and symmetrical long strokes to eliminate the impurities from the body. Tri doshic herbal oil is used to rebalance the doshas. This treatment begins with a gentle head massage and uses long massage strokes to regulate the nervous system and improve the circulation.

60 minutes

90 minutes

### AMANWELLA MASSAGE

Our Signature massage is a unique combination of Swedish and deep tissue massage. This treatment adapts the finer points to your specific needs and leaves you with a rejuvenating experience.

60 minutes

90 minutes

### BACK MASSAGE

An intense oil massage designed to release pain and tension in stressed tired muscles. Using a variety of techniques and pressure your therapist will lull your body and mind into a calm peaceful space.

45 minutes

### BALINESE MASSAGE

Drawing on ancient Balinese full body healing therapy, this treatment combines long strokes and acupressure to stimulate the flow of energy around your body and bring a sense of well-being, calm and deep relaxation.

60 minutes

90 minutes

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## FOOT MASSAGE

A divine massage concentrating solely on your feet and lower legs. This specialized foot massage improves blood flow and nerve supply, fostering a restoration of the body's natural state of equilibrium and helping to relieve stress and tension.

60 minutes

## HEAD MASSAGE

A deep neck, shoulder & scalp massage combined with pressure points and gentle stretching will help take you into a deep relaxation. Coconut & Neralu oil helps promote scalp and hair health.

45 minutes

90 minutes

## AROMATHERAPY FACIAL

After a day in the sun, replenish your skin with a luxurious facial that improves the condition of any skin type. A deeply relaxing massage with organic aromatherapy face oil, cream and a mask deep cleanse your skin leaving it refreshed and glowing.

60 minutes

## EXPRESS FACIAL

Professional double cleansing, exfoliation & solar defense. Great for clients on the go & first timers.

30 minutes

## PEDICURE

Our classical style treatments with indigenous cream, cutting, shaping and massaging. OPI nail polish gives ladies a polished look. Gentleman's nails are buffed to a high shine.

60 minutes

# AMANWELLA

Children massages for ages 5 - 12 years of age

FULL BODY MASSAGE

45 Minutes

BACK MASSAGE

20 Minutes

Operating from 10:00 am - 7:00pm.

Couple massages can be arranged.

Spa treatments cancelled within 3 hours of treatment  
are subject to 50% cancellation fee

Please dial 1 or 750 to make an appointment

All prices are in US Dollars and are inclusive of service charge and tax