



AYU
SPA

SPA MENU

AYU SPA MASSAGES

BALANCING MASSAGE

An energizing and therapeutic massage focusing on the back and legs, Incorporates a blend of pressure point and deep tissue techniques to manipulate sore and induce relaxation.

30 MINUTE
LKR.4,900 - LKR 8.350/ Couple

BALINESE TRADITIONAL MASSAGE

A full-body, deep tissue massage and relaxing treatment, Using combination of gentle stretches acupressure and combined with aromas of essential oils, to bring a senses of well-being calm and deep relaxing.

60 MINUTE - LKR. 9,000 - LKR. 15,300 / couple
90 MINUTE - LKR. 13,300 - LKR.22,600 / couple

HOT STONES MASSAGE

The combination of warm stones and massage penetrates, in to the body to soothe and relax tender muscle.

60 MINUTE - LKR. 9,000 - LKR. 15,300 / couple
90 MINUTE - LKR. 13,300 - LKR.22,600 / couple

HEAD NECK BACK AND SHOULDER MASSAGE

This highly relaxing massage, help relieve and stimulate the nerves on your head and to stimulate the blood circulation and relieve muscle pain.

30 MINUTE - LKR. 4,700 - LKR. 7,800 / couple
60 MINUTE - LKR. 7,900 - LKR.13,400 / couple

AYURVEDA WARM OIL MASSAGES

This body relaxation treatments is provide with a special a blend of herbal oils, warmed just before it application on the body. It helps to improve eliminate toxins and relaxation.

60 MINUTE - LKR. 9,000 - LKR. 15,300 / couple
90 MINUTE - LKR. 13,400 - LKR. 22,600 / couple

BALINESE HEAD MASSAGE

A traditional Balinese technique of treating the upper back, neck, shoulder, face and scalp To relive stress, headache and muscular tension.

30 MINUTE - LKR. 4,500 - LKR. 7,650 / couple

HERBAL MASSAGE

Fell the sensation of the herbal pack, using herbs like ginger, lemongrass, cinnamon, ginger root, clove, etc. combined with acupressure massage, it is relieve for sore muscle, toning mature skin and boosting blood circulation.

60 MINUTE - LKR. 9,650 - LKR. 16,500 / couple
90 MINUTE - LKR. 13,450 - LKR.22,850 / couple

SHIRODARA

One of the most desire ayurvedic treatments, beginning with a head scalp, neck and shoulder massage. You will begin to calm the wondering mind, meditative bliss occurs as a slow pouring of medicinal of medical oils cascade over sixth chakra, stimulating your tired eye and window of the soul.

60 MINUTE - LKR. 9,650 - LKR.16,500 / couple
90 MINUTE - LKR. 13,450 - LKR.22,850 / couple

NUSANTARA COMBINATION MASSAGE

This combination Asian massage, a relaxing combination of 4 massages, starting with 10 minute shiatsu then following with 30 minute deep skin oil massage and 20 minute warm stones massage on your back, shoulder, neck and arms to release the tension of your stressed muscle it end with a 30 minute reflexology to relax and give you a feeling deeply relaxing.

90 MINUTE -
LKR. 13,650 - LKR.23,200 / couple

FOOT REFLEXOLOGY

Pressure point on your feet which corresponds to all the organ glands tissue and muscles in your whole body.

30 MINUTE - LKR. 4,200 - LKR. 7,150 / couple
60 MINUTE - LKR. 5,800/ LKR. 9,900 / couple

AYU SPA BODY TREATMENTS

BODY SCRUB

This is hole body exfoliation treatment, choose of anyone of body scrub will exfoliate death skin cells, followed by body polish using fresh ingredients to conditioning. The treatment including face cleanser, scrub and moisturizer.

60 MINUTE - LKR. 7,350 - LKR. 12,500 / couple

BODY WRAP

Choice one our body wrap to shaping and firming detoxifying and moisturizing, improve your skin texture and tone and has great effect on the circulatory system (heavy legs, veins, excess fluids) The treatments is including and head massage

Choice of body wrap :

Aloe gel body wrap recommend for sunburn skin

Herbal Body Wrap

Relaxing Body wrap

Clay and Herbal cocoon Body wrap

60 MINUTE - LKR. 7,350 - LKR. 12,500 / couple

AYU SPA SIGNATURE TREATMENT

RELAXATION TREATMENT

A relaxation treatment that will enable you to immerse you self in essential treatment :

Begin with 15 steam + 45 minute Balinese traditional massage for relaxtion + 30 minute rejuvenating referesh facial and revitalize

90 MINUTE - LKR. 13,300 - 21,600 / couple

INDULGENT TREATMENT

An indulgent tratment that incorporates the best of ayu spa treatments :

Begin with 15 minutes steam + 45 minute ayurveda warm oil massage to release your ache and pain + 30 minute Shirodhara to relax your mind and soul + 15 hair wash to cleanse your head

1 hour 45 minute - LKR 13,650 - 22,100 / couple

ENERGIZING TREATMENT

The Perfect treatment to overcome jetlag and relieve your weary body of stiffness aches and pain
The treatment begin with 15 minute aromatic foot bath and scrub + 45 minute head back and shoulder massage + relaxing wrap on your back + 30 minute foot reflexology

120 minute - LKR 14,700 - LkR 23,800 / couple

HAIR CARE

HAIR CREAMBATH

Hair and scalp treatment to make your head feeling cool and softening, and repairing, your damaged hair, Begins with hair shampoo, scalp massage using choice of creambath, the hair then wrapped in a hot towel to optimize absorption while the therapist do the neck, shoulder & hand massage. will finish the treatment with hair tonic and dryer.

60 MINUTE - LKR.6,300

HAND AND FEET TREATMENTS

MANICURE

60 MINUTE - LKR.6,100

PEDICURE

75 MINUTE - LKR.6,800

NAIL POLISH

30 MINUTE - LKR.2,100

NAIL POLISH FINGERS AND TOES

60 MINUTE - LKR.3,700

AYU SPA FACIALS TREATMENTS

CLASSIC FACIAL

This introductory facial suited for all skin types is designed to maintain a healthy, clear complexion. A customized selection of Sothys products addresses the current needs of your skin. Thorough cleansing followed by the application of an ampoule and treatment mask refresh the skin while a relaxing facial massage helps alleviate stress and provides a sense of wellness.

60 MINUTE - LKR. 8,400

SEASONAL AROMATHERAPY FACIAL

Our limited edition facial incorporates The cherry and gooseberry extract used in this treatment has hydrating and anti-oxidant properties that restore radiance to dull, tired skin. A delicious cocktail of fruit extracts packed with natural vitamins and minerals provide antioxidant benefits and essential nutrients to restore your skin's natural radiance.

75 MINUTE - LKR. 9,650

ENERGIZING FACIAL

The secret to a radiant luminous skin encapsulated in a single treatment. Remarkable Siberian Ginseng optimizes the skin's resistance to daily stress and provides the vital boost needed to restore your skin's energy. A relaxing facial massage coupled with a vitamin C peel off mask reveals a glowing flawless complexion. Essential as a preventive treatment or for dull, tired and lackluster skin.

75 MINUTE - LKR. 9,950

MEN'S ESSENTIAL FACIAL

Created to answer the needs of a man's skin; this energizing deep cleansing treatment detoxify the skin and hyaluronic acid to replenish, An exclusive scalp, face, neck and shoulder massage to induce immediate relaxation

60 MINUTE - LKR. 7,900

AYU SPA PACKAGES TROPICAL PACKAGE

Foot bath + Choice of body scrub and body wrap
+ 60 minute choice of body massage

2 HOURS - LKR. 14,000

FLORAL PACKAGE

Foot bath + Choice of 60 minute body massage + Classic facial + 30 foot massage

AYU SPA COUPLE PACKAGE

ADAM and EVE

Foot bath + Balinese traditional+ Classic facial+ flower bath

2.5 HOURS - LKR. 26,800 / COUPLE



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