



AMAYA  
BEACH - PASIKUDAH  
SRI LANKA

# Spa MENU



## BODY MASSAGES

### Face Massage

20 Minutes

4,500

A relaxing facial & forehead massage with herbal cream to release tension & refresh the mind.

### Steam Bath | Sauna | Jacuzzi

30 Minutes

5,100

A purifying hydrotherapy session to cleanse & detoxify the body.

### Traditional Foot Massage

20 Minutes | Excludes Pressure Points

5,000

60 Minutes

9,900

A therapeutic foot treatment using pressure-point techniques that relax the whole body.

### Hand Massage

30 Minutes

6,600

An intensive oil massage to ease muscle fatigue, relieve pain & restore relaxation.

### Back, Neck & Shoulder Massage

30 Minutes

7,100

45 Minutes

9,900

Targets built-up tension in key areas, leaving you relaxed, calm & stress-free.

### Head Massage

30 Minutes

7,100

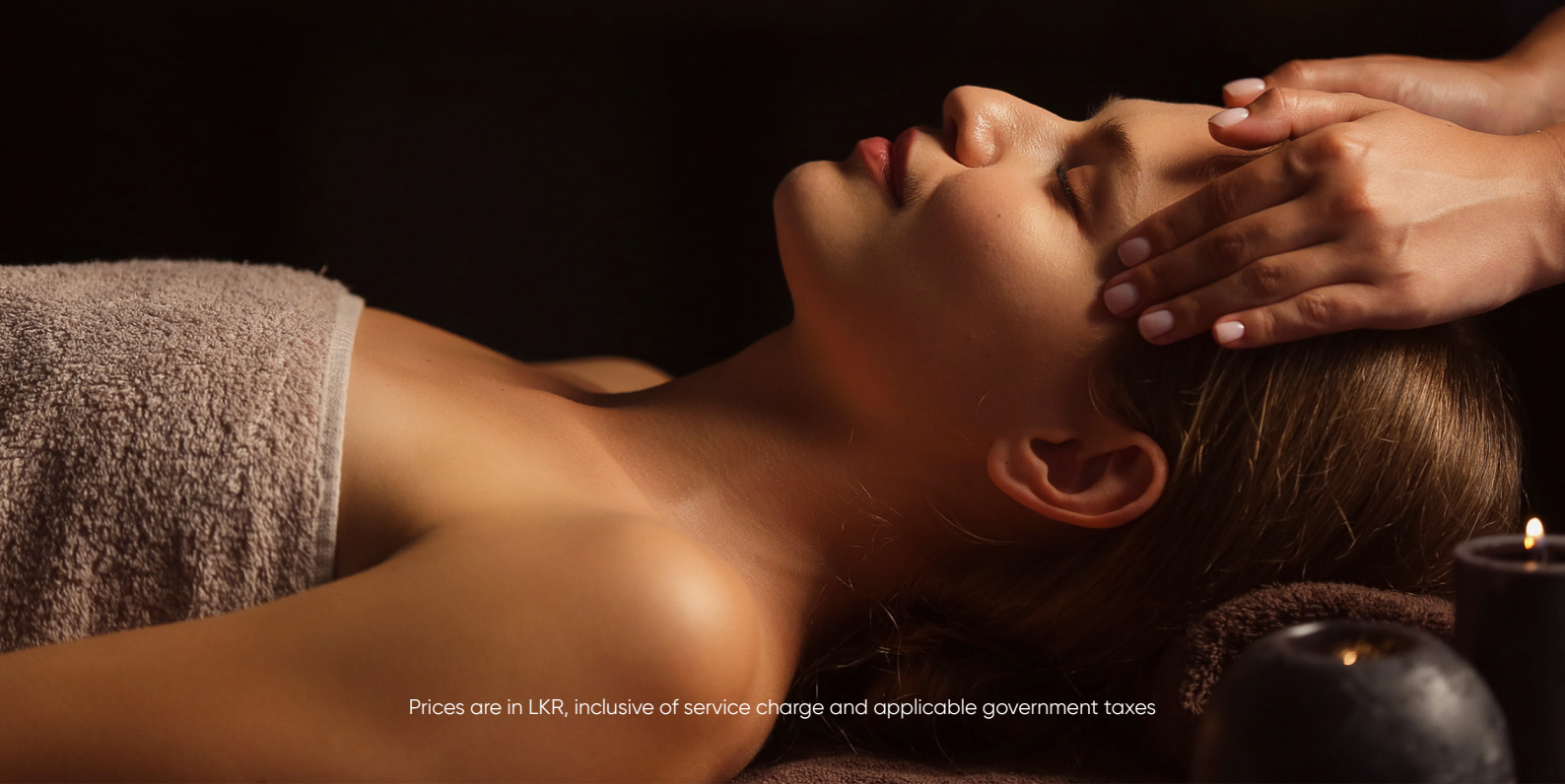
Using warm herbal or aromatic oils, this treatment soothes the scalp, neck & shoulders, easing stress & mental fatigue.

### Leg Massage

45 Minutes

9,400

Strong oil massage techniques penetrate deep into the muscles to release tension & improve circulation.



### Aromatherapy Body Massage

60 Minutes | Excludes Stomach & Chest

12,000

90 Minutes

15,000

A gentle, full-body massage with essential oils. Smooth, flowing movements relax the body & mind, leaving you deeply rejuvenated. Choose from a selection of aromatic blends.

### Balinese Massage

60 Minutes | Excludes Stomach & Chest

12,700

90 Minutes

15,700

Traditional Balinese techniques work deep into the muscles to release tension & improve circulation.

### Swedish Massage

60 Minutes | Excludes Stomach & Chest

12,900

90 Minutes

16,000

Ideal for sports enthusiasts. Relieves tightness & eases aches from physical activity. Pressure is customized to your needs.

### Deep Muscular Massage

60 Minutes | Excludes Stomach & Chest

13,500

90 Minutes

16,500

A focused massage for athletes or those with chronic tension. Uses deep strokes & compression to release muscle knots & joint pain.

### Royal Thai Massage

60 Minutes

14,000

90 Minutes

17,000

Combines pressure-point therapy with assisted stretches to ease muscle tension, loosen joints & restore energy.



## REJUVENATING BODY SPA TREATMENTS

These indulgent scrubs & wraps exfoliate, nourish & restore. Each treatment concludes with a light application of body lotion.

### Aloe Vera Gel Body Wrap

40 Minutes

8,500

A soothing, hydrating wrap combining aloe vera & antioxidant-rich green tea to calm, cool & replenish the skin. Perfect after sun exposure.

### Aromatherapy Salt Glow

40 Minutes

9,000

Mineral-rich sea salts gently exfoliate, removing dull surface cells for smoother, radiant skin.

### Coffee Scrub

40 Minutes

9,000

An aromatic blend of coffee, fresh milk, almond oil & yogurt that smooths, nourishes & softens for a luminous glow.

### Coconut Refresher Scrub

40 Minutes

9,500

Freshly grated coconut blended with almond oil to hydrate, stimulate circulation & renew the skin.

### Honey & Sesame Body Scrub

40 Minutes

9,500

A natural scrub that exfoliates, heals & stimulates new cell growth. Ideal for dry to normal skin.

## AROMATHERAPY FACIALS

### Mini Facial

30 Minutes

5,500

An express treatment including cleansing, gentle exfoliation & a moisturizer massage suited to your skin type. Perfect for relieving stress & maintaining skin health between professional treatments.

### Deep Cleanse Facial

60 Minutes

8,800

Perfect for oily & acne-prone skin. A clarifying blend of grapefruit, lime & ylang-ylang extracts with neem oil, avocado oil, French green clay & soothing botanicals helps regulate oil, clear impurities, minimize pores & calm redness. Skin feels purified, balanced & refreshed.

### Nurturing Facial for Men

60 Minutes

8,800

A deep-cleansing, exfoliating treatment tailored for men. Balances natural oils & prevents ingrown hairs. Infused with rosewood, sandalwood, cedarwood & lemon, it desensitizes & revitalizes the skin. A relaxing facial massage tones & firms for a refreshed appearance.

### Ultimate Age-defying Facial

60 Minutes

9,600

An intensive, rejuvenating facial designed to repair & slow the visible signs of ageing. Infused with a potent blend of moringa oil, rosehip CO<sub>2</sub> extracts, triphala fruit oil, vitamins & the pure essences of rose, jasmine & sandalwood, this treatment enhances the skin's natural healing process from within. It stimulates cell renewal, firms & tones, while visibly reducing fine lines & wrinkles for a radiant, youthful complexion.

### Skin Radiance Facial

60 Minutes

8,800

Designed to refresh & restore balance, this treatment uses geranium, lavender & rosewood extracts with gotukola oil, rosehip & apricot oil. It deeply hydrates, strengthens elasticity & soothes the skin while you unwind with the calming essences of rosewood, lavender & geranium. Leaves skin soft, calm & glowing.



## SIGNATURE SPA JOURNEYS

### Three-day Cleopatra Package

32,200

Day 1: Steam Bath, Honey & Sesame Body Scrub | 60 Minutes

Day 2: Aromatherapy or Swedish Massage | 60 Minutes

Day 3: Ultimate Age-Defying Facial | 60 Minutes

### Three-day Herbal Ayurvedic Package

40,200

Day 1: Herbal Scrub & Steam | 60 Minutes

Day 2: Marma Abyanga Massage & Herbal Wrap | 90 Minutes

Day 3: Shirodhara & Feet Massage | 80 Minutes

### Four-day Detoxifying Package

51,700

Day 1: Steam Bath, Aromatherapy Salt Glow & Herbal or Aloe Vera Wrap | 90 Minutes

Day 2: Deep Muscular Massage | 60 Minutes

Day 3: Thai Herbal Compress | 90 Minutes

Day 4: Deep Cleanse Facial | 60 Minutes

### Five-day Ayurveda Package

115,000

A complete wellness journey guided by Ayurvedic principles.

Includes doctor consultation & personalized treatments to restore balance, vitality & overall well-being.



## HOLISTIC HEALING PACKAGES

### Cooling Package

90 Minutes

17,000

A soothing combination of a traditional foot & head massage followed by a refreshing aloe vera body wrap to cool, hydrate & restore balance.

### Healing Package

2 Hours

21,100

Experience deep renewal with a Thai herbal compress massage paired with a traditional foot massage to relieve tension & restore vitality.

### Blissful Package

2 Hours

19,800

A therapeutic ritual combining a deep muscular massage with a clarifying deep cleanse facial, leaving body & skin revitalized.

### Harmony Package

2 Hours

20,100

Balance body & mind with a Swedish massage, followed by a nourishing honey & sesame scrub & a detoxifying herbal steam.



## AYURVEDA TREATMENT PACKAGES

### Abhyanga

60 Minutes

13,700

90 Minutes

17,000

A rejuvenating massage performed with warm herbal oils.

Recognised as the most popular Ayurvedic treatment, Abhyanga enhances both physical vitality & mental well-being, leaving you refreshed & balanced.

### Shirodhara

60 Minutes

14,300

A classic Ayurvedic therapy where warm medicated oil is gently poured over the forehead in a steady stream. This deeply relaxing treatment calms the mind, eliminates mental toxins & stimulates vital points to improve blood circulation.

## SPECIAL TREATMENTS

After the massage, herbal fomentation (Pottani) is applied to relieve muscular pain, tension & stiffness.

### Back, Neck & Shoulder Treatment

50 Minutes

10,100

Focused therapy to ease stress & discomfort in the upper body.

### Lower Limb Treatment

45 Minutes

10,400

Targeted massage to release fatigue & improve circulation in the legs.

### Herbal Abhyanga

75 Minutes

14,800

A nourishing herbal oil massage designed to restore energy & balance.

### Detox Full Body Treatment

80 Minutes

16,000

Full Body Massage | 60 Minutes

Steam Bath | 20 Minutes

A purifying therapy that detoxifies the body, improves circulation & promotes overall well-being.

## COUPLES' RITUALS

### Serenade of Bliss

2.5 Hours

40,000

Share a deeply relaxing experience together with a Swedish massage, aromatic coffee body scrub, herbal steam & a Jacuzzi hydrotherapy bath.

### Lovers' Escape

3 Hours

51,500

A bespoke spa journey for two, including a choice of a 60-minute body massage, an aromatherapy facial, a refreshing coconut scrub & a Jacuzzi hydrotherapy bath for complete indulgence.



Prices are in LKR, inclusive of service charge and applicable government taxes

## SPECIAL KID'S PACKAGES

For Children Under 12 Years of Age

### Foot Massage

20 Minutes

3,500

A soothing massage focusing on little feet, helping release tension & promote comfort.

### Head Massage

20 Minutes

5,000

A gentle scalp massage designed to relax & calm young minds.

### Junior Relaxation Ritual

35 Minutes

6,600

A calming combination of a 15-minute head massage & a 20-minute foot massage.

### Full Body Massage

45 Minutes

8,800

A gentle full-body massage specially designed for children to ease tension & promote deep relaxation.

