

# *The Sahana Spa*

*Awaken your spirit and your body will follow. The glory of nature unfolds with every breath at Sahana Spa. Open-air pavilions, tranquil water gardens, a luxury spa with a host of treatments designed for peace, health and beauty.*

*Set amidst lofty trees of a tropical garden, with gushing waters and the roar of the Indian Ocean. Sheer luxury and pampering in the privacy of your own suite; a Deluxe Suite, set in a water garden comprising of an aromatic sauna, steam shower, Jacuzzi, floalr bath, treatment room, dining pavilion and relaxation pavilion and a Superior Suite, set in a tropical garden, incorporating its own Jacuzzi, floral bath, treatment room and dining area.*

*Individual music systems in treatment areas, dining pavilions and relaxation pavilion, are provided to complement your spa experience.*

*Experience the myriad treatments that await you – under trained therapists.*

*The treatments at the Sahana spa are drawn from age old traditions of natural healing, using priceless essential oils and Sri Lankan herbs which have a long history of healing, combined with time tested holistic therapies - Aromatherapy, Ayurveda, Reflexology, Hot Stone therapy- are used to caress the body, relax the senses and soothe the soul.*

*The holistic spa experience at the Sahana spa is extraordinary - recognizing and enhancing the oneness of mind and body. Our caring and dedicated therapists at the Sahana Spa have gone through an extensive spa training programme of highest standards to take you through an unforgettable spa experience.*

***The Sahana Spa Menu has been carefully compiled in order to suit the requirements of all guests. The Spa Manager and the Head Therapist are always available for you to select the ideal treatment from the menu.***

***For reservations and further information, please contact:***



*Where paradise has no compromise*

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## **Signature Treatments**

### **Sahana Elixir**

**200 Mins / US\$ 199.00**

An intimate treatment enhancing the bonds of love. Immerse yourselves in exotic aphrodisiac fragrances, warm honey, sensual massages, herbal body cocoons and aromatic flower baths. A package designed to keep alive the fairy tale of romance. Treatment includes:

- \* Aromatic Sauna
- \* Jasmine Creamy Herb Body Scrub
- \* Herbal Body Cocoon
- \* Aromatic Floral Bath
- \* Him & Her Aromatic Massage

### **Sahana Dark Chocolate Indulgence**

**130 Mins / US\$ 140.00**

A romantic chocolate fantasy with a profound mood boost and a unique antioxidant protection. Treatment includes:

- \* Chocolate Aroma Massage
- \* Moisturizing Chocolate Facial

### **Sahana Detox**

**180 Mins / US\$ 185.00**

A totally natural deep cleansing package purifies and detoxifies the whole body. Helps increase circulation, removes dead skin cells, draws out impurities, tightens, and tones the skin. Treatment includes:

- \* Exfoliating Dead Sea Salt Scrub
- \* Detox Body Cocoon
- \* Neem Detox Bath
- \* Detox Body Massage

### **Sahana Pampering for the Man Treatment without Facial**

**120 Mins / US\$ 130.00**

**90 Mins / US\$ 105.00**

A rejuvenating treatment for the entire body, releasing tension and melting away aches and pains. The spearmint and green tea facial deep cleanses and moisturizes the skin. Treatment includes:

- \* Fermentation with Herbal Poultice
- \* Deep Tissue Massage
- \* Green Tea & Clay Facial

### **Sahana Harmony Spice**

**80 Mins / US\$ 100.00**

An ideal treatment to release stress from the regions of the back and shoulders. Treatment includes:

- \* Deep Tissue Back, Shoulder & Neck Massage
- \* Coriander Back Wrap
- \* Reflexology

### **Sahana Coconut Skin Treat**

**135 Mins / US\$ 145.00**

Using exotic virgin coconut oil, this treatment is designed to soften, moisturize and soothe the skin leaving it radiant and glowing. Treatment includes:

- \* Hot Stone Massage
- \* Aloe Honey Herb Wrap
- \* Rose Gel Facial
- \* Aromatic Milk Bath

## ***Aromatherapy Massages***

A popular treatment based on essential oils of therapeutic value, which will leave your mind and body rejuvenated and bring renewal and balance to your lifestyle.

Gentle sweeping movements using the whole of the hand enables the essential oils to penetrate the body, helping to bring about a state of calm and relaxation. This type of massage helps to increase circulation, relaxation of the muscles and relieves the body from stress and tension.

If you are seeking a gentle and nurturing treatment, an aromatherapy massage may be your ideal therapy. You are invited to choose a massage to suit the needs of your body and mind.

### **Aches, Pains and Circulation**

**110 Mins / US\$ 120.00**

#### **Treatment without Shoulder, Face, Scalp & Reflexology**

**70 Mins / US\$ 90.00**

A treatment to soothe and warm away muscle stiffness and improve circulation. A warming spice-oil body massage followed by 30 minutes reflexology.

### **Energiser**

**70 Mins / US\$ 90.00**

A treatment to revive, stimulate and invigorate. A full body massage using a blend of essential oils specially created for the Sahana Spa.

### **Tranquility**

**85 Mins / US\$ 100.00**

A full body massage including face and scalp, using long slow stroking movements with sensuous oils that will lay you into a deep state of relaxation.

### **Frangipani Full Body Massage**

**85 mins / US\$ 135.00**

A total relaxation full body massage using the exotic essential oil of Frangipani which encourages a sensual and a provocative response, restoring inner peace and harmony.

### **Blue Lotus Full Body Massage**

**85 Mins/ US\$ 150.00**

A total relaxation full body massage using the exotic essential oil of Blue Lotus which helps relieve pain, increase memory, increase circulation, and create a feeling of well being.

## ***Deep Tissue Massages***

Deep tissue massage focuses on the deeper layers of muscle tissues and aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted muscles. When muscles are stressed, they block oxygen and nutrients, leading to inflammation that builds up toxins in the muscle tissue. A deep tissue massage helps loosen muscle tissue, release toxins from muscles and get blood and oxygen circulating properly.

### **Body Massage**

**100 Mins / US\$ 112.00**

#### **Treatment without Shoulder, Face & Scalp**

**85 Mins / US\$ 100.00**

Warm herbal poultice fermentation followed by a deep tissue body massage helps to soothe aching muscles, aid blood circulation and relieve tension.

### **Shoulder, Neck & Scalp Massage**

**55 Mins / US\$ 77.00**

A reviving upper body massage focusing on key areas to relieve tension and ease the muscles. Warm herbal poultice fermentation is followed by an intense massage of the shoulders and neck.

## ***Ayurveda Traditions***

### **Sahana Heritage**

**100 Mins / US\$ 114.00**

A treatment inspired by Ayurvedic traditions using sesame oil infused herbs with soothing rubbing movements to open up energy channels, which are believed to cause an imbalance or blockage in the body. The treatment begins with a 60-minute body massage followed by fermentation with herbal poultice to ensure total relaxation and well-being.

**Indian Head Massage****55 Mins / US\$ 60.00**

Indian Head Massage is an extremely effective therapy that has evolved from traditional techniques practiced in India. The treatment involves massage to the upper back, shoulders, upper arms, neck, face and scalp. The treatment improves blood flow, nourishes the scalp, and rebalances vital energy flow, instilling a sense of peace and tranquility.

**Shirodhara****70 Mins / US\$ 86.00**

A treatment to induce a sense of peace, to balance emotions and calm the mind. This blissful treatment begins with a gentle scalp massage followed by a 30-minute Shirodhara treatment in which warm oil is poured in a steady flow onto the forehead leaving you totally relaxed from head to toe.

**Hot Stone Massage****85 Mins / US\$ 100.00**

The ancient healing art of stone therapy has been used by Tibetan Monks and American Indians for their many health benefits. Relaxing massage techniques and warm Basalt stones relax the body at its deepest level and are effective in creating harmony and balance. The subtle energies of stones and the beautiful blend of balancing aromas calms the senses, relax muscle tension and promote a meditative state completely lulling your senses.

**Reflexology****70 Mins / US\$ 70.00**

The whole body is mapped out on our feet. Applying gentle pressure to these points allows our body to re-establish healthy communication between all parts. Reflexology releases blockages in energy flow, creating the optimum conditions for healing.

**Body Scrubs and Polishes**

Bring your body back to balance with our Sahana glow treatments, which combine an aromatic sauna, an aromatic body exfoliation, an aromatic flower bath, and as a final touch, the skin is nourished and hydrated with an aromatic body smoother leaving your skin smooth and refreshed. You are invited to choose a treatment to suit the needs of your body.

**Warming Spice Scrub & Aloe-Sesame Skin Smoother****65 Mins / US\$ 55.00**

To relax tired aching muscles and stimulate blood circulation.

**Organic Green Tea & Body Contouring Gel****65 Mins / US\$ 55.00**

To detoxify, stimulate, and boost cellular renewal.

**Creamy Jasmine Herb Scrub & Aloe-Avocado Skin Smoother****65 Mins / US\$ 60.00**

To moisturize and hydrate dry skin.

**Revitalizing Coconut & Dead Sea Salt Scrub & Body Contouring Gel****65 Mins / US\$ 55.00**

To refresh and energize the body. Recommended after long periods of travel or exercise.

**Facials**

The Sahana Spa facials help rejuvenate the skin and improve its complexion. The treatments involves soothing massages, carefully selected essential oils, vitamins, anti-oxidants, clays and herbs to revitalize, refresh and beautify your skin.

**Cleansing Green Clay Facial****45 Mins / US\$ 55.00**

Most active clay for extracting oils and toxins from the skin. This facial stimulates the circulation of blood & limbs, removes dead skin cells and other surface fats. An ideal facial for oily and acne prone skin.

**Nourishing Pink Clay Facial****45 Mins / US\$ 55.00**

Gentle clay stimulates circulation while gently exfoliating and cleansing the skin. An ideal facial for dry and sensitive skin.

**Green Tea Reflex Facial****60 Mins / US\$ 60.00**

This unique facial is designed using the art of aromatherapy, herbalism and reflexology. Cleansing and rejuvenating plant essences, vitamins and green tea invigorates and refreshes the skin improving texture and restoring suppleness. While the facemask takes its effect a reflexology treatment is carried out which speeds the removal of excess toxins leaving the skin glowing with inner vitality.

**Hand & Foot Care****Deluxe Aromatherapy Pedicure****60 Mins / US\$ 50.00**

Awaken weary feet with a relaxing Aromatic footbath and a stimulating and cooling Dead Sea salt scrub. The cuticles and nails are softened and groomed. Enjoy the soothing massage of the legs and feet with skin softening and moisturizing oil. A selection of nail varnish colors and base coat included.

**Deluxe Aromatherapy Manicure****60 Mins / US\$ 50.00**

A full manicure to groom hands and nails, including exfoliation, filing and shaping of nails, cuticle softening and removal. A relaxing hand massage with skin softening and moisturizing oil follows. A selection of nail varnish colors and base coat included.

**Terms & Conditions****Discounts**

A 35% discount will apply for the second person for treatments prized above US\$ 110 when taking treatments simultaneously in the same suite. A 20% discount will apply for the second person for treatments prized between US\$ 70 to US\$ 110 when taking treatments simultaneously in the same suite.

A 15% discount will apply if the total value of spa treatments exceeds U\$ 800 per guest per stay and a 10% discount if the value of spa treatments is between US\$ 500 to U\$ 800, per guest per stay.

**Reservations**

We suggest that you schedule your appointment in advance to obtain your preferred time. We recommend you to arrive at least 10 minutes prior to your appointment to avoid a reduced treatment time.

**Cancellation**

Cancellation of reservation should be made with 6 hours prior notice or a 50% cancellation fee will be charged. Cancellation with 1-hour notice or no show will be charged at the full treatment price. Rescheduling of appointments should be informed 6 hours prior and will subject to availability.

**Health & Safety**

Prior to all treatments, you are requested to fill in a health assessment form where you should notify the Spa Reception of any medical conditions. Guests with high blood pressure, heart conditions, any medical complications or guests who are pregnant, are advised to consult their doctors before signing up for Spa treatments.

**Preparing for Treatments**

Please refrain from consuming heavy meals and alcoholic beverages one hour prior to your treatment. Consumption of water is recommended before and after treatments, especially during treatments involving hydrotherapy.

**Attire**

Maintaining your comfort is extremely important during treatments. Special clothing will be provided for most treatments. We recommend guest to be attired in light and comfortable clothing during treatments.

**Spa Etiquette**

The spa is a tranquil place. We kindly request guests to switch off mobile phones before entering the spa and to speak softly. Smoking is not permitted in the Spa premises.

**Operating Hours**

The Sahana Spa is open daily from 09.00am to 07.30pm.

**Valuables**

*Safety lockers are available in each spa suite to keep your money or valuables. The management will not be liable for any loss of money or valuables brought into the spa premises.*