

Welcome to



SENSES SPA

*Authentic Thai Spa Experience*

There's no limit to what aromas, magical oils and the kindest human touch can do for your soul.

## SPA SIGNATURES

### De-Stress Massage

90 minutes

25,300

This massage uses two types of pure de-stress essential oils which are absorbed deep into the muscle. It includes a deep pressure treatment to a specific area of your body, which will increase blood circulation while easing stress and muscle stiffness.

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### Magical Four-Hand Massage

90 minutes

43,500

A nurturing, relaxing experience like no other, performed by two therapists working in tandem. The gentle, slow massage techniques used by them allows you to release tension. This treatment calms the nervous system and the results are magical! Your whole body will experience total relaxation.

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### Aromatic Hot Oil Massage

90 minutes

23,500

Suited to relieve conditions involving stress and improve emotional balance. The firm but gentle pressure promotes relaxation, eases muscle tension and has overall health benefits while the aromatic hot oils delight your senses.

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### Senses Ocean Massage

90 minutes

25,300

This sensuous experience will leave you refreshed and revitalized. The amazing combination with aromatherapy and Swedish massage techniques help overcome muscular stress and dissolve blockages. Aromatic therapy can help fight depression, relieve aches, manage pain, improve blood pressure, and much more.



## SENSES SPA FACIAL TREATMENTS

This beauty treatment for your face has remarkable benefits. The treatment is a combination of cleansing, toning, gentle scrubbing, application of a facial mask and a massage that leads to healthy and bright skin. Treat your skin (and yourself) to any of our amazing facial treatments for a younger, firmer, and fresher face.

### Skin Bliss – Anti-stress

60 minutes

LKR  
15,200

Advanced hydrating, anti-oxidant to gently soothe your skin

This combination is ideal for sensitive skin that is prone to redness. It softens the skin and heightens its protection and promotes clear skin, free of blemishes.

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### Skin Lift – Rejuvenating Facial Lifting

75 minutes

19,600

Total skin regeneration and revitalizing

Includes three key steps in this very high-performing treatment to re-shape the skin, fill wrinkles and restructure the face with a collagen mask. It also restores vitality to your skin and preserves your natural youthfulness.

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### Skin Light – Brightening

75 minutes

21,900

Skin brightening, anti-dullness and skin discolouration

Restores radiance and reduces dark marks on your face. The collagen mask protects your skin from the effects of stress and oxygenates it with an intensive lightening treatment that evens out hyperpigmented skin and gives your face a radiant glow.

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### Rejuvenating Eye

30 minutes

10,900

Helps define contours and restore lost volume on your face with noticeable but natural-looking results. Rejuvenating techniques can be used on the entire face and can be combined with other treatments.



## BODY MASSAGES

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### Traditional Thai Massage

60 minutes

16,300

90 minutes

22,000

Experience the world-renowned Thai massage at the hands of our experienced therapists. This massage uses muscle stretching movements to relax tight muscles and stimulate blood circulation while concentrating on the body's pressure points.

### Hot Herbal Compress with Thai Massage

90 minutes

22,600

This Thai specialty massage uses hot herbal compression to stimulate acupressure points that helps relax tired muscles and improve blood circulation. Relax and enjoy this restorative therapy and emerge feeling fully refreshed.

### Jet Lag Treatment

30 minutes

9,000

60 minutes

14,900

This massage therapy has been used for thousands of years and is ideal to combat stiffness and stress. The massage concentrates on the back and shoulder areas to help ease away any tension.

### Foot Reflexology

30 minutes

7,100

60 minutes

12,900

This oriental, traditional foot massage uses acupressure points and is an easy, safe and effective way to promote and maintain good health. It works with the body's own energy pathways by clearing out blocked energy.

### Aromatherapy Body Massage

60 minutes

16,500

90 minutes

21,900

Using pure essential oils to induce deep and gentle relaxation, this soothing massage eases away stress and strain of the whole body. The result is hydrated, revitalized skin and a sense of deep relaxation of mind and body.

### Swedish Massage

60 minutes

18,000

90 minutes

22,000

The classical movement of this invigorating and relaxing full body massage helps reduce tension, soothe sore muscles and increase circulation.

### Sports Massage

60 minutes

19,900

90 minutes

24,000

Designed for the physically active, this focused and detailed therapy combines deep tissue techniques, a range of motion movement and resistance work to promote healing and prevention of injury.

## ORIENTAL MASSAGE

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Balinese Massage

60 minutes

16,500

90 minutes

21,900

This full-body, deep tissue holistic treatment uses a combination of gentle stretches, acupressure, reflexology and aromatherapy to stimulate the flow of blood, oxygen and "chi" (energy) around your body, resulting in a sense of well-being, calmness and deep relaxation.

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## AYURVEDA MASSAGE

Indian Head Massage

60 minutes

14,900

This is a traditional technique practiced in India for over a thousand years. The treatment involves massages to the upper back, shoulders, upper arms, neck, face and scalp while you remain seated in an upright position.

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Ayurveda Body Massage (Abhyanga)

60 minutes

19,500

90 minutes

25,900

This treatment is used for relaxation, muscle toning and to promote better blood circulation. The regular application of oil gives longevity, strengthens the muscles and relieves fatigue. It also treats diseases of the nervous system (Vata Roga)

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## ITALIAN HOT STONE MASSAGE

An ancient thermal stone massage technique, combined with thermodynamic benefits of warmed basalt stones and therapeutic quality of essential oils.

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Italian Stone Massage

60 minutes

18,600

90 minutes

26,000

A short thermal stone massage treatment is recommended in combination with aromatherapy massage.

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## HYDROTHERAPY BATH

Milk & Honey Pampering

75 minutes

23,500

It is no secret that a warm bath calms the mind and improves circulation. Our aromatherapy milk bath is a warm milky bath which uses heavenly essential oils of citrus, lavender and the Thai herb, "Prai." This bath provides relief from stress, anxiety and helps treat muscular pain. This is an exfoliating and moisturizing experience for the entire body. This luxurious treatment begins with a honey scrub. Then a warm bath followed by a 30-minute light massage.



## SILKY BODY SCRUBS

Exfoliate and renew your skin leaving it fresh, smooth and soft. A variety of body scrubs are available and you can choose the most ideal scrub to suit your skin type. Body scrubs also improve skin tone, and fine-tune the skin for a perfect body wrap or massage treatment.

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**Ocean Breeze Refreshing Scrub** 45 minutes 12,800

This refreshing body scrub uses nutrients extracted from plankton and aloe vera to repair damaged skin and protect it from the harsh environment. These nutrients, combined with sweet almond oil, which is rich in protein and vitamin emollients, leave your skin soothed and nourished. The clean, crisp fragrances of rosemary and peppermint essential oils will lift your mood and promote relaxation.

**Thai Heritage Herbal Scrub** 45 minutes 12,800

This body scrub uses a mixture of Thai traditional herbs and aroma oils to cleanse and remove dead skin cells, resulting in moisturized and healthier skin.

**Himalayan Salt Energizing Scrub** 45 minutes 15,600

Awaken your senses with this delightful scrub for normal skin. We use fine Himalayan salt beads for this treatment. A mixture of pink Himalayan natural salt and aroma oils are used as a body scrub to cleanse and remove dead skin cells, leaving your body moisturized and healthy.

## BODY TREATMENT

A body wrap is like a cocoon that produces a beautiful butterfly - it nourishes, warms, cleanses, tones and moisturizes your skin. Body wraps come in four different types and one is perfect for your skin. When you emerge from your cocoon, you will look and feel renewed.

**Thai Herbal Body Wrap** 45 minutes 21,500

Using Thai herbs and white mud, this body wrap helps to deep-cleanse and detoxify the skin, ridding the skin of any excess oils. This is followed by a light and soothing massage.

**Green Tea Body Mask** 45 minutes 19,500

This is a cleansing and hydrating treatment that uses masks and dosha oils to encourage self-healing. The treatment is completed with a head, neck and scalp massage.

**Aloe & Lavender Body Wrap** 45 minutes 21,500

Aloe vera gel infused with lavender essential oil is perfect for replenishing and restoring the skin's natural balance and vitality. Lavender and chamomile oils calm and relax the spirit while balancing the body. This body wrap treatment is soothing and great for sunburnt skin.

## SPA PACKAGES

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### Touch of Nature

150 minutes (2.5 Hours)

37,500

You will love this personalized treatment that renews and revitalizes - head-to-toe! First an organic coconut body scrub leads to a more youthful looking skin. Then the coconut oil body massage soothes the mind and body. Next, a facial treatment and facial massage using organic oils makes you look and feel younger. Finally, it's time for your personalized massage therapy.

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### Exotic Rejuvenation

120 minutes (2 Hours)

30,200

A body scrub will help your skin exfoliate and rejuvenate. It begins with the Swedish and aromatherapy massage techniques to deplete your jet lag and stress.

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### Wonderful Experience

120 minutes (2 Hours)

32,200

Relax your body and mind with this fantastic experience. The amazing Himalayan salt body scrub will eliminate your dry skin and protect your skin, transforming it to feel softer and smoother. Aromatherapy massage techniques and the rejuvenating flower bath helps release stress and promotes deep relaxation.

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### Thai Herbal Nourishing Package

120 minutes (2 Hours)

32,000

It begins with a Thai herbal body scrub that removes your dead skin cells. This stimulates blood flow and encourages new skin growth. Then a Thai hot compress massage relieves pain and stiffness. Finally, the Thai body massage helps relax tight muscles and improves flexibility.

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### Personalized Senses

150 minutes (2.5 Hours)

41,000

We have a range of specially designed massages, scrubs, and facials to aid deeper relaxation and revitalization. Our wellness team will design the treatment for your personalized needs using different relaxation techniques to suit your requirement.

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### Ocean Touch

180 minutes (3 Hours)

43,000

Starting with the sea salt foot bath and hydrotherapy this treatment moves on to exfoliating your skin with the sea salt body scrub. Thereafter, the deeply cleansing green tea body mask is used followed by the exotic Senses ocean massage and skin light facial.

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### Taste of Thai Sensation

210 minutes (3.5 Hours)

46,000

This spa experience takes your body, mind, and spirit to an incredible place. It begins with a Thai herbal body scrub, traditional Thai massage and the Thai Asian blend massage. The treatment ends with a Thai facial, using natural products. You will emerge feeling refreshed and renewed.

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### Senses Day

240 minutes (4 Hours)

62,000

This unique spa package begins with the green tea body scrub, green tea body mask, aromatherapy hot oil massage, Thai herbal compress and ends with anti-stress facial. You will feel energized and revitalized after this experience.

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**Ayurveda Package**

120 minutes (2 Hours)

35,000

This Sri Lankan traditional spa package begins with the Shirodhara treatment which is used to invigorate and soothe the senses and the mind. It is followed by a herbal body scrub, Ayurveda head massage and the abhyanga body massage to reduce tension, swelling and to improve sleep. This treatment helps prevent illness and promotes healing and wellness by balancing the body, mind and spirit.

**For Lovers**

150 minutes (2.5 Hours)

76,500

Enjoy this unforgettable journey together with the person you love. Designed for couples to experience together, these sensual rituals help calm the nervous system and promote reconnection on a physical, emotional and spiritual level. A beautiful and memorable way to celebrate, your anniversary or any special occasion. Starting with the amazing romantic rose bath and Senses ocean massage, it is followed by the skin light facial.

## SPA CUSTOMER INFORMATION

### SPA ETIQUETTE

The services and facilities are for the use of guests 16 years of age and older.

#### Reservations

We recommend making reservations in advance, particularly if you choose to enjoy multiple bookings during your stay. The spa provides walk-in bookings, based on availability. To make the most of your spa experience and support the benefits of your treatment, we recommend you arrive 30 minutes prior to your appointment to enjoy the facilities (jacuzzi, steam room and sauna) and the relaxation lounge.

#### Attire

During all treatments, your body is fully draped, except for the area that is being worked on. A robe, towel and sandals are provided for use before and after the treatment. However please bring your own swimwear for the wet facilities. Proper athletic attire and footwear are required in the fitness center. While the spa provides lockers, it is recommended that you leave valuables in your guest room safe. The spa does not assume liability for any valuables.

#### Health Conditions

When making a reservation or upon arrival, kindly inform the spa reception of any medical conditions, allergies, injuries or disabilities. If you are pregnant, there are a few treatments that should be avoided. However, there are many relaxing treatments that can be enjoyed. Please inform the spa reception and state the number of weeks of your pregnancy.

#### Etiquette

To ensure the spa environment is a haven of relaxation and tranquility, Senses Spa is a mobile phone and smoke free zone. Please ensure all mobile phones and electronics devices are placed on silent or turned off.

#### Prices

All prices are quoted in Sri Lankan Rupees (LKR) inclusive of 10% service charge and government taxes. Prices are subject to change without prior notice.

#### Cancellation and Reschedule Policy

If you need to reschedule or cancel your appointment, please notify the reception at least six hours in advance. With less than six hours' notice, you will be charged for 100% of your treatment.