

# BODY

## NUAT NAMMAN, BODY OIL CEREMONY

Experience the healing effects of Asian aromatherapy in a relaxing and restorative full body massage that combines the sense of tropical aromas with the soothing value of acupressure massage. Individually chosen to suit your personal requirements, the essential oils will rebalance your vital energies restoring harmony and calm to your body and mind.

Choose one from our four signature aromatherapy blends:

- **Relaxing:** lemongrass and orange essential oils that will allow you to embark on a journey of ultimate relaxation and wellness.
- **Contouring:** pepper and cinnamon essential oils that will help your body to drain toxic wastes and resculpt your figure.
- **Purifying:** cajeput and petitgrain essential oils that will leave your body deeply detoxified.
- **Energising:** mandarin and peppermint essential oils that will ease away tensions and aching muscles to awaken your senses with a renewed vitality.

90mins

€100

## SUNDĀRI ABHYANGA MASSAGE

Profound relaxation for the overstressed using Abhyanga, or literally, "oil massage". This full body rhythmic and deeply relaxing massage rejuvenates by clearing stagnant energy and restoring the flow of "prana," the life force that stimulates your body's vital energy. As your nerves are soothed, you drift into a deep state of bliss.

60mins

€80

## SUNDĀRI INDIAN HEAD MASSAGE

Stimulate the scalp and hair growth, while expelling stress. Adapted from ancient Indian head massage, the treatment targets scalp, neck and décolletage with a blend of therapeutic oils.

30mins

€55

## SPA SULA SWEDISH MASSAGE

Swedish massage is used to promote overall relaxation, stimulate circulation, reduce muscle tightness and enhance muscle tone.

60mins

€70

## SPA SULA FIRM PRESSURE MASSAGE

The firm pressure massage is designed to stimulate and invigorate your muscles using slow strokes and firm pressure on areas of the body suffering from chronic muscle tension or areas that simply ache.

60mins

€85

## BACK, NECK & SHOULDER

This massage is perfect for taking away daily aches and pains in your back, neck and shoulder area.

30mins

€55

## REFLEXOLOGY

This ancient pressure point foot treatment concentrates on a map of the body's organs and structures. This technique helps the body's natural healing process.

60mins

€70

