



## **AYURAH**

**A SANSKRIT WORD WHICH MEANS LONGEVITY AND HEALTHY LIFE**

Ayurah Spa & Wellness Centre, offering a mind balanced, body rejuvenated journey of well-being. Ayurah Spa is a sanctuary that takes a results-oriented approach to wellness, with rejuvenating spa treatments and spa therapies.

Wellness is a journey; an evolving process of the current condition of the mind, body and spirit. Ayurah Spa looks forward to supporting you in your quest for optimal relaxation, health and wellness.

## WELL-BEING MASSAGE THERAPY

### Ayurah Signature Massage Therapies

Exploring these relaxing, soothing, and deeply healing signature massage therapies to promote a sense of well-being by encouraging blood circulation and lymphatic flow improving muscle tone and skin texture.

#### **Ayurah Crown Chakra Massage**

**Duration: 30 minutes**

Clear your mind and relieve nervous tension with our stress leaving massage. Using relaxing strokes and thumb pressure on various outpoints on the head, neck and shoulders to stimulate and improve energy flow and blood circulation.

#### **Back Relief Massage**

**Duration: 45 minutes**

This massage has been specially created to relieve muscle tension and sooth away stiffness in the back. Using palm strokes loosen knotted muscles, while thumb pressure is applied to the meridian lines on the back, from the base of the skull down to the lower back, to relieve tension.

#### **Foot Reflexology**

**Duration: 60 minutes**

A number of reflex zones on the feet correspond to parts of the body, and by applying pressure to tight areas of the corresponding body part will be stimulated and begin to heal itself. Reflexology is recommended for the improvement of general health, to relieve tension and to aid blood circulation.

#### **Lymphatic Drainage Massage**

**Duration: 60 minutes**

This relaxing massage promotes enhanced lymphatic drainage and detoxification. Expect reduced water retention, reduced cellulite and less of the dreaded orange-peel effect (with regular visits, that is), and a more refined, toned silhouette overall.

### **Senses of Ayurah Massage**

**Duration: 60 minutes | 90 minutes**

Created exclusively for Ayurah Wellness Centre, our signature massage is deeply relaxing. Using slow, warm, palm and thumb strokes, pressure is applied to key body pressure points to relieve tension and aid blood circulation, leaving you feeling content and rejuvenated.

## **BODY -SENTIMENTALITY**

Harmonizing Body & Mind

Achieve clarity of mind and self-confidence with professional body treatments based on rejuvenation balancing and harmonization techniques that syncs body and mind.

### **BODY NOURISHMENT**

**Duration: 45 minutes**

#### **Asian White Mud**

Phlai & white mud are natural ingredients with excellent skin purifying properties that make this product ideal for whitening treatments. Plant oils of Jojoba, Sweet Almond, and Safflower nourishes and balances the skin giving a brightening and moisturizing effect.

#### **Contouring**

Formulated with purifying White Clay and anti-inflammatory Aloe Vera Powder (organic) to soothe any irritation, this Body Wrap formula contains Lotus Leaf, Oat and Brown Algae extracts synergistically deliver the anti-aging and contouring actions.

#### **Dead Sea Minerals**

Boost your skin's mineral content with this treatment that encourages toxin and excess fluid elimination; promotes cell regeneration while invigorating your entire body.

### **BODY POLISH**

**Duration: 45 minutes**

### **Ayurah Fleur de Fleur**

A blend of floral extracts including Lotus, Hibiscus, and Frangipani that are rich in alpha hydroxyl acid AHA (citric acid, malic acid, tartaric acid) which are natural skin exfoliators, giving way to softer, firmer, and deeply moisturized skin.

### **Himalayan Salt Glow Body Polish**

Radiant skin is achieved with this refined Himalayan salt scrub, packed with minerals that deeply exfoliate and improve circulation.

### **Phlai - Body Polish**

Natural plant-based oils promote deep cleansing & firming, restoring the skin's natural glow, including anti-inflammatory and analgesic properties. This scrub is ideal for enhancing circulation and warming stressed out muscles after exercise or fatigue

## **BODY -BALANCED**

The Four Elements Massage Therapy

A Healing Massage therapy formulated and customized to meet the needs of each individual. It will revitalize all the elements of Dinn ,Naam ,Lomm ,and Faii within the body.

### **Dinn (Earth)**

**Duration: 90 minutes**

Earth element massage therapy is a deep tissue massage that uses long palm and elbow strokes that flow from one to another seamlessly, releasing tension in the body and mind and creating a deep sense of relaxation and rebalancing of your element.

### **Naam (Water)**

**Duration: 90 minutes**

Water element massage therapy is a deeply relaxing therapy which harmonizes your body and mind with our unique synergy massage techniques and our exclusively warm aromatherapy oils. Using palm strokes and gentle stretching, pressure is applied to key meridian points of the body to improve flexibility whilst soothing sore and tired muscles.

### **Lomm (Wind)**

**Duration: 90 minutes**

Lomm therapeutic massage therapy is for wind elements which concentrates on healing the body's imbalances. This massage technique uses the thumb and heels of the palm to soothe aching muscles, aid blood circulation and relieve deep-rooted stress whilst restoring health and a feeling of well-being.

### **Faii (Fire)**

**Duration: 90 minutes**

Created especially for those of fire elements, to relax the body and mind with this 'scent satinal' massage! Perfect for a sensitive soul, this massage uses firm palm strokes to enable its therapeutic properties to penetrate deep into tired muscles

## THAI HEALING TREATMENTS

Traditional Thai Healing

### Nuad Thai

**Duration: 90 minutes | 120 minutes**

This traditional Thai massage energizes the body and mind. Using thumb and palm pressure to release muscular tension, and apply pressure to specific trigger points in the body. The technique involves some stretching to relieve stiff muscles and joints. A two-piece outfit is worn and no oil is used.

### Thai Herbal Compress Massage

**Duration: 90 minutes | 120 minutes**

Steamed herbal pouches from Thailand (called lookprakop) are pressed along the meridian points of the body providing comfort, relief, and encouraging absorption of energy through the herbs.

## TOTAL BODY REJUVENATION

Perfect Body Shape

A relaxed mind and revitalized body need to be complemented with a well-groomed "Perfect Body Shape" without surgical procedures. Active ingredients & therapy work together to breakdown fat cells, promote lymphatic drainage, and prevent new fat cells from being developed.

### Indulgence Body Firming & Cellulite Reduction

**Duration: 90 minutes**

60 minutes Body firming massage therapy followed by cellulite reduction body wrap

### Beauty & Elegance

- Manicure & Pedicure (Regular and Gel Nail Polish)
- Waxing

## CHILDREN'S PAMERING

Treatment & Playful Pampering for Your Little Ones

The exclusive children's pampering menu at Ayurah Wellness Centre has signature treatments that bring relaxation and harmony to hard working little bodies and energetic minds.

## **PAMPERING BODY TREATMENT (Ages 5-12)**

### **Little Princess - Body Polish**

**Duration: 30 minutes**

A blend of natural ingredients is used to invigorate as it gently exfoliates, leaving the skin fresh and naturally glowing, moisturized, and smoothened.

### **Blissful Massage Therapy**

**Duration: 45 minutes**

This special pampering massage works from sole to the crown with a unique touch that pleases the body and relaxes the mind, enhances development and mood. Using the special sweet almond oil to nourish and relax.

### **Manicures & Pedicures**

- Spa 'Mani - cute'
- Spa 'Pedi - cute'

## **AYURAH SKIN RITUALS**

Ayurah spa utilizes the comprising of the basic care of Skin Rituals and 4 customized cares including: Bliss, Light, Lift and Pure, as well as the precious care of Skin Organic to respond the individual needs of skin through botanical extracts and aroma therapeutic oils. The authentic experience is offered for the beauty through the art of naturalism as absolute.

### **PURE-DETOXIFYING FACIAL**

**Duration: 60 minutes**

Components: Cleans, Exfoliating, extraction, and hydration

Outcome: Enhance oxygenation skin detoxifying active pollution defense

### **LIGHT-BRIGHTENING**

**Duration: 45 minutes**

Components: Cleans, Exfoliating, and hydration

Outcome: Anti-blemish & Dullness skin brightening prolong even skin tone

### **LIFT -REJUVENATING**

**Duration: 45 minutes**

Components: Cleans, Exfoliating, hydration and lifting

Outcome: Absolute skin uplifting, skin revitalizing ultra-rich skin recovery

### **BLISS-BLISSFUL**

**Duration: 45 minutes**

Components: Cleans, Exfoliating, and hydration

Outcome: Deep replenishing skin revitalizing intense hydration

### **NATURAL FACIAL**

**Duration: 45 minutes**

Discover the secret of Thailand's ancient beauty rituals that achieve younger-looking skin; natural herbs and vegetables enhance the complexion and re-energize tired skin.

## **OXYGEN THERAPY**

Energize your Body & Mind

Oxygen therapy consists of oxygen-related cures that provide positive results that strengthen one's immune system. It is effective in treating headaches, depression, sleep deprivation, and blood circulatory disorders. Oxygen therapy improves overall physical and mental condition, muscle performance and especially brain function.

10-minute session

20-minute session

30-minute session

## **VICHY RAIN MIST**

Inspired by the springs of Vichy, France

Our Vichy shower has seven adjustable shower jets to caress your body under an invigorating waterfall. The pattern, placement and temperature of the jets can be adjusted to achieve a whole-body water massage treatment. When all jets are flowing over your body they give the feeling of being afloat. Effects of this treatment also includes boosting immunity as the treatment aids in promoting lymphatic circulation.

**Vichy "Rain Mist" Detox**

**Duration: 150 minutes**



Salt Body Polisher, Exotic Mask Detox, Vichy Shower & 60 mins Lymphatic Drainage Massage

**Vichy “Rain Mist” Enhancer**

**Duration: 150 minutes**

Fleur de Fleur Body Polish, Contouring Body Nourishment Wrap, Vichy Shower, & 60 mins Senses of Ayurah Massage

**Vichy “Rain Mist” Ritual**

**Duration: 150 minutes**

Phlai Body Polish, Asian Body Nourishment Wrap, Vichy Shower & your choice of a 60 mins Element Massage

## **CROMOTHERAPYR BATH PACKAGE**

Color Light Therapy Healing

Chromotherapy or Color Therapy Healing is the science that uses the 7 colors of the spectrum to improve our mental well-being and the health of our bodies. The 7 colors have the ability to affect the vibrations of the body in the frequencies that affect health, welfare and harmony. Color therapy has been used in Asia for a thousand years.

**Spiritual Sun**

**Duration: 120 minutes**

Calming Sun Body Polish, A choice of 60 minutes Holistic Massage Therapy, 30 mins Chromotherapy Crystal Bath

**Sensuality Moon**

**Duration: 120 minutes**

Organic Moon Body Polish, A choice of 60 minutes Holistic Massage Therapy, 30 mins Chromotherapy Harmony Bath

## **HYDROTHERAPYR BATH PACKAGE**

Healing Bath



The benefits of Hydrotherapy include: dramatically increasing the elimination of waste, thus assisting detoxification, loosening tense muscles, encouraging relaxation; increasing the metabolic rate and digestive activity; hydration of cells, thus improving skin and muscle tone; boosting the immune system allowing it to function more efficiently; & improving the function of the internal organs by stimulating blood supply.

### **Earth Energizing**

**Duration: 180 minutes**

Body Sentimentality-Body Polish, Earth Element Massage (60 mins), Pure-Detoxifying Facial, Earth Energizing Hydrotherapy Healing Bath.

### **Water Aromatic**

**Duration: 180 minutes**

Body Sentimentality-Body Polish, Water Element Massage (60 mins), Pure-Detoxifying Facial, Water Aromatic Hydrotherapy Healing Bath.

### **Wind Artistic**

**Duration: 180 minutes**

Body Sentimentality-Body Polish, Wind Element Massage (60 mins), Pure-Detoxifying Facial, Wind Artistic Hydrotherapy Healing Bath.

### **Fire Adventurous**

**Duration: 180 minutes**

Body Sentimentality-Body Polish, Fire Element Massage (60 mins), Pure-Detoxifying Facial, Fire Adventurous Hydrotherapy Healing Bath.

### **Ayurah Crown Princess**

**Duration: 240 minutes**

Fleur de Fleur Body Polish, Contouring Body Nourish, Senses of Ayurah Massage, Pure-Detoxifying Facial, Buffalo Milky Hydrotherapy Healing Bath

### **Ayurah Crown Prince**

**Duration: 240 minutes**

Himalayan Salt Glow Body Polish, Contouring Body Nourish, Senses of Ayurah Massage, Pure-Detoxifying Facial, Buffalo Milky Hydrotherapy Healing Bath

### **Ayurah Jet Lag Recovery**

**Duration: 240 minutes**

Oxygen Bar & Music Therapy, Rejuvenate Salt Glow Body Polish, Lymphatic Drainage Massage, Ayurah Chakra Massage, Rejuvenate Chromotherapy Healing Bath

## **ADDITIONAL INFORMATION**

**Please take a moment to read this.**

### **Spa Treatment Hours**

Ayurah Wellness Centre treatments are available daily from 09.00 am - 07:00 pm.

### **Reservations**

Advanced booking is recommended to secure your preferred date and time of treatment. A credit card or room number is required at the time of booking to confirm your appointment.

### **Check- In**

Please check in at the Spa Reception at least 15 minutes prior to your schedule appoint to avoid a reduced treatment time.

### **Etiquette**

Please keep noise to a minimum. Mobile phones and electronic devices should be switched to silent or vibrate mode. Smoking and consumption of alcohol during treatments is prohibited.

### **Special Considerations**

Guests who are pregnant or suffering with high blood pressure, heart conditions, allergies or any other medical conditions, are advised to consult their physician before signing up for any Spa Services. Please highlight your medical condition to the Spa Receptionist.

### **Valuables**

We recommend that you leave all jewelry and valuables in your villa before coming to the Spa.

### **Cancellation and Refund Policy**

12-hours' notice is required to re-schedule your appointment. Any cancellation with less than 12hours notice will incur a 50% cancellation fee. Full fee will be imposed for no-show. Treatment packages and/or courses are non-refundable, non-transferable, and non-exchangeable.

### **Service Charge and Tax**

All prices are subject to 10% service charge and 7% government tax.

**To get the best result for your wellness.**

**We recommend you take the "Ayurah Wellness Assessment "in order for us to prescribe the best treatments suited to your requirements.**

**Bio impedance Analysis**

**Blood Pressure Check up**

**Skin Analysis**

**Thai Element Analysis**

**Chakra Analysis**