

## Steam Bath

30 Minutes

Stimulates sweating, relieves muscle pain & improves blood circulation.

## Jacuzzi

30 Minutes

Promotes stress relief, muscle relaxation, pain relief, better cardiovascular health & calorie burning.

## Neck & Shoulder Massage

30 Minutes

Eases muscle soreness, relieves migraines, reduces stress & anxiety, promotes restful sleep & improves posture.

## Hand Massage

30 Minutes

Enhances flexibility, reduces pain & alleviates inflammation in the hand & arm.

## Back Massage

30 Minutes

Relieves muscle stiffness, aches & tension while relaxing & improving circulation in the lower back.

## Leg Massage

30 Minutes

Reduces swelling, alleviates muscle soreness & enhances flexibility alongside range of motion.

## Foot Massage

30 Minutes

Evokes higher levels of calm & psychological well-being, relieves heel discomfort, promotes healthier feet, improves blood circulation & helps prevent foot & ankle injuries.

## Head Massage

30 Minutes

Relieves stress, reduces tension, alleviates migraine pain & headaches, improves blood circulation in the head & neck while promoting hair growth.

## Face Massage

30 Minutes

Stimulates blood flow, enhances circulation, ensures even skincare application, refreshes the skin, reduces puffiness & inflammation, smooths fine lines & wrinkles while promoting clearer skin.

## Neck & Shoulder Massage | Back Massage with Herbal Stamps

45 Minutes

Uses herbal oil for deep massage, followed by warm herbal bundle fomentation, promoting deep muscle relaxation, pain relief, improved blood circulation, enhanced flexibility & a greater range of motion.

## Shirodhara

20 Minutes

Improves sleep quality, reduces stress & anxiety, helps manage insomnia & promotes hair growth. Available only between 8:00 a.m. & 12:00 p.m.

## Facial

60 Minutes

Includes cleansing, steaming, scrubbing & a herbal face pack, enhancing your skin's glow & rejuvenating your complexion.

## Ayurvedic Consultation

90 Minutes

An in-depth assessment of your unique constitution (Vata, Pitta or Kapha) with personalized lifestyle & diet guidance to restore balance, align routines with natural rhythms & support overall wellness.

## Body Massage

60 Minutes

Improves blood circulation, reduces muscle stiffness & joint inflammation, enhances sleep quality, speeds up post-workout recovery & boosts flexibility.

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# Spa Menu



The Villas  
WADDUWA | SRI LANKA

Prices are in USD, inclusive of 10% service charge & applicable government taxes