

# SWASTHYA

## WELLNESS SPA



# WELCOME TO
## SWASTHYA
WELLNESS SPA

# "Beauty You Can Feel"

Steaming hot baths, deep tissue massages, and Ayurvedic treatments with warm oils – we bring you the best massage therapies and alternative medicine treatments, passed down over 5,000 years of history.

Swasthya Wellness Spa has perfected several techniques collected from countless great civilizations, including many that are indigenous to Sri Lanka.

Close your eyes and set your mind adrift. Our therapists will work away your stress and anxiety while massaging your sore, stiff muscles from head to toe.



# Massages and Treatments


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# Swasthya Signature Treatments

Experience Swasthya Wellness Spa's best bang for your buck. Treat yourself and all your senses with a mixture of techniques.

## Swasthya Royal Ultimate Body Ritual

Swasthya Spa's most luxurious treatment, the Royal Ultimate Body Ritual, begins with a manual full-body massage formulated to rejuvenate you from head to toe. We start by easing away your tension and stress with a soothing manual hand massage. Using specialized equipment, the massage then targets deeper layers of muscle for thorough relaxation.

Next, our therapists will guide you through gentle stretching exercises, improving flexibility and alleviating stiffness that builds up from poor posture habits associated with a hectic work life.

A revitalizing scrub then exfoliates your skin, gently working away layers of dead cell build-up that accumulate from exposure to pollution. The scrub will leave you with healthier, smoother, glowing skin.

The 120-minute session then takes a traditional turn with warm herbal compresses that are applied to further relax muscles and promote skin health. The ritual concludes with a blissful steam bath, purifying your mind and body.

120 mins

17500 LKR



# Swasthya Ultimate Body Ritual

Swasthya Ultimate Body Ritual includes a manual full-body massage, a specialized equipment massage, and hot herbal compresses similar to the Swasthya Royal Ultimate Body Ritual.

Offload months' worth of tension and stress with our experienced masseuses and therapists.

Unlike the Royal Ultimate Body Ritual, the Ultimate Body Ritual does not include stretching exercises, scrubs, or steam baths. Instead, the treatment's sheer focus is on the well-being of your neuromuscular system.

90 mins | 9900 LKR



# Full Body Massages and Scrubs

While deeply relaxing, the benefits of a full body massage extend well beyond unwinding:

- Stress/anxiety alleviation
- Enhanced circulation
- Strengthened immunity
- Pain management
- Improved flexibility
- Better sleep quality

A professional body scrub is a treat for any type of skin. Layers of dead cells and dirt tend to accumulate on the top-most layer of our skin, due to exposure to pollution and radiation. Exfoliating with herbal ingredients reveals the healthier, glowing smooth skin that lies underneath.



# Ayurvedic Udwarthana with Sawandara

Enjoy herb-induced relaxation with our Ayurvedic full-body massage enriched by the mind-numbing fragrance of sawandara.

The ritual begins with a body scrub, which gently exfoliates your skin, revealing a fresh, radiant complexion. Following the scrub, a skilled manual hand massage relieves tension and promotes deep relaxation.

This traditional Ayurvedic treatment combines ancient techniques and natural ingredients to restore balance and enhance overall well-being.

60 mins | 8500 LKR

# Swasthya Evening Glow Full Body Ritual

Prepare for a restful evening with a skin and muscle-oriented full-body massage. This deeply calming treatment involves rhythmic movements and hand massages to release stress, soothe tired muscles, and leave your skin soft and glowing.

60 mins | 7500 LKR



# Synchronized Massage

Choose an upgraded deep-tissue massage involving four hands and two skilled therapists. Their synchronized movements create a rhythmic flow, lowering your blood pressure and improving circulation.

Synchronized Massage creates a deeper, more immersive experience, as the coordinated efforts of the therapists alleviate tension and promote a better sense of tranquility, leaving you feeling deeply relaxed and revitalized.

60 mins | 18000 LKR



# Radiant Body Scrub

Reveal your natural glow with a skin-oriented treatment that exfoliates and revitalizes. Our scrubs use natural ingredients to remove layers of dirt and dead cells. Radiant Body Scrub reveals the softer, luminous, healthy skin that is otherwise hidden under superficial layers of debris.

60 mins | 7500 LKR

# Healing Touch Sports Massage

Combining several massage and stretching techniques, our therapists have created the ideal treatment for athletes and active individuals. This 60-minute session promotes optimal muscle recovery and enhanced performance.

The session begins with a specialized sports massage to address specific areas of tension and strain. Then our therapists will guide you through gentle stretching exercises, improving flexibility and reducing the risk of injury.

Next, you will experience the soothing strokes of a swedish massage that promotes relaxation and enhances circulation. This is followed by a deep tissue massage that targets the deeper layers of muscle and connective tissue to alleviate chronic pain and muscle tightness.

60 mins | 8500 LKR



# Upper Body and Facials

Kyphosis, Lordosis, rounded shoulders, stiff necks, and tensed muscles are side effects of a busy corporate lifestyle. Poor posture habits are sometimes inevitable when remaining seated for long hours, and muscle soreness is guaranteed with physically demanding jobs. An upper body massage will turn back the clock, breathing fresh life into your body.



## Swasthya Secret Facial Treatment

Beautify your facial skin and unlock its full glowing potential. Our secret facial treatment brightens your complexion, cleanses your pores, exfoliates dead skin, reduces swelling and puffiness, and improves blood circulation.

The treatment involves a gentle cleanser that removes impurities, an exfoliating scrub, a soothing facial massage, and warm steam that opens up pores, easing the removal of blackheads, whiteheads, and acne.

60 mins | 5500 LKR

# Royal Head, Neck & Shoulder Ritual

Our Royal Head, Neck & Shoulder Ritual specializes in melting away tension in your upper body. This focused massage targets areas where stress and fatigue often accumulate with a busy corporate life.

Our therapists will relieve knots and soothe your sore muscles, massaging away your stress. The ritual eases headaches, releases pressure from your shoulder blades and cervical vertebrae, and leaves your head, neck, and shoulders feeling light and rejuvenated.

60 mins | 6500 LKR

40 mins | 4500 LKR



# Hand and Foot Massages

The two most overused external body parts are the hands and feet. Your palms and the soles of your feet have a higher concentration of nerve endings per square inch than any other part of the body, making them extremely sensitive to touch.

We use our hands to perform countless daily tasks, including touching, holding, grasping, and carrying. Our feet support the rest of our body when standing, walking, or running. With regular use, the muscles, tendons, and ligaments in our hands and feet are subject to wear, stiffness, and soreness.

## Royal Foot Ritual

The ritual begins by cleansing your feet with a soothing warm bath, followed by a skilled foot massage that targets pressure points to alleviate anxiety and stress. Foot massages are also known to improve sleep and decrease symptoms of insomnia.

To complete the experience, warm herbal compresses are applied, infusing your feet with the soothing benefits of aromatic herbs. The treatment leaves your feet feeling refreshed, rejuvenated, and ready to carry you through the day with ease.

60 mins | 6500 LKR

40 mins | 4500 LKR

# Royal Pedicure Treatment

Pamper yourself with the Royal Pedicure Treatment to have your feet look and feel their best. The session begins with a thorough cleaning of the feet, followed by a relaxing hot bath that softens the skin and prepares it for exfoliation. Calluses are treated with care, and your nails are trimmed and filed to perfection. This is then followed by a soothing foot massage that eases tension, reduces anxiety, and promotes relaxation.

If needed, a toenail fungus treatment is applied to ensure healthy nails. The final steps include moisturizing your feet for lasting softness and applying your choice of polish.

60 mins 6500 LKR

# Royal Manicure Treatment

Receive a luxurious manicure to bring out the best in your hands and nails. Our nail technicians begin by cutting, filing, and shaping your nails to achieve the perfect length and contour. Next, your hands are cleansed and soaked in a warm, soothing bath to soften the skin and cuticles, followed by precise cuticle care. An exfoliating scrub then gently removes dead skin cells, leaving your hands smooth and revitalized. A moisturizing lotion is then massaged into your hands, enhancing hydration and relaxation. The manicure ends with the application of your choice of polish.

60 mins 6500 LKR



# Herbal Massage Treatments

Time-tested, millennia-old herbal massaging techniques are the alternative route to healing. Ayurvedic treatments, passed down over several generations, are proven to provide effective relief from fatigue, inflammation, and countless medical conditions.

## Reflexology

Reflexology is a time-honored practice that targets specific organs and systems in the body by gently massaging their corresponding points under the feet. Practitioners of reflexology are trained to detect imbalances and address them through targeted pressure techniques, providing relief from various ailments.

For 30 minutes, our therapists apply gentle pressure to specific areas of your feet, targeting your entire body. This precision-based massage addresses foot pain, migraines, and digestive issues, and stimulates natural healing processes.

30 mins

4000 LKR



# Ayurvedic Abhyanga with Herbal Oil

Abhyanga, which translates to "oil massage," is an Ayurvedic therapy that involves full-body massages using warm, herb-infused oils. The oils, herbs, and massage techniques chosen promise to alleviate Dosha (Sanskrit for 'impurities' that cause disease).

Experience gentle purification as healing herbal oils are massaged into your skin using rhythmic, flowing strokes. This ancient Ayurvedic technique promotes stress relief, improves circulation, and nourishes the skin. The combination of skilled hands and aromatic oils works to ease muscle tension and balance the body's energies.

60 mins

10000 LKR





# Swasthya Parrshayawa Abhyanga

A completely customizable, deeply relaxing, rhythmic oil massage awaits you. Target specific areas of the body from our list to gently massage with warm oil. You can choose more than one treatment option to customize your session:

- Face
- Neck and Lower Head
- Upper Back
- Back and Spine
- Lower Back and Hips
- Thighs and Upper Leg
- Knees and Lower Legs
- Lower Leg and Calf
- Feet - Ankles and Heels

20 mins

3500 LKR per treatment

# Hot Stone Therapy

Hot Stone Therapy uses heated volcanic stones to reach deeper into muscle tissues, releasing toxins and providing maximum stress relief. The session begins with a manual massage, targeting areas with tense muscles.

Our therapists then gently place hot stones on key points of your body, gently nudging you into an intoxicatingly peaceful trance.

The treatment offers numerous other benefits, including promoting better sleep, enhancing blood flow, improving flexibility, reducing inflammation, and alleviating symptoms of autoimmune diseases such as fibromyalgia and rheumatoid arthritis.

60 mins

9500 LKR



# Acupuncture

Acupuncture's healing effects are backed by centuries of tradition. Balance the 'yin' and 'yang' to achieve a perfect flow of energy across your body.

Research indicates that acupuncture points stimulate the central nervous system, providing relief from stress, insomnia, chronic pain, migraines, and several health conditions.

After a consultation, our Ayurvedic doctor will prepare you for a personalized acupuncture session. After a single session, you will emerge deeply relaxed and with a better sense of control over your health.

Weight Loss Program: Acupuncture stimulates metabolism and supports digestive functions, helping your body burn fat more efficiently.

Anxiety: For those feeling overly stressed, acupuncture provides a calming effect, helping to alleviate anxiety and promote mental tranquility.

Pain Relief: Acupuncture effectively reduces inflammation in affected areas, providing relief from joint pain, muscle pain, headaches, and back pain, improving your quality of life.

Hair Loss: By enhancing blood circulation in the scalp and supplying nutrients to hair follicles, acupuncture can help prevent hair loss, promoting healthier and stronger hair growth.

Each acupuncture package includes a 30-minute consultation with our Ayurvedic doctor.

The success of treatments may vary depending on individual conditions and the ailments being treated.



Price may vary depending on treatment - Call for quote

# Baths

## The Couple Bath

Bond with your partner in a peaceful, intimate experience designed for two. This ritual is an opportunity for you and your significant other to unwind together in a warm, soothing bath infused with aromatic herbs and essential oils.

The gentle warmth of the water and the calming scents produce a peaceful atmosphere, promoting relaxation and deep connection, leaving both of you closer than ever.

60 mins | 10000 LKR

## Steam Bath

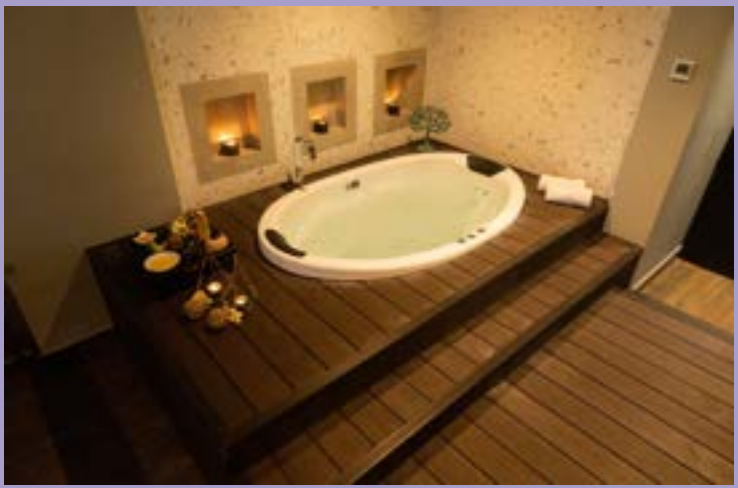
Enjoy a relaxing steam bath that relaxes your muscles, improves circulation, and relieves tension. The warm steam opens your pores, promoting deep cleansing and detoxification, while also aiding in respiratory relaxation. Emerge from the steam bath feeling refreshed, purified, and invigorated, with a newfound sense of well-being.

30 mins | 5000 LKR

15 mins | 3000 LKR

*Applicable for all treatments





# Yoga

## Yoga Sessions

Find inner peace with our specialized yoga sessions. Our classes integrate several essential asanas, including Pranayama, Suryanam-askaraya, Siddhasana, Padmasana, Simhasana, and Bhadrasana.

For expecting mothers, we offer specialized yoga programs to promote health and well-being for both mother and baby. The sessions consist of gentle physical postures, breathing techniques, and meditation.

Each session ends with a healing drink, leaving you with a renewed sense of balance.

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| walk in | 1700 LKR per day |
| 7 day program | 1500 LKR per day |
| 14 day program | 1200 LKR per day |
| 30 day program | 1000 LKR per day |



SWASTHYA
WELLNESS SPA

# SPA ETIQUETTE

- Swasthya Wellness Spa is open from 08:00 am – 08:00 pm daily.
- For spa reservations, inquiries, or information regarding treatments, please contact 070 654 3270 or the MaRadha Colombo front office at +94 112 550 136.
- Advanced reservations are highly recommended to avoid disappointment.
- Please arrive at the spa reception desk 15 minutes prior to your appointment. Out of respect for other clients' reservations, we are unable to extend your treatment time in the event of late arrival.
- Our spa is a sanctuary of peace and harmony, so please be mindful of the volume of your voice to avoid disturbing other valued spa guests.
- Please do not bring infants and young children to the spa unless they are receiving treatment, as a courtesy to other guests in our calm and peaceful space.
- In consideration of other guests, active mobile phones are not permitted in the spa. We recommend locking your valuables and personal belongings in the safety box provided in your room.
- We advise against sunbathing for up to 6 hours after facial treatments. For men, please shave at least 24 hours prior to facial treatments to ensure maximum results.
- Payments must be made before the treatment. Guests can make the payment at the spa reception desk.
- For cancellations, please provide a 5-hour notice for individual treatments and a 24-hour notice for packages.
- The spa is a non-smoking facility. Take time to relax in our modern, tranquil spaces before and after your treatment.
- We encourage disconnecting from technology to rest your mind and reconnect with yourself.

# SWASTHYA

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Experience the power of transformation and renewal through the healing touch of our therapists and doctors. Our goal is to provide a session of tranquility and complete relaxation away from the hectic schedules of work life, where ancient traditions meet modern techniques to restore harmony to your mind, body, and soul.



Reservation +94 11 255 0136

31, St. Kilda's Lane, Marine Drive, Colombo 03, Sri Lanka.

SWASTHYA WELLNESS SPA

MaRadha COLOMBO