

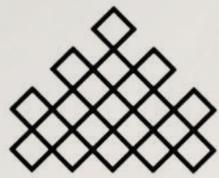


SPA MENU

SPA OPENING HOURS
Daily 10:00AM-8:00PM

WWW.LARISARESORT.COM





La Ri Sa

HOTELS & RESORTS

Swedish Massage (60 Min/90Min)

Swedish massage is the most common and best-known type of massage in the west. Swedish massage is the best place to start if it's your first time at the SPA. It also refers to a variety of technique specifically designed to relax muscles by applying pressure and manipulating the soft tissues and rubbing them in the same direction as the flow of blood returns to the heart.

3,500/-

4,500/-

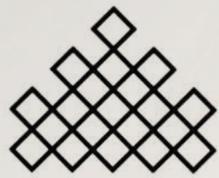
Balinese Massage (60 Min/90Min)

Balinese massage is one form of traditional Indonesian massage originating from the Island of Bali. This massage involves a combination of dry and oil massage which uses variety of techniques including acupressure, reflexology and aroma therapy into one session often used for relaxation. It helps to loosen the muscles, eliminate toxins from the body and remove pain.

3,500/-

4,500/-

ALL RATES ARE IN INR AND EXCLUSIVE OF TAXES



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Deep Tissue (60 Min/90Min)

Deep tissue massage is similar to Swedish massage, but the deeper pressure is beneficial in relaxing chronic muscles tension. It also helps to release chronic aches and pain such as stiff neck, upper back, lower back pain, leg muscles tightness and sore shoulders. It aims at the deeper tissue structures of the muscles and fascia, also called connective tissue.

3,500/-
4,500/-

Aroma Therapy (60 Min/90Min)

Aroma therapy massage is a massage therapy with highly concentrated plant oils, called essential oil, added to the massage oil. When the essential oil molecules are inhaled it is widely believed to transmit messages to the limbic system and affect heart rate, stress level, blood pressure, breathing memory, digestion and the immune system. The limbic system controls emotions and influences the nervous system and the hormones.

3,500/-
4,500/-

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Traditional Thai (60 Min/90Min)

Traditional Thai massage is really a deep, full body treatment, starting at the feet and progressing up to the head. Using a sequence of gentle, flowing exercise movements, the recipient's body is moved, loosened and stretched. The combination of energetic and physical aspects is what makes Thai massage unique and so effective.

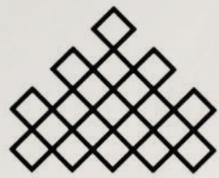
3,500/-
4,500/-

Signature Harmony (60 Min)

It is a four handed massage by two therapists working simultaneously on the guest's body with equal pressure and movements. The pressure is medium to deep but the muscles manipulation is not similar to deep tissue. It is unique and deeply relaxing massage that is designed especially for drawing a blend of wide range of massage modalities. Since two therapists are working at the same time hence the benefits of massage in less time.

4,500/-

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Larisa Special Massage(60 Min)

A truly sublime and unforgettable SPA experience done with cream of oil. The technique combines three different massage style such as Hawaiian lomi, Swedish and Balinese massage. It helps in the circulation of blood, relaxes the muscles tissue.

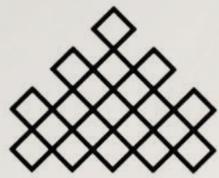
4,000/-

Body Scrub (45 Min)

It is a SPA treatment that exfoliates and hydrates the skin on the body leaving it feel fresh, smooth, moisturized and soft. An abrasive product is rubbed vigorously and massages across into your skin and it then rinsed away to reveal a moisturized layer of fresh, clean and smooth skin.

2,800/-

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Sauna (Single / Couple -30 Min)

Sauna relieves stress, relax muscles and soothe aches/pain in both muscles and joints. It flush toxins, cleanses the skin and induce a deeper sleep. It brings about recreational and social benefits, improves cardiovascular performance, burn calories and can help fight illness.

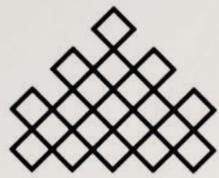
999/-
1,699/-

Steam (Single / Couple -30 Min)

Steam rooms have been used for hundreds of years to improve blood circulation, drain sinuses, rejuvenate skin, and relieve joint and muscles tension. Those with respiratory disease, heart palpitation, high or low blood pressure, diabetes and the elderly should consult physician before entering the steam room. Pregnant women should avoid them altogether.

999/-
1,699/-

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Foot Reflexology (30 Min / 45 Min)

Reflexology is an alternative medicine involving application of pressure to the feet with specific thumb, finger and hand techniques. It is based on a system of zones and reflex area that purportedly reflect and image of the body on the feet, with the premise that such work effects as physical change to the body. The session generally starts from the toes and worked down to heels.

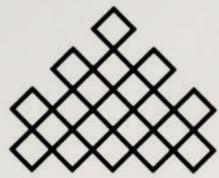
1,500/-
2,000/-

Head & Shoulder(30 Min / 45 Min)

Head and Shoulder massage shoots away tensions in the upper body, break down knots and improves the flexibility. It also helps release headache by simulating the nerves on the scalp and the blood circulation within the head. It makes you feel relaxed and re-energized.

1,500/-
2,000/-

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Neck & Back (30 Min / 45 Min)

Neck and Back massage is done just under the collar bones and focuses on the shoulder neck and upper back, It's a great way to relieve the neck and back tensions.

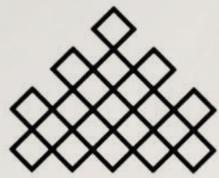
1,500/-
2,000/-

Face Cleanup (45 Min)

A cleanup treatment encompasses a thorough process involving cleansing, gentle scrubbing, steaming, and the meticulous removal of blackheads and whiteheads. This comprehensive procedure is completed with the application of a soothing face pack, leaving your skin refreshed and rejuvenated.

3,000/-

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SPA RESERVATIONS

For spa enquiries or reservations, please contact the spa reception directly 222 . Advance bookings are recommended to secure your preferred treatment time.

CANCELLATIONS

Please note that cancellations and modifications within 24 hours of treatment will incur a 100 percent treatment charge.

CHILDREN POLICY

We love children; however, we recommend that you avoid bringing children younger than 15 years old to the spa.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

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