



## SPA MENU - WATER GARDEN SIGIRIYA

### RELAXING MESSAGES

#### Balinese Massage

A unique combination of Balinese techniques, acupressure and muscle manipulation in a harmony of movement for the entire Body.

🕒 Duration	: 60 minutes	90minutes
\$ Price	: US\$76	US\$102

#### Swedish Massage

A Massage done with the aid of Oils, incorporating long, smooth, slow strokes, creating a very relaxing experience.

🕒 Duration	: 60 minutes	90minutes
\$ Price	: US\$76	US\$102

#### Aromatherapy Massage

A gentle Massage created to soothe and revitalize the mind and body, using a blend of Aromatherapy and Essential Oils.

🕒 Duration	: 60 minutes	90minutes
\$ Price	: US\$76	US\$102

#### Pregnancy Massage

Expert techniques are used to alleviate discomfort during pregnancy. Learn safe Massage techniques to ensure a comfortable pregnancy and an easy delivery.

🕒 Duration	: 60 minutes
\$ Price	: US\$108

#### Indian Head Massage

A wonderful Massage for your head, neck, shoulders, arms and upper back. This will stimulate the blood circulation to your scalp, nourishing it and improving hair growth. This treatment is also effective in relieving headaches.

🕒 Duration	: 30 minutes
\$ Price	: US\$38

#### Stress Free Back Massage

Feel the tension in your shoulders, neck and lower back melt away with this relaxing Massage, where the areas of focus will be customized according to your needs.

🕒 Duration	: 30 minutes
\$ Price	: US\$38

#### 4 Hands Massage

Two therapists working in unison to give you a deeply relaxing, sensual Massage.

🕒 Duration	:60minutes
\$ Price	:US\$114

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## HOLISTIC MESSAGES

### Shiatsu Massage

This Massage uses pressure, rubbing, stroking and other techniques to stimulate the muscles and circulatory system of the body. By influencing the body's natural inner energies, it helps ward off illnesses and maintain good health.

🕒 Duration : 90 minutes  
\$ Price : US\$108

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### Foot and Hand Reflexology

Massage and application of pressure to the reflex points found on the soles of your feet and palms of your hands which act as small mirrors reflecting the entire organism.

🕒 Duration : 60 minutes  
\$ Price : US\$50

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### Ayurvedic Massage

Indulge yourself in this full body massage which uses various herbal oils and unique massage techniques to bring forth a deeply relaxing, rejuvenating and nourishing experience which will aid in promoting youthfulness, increasing energy and toxin mobilization.

🕒 Duration : 60 minutes  
\$ Price : US\$50

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## BODY TREATMENTS SCRUBS

### Sandalwood & Turmeric Scrub

A special blend of spices; Sandalwood and Turmeric, will help remove all impurities and dead skin cells, adding a glow to your skin tone.

🕒 Duration : 30 minutes  
\$ Price : US\$45

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### Aloe Vera Scrub

A natural healing ingredient, Aloe Vera is known for its hydrating and soothing effects which are ideal for sensitive skin. It leaves your skin feeling refreshed and clean.

🕒 Duration : 30 minutes  
\$ Price : US\$45

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### Sandalwood Scrub

A mixture of Sandalwood and Oil is applied on the body, and peeled of, leaving a layer of smooth, glowing skin.

🕒 Duration : 30 minutes  
\$ Price : US\$38

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## TRADITIONAL BODY WRAPS

### BODY WRAPS

#### Ginger & Honey Wrap

This treatment is used for detoxification or removal of body toxins. The main ingredient is Ginger which contains anti-oxidants that help the body get rid of free radicals. This also causes the body to sweat, pushing nasty toxins out through the skin.

🕒 Duration : 30 minutes

💰 Price : US\$50

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#### Aromatic Mud & Honey Body Wrap

An Ancient anti-fatigue therapy! Begin this body ritual with synchronized body brushing & bathe yourself in holistic mud. Rich in minerals & essential oils, it promotes healing while alleviating fatigue, aches and pains. Experience this phenomenal time proven anti-stress therapy used since ancient times for complete renewal.

🕒 Duration : 45 minutes

💰 Price : US\$57

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## MANICURES & PEDICURES

#### Spa Manicure

A combination of hand spa and a manicure, which includes nail cuticle care, exfoliation, massage and colouring.

🕒 Duration : 90 minutes

💰 Price : US\$57

#### Spa Pedicure

A soothing, nourishing treatment for dry, tired feet which includes nail and cuticle care, exfoliation, Massage and colouring.

🕒 Duration : 90 minutes

💰 Price : US\$57

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## FACIALS

#### Aroma Facial

Retreat into the arms of Mother Nature to experience the healing powers of Reflexology coupled with a Scalp Massage using the purest Essential Oils. No machines are used in this treatment which relies on the healing touch of the therapist alone.

🕒 Duration : 60 minutes

💰 Price : US\$70

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#### Botanical Hair Spa

This treatment is customized to meet your individual hair and scalp needs. Fresh seasonal ingredients such as Carrot along with essential oils are massaged into the scalp for hair nourishing and strengthening, while relieving headaches, migraines and mild insomnia.

🕒 Duration : 60 minutes

💰 Price : US\$50

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## ARIYAANA PACKAGES

### Ariyanna Rendezvous (Couple)

Together you are welcomed to the ARIYANNASpa, a private sanctuary to share with your loved one. Bask in a blissful steam bath which is a perfect start to this sensational treatment for both you and your loved one, which is then followed with a Balinese massage and a luxuriating body scrub and is concluded with botanical hair spa treatment to restore freshness of mind, body and soul.

\*Balinese Massage 60mins, Body Scrub 30mins, Botanical hair Spa 30mins, Steam 15mins (subjected to availability)

🕒 Duration : 120 minutes

\$ Price : US\$267

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### Ariyanna Feelings

This treatment begins with a foot soak and an invigorating Balinese massage, and finished with a creamy body scrub which will unwind your day's stresses and leave your skin feeling smooth and nourished. To conclude, enjoy a complimentary Steam (subjected to availability).

\*Balinese Massage 60mins, Choice of Scrub 30mins, and Steam 15mins (Subjected to availability)

🕒 Duration : 90 minutes

\$ Price : US\$108

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### Ariyanna For Remedial

The ultimate individual tailor made remedial massages that stimulates circulation improves skin and muscle tone, whilst soothing tense & tired muscles. This package includes Sauna/ Steam, an amazing back neck and shoulder massage, energizer foot massage, and concluded with a relieving and revitalizing Indian head massage.

\*Sauna/ Steam 15mins (subjected to availability), Back Neck & Shoulder Massage 30mins, Foot Massage 30mins, Indian Head Massage 30mins

🕒 Duration : 90 minutes

\$ Price : US\$108

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### Ariyanna For Her

Bathe yourself in a holistic seaweed wrap. Rich in minerals and Oligo elements to cleanse exfoliate and stimulate skin cell respiration. Then relax with a Swedish massage and conclude with Mini Facial treatment to restore radiance and vitality.

\*Mud & Honey Body Wrap 30mins, Botanical Hair Spa 30mins, Swedish Massage 50mins, Mini Facial 30mins and Steam 15mins (subjected to availability).

🕒 Duration : 140 minutes

\$ Price : US\$165

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### Ariyanna For Him

This vitalizing ritual designed specifically for men begins with a body cleansing and invigorating Balinese Massage focused on muscular tension and is concluded with a mental tension free Indian head massage.

\*Steam 15mins (subjected to availability), Body Scrub 30mins, Balinese Massage 60mins, and Indian Head Massage 15mins.

🕒 Duration : 105 minutes

\$ Price : US\$121

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### Ariyanna For Him & Her

Together you are welcomed to the ARIYANNA Spa, a private sanctuary to share with your loved one. Relax and rejuvenate with this ultimate spa package, especially designed for Him & Her.

\*Balinese Massage 60mins, Body Scrub 30mins, Mud & Honey Wrap 30mins, Indian Head Massage 15mins, Mini Facial 30mins, and steam 15mins (subjected to availability).

🕒 Duration : 2 hrs 45 minutes

\$ Price : US\$250

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### Ariyanna Fantasy (5 day package)

Enjoy your special blend of treatments, select and combine to create pure bliss. Your choice includes a Foot Spa, Indian Head Massage, Full Body Massage, Scrub, Wrap or Facial. Conclude this wonderful interlude with a Full Body Massage before your departure.

Couples – Two therapists will perform treatments simultaneously on you and your partner, so you can share and enjoy the experience!

🕒 Total duration for the full package is 5 hrs.

\$ Price : US\$350

\*Above prices are inclusive of service charges and government taxes.

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