

Feel **Fresh &**
Relax Here

MENU



BAMBOO
Luxury Spa
— By Tuisunsuo LLP —



FOR
DETAILS
OPEN

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01 SWEDISH MASSAGE

60 Mins	₹3499/-
90 Mins	₹4800/-

Swedish massage is a muscle manipulation of the soft tissue against the bones which is good for blood circulation mobility and relaxation. It is a medium pressure massage.

- It helps to calm the mind and body and helps to relax muscle
- it helps to reduce muscles tension, joint and inflammation
- it helps to reduce muscle stiffness of the body

02 BALINESE MASSAGE

60 Mins	₹3700/-
90 Mins	₹5000/-

It is a holistic, full body massage with the combination of dry stretching and oil massage with the help of aroma therapy oil.

- it can help improve blood circulation, reduce muscle soreness, improve skin health and increase energy level.
- it can also help promote relaxation, improve flexibility and balance energy flow.

03 AROMA THERAPY

-	₹4500/-
90 Mins	

It is a holistic experience base on the application of carefully blended essential oil base using lymphatic drainage pressure point massage technique to maintain and promote the body physical well being.

- it is good for body relaxation, sleep enhancement and good for blood circulation.

04 THAI YOGA STRETCHING MASSAGE

60 Mins	₹4000/-
90 Mins	₹5500/-

It is a dry massage which include stretches and technique, it improve flexibility, range of motion and improve circulation.

- it can help blood flow through movement of the body
- helps to promote balance and harmony within the body and mind.

05 DEEPTISSUE MASSAGE

60 Mins	₹4800/-
90 Mins	₹5900/-

Deep tissue massage is a massage therapy that focuses on the pressure point, deeper layers of the muscles and connective tissue to help alleviate pain.

- it helps to reduce the chronic pain and alleviate muscles soreness and stiffness.
- it helps by releasing tension in deeper tissue deep slow strokes are used to target deeper layer of the muscles.

06 HOT STONE THERAPY

60 Mins	₹5300/-
90 Mins	₹6800/-

Hot stone massage is done with the help of heated volcanic stone to relax and soothe the muscle.

- it helps in relaxation and stress relief from the heated stones.
- it helps to warm up the muscles and increase blood flow.
- it helps to regulate pattern and improved the quality of sleep.

07 POTLI MASSAGE

60 Mins	₹5300/-
90 Mins	₹6800/-

Potli massage is a massage which helps in pain relief, improved circulation and stress reduction with the help of heated herbal pouch. it helps to open the pores and relax muscle.

- it helps to boost you're immune system and improved flexibility.
- it van help improve blood circulation and pain such as arthritis, joint pain.
- it helps to alleviate stress and anxiety.

08 BAMBOO MASSAGE

60 Mins	₹5400/-
90 Mins	₹7000/-

Bamboo massage is a strong pressure, therapeutic massage practice where a warmed heated bamboo stick is used to work deeper than hands alone.

This unique massage technique which uses heated bamboo sticks to provide deep relaxation, release muscle tension and relief aches and pain. It also helps to increase blood circulation and helps loosen tight muscles, making it an ideal choice for those seeking stress relief rejuvenation.

09 LYMPHATIC DRAINAGE

75 Mins	₹6200/-
-	

it is a gentle massage technique that helps relief swelling caused by a clogged lymphatic system.

- it uses light pressure to move the lump fluid from tissues to lymph nodes.
- it helps reduce water and inflammation. Can help reduce swelling.

10 SPORTS MASSAGE

60 Mins	₹5500/-
90 Mins	₹7500/-

it is a massage that focuses on improving the health of soft tissue, such as muscles, ligaments.

- it helps with pain relief, relaxation and athletic performance, helps to increase flexibility, helps to decrease muscle pain and improve recovery.
- it is a type of massage design to help athletes before, during and after treatment.

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KUNDALINI BACK MASSAGE 60 Mins 90 Mins

₹5800/-
₹7800/-

Kundalini is the female goddess of awareness in the form of a coiled snake. This deeply soothing back treatment will increase your energy from the base of the spine to the third eye. Which helps the body to come back to a state of awareness and balance. Oil used for this treatment are- neroli oil, cardamom oil, jasmine oil and patchouli oil.

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MANIPURA MASSAGE - 90 Mins

₹7800/-

Manipura is a Sanskrit name, English name is solar plexus. Manipura means beautiful jewel. The treatment begins with Himalayan crystal salt scrub which has 84 trace elements good for removing negative energy, purify and stimulate lymphatic system. After scrub we will do full body massage and the massage mostly focus on solar plexus chakra. This treatment helps to uplift your energy and good for digestion. Oil used for this treatment are- geranium oil, lemongrass oil, lavender oil and patchouli oil.

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TIBETAN KU NYE MASSAGE 75 Mins -

₹7200/-

It is an ancient therapeutic massage. Ku means applying oil, Nye means kneading. In this treatment we are working on meridian lines as well as balancing the 5 elements. We also work on acupressure point along with hot politics which helps to enhance the energy flow and calming down the nervous system. Oil used for this treatment are- rose oil, lavender oil, lemon oil, grass oil and Tulsi oil.

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BODY SCRUB MASSAGE 30 Mins -

₹5000/-

It is a type of massage to exfoliate the skin by using abrasive particles, like salt or sugar, to physically remove dead skin cells and promote smoother and brighter skin.

- it removes dead skin cells, revealing brighter and smoother skin.
- it stimulates the blood flow.
- body scrubs can help unclog pores, potentially reducing the risk of acne breakout.

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SHIATSU MASSAGE 30 Mins 90 Mins

₹4500/-
₹6500/-

Shiatsu massage is a form of massage that utilizes the hands, thumb to apply direct pressure on various points or channels in the body. It is performed through loose clothing and does not use oil. It is a non-invasive massage where the thumbs press on the pressure point or Marma point to open blockage.



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AMETHYST

75 Mins

REJUVENATION FACIAL

-

₹4500/-

It is crystal based facial, and we are using Amethyst crystal for this facial. It represents Ajna chakra that is third eye. When we combined with this facial it gives you glow and calmness and enhance the glow by removing negative energy from the face area. We start with soothing back massage with grounding oil which has rose, sandalwood and vetiver, which is really good for calming and relaxing. Therapist also work on to balance seven chakras in the body. After that therapist will start the facial cleansing and exfoliation and then face massage with amethyst rollers and Gua Sha which is good for purify, blood circulation and lymphatic drainage. After massage therapist will place face mask sheet on face which is good for hydrating the skin.

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ROSE QUARTZ FACIAL

75 Mins

-

₹4500/-

It is crystal based facial, and we are using rose crystal for this facial. The rose quartz stone is considered a powerful healing stone. It represents anaharata chakra. Rose quartz is good for balance emotional health, released emotional blockages. When combined with this facial it gives you glow and calmness and enhance the glow by releasing emotional imbalances. We start with soothing back massage with rose oil which has rose, which is really good for relaxation. Therapist also work on to balance seven chakras in the body. After that therapist will start the facial cleansing and exfoliation and then face massage with rose quartz rollers and Gua Sha which is good for wrinkles, blood circulation and lymphatic drainage. After massage therapist will place face mask sheet on face which is good for hydrating the skin.

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FOOT REFLEX OLOGY

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60 Mins

₹4000/-

Reflex=An involuntary response to a stimulus. Ology= The study of. Reflex ology is a non-invasive holistic treatment carried out on the feet and hand. It involves pressure point massage that stimulates reflex points on the feet and these reflex point corresponds to each specific area of the body, enhancing the body's own healing capability and helping to prevent illness.

- it apply pressure to specific points on the feet and hand and stimulates the nervous system which can help relax the body
- it helps to relief stress and tension and improve general well-being. It also help relief pain by calming the nervous system.
- it stimulates the stomach reflex point and can improve digestion, helps with anxiety, fatigue and blood pressure. It also free up energy blockage and provide relief.

Facials



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CHAMPI

(Indian head massage)

30 Mins

60 Mins

₹2500/-

₹4500/-

It is a traditional Ayurvedic practice involving massaging the scalp with nourishing oils to improve hair health, boost growth and promote relaxation by increasing blood circulation and reducing stress. This massage can also be done without oil.

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**HEAD NECK AND
BACK (oil\dry)**

30 Mins

60 Mins

₹3000/-

₹4999/-

This massage can offer numerous benefits including stress and tension relief, improved circulation and potential pain reduction by using techniques like kneading, strokes and acupressure.

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**PREGNANT FULL
BODY MASSAGE**

60 Mins

-

₹6500/-

Our Certified therapists are highly trained and experienced in massage for the expectant mothers. Pregnancy massage is a full body shooting massage to relax the body and good for circulation. Pregnancy massage has been carved out of a famous Swedish massage, which has modified to ensure that both the mother and child are nurtured, as they should be. This unique experience helps reduce anxiety, uplift the mind, relieve muscular and joint aches and pains, address water retention as well as nourish dry distressed skin.

**CONSULT WITH YOUR DOCTOR BEFORE GETTING A MASSAGE,
ESPECIALLY IF YOU HAVE ANY MEDICAL CONDITIONS.**

(Full form of spa- Salus per Aquam (healing\health by or through water))

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**BAMBOO LUXURY SPA
SIGNATURE TREATMENT**

120 Mins

-

₹10,000/-

Indulge in a deeply relaxing and restorative experience with our Bamboo Signature Treatment, tailored to meet your body's unique needs. Customized Full-Body Massage (70 minutes) Begin your journey with a 70-minute personalized massage using light, medium, or deep pressure to relieve tension and stiffness, enhance circulation, improve sleep quality, and promote overall relaxation. Revitalizing Body Mask (30 minutes) Next, enjoy a 30-minute hydrating body mask designed to nourish your skin, leaving it feeling rejuvenated, soft, and radiant. Indian Head Massage & Herbal Steam (20 minutes) Conclude with a soothing 20-minute Indian head massage focusing on the scalp, forehead, and neck to induce deep calmness. Finish with a herbal steam session to cleanse, refresh, and relax both body and mind.



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