



## List of Spa Treatments

### SECTION I

#### **BLISSFUL MASSAGE THERAPIES**

##### **Swedish Spirit**

A classic oil massage for the whole body using basic Swedish movements to improve general circulation, reduce tension and relax the body.

##### **Aromatic Body Bliss**

This massage combines the nurturing art of human touch with the use of pre-blended aromatherapy oils to restore balance and relax the body and mind.

##### **Balinese Massage**

This Balinese traditional village massage uses aromatic oils and a combination of acupressure and skin rolling movements to relax the body and restore balance.

##### **Thai Massage**

A traditional massage without oil uses a combination of stretching movements and localized pressures on the energy meridians of the body. Pressure can be light or strong and will be adjusted according to the needs of the individual. Comfortable cotton attire will be provided for your massage, which will take place on a supportive floor mat.

##### **Holistic Back, Face and Scalp**

Luxurious massages using aromatic oils to improve circulation. Reduce muscular tension, and nourish and condition the skin. A perfect stress reliever.

##### **Royal Scalp**

Wonderful therapeutic scalp massage using warm nourishing oil to rejuvenate and condition your hair and scalp.

##### **Essential Back**

A classic oil massage using a unique blend of Aroma oils which concentrates on the back, neck and shoulders to warm the muscles and relieve tension.

##### **Healing Hands**

A unique treatment, which combines gentle exfoliating, and tension relieving oil massage on the hands and the forearm.

##### **Oriental Foot Reviver**

Indulge in a warm flower filled footbath to ease sore and aching feet before experiencing a balancing foot massage to relax and create a sense of well-being.

##### **Cupid Love (Massage for Two)**

Make your massage a unique experience by enjoying the pleasure of receiving a massage beside a companion you enjoy to be with.



## SECTION II

### **LUXURIOUS BODY WRAPS AND EXFOLIATIONS**

#### **The Crystal Salt Scrub**

An invigorating body scrub using sea salt and almond oil to stimulate the circulation and remove dead skin cells. A refreshing mint gel is applied to the body with a loofah to clean the skin. Using Turkish Hamam

#### **Indian Papaya and Rose Body Glow**

Exclusive to Golden palms Spa, this delicate blend of fruits and flowers will gently remove dead skin cells leaving the skin feeling soft and smooth. Combining with this, experience the therapeutic and calming effect of the free floatation

#### **Crushed Almond & Strawberry Smoother**

A unique combination of nourishing oils, vitamins and exotic fruits to energize and soften the skin. A gentle exfoliation to suit delicate and sensitive skin.

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## SECTION III

### **GOLDEN PALMS EXCLUSIVE BATHS**

#### **Cleopatra's Milk Bath\***

Do as Cleopatra did and bath in an extravagant blend of milk, honey and rose petals to soften, nourish and beautify the skin. A true heavenly bathing experience.

#### **Romantic Aromatherapy Flower Bath\***

*\*One day prior appointment required*

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## SECTION IV

### **ORIENTAL THERAPIES**

#### **Javanese Mandi Lulur**

This ancient Javanese treatment originates from the royal palaces of central Java using exotic flowers and spices to soften and smooth the skin. This royal treatment begins with a Balinese massage which flows into a lulur scrub using a mixture of turmeric and sandalwood. This is followed by a cooling yoghurt rub to soften and moisturize the skin before relaxing in a flower bath.

#### **Balinese Bore**

The ultimate Balinese ritual to relieve muscular tension and improve blood circulation. Includes an exfoliating herbal wrap with heat producing ginger, cloves and nutmeg and is completed with a relaxing Balinese Massage & application of cucumber paste all over your relaxed body.

#### **Bali Kopi Scrub**

A traditional Indonesian scrub using an aromatic blend of coffee and clay to deep cleanse the skin and remove dead skin cells. Exfoliation is followed by a natural blend to replenish moisture.

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## SECTION V

### **NATUROPATHY TREATMENT**

#### **Reflexology**

The principle that there are reflexes in the feet or hands that correspond to all the body organs and systems, and that by applying pressure to those reflexes or points on palms & soles, you can bring the body back into a homeostasis or balance.

#### **Fountain of Spring (Affusion Shower)**

Seven showerheads are placed above the chakra points along your spine to create a soothing hydrotherapy massage. A soft rain gently pouring on your body, the water is both comforting and nourishing. Every inch of your body being nurtured with the greatest respect. An esoteric experience likened to being under a waterfall that leaves you feeling invigorated yet balanced.

#### **Rejuvenating Ayurvedic Bath (Bath with Ayurvedic herbal decoction)**

Let the aroma of traditional herbs and underwater massage awaken your body and calm your soul. Relieves muscular tension whilst gently cleansing the skin.

#### **Detoxifying Aromatherapy Bath (Hydro massage with essential oils)**

Pamper yourself with a relaxing and detoxifying bath using underwater jets to stimulate the circulation and detoxify the system. The perfect prelude to the detoxifying body wrap.

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## SECTION VI

### **AYURVEDIC RITUALS**

#### **Palms Ayurveda**

A time tested classical Indian massage where medicated warm oils prepared with 10 to 20 herbs is applied to the whole body & massaged. This technique balances the Tridoshas (Vata, Pita & Kapha) & releases stored up stress from the mind and body working through deeper levels of the being.

#### **Abhyanga**

A procedure where medicated oil prepared with 10-20 herbs is applied to the whole body and massaged in a synchronized manner by two therapists. Synchronized massage is beneficial in treating rheumatism, Myalgia, inducing sound sleep and creating a sense of well being.

#### **Herbal Steam Bath**

Herbalised steam is used to improve general circulation, Detoxification through sudation, and assist in the absorption of medicinal particles present in various oils used during the massages.

#### **Choorna Swedam**

Medicinal powders are tied up in cloth boluses, dipped in hot medicated oil and applied on part or whole body. This procedure assists in the treatment of degenerative disorders of the joints and muscular pains.

**Elakizhi**

Fried herbal leaves tied in cloth boluses and dipped in hot medicated oil is applied to the whole body giving relief to joint pain and muscle tension. An excellent treatment for arthritis, sports injuries and spondylosis.

**Kati Dharam**

A special Medicinal preparation is poured continuously over the entire body or the areas that need greater attention. It is analgesic in nature and perfect for all kinds of muscular pain and stiffness.

**Nasyam (Breath Free)**

An ancient therapy from Panchakarma for purification and elimination of toxins present in the Nostrils & adjoining organs. Medicine is administered through the nostrils in the form of nasal drops. It advocates in the treatment of migraines and sinusitis.

**Navarakizhi (The Rice Pure Indulgence)**

Hot medicated cooked special rice boluses bound in cloth pouches are applied on the body rhythmically and massaged to induce sedation. This is a strengthening fomentation employed in neurological disorders, rheumatism and arthritis. It is a very rejuvenating

**Pizhichil (Thaila Dhara)**

The whole body is subjected to streams of luke warm medicated oil with simultaneous soft massage. This procedure assists in the prevention of neurological and rheumatic complaints and relieves muscular tension.

**Shirodhara**

A stream of heated medicated oil is poured continuously onto the forehead to produce a pacifying and meditative effect. This holistic treatment has a very relaxing effect on the body. Ideal for stress relief & Insomnia

**Snehapanam**

Medicated ghee is given internally in gradual greater quantities to treat skin ailments, asthma and arthritis.

**Shirovasthi**

Luke warm medicated oil is retained for an hour within a cap fitted around the head. This treatment is highly effective for facial palsy, dryness of nostrils, Parkinson's disease and diseases of the head and neck.

**Takra Dhara**

A procedure where medicated buttermilk is poured on to the head, the 'root of the human body to treat stress related problems such as insomnia and psoriasis.

**Kati Vasthy**

Medicated oil is retained on the lower back to relive lower back pain, and as an adjuvant therapy in prolapsed discs.

**Greeva Vasthy**

Medicated oil is retained on the Cervical region to relive pain, strengthen muscles at the area & as a adjuvant therapy in prolapsed discs.



### **Netra Tharpanam**

Special Medicated ghee is retained in the eye to relieve eye stress, nourish the nerves and improve eyesight. A very helpful in computer vision syndrome. It rejuvenates the eye.

### **Udwarthanam (Traditional Powder Massage)**

A deep dry massage using herbal powders to assist in the breakdown of fatty deposits, impart mobility to the joints and strengthen the muscles.. It is very effective in obesity treatments, usually combined with other Ayurvedic treatments such as Vasthy. May also assist in the treatment of Hemiplegia and Paralysis

### **Panchakarma Therapies**

Panchakarma Therapies are the detoxification procedures for specific ailments or in general to cleanse one's system. These procedures are done in course like 7/14/21 days. The therapy will be decided by the physician after a detailed prakruthi & vikruthi analysis. The Five fold detoxification procedures are:

- |                                 |                     |
|---------------------------------|---------------------|
| 1. VAMANA                       | 4. NASYAM           |
| 2. VIRECHANA                    | 5. RAKTHA MOKSHANAM |
| 3. ANUVASANA / ASTHAPANA VASTHY |                     |

*Pls Note: Kindly contact the spa reception to fix an appointment with the Ayurvedic doctor to have a personalized consultation for the above therapies.*

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## **SECTION VII**

### **SPECIALIST BODY SLIMMING TREATMENTS**

#### **G.5 Vibration**

A strong mechanical massage to stimulate blood and lymphatic circulation to assist in the breakdown of fatty deposits and cellulite.

#### **Dyno Body Toning**

A body toning machine, which sends electrical impulses into the muscle tissue to stimulate, condition and tone. Most effectively used for areas such as the stomach, thighs or bottom. For the best results a treatment course can be recommended to suit your individual needs.

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## **TERMS AND CONDITIONS**

### **CHECK IN**

Please Check In at the spa reception 15 Minutes prior to your scheduled appointments

### **VALUABLES**

Golden Palm will not be responsible for the loss of money or valuables, please keep the same in the safe provided in the guest room or in locker.

### **CANCELLATION POLICY**

A 24 Hour cancellation notice is required to help us reschedule your appointments, subject to space availability

### **SPECIAL CONSIDERATION**

In case of Pregnancy, Allergies, High Blood Pressure, Heart conditions or any other Medical complications guests are advised to inform the spa reception, they will guide you for the consultation with our Doctors. During pregnancy aroma massage is not recommended.

### **ATTIRE**

Wear Comfortable attire. We will provide attire for you to wear during Thai Massage.