



GLENROSS LIVING

SPA MENU

A holistic spa indulgence awaits you at Glenross Living, **blending exceptional SriLankan and Balinese natural products with Asian Spa techniques.** Delve into the world of Asian massage, pick from unique treatments inspired by **traditional practices**, and relax under the skilled pressure of nimble fingers. Indulge yourself with rituals crafted right here at **Glenross Living.**





SIGNATURE RITUALS

Senses Restoration _____ 90m \$85

Combining gentle stretching and pressure points to increase the range of senses and allow the body to release build up tension. Improve mobility and flexibility with this ultimate full body treatment.

Stress Relief Massage _____ 90m \$85

Restore mobility and alignment of the back and spine with this energizing upper body treatment, acupressure technique combining fusion technique will melt away the tension of each muscle, complete the experience with a herbal back scrub.

Energizing Fusion _____ 90m \$85

Highly recommended treatment for detoxification, better sleep, strengthening of muscles and joints, reducing the sign of cellulite, a series of techniques combined using aromatic blends, Ayurveda aroma therapy, Mama Massage, Reflexology and lymphatic drainage techniques merge together.

Detox Massage _____ 90m \$85

An effective massage focusing on upper leg, glutes, lower back, hips and abdomen, which will reduce the appearance of cellulite by breaking down adipose tissue and fluid tension.

Deep Sleep Therapy _____ 90m \$85

Enhance your sleep quality with gentle massage techniques using deeper relaxing aroma oils and special guided breathing techniques, highly recommend after long journey and who having sleeping disorders.



ASIAN SPA RITUALS

Balinese Massage _____ 60m/90m \$65/\$75

A popular treatment from Bali - Indonesia for deeper relaxation, firm but smooth strokes, skin rolling and acupressure relieves stress, soothes and balance your senses.

Vietnamese Massage _____ 60m/90m \$65/\$75

Traditional Vietnamese massage invented to sooth the farmers after a hard day of farming, the deeper strokes of this unique treatment will help relieve the tightest knots in your body and tease away the stress.

Tibetan Warm Stone Massage _____ 90m \$80

Melt the tension away and ease muscle stiffness, this full body Tibetan massage accesses the deep muscle layer to effectively treat painful areas, this ancient treatment was used by Tibetan Buddhist monks for their own wellbeing.

Thai Fusion Massage _____ 60m/90m \$65/\$80

Popular Thai massage techniques combined with gentle stretching to reawake the body, mind and soul. This unique massage involves gentle stretches, and long, deep strokes to refresh your body and soul.

GLENROSS LIVING CRAFTED SPA RITUALS

Glenross Living signature _____ 90m \$75

Our signature ritual crafted with five popular treatment techniques of Holistic, Balinese, Vietnamese, Japanese Shiatsu, and Thai stretching to relieve your muscle tension and knots, allows your therapist to skillfully craft your spa experience with medium to firm pressure with verities of techniques.

Glenross Living Combo _____ 90m \$75

A truly ultimate treatment combining a full body massage with a rejuvenating foot acupressure therapy or refreshing mini facial. Select from your choice of Holistic, Balinese or Vietnamese massage. This treatment will enhance your well-being and leave you feeling pampered.

Glenross Living bliss _____ 115m \$75

Enjoy a Balinese massage using relaxing oil before a nourishing and de-stress Chocolate body wrap is applied to your body followed with a relaxing head massage while you enjoy the wrap and later a purifying bath to detoxify and cleanse your body. Emerge with smooth and hydrated skin.

MAMA'S SPA RITUALS

Pregnancy Massage _____ 60m \$65

Just relax while your therapist carefully performs a gentle full body massage to relieve pain and aches of the body.

Mama's foot rub _____ 30m/60m \$45/\$65

After a warm foot bath, this gentle holistic foot therapy will help to relieve you of aches and pains of pregnancy.

Mama's Head rub _____ 30m/60m \$45/\$65

A holistic scalp massage therapy to relieve stress, promote relaxation and sleep. Warm coconut oil is used to purify the scalp, and a gentle dry face massage to enhance the experience.



Take time to Relax.....

KID'S SPA RITUALS

Flowing Mini Massage _____ 45m \$55

After exploring the tropical jungle, swimming in the ocean, floating in the swimming pool and at the end of a long day, your body will be thankful for treating it to a neck and shoulder massage including a nourishing scalp massage.

Boutique Facial _____ 45m \$55

Refresh and re-balance your skin with this gentle facial, hydrating face mask, soothing eye pads and a gentle scalp massage to make sure you have a pampering experience.

Get Muddy _____ 45m \$55

A fun way to relax and recharge - a mineral rich body wrap followed by a head and shoulder massage, perfect for the little ones.

CEYLON AYURVEDA RITUALS

Shiroabhyanga _____ 120m \$115

Full Body Therapy, Herbal Steam Bath, Shirodhara -

Shirodhara is derived from the Sanskrit words 'Shira' meaning head and 'Dhara' meaning flow. It is a unique Ayurvedic therapy that involves pouring a steady flow of liquid over the forehead in an oscillating motion. The most commonly used liquids are warm herb-infused oils. **One of the most relaxing, and stress-relieving therapies,** Shirodhara is one among the four main MurdhniTaila (head oil applications); the others being Shiro Abhyanga, Shiro Pichu and Shiro Basti. According to the liquid used the different forms are: Tailadhara (oil), Ksheeradhara (milk), Takradhara (buttermilk) and Kashayadhara (herbal decoctions). The forehead is the seat of Ajna Chakra and any imbalance there can lead to dysfunction. These therapies **work to soothe the mind and the body.**



Pinda Sweda _____ 120m \$115

Pinda Sweda is a unique treatment offered that combines massage and sweat therapy. Using the standard heat and oil process at the core of the majority of Ayurveda massage treatments, Pinda Sweda also uses 'rice puddings' or medicinal rice cooked with herbs and bundled into soft cotton to create heat-holding boluses. This treatment is usually recommended for the **aching joints and muscles** commonly associated with **arthritic conditions, back pain and muscle stiffness**. It can also be used to **delay the ageing process** and **help manage and treat Insomnia, Multiple sclerosis, Muscle weakness and paralysis**.

Udwartana _____ 60m \$95

Udwartana is a Sanskrit word which means massaging the body (below the neck) in a direction opposite to the orientation of body hair, with some pressure (usually with a powder of herbs). Udwartana works as an exfoliating, herbal-scrub massage that **scrubs away dead skin, improves blood circulation and revitalizes the skin**. The distinct strokes and direction of massage used in Udwartana, however, work at a deeper level than a regular body scrub. It fortifies deep body tissues and works as a wholesome procedure for rejuvenation. This herbal body scrub is performed neck down and in a sweeping upward motion opposite to the direction of body hair. Udwartana is part of the daily Ayurveda regimen called Dinacharya and is useful in **obesity and weight loss programs**.

Ksheera anna Pack _____ 45m \$95

In Sanskrit Ksheera means Milk and Anna means Rice, this traditional milk rice pack involves after Udwartana treatment, this unique body wrap not only nourish with milk and rice but also with honey and turmeric that will full fill the required **nourishment of your skin**, enjoy a gentle head massage while you enjoy the wrap, your new skin will be **nourished and glowing**.

FACIALS RITUALS

Sri Lankan Natural Facial _____ 60m \$75

A traditional Sri Lankan facial using a blend of honey, milk and yoghurt to cleanse, exfoliate and massage the skin. It is followed by a refreshing white clay mask, during which the hands are being massaged.

Nourishing Facial _____ 60m \$75

A facial recommended for skin losing its tone or elasticity and skin that may be suffering from dryness and de-hydration, your skin will rejuvenate, revitalized, and moisture level restored.

Soothing facial _____ 60m \$75

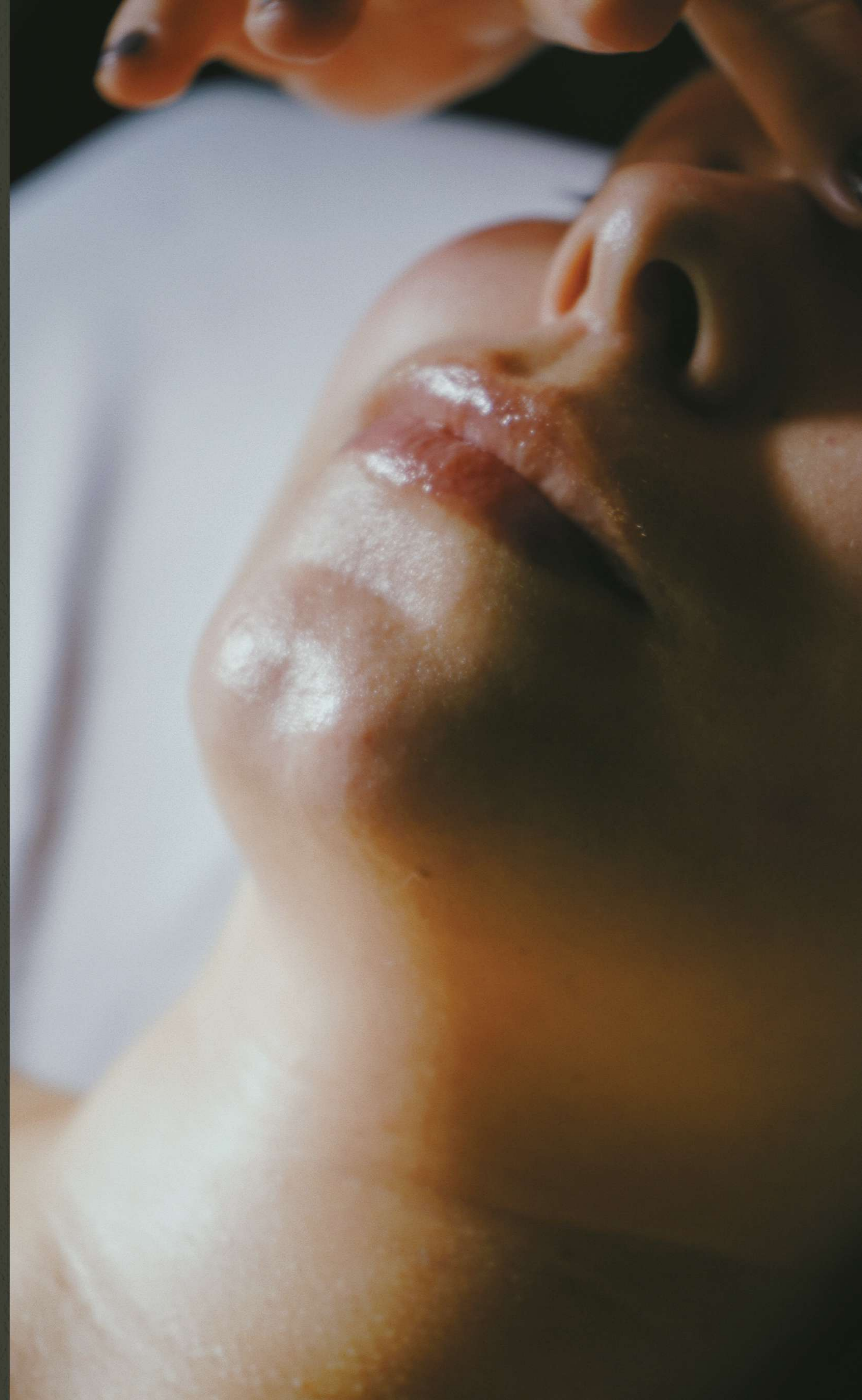
Ideal for soothing sensitive and irritated skin using plant extracts, your skin will re-hydrated and your shoulder massage for additional relaxation.

Aroma skin facial _____ 60m \$75

Ideal for all skin types, this facial balances the skin by combining Ylang Ylang, Lavender plant extracts and flower essences with deep cleansing, exfoliation, mask and warm compress techniques.

Men's Facial _____ 60m \$75

A special design treatment for men that is customized for each skin type, after carefully observing your skin, your therapist will use the suitable products with suitable techniques



BODY RITUALS

Gotukola body wrap _____ 45m \$65

A unique natural body wrap that will nourish and glow your new skin, special natural benefits of Gotukola is to treat your skin to the best, a dry scalp massage while you enjoying wrap that feeling you relax.

Green Tea sea salt Scrub _____ 45m \$65

Abrasive texture of this scrub is a gentle antioxidant exfoliant which scrubs away those dull dead skin cells and environmental pollutants leaving your skin feeling fresh and rejuvenated.

Chocolate body wrap _____ 45m \$65

A unique body wrap that enhance your feeling of happiness, rejuvenate and nourish your skin and feel the enhancement of your happiness.

Herbal body Scrub/wrap _____ 45m \$65

Let the Sri Lankan herbs heal and moisturize your skin, this natural herb goes deeper into your skin to make it glow and feel protected.

Sugar & Salt scrubs _____ 45m \$65

Tonic exfoliation combining sea salts and sugar, a sweet salty combination for a velvety skin.

Coconut & Coffee scrub _____ 45m \$65

An unforgettable wellbeing experience, with this wonderful combination to renew and nourish your skin while de-stress yourself.





Manicure & Pedicure

Express Manicure	30m	\$45
Express Pedicure	30m	\$45
Manicure	60m	\$55
Pedicure	60m	\$55
Nail Polish		\$15

SPA JOURNEYS

You & Me 150m \$225 (Per couple)

Steam bath
Balinese massage
Chocolate body wrap
Royal bath

De-Stress 100m \$115

Balinese massage
Coffee Scrub
Palm acupressure

Refresher 90m \$105

Upper body massage
Foot acupressure
Indian head massage

Coco & Choco bliss 100m \$135

Chocolate body wrap
Aromatherapy head massage
Coconut body scrub
Pure coconut oil application



*A place to unwind.....
the body, mind & soul*

SPA FOR YOUR CONVENIENCE

Please fill the consultation prior to your massage.

Please notify us of any health conditions we should be aware of before commencing your treatment.

Alcohol is not permitted.

We recommend leaving your valuables in your room; we will not be responsible for any missing items.

We recommend that you arrive at least 10 minutes prior to your treatment in your bathrobe.

Spa Open hours

09:00am to 07:00pm

(We are flexible; if you require any earlier or late treatment please discuss with our team)

Payment & Cancellation

All the treatment will be charged directly to your room.

Please give us a three-hour notice for cancellation of individual treatments and 24 hours' notice for packages.

A 50% Cancellation fee may apply if not notified.
A no show will be charged, 100% of treatment price.

All the prices are inclusive of Tax and service charge.