

SPA RITUAL MENU



SPA CEYLON
LUXURY WELLNESS

Where Indulgence Reigns



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LUXURY WELLNESS

Bentota Heritage Spa Menu

*The romance of old Ceylon, combined with ancient Ayurveda wisdom,
captured in a majestic range of Ceylonese Royal Spa Rituals
to purify, treat, soothe, calm & relax your body, mind & soul.*

All rates are exclusive of 10% service charge & applicable govt. taxes

For in-Spa use only - Please do not remove this menu from the Spa



■ ROYAL BODY RITUAL

930

A luxurious full body pampering experience with therapeutic massage balms & hot herbal compress to sooth, calm & de-stress your body, mind & soul. Our Royal rituals start with a relaxing herbal foot bath & tranquillity forehead massage. This is followed by an exfoliating back rub & an extended soothing full body massage. The unique SPA CEYLON massage technique is a fusion of proven rejuvenating therapies to promote total wellbeing. Includes specialised movements for comforting.

120 minutes.

USD. 95

■ ROYAL BODY RITUAL WITH FULL BODY SCRUB

965

A luxurious full body pampering experience with therapeutic massage balms & hot herbal compress to sooth, calm & de-stress your body, mind & soul. Our Royal rituals start with a relaxing herbal foot bath & tranquillity forehead massage. This is followed by an exfoliating body scrub & an extended soothing full body massage. The unique SPA CEYLON massage technique is a fusion of proven rejuvenating therapies to promote total wellbeing. Includes specialised movements for comforting.

135 minutes.

USD. 110

■ ROYAL FOOT RITUAL

929

Our pampering Royal Ritual starts with a relaxing herbal foot bath, foot scrub & tranquillity forehead massage. This is followed by an extended relaxing & rejuvenating acupressure massage to soothe tired feet. Our foot reflexology technique helps de-stress the entire body, promoting inner healing & total harmony. 30 minutes of head, neck & shoulder massage completes this ritual to totally soothe, calm & relax your body, mind & soul.

120 minutes.

USD. 60

Ceylonese Body Rituals




SPA CEYLON
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■ ULTIMATE BODY RITUAL

906

A pampering experience with massage balms & hot herbal compress to soothe, calm & de-stress. Our unique SPA CEYLON treatment technique combines proven rejuvenating massage therapies for total wellbeing. Helps comfort joint aches, muscle pains & sports injuries.

90 minutes.

USD. 75

■ DEEP TISSUE MASSAGE RITUAL

923

A total relaxation ritual with aromatic massage oils to treat, comfort & relieve back & shoulder stiffness, sports injuries, travel fatigue & overall body pains. Our deep penetrating SPA CEYLON Deep Tissue Massage technique effectively calms & totally de-stresses body & mind, promoting overall comfort, wellbeing & rejuvenation.

90 minutes.

USD. 85

■ BACK PAIN RELIEF RITUAL

916

A soothing ritual with specialised massage strokes, massage balms, back pain relievers & hot herbal compress to treat, comfort & relieve lower back & shoulder pain. Gently calms & de-stresses body & mind, effectively relieving back pain & discomfort.

60 minutes.

USD. 70

All rates are exclusive of 10% service charge & applicable govt. taxes

Please note that all rituals that include back massages will be limited to the upper back area only and will only be done over the clothing.



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Calming & De-stress Rituals



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■ SLEEP THERAPY CALMING FOOT RITUAL 919

A relaxing herbal foot bath with calming aromatic herbs, followed by a rejuvenating acupressure foot massage with our 'Sleep' formulae focusing on specific 'marma' points that help promote soothing relaxation and deep restful sleep. Calms & eases your mind & body. Includes a special head, neck & shoulder massage to promote sleep.

90 minutes.

USD. 50

■ SLEEP THERAPY CALMING BODY RITUAL 920

A total calming experience with aromatic 'Sleep' massage balms & hot herbal compress to soothe & de-stress your body & mind, promoting deep restful sleep. Our unique SPA CEYLON treatment technique combines proven rejuvenating massage therapies for total relaxation & wellbeing.

90 minutes.

USD. 85

■ SLEEP THERAPY CALMING SCALP RITUAL 921

A therapeutic head massage with 'Sleep' oils & balms, focusing on specific sleep inducing chakra points of the head, neck, forehead & shoulders to help totally relax your body & mind, giving you a good night of deep restful sleep.

60 minutes.

USD. 45

■ BENTOTA BEACH EXCLUSIVE PAMPERING RITUAL 970

A complete pampering experience with a unique combination of rejuvenating massage techniques, using massage serums to de-stress your body & mind, followed by a cooling & soothing body pack of freshly cut Organic Aloe Vera & precious Ayurveda herbs to help heal sunburnt skin. Includes a cooling hair mask to condition sun damaged hair.

120 minutes.

USD. 110

Cardamom Rose Body Rituals




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■ CARDAMOM ROSE BODY RITUAL

874

A luxurious full body pampering experience with Himalayan Rose to soothe, calm & help take away daily stress & relax the senses, while luxuriously fragrant Organic Ceylon Cardamom warms, uplifts & clarifies the mind & body. The synergistic action promotes joyous natural wellbeing.

120 minutes.

USD. 100

The ritual includes therapeutic massage balms & hot herbal compress to soothe, calm & de-stress your body, mind & soul. The ritual starts with a relaxing herbal foot bath & tranquillity forehead massage. This is followed by an exfoliating back rub & an extended soothing full body massage. The unique SPA CEYLON massage technique is a fusion of proven rejuvenating therapies to promote total wellbeing & includes specialised movements for comforting.

■ CARDAMOM ROSE BODY RITUAL WITH FULL BODY SCRUB

879

A luxurious full body pampering experience with Himalayan Rose to soothe, calm & help take away daily stress & relax the senses, while luxuriously fragrant Organic Ceylon Cardamom warms, uplifts & clarifies the mind & body. The synergistic action promotes joyous natural wellbeing.

135 minutes.

USD. 115

The ritual includes therapeutic massage balms & hot herbal compress to soothe, calm & de-stress your body, mind & soul. The ritual starts with a relaxing herbal foot bath & tranquillity forehead massage. This is followed by a full body scrub & an extended soothing full body massage. The unique SPA CEYLON massage technique is a fusion of proven rejuvenating therapies to promote total wellbeing & includes specialised movements for comforting.

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PURIFYING & RELAXING
NATURAL PEDICURES

Ceylonese Foot Rituals




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■ ULTIMATE FOOT RITUAL

901

A relaxing herbal foot bath followed by a rejuvenating acupressure massage to soothe tired feet. Our foot reflexology technique helps de-stress entire body, promoting inner healing & total harmony. Cools, refreshes & revitalises your mind & body. Includes head, neck & shoulder massage.

90 minutes.

USD. 50

■ LUXURY FOOT RITUAL

902

A rejuvenating acupressure massage to soothe tired feet. Our foot reflexology technique helps de-stress entire body, promoting inner healing & total harmony. Cools, refreshes & revitalises your mind & body.

60 minutes.

USD. 40

■ FOOT RESCUE RITUAL

903

A specialised acupressure massage with hot herbal compress therapy to comfort severe foot pain, foot fatigue & specific problem areas. Our foot reflexology technique helps de-stress entire body, promoting inner healing & total harmony. Includes foot bath, head, neck & shoulder massage.

90 minutes.

USD. 50

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HAIR FORTIFYING
NATURAL SCALP
TREATMENTS

Head, Neck, Back & Shoulder Rituals




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■ HEAD, NECK & SHOULDER RITUAL 904

A unique fast acting de-stress treatment using specialised acupressure massage techniques to relieve muscle tension & relax your scalp, back, neck & shoulders. Includes rejuvenating hand massage. Soothes & calms your body & mind.

60 minutes.

USD. 40

■ STRESS RELIEF RITUAL 909

A relaxing head & neck massage focused on 'third eye' chakra points of the forehead to soothe, comfort & calm, headache, migraine & stress related discomfort. Promotes peace, tranquillity & relaxation.

60 minutes.

USD. 40

■ SCALP MASSAGE RITUAL 911

A therapeutic lie-down head massage with Aromaveda oils & balms, focusing on chakra points of the head, neck, forehead & shoulders to soothe, comfort & calm, body, mind & soul. Promotes total relaxation & deep restful sleep.

60 minutes.

USD. 40

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Ceylonese Purifying Rituals



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■ BODY POLISH SKIN RENEWAL RITUAL 936

An intensive skin renewal ritual to soothe & refresh the body & mind. The ritual starts with invigorating body polish blended with ocean salts, natural sugars & pure essential oils to naturally exfoliate, hydrate & restore skin balance. The creamy yoghurt body scrub that follows is blended with precious Ayurveda herbs to soften & smoothen skin. The deep-pore action helps improve overall skin health & increase skin radiance.

60 minutes.

USD. 70

■ DETOX PURIFYING BODY RITUAL 850

An intense purifying ritual which begins with dry brushing to improve blood circulation and lymphatic drainage, followed by a coffee body polish blended with detoxing Ayurveda herbs, minerals & essential oils to purify and draw out toxins from the skin. The pampering experience is completed with a 60 minute body massage using a traditional Ayurveda formula that assists to draw out deep seated impurities of the entire body system.

120 minutes.

USD. 100

■ DETOX & PURIFY - WARMING MINERAL BODY WRAP 990

A deep-action purifying ritual combining natural clays infused with powerful herbs & warming essential oils. The naturally heating wrap deep cleanses body, drawing harmful toxins to skin surface, soothing & purifying the entire body system, improving overall health. Includes a 15 minute chakra balancing scalp massage & concludes with a soothing aromatic body mist.

90 minutes.

USD. 90

■ AFTER-SUN SKIN RESCUE RITUAL 991

A complete cooling & calming ritual for a perfect ending to a long day in the Sri Lankan sun. The application of a series of soothing body pacs enriched with freshly cut Organic Aloe Vera & precious Ayurveda herbs helps heal sun-burnt skin, controlling inflammations & minimising discomfort. Includes a relaxing scalp massage, followed by a soothing fresh Aloe hair mask to condition sun damaged hair.

60 minutes.

USD. 70

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Pampering Experiences - with Foot Spa Rituals



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■ SPA CEYLON HOT OIL SCALP MASSAGE 943

A soothing lie-down scalp massage focusing on chakra points of the head, neck & forehead to comfort & calm the body & mind.

30 minutes.

USD. 25

■ SPA CEYLON HAND SCRUB 950

An exfoliating treatment to deep cleanse, purify & smoothen hands while lightening skin.

15 minutes.

USD. 15

■ SPA CEYLON HAND MASK 954

A nourishing & renewing treatment to hydrate, condition & soften hands while enhancing skin radiance.

15 minutes.

USD. 15

■ SPA CEYLON FOOT SCRUB 951

A cooling & refreshing treatment to deep cleanse, purify & smoothen feet while lightening skin.

15 minutes.

USD. 15

■ SPA CEYLON FOOT MASK 955

A nourishing & renewing treatment to hydrate, condition & soften feet while enhancing skin radiance.

15 minutes.

USD. 15

■ SPA CEYLON HAND SCRUB & MASK 952

An exfoliating hand scrub to deep cleanse, purify & smoothen hands while lightening skin, followed by a nourishing & renewing hand mask to hydrate, condition & soften hands while enhancing skin radiance.

30 minutes.

USD. 20

■ SPA CEYLON FOOT SCRUB & MASK 953

A cooling & refreshing foot scrub to deep cleanse, purify & smoothen feet while lightening skin, followed by a nourishing & renewing foot mask to hydrate, condition & soften feet while enhancing skin radiance.

30 minutes.

USD. 20

Pampering Experiences - with Body Rituals



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■ SPA CEYLON BODY SCRUB 940

A creamy yoghurt body scrub blended with precious Ayurveda herbs to exfoliate, soften & smoothen, increasing skin radiance.

30 minutes.

USD. 25

■ SPA CEYLON LIE-DOWN FOOT MASSAGE 944

A rejuvenating acupressure massage to soothe tired feet & de-stress entire body while promoting inner healing & harmony.

30 minutes.

USD. 25

■ SPA CEYLON KANDYAN BACK MASSAGE 947

A relaxing & rejuvenating massage to improve circulation & balance energy flows while relieving muscle tightness & jet lag.

30 minutes.

USD. 35

■ SPA CEYLON AYUR-PRESSURE BACK MASSAGE 948

A medium pressure massage combined with herbal compress therapy to calm & de-stress the mind while comforting aches & pains.

30 minutes.

USD. 35

■ SPA CEYLON DEEP TISSUE BACK MASSAGE 946

An intensive massage to treat, comfort & relieve back & shoulder stiffness while calming & de-stressing the body.

30 minutes.

USD. 35

■ CRYSTAL BODY POLISH 941

30 minutes.

USD. 35

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LUXURY WELLNESS

Royal Indulgence Store & Spa

103 Galle Road, Colombo 3. t:011 2337111 / 2338111

Sri Lanka - Signature Spas

Dutch Square, 62 Chatham Street, Old Fort, Colombo 1. t:011 2334059 / 2334208

WHITE SPA, 14 Ward Place, Colombo 7. t:011 2680800 / 5763000

Horton Place, 42, Colombo 07. t:011 2082671

Bambalapitiya, Cnr Glen Aber Place on Galle Road, Colombo 4. t:011 5116609 / 2599986

Gandhara, 60 Gandhara Street, Colombo 6. t:011 5116606 / 2556417

Nugegoda, 157C, S. De S. Jayasinghe Mawatha. t:011 2099185 / 6

Nawala, Cnr Rodrigo Mawatha on Nawala Road. t:011 2882033 / 5116182

Kotte, 931 Ethul Kotte Road. t:011 5116608 / 2888411

Pelawatte, 1020 Pannipitiya Road, Battaramulla. t:011 2889855 / 5116607

Galle Fort, Cnr Lighthouse & Pedlar Street, Galle. t:091 2235944

Negombo, 25 Lewis Place, Ethukale. t:031 2276067 / 5962876

Wattala, 221 Negombo Road. t:011 2940892 / 2940952

Bentota, Cinnamon Bentota Beach Hotel. t:011 7173152

Sri Lanka - Express Spas

Colombo Airport BIA Katunayake, Departure Pre-Check-In. t:011 5116161. Daily - Open 24 Hours

Sri Lanka - Signature Boutiques

Colombo Airport BIA Katunayake, Departure Pre-Check-In & Transit Areas. t:011 2265710

One Galle Face Mall, L2-23, Colombo 1. t:011 2381199

Colombo City Centre, Ground Floor, Colombo 2. t:011 5116180

Crescat Boulevard, 77 Galle Road, Colombo 3. t:011 2372246

ODEL, Colombo 7 - Kohuwala - Thalawathugoda.

Dutch Hospital, Courtyard II, Old Fort, Colombo 1. t:011 2441931

Kandy City Centre, Level 3, Dalada Veediya. t:081 2233322

Jetwing Blue Hotel, Lewis Place, Ethukale, Negombo. t:031 5102933

Taj Gateway Hotel, 234 Negombo Road, Seeduwa. t:011 5116164

Nugegoda, Kandy Department Store, 300, High Level Road.

Mount Lavinia, Glomark, Galle Road.

Mount Lavinia, 288 Galle Road. t:011 2710587 / 4

Unawatuna, 188 Welladewala Junction, Galle. t:011 7173730

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