

# SPA TARIFF

## PLANETARY WELLBEING

	Duration	Price
Wake Up To Wonder	60	120
Five Elements Trail	60	120
Mud Therapy	90	225
Acupuncture & Moxibustion	90	225
Essence of Water	60	185

## Om Supti Night Spa Ritual

Single	150	500
Couples	150	900

## AYURVEDA

Abhyanga	75	220
Udvardana	75	220
Shirodhara	120	390
Navarakkizhi	120	390
Sarvangadhara	120	390
Elakkizhi	120	390

## TARGETED SOLUTIONS

Nasya	30	90
Karna Poorana	30	90
Kati Vasti	30	90
Tarpana	30	90
Avagaha Sweda	30	120

## PANCHAKARMA & AYURVEDIC PROGRAMS

Priced per prescribed program

## YOGA & THE YOGA THERAPY CENTRE

	Duration	Price
Yoga Therapy Course	3 days	520
Yoga Therapy Course	5 days	820

## AntiGravity® Yoga

Private Individual	75	200
Private Couple	75	250
Scheduled Group Class (per person)	75	80
Private Group Class (up to 6 people)	75	375

## Other Yoga

Private Yoga	60	120
	90	180
Private Group Yoga (up to 4 people)	60	240
Private Aqua Yoga	60	120
Private Aqua Float Yoga	60	120
Scheduled Group Class (per person)	60	80
Private Group Class (up to 6 people)	60	375
Pregnancy Yoga	60	120

## Yoga Energy Trail

Private Individual	75	200
Private Couple	75	250
Scheduled Group Class (per person)	75	80
Private Group Class (up to 3 people)	75	330



# AYURMA

## WELLNESS

### ALIGNMENT RITUALS

	Duration	Price
Align With The Earth	120	390
Align With Joy	120	390
Align With Power	120	390
Align With Love	150	420
Align With Truth	120	390
Align With Intuition	120	390
Align With Wisdom	120	390

### GIFTS OF CONNECTION

AyurMa Ritual for Women	150	480
Aailaa Ritual for Families (up to 4 people)	120	885
Kaumara Ritual for Teens	120	290
Earth Explorers Ritual for Kids	60	125
Amma Ritual for Mothers-to-be	120	390



AYURMA

## WELLNESS

### MASSAGES

	Duration	Price
AyurMa Massage	90	225
Landaa Massage	60	185
	90	225
	120	265
Thai Massage	90	235
	120	275
Five Elements Massage	90	235
Alignment Massage	75	195
Warm Shell Massage	90	235
Anti Cellulite Massage	90	235
Therapeutic Massage	90	235
	120	275
Indian Head Massage	60	185
Indian Foot Massage	60	185
Pregnancy Massage	90	235

## BODY & FACE THERAPIES

### SCRUBS & WRAPS

	Duration	Price
Blissful Scrub	60	185
Energising & Detoxifying Scrub	60	185
Island Cooling Wrap	60	185
Stem Cell Remodelling Treatment	90	250

### FACE THERAPIES BY ILA

Ananda	60	175
Rainforest	90	225
Cellular Age-Restore	90	250

### HIGH TECH WELLNESS

#### TERESA TARMEY FACIALS

The Ultimate TT	75	350
Cryo Lift	45	250

### TDA FACE & BODY THERAPIES

Women's Facial	60	250-290
Men's Facial	60	250-290
Body Treatments	60	250-290
Top-Ups	30	115-135

### VERJÚ LASER BODY CONTOURING

Verjú Laser	30	200
Verju Laser with Cellulite Massage	90	380
3 x 90-min sessions		1100
6 x 90-min sessions		2150

## LANDAA BEAUTY

### NAIL SERVICES

	Duration	Price
Manicure	75	85
Pedicure	75	95
Manicure and Pedicure	120	155
Gel Nail Manicure	75	150
Gel Nail Pedicure	90	175
Gel Nail Polish	45	75
Gel Nail Polish Removal	45	50
Hand File and Polish	30	60
Foot File and Polish	45	75

### Waxing

Underarm	30	40
Half Leg	30	50
Full Leg	60	100
Bikini	30	75
Brazilian	60	100
Back	60	100

Prices and treatments are subject to change without notice and will be subject to service charge and taxes.