

MEZD

SPA



SHARAVI

BEACH VILLAS & SPA

# MASSAGES

## full body massage

(60 minutes)

8000

(90 minutes)

11500

your choice of a deep tissue or gentle massage

oils to choose from:

lemongrass oil to awaken, stimulate and refresh the body

lavender to calm & soothe the nerves. perfect after a long flight.

chilli oil to relieve pain and improve circulation.

contains: hand picked peppermint, sage, yarrow, pepper nigrum, all organically grown, plus essential oils of eucalyptus, and cardamom

## head, neck and shoulder massage

(30 minutes)

5000

massaging the head with virgin coconut oil helps relieve daily stress. the oil is great as a scalp moisturizer as it preserves the hair follicles from breakage.

it is also an ideal treatment for dry and damaged hair.

## back, neck and shoulder massage

(40 minutes)

5500

recommended with chilli oil as it relieves tension and improves circulation

## leg and foot massage

(40 minutes)

5500

choose lemongrass oil to awaken, stimulate and refresh the legs and feet

# SCRUB & BATH

body scrub 5000  
(45 minutes)

ideal for detoxification and exfoliating, leaving your skin fresh and moisturized

choose from:

lemongrass scrub deep cleansing, healing and anti-inflammatory

vanilla & coconut scrub

the blend helps exfoliate dead skin while the coconut hydrates and moisturize the skin with the vanilla acting as an anti-oxidant.

almond milk bath 4000  
(30 minutes)

the milk helps soothe dry, rough or dehydrated skin & is great for cooling sunburn

# BODY WRAPS

kithul mud wrap 5000  
(45 minutes)

ideal for slimming, as the mud helps the body sweat and flush out unwanted toxins and fat while the kithul sap from the local palm tree helps tone the skin.

aloe vera wrap 5000  
(45 minutes)

aloe vera soothes and heals sun burned and itchy skin as well as enhances skin tone

# ADD-ONS

neck and shoulder massage 3200  
(20 minutes)

hand and foot massage 3200  
(20 minutes)

head massage 3200  
(20 minutes)

