

# Spa Menu

**Signature Therapy** 

60 min-3200/-90 min-4000/-

This is a combination massage of deep tissue & swedish featuring exclusive Kratos pampering. Our therapist adapt their eclectic techniques with firm but gentle pressure to improve circulation, ease muscle aches and tension, improve flexibility and initiate undiluted relaxation

**Swedish Massage** 

60 min-2800/-90 min-3800/-

The most common and best-known massage with the classic technique that uses long, fluid strokes and light to medium pressure to ease you into relaxation. the Berry swedish massage guarantees to release stress throughout your body, revitalize tired muscles and improves circulation creating a profound sense of relaxation.

**Balinese Therapy** 

60 min-3000/-90 min-4000/-

A pristine voyage into bliss with a full-body, deep-tissue, holistic treatment that combines acupressure, stretching and aromatherapy to stimulate blood circulation, oxygen, energy around your body and bring a sense of well-being, inner tranquility and deep relaxation.

# **Indian Foot Reflexology**

60 min-2500/-

Reflexology is an extremely effective form of therapeutic foot massage which aims to create harmony in the body by concentrating on various pressure points on the sole and heel. Ailments in the rest of the body can be treated , giving you a complete feeling of bliss. It restores the body's natural equilibrium, improves circulation, reduces stress, eliminates toxins, relaxes the body and stimulates the healthy function of internal organs. A great option for tired and sore feet.

## **Deep Back Treatment**

30 min-1800/-

We recommend the Deep Back Treatment for maximum tension-relieving results for those with minimal time. It involves a significant blending of Swedish and Balinese massage which focuses on shoulder, neck & upper back areas followed up with an invigorating, cleansing back scrub to subtract accumulated dead skin

<sup>\*60</sup> mins includes a neck and shoulder dry massage.



#### **Oriental Head Massage**

30 min-1500/-

•Focusing on head, neck and scalp this massage involves special Oriental techniques which gives pleasure and relieves stress and tension. It is highly recommended for people that suffer from tension headaches.

Body Scrub & Polish 45 min- 2500 /-

Vanila Rose Whitening Scrub

Exfoliating & deep cleanaing creamy scrub that naturally exfolliates and mosturizes while lightening the skin complexion.

Sandalwood Saffron Scrub

Used in olden days by the royal brides to look beautiful before the nuptials, Sandalwiod saffron scrub nourishes and refines the skin leaving it satin smooth ans sparkling with golden hue. Come back feeling like a pampered royalty.

### **Kratos Spa Loving Life**

120min-7500/-

Get pampered like a royal with waking Aroma oils lifting you in a blissful state of mind with an after Signature Massage which starts the pampering of the skin with Sandalwood Saffron Scrub.

### Kratos Journey of the Royal

90 min-5800/-

As partners in a relationship, the causes of stress for each in individual may be different. But, indulging in a destressing, and pleasurable journey together to reach a point of relaxed exaltation is something that will significantly enhance the feeling of togetherness.

#### **Other Suggestions**

- Schedule your treatments in advance, as the spa gets busy
- You will be provided with a private locker in the spa area which will be equipped with robe and slippers to wear while in the spa. Feel free to wear your own loose, comfortable clothing if you prefer.
- Disposable underwear will also be provided and can be used as per your discretion. Jewellery, watch etc must be removed and kept in the locker, your therapist will meet you and guide you to your treatment room, feel free to enjoy the relaxation area at the spa after your treatment. Post certain treatments it is recommended to stay away from the sun, so please plan accordingly.
- Once in your treatment room, your therapist will step out while you remove your robe and climb under the towel for your treatment. You'll be draped for privacy at all times.
- For your own relaxation and that of our other guests, the spa is a laptop and cell phone-free zone.
- Our ultimate aim to is to provide you with an unforgettable and totally stress-free experience.