



THE BLUE WATER
HOTEL AND SPA

SPA MENU



A holistic spa indulgence awaits you at Blue Water, 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 in rituals crafted right here at The Blue Water hotel & spa



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, Marma 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 relieve stress, sooth and balance your senses.

TIBETAN WARM STONE MASSAGE 90M | \$80

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

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.

THAI FUSION MASSAGE 60M/90M | \$65/\$80

Popular Thai massage techniques combined with gentle stretching to reawake the bodymind and soul, this unique massage involves gentle stretches, and special Marma massage and long deep strokes to refresh your body & soul.

BLUE WATER CRAFTED SPA RITUALS

BLUE WATER 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, allow your therapist to skillfully craft your spa experience with medium to firm pressure with verities of techniques.

BLUE WATER 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, Vietnamese massage. This treatment will enhance your well-being and leave feeling pampered.

BLUE WATER BLISS 115M | \$75

Enjoy a Balinese massage using relaxing oil before a nourishing and de-stress Chocolate body wrap applied to your body follow with a relaxing head massage while you enjoy the wrap, 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 a side, your therapist Carefully perform a gentle full body massage to relieve pain and aches of the body.

MAMA'S FOOT RUB 30M/60M | \$45/\$65

After warm foot bath a gentle holistic foot therapy will help to relieve from aches and pain during the pregnancy time.

MAMA'S HEAD RUB 30M/60M | \$45/\$65

A holistic scalp massage therapy to relive stress and promote relaxation and sleep, warm coconut oil to purify the scalp, and gentle dry face massage to enhance the experience.

KID'S SPA RITUALS

FLOWING MINI MASSAGE

45M | \$55

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

BOUTIQUE FACIAL

45M | \$55

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

GET MUDDY

45M | \$55

A fun way to get relax and recharge, mineral rich body wrap following head neck & shoulder massage, perfect for 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.





Take time to Relax



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 Ayurvedic 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 60M | \$75

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

SRILAKAN 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 recommend for skin that 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 sooth the 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 balance 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 customized to each skin types, after carefully look in to your skin, your therapist will use the suitable products with suitable techniques for maximum results.

B O D Y R I T U A L S

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.

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.

SUGAR & SALT SCRUBS 45M | \$65

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

GREEN TEA SEA SALT SCRUB 45M | \$60

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.

HERBAL BODY SCRUB/WRAP 45M | \$65

Let the Srilankan herbs heal and give moisture to your skin, this natural herb goes deeper in to your skin to make it glow and protected.

COCONUT & COFFEE SCRUB 45M | \$65

An unforgettable wellbeing experience, with this wonderful combination to renew & 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

STAFF
ONLY





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 are **not responsible for missing items**

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

Spa Open hours

09:00 am to 07:00 pm
(We are flexible, if you require earlier or late treatment please discuss with our team)

Payment & Cancellation

All the treatments will be charged **directly to your room.**

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

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

All the prices inclusive of **Tax & service** charge.