



THALASSA
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EXCLUSSIVE



EXPERIENCE THE ORIGINAL



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MASSAGES INSPIRED FROM THE WEST

AROMATHERAPY

It is a massage therapy performed using essential oils along with other aromatic compounds to improve one's mood, cognitive, psychological or physical well-being. Its gentle massage techniques using neuromuscular therapy improves emotionally-related conditions (Tension and Stress) leaving the body soothed and relaxed.

Duration : 60 min 2200/- | 90 min 3000/- | 120 min 3500/-

SWEDISH MASSAGE

It is the most common and best-known type of massage. Primary goal of Swedish Massage is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes using five different Swedish Massage techniques in the direction of blood returning to the heart.

Duration : 60 min 2500/- | 90 min 3200/- | 120 min 3800/-

DEEP TISSUE MASSAGE

It is an advanced form of Aromatherapy performed using direct deep pressure to restore deeper layers of muscles and connective tissue. This massage effectively works on chronic aches and pains and contracted areas such as stiff neck and upper back, lower back pain, leg muscle tightness, and sore shoulder.

Duration : 60 min 2900/- | 90 min 3600/- | 120 min 4300/-

*All rates are excluding GST

TRADITIONAL MASSAGES FROM AROUND ASIA

THAI MASSAGE

It is an ancient healing system combining acupressure, Indian Ayurveda principles and assisted Yoga posture, The body is compressed, pulled, stretched and rocked rather than rubbing on muscles. Traditional Thai Massage uses no oil or cream.

When undergoing a Thai Massage, you can be fully clothed and it is performed on a mattress placed on the floor.

Duration : 60 min 2800/- | 90 min 3500/-

BALINESE MASSAGE

From the shores of Indonesia comes the other famed Asian massage- the Balinese Massage. This is a massage with a holistic approach. It is full-body massage that combines the elements of deep tissue massage in it.

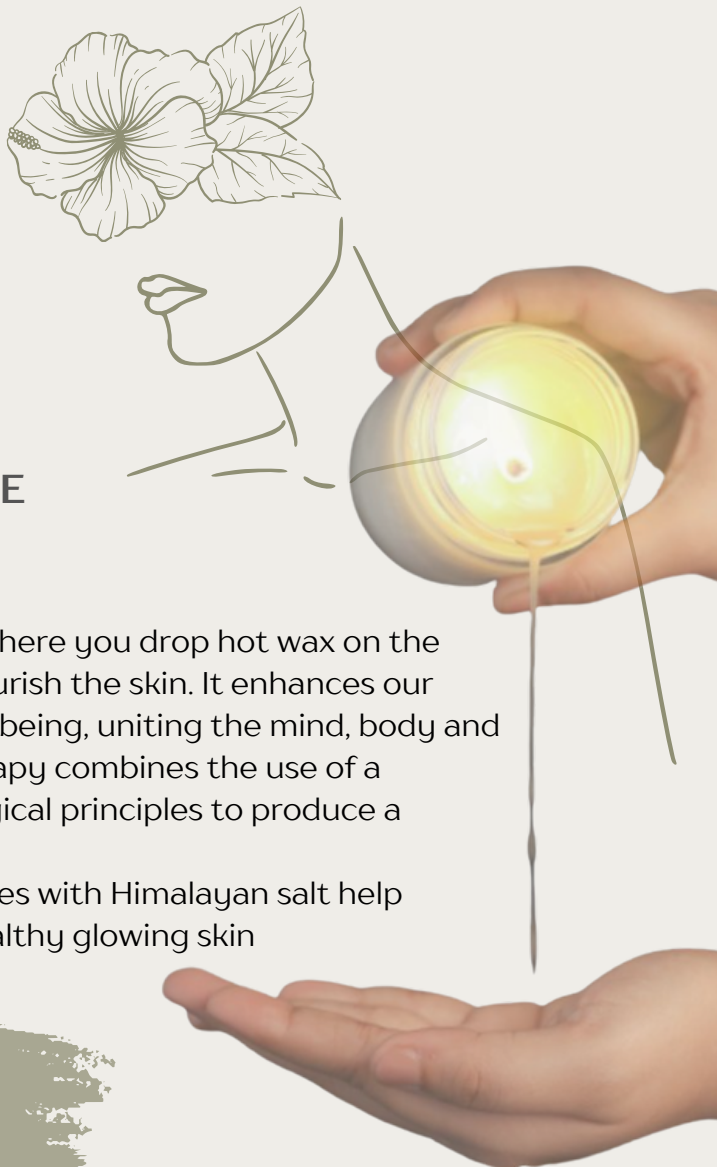
The basic idea behind a Balinese Massage is to stimulate your senses and to perk up blood flow and increase the oxygen levels in the body. The Balinese Massage combines many different massaging techniques and that makes this all the more interesting. There is pressure point stimulation and combined with stretching, reflexology, aromatherapy and acupressure.

If you want to awaken your “qi” (the inner energy), and want a calming of senses to lull you into a complete state of wellbeing, get a Balinese Massage done with us.

Duration : 60 min 3000/- | 90 min 3700/- | 120 min 4400/-

*All rates are excluding GST

OUR SERVICES



AROMA CANDLE MASSAGE

This is a unique form of body spa where you drop hot wax on the body, which helps cleanse and nourish the skin. It enhances our mental, physical, and spiritual well-being, uniting the mind, body and overall spirit. This new type of therapy combines the use of a massage candle and the psychological principles to produce a positive transformation in life.

Add on: Scrub Candles Scrub candles with Himalayan salt help exfoliate the dead skin & reveal healthy glowing skin

60 MIN | 3000

90 MIN | 3900

ADD ON SCRUB 30 MINS 1500/-

HOT STONE MASSAGE THERAPY



Hot stone massage uses a combination of warmed stones and massage techniques to relax tense muscles, relieve pain and stiffness, and improve circulation. The treatment can be used for ailments like muscular aches, arthritic conditions, and autoimmune disorders. The heat of the stones penetrates the skin to promote better blood flow, release toxins and create a deeper muscle relaxation than in a standard massage.

90 MIN | 3800

120 MIN | 4500

*All rates are excluding GST

SYNCHRONIZED FOUR HANDS MASSAGE



Synchronized Four Hands Massage is a massage style that perfectly satisfies your need for the ultimate in pampering. Four Hands Massage is performed by two therapists synchronizing their strokes during the massage with their rhythmic movements, enabling energy to flow around the body.

When two therapists and four hands hit your body, your mind reacts differently. At first you might find yourself trying to keep track of the therapists, where each one is and what each one is doing, struggling to keep it all in a very logical order in your head. But very quickly your brain realizes it's not sure who is doing what, and gives up control.

This is a powerful treatment for anyone who has a hard time letting go during treatments or big and tall customers who need much more exerted work within the usual massage times allotted.

AROMA : 60 MIN 4000/- | 90 MIN 5500/-

SWEDISH : 60 MIN 4500/- | 90 MIN 6000/-

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SPA BODY RITUALS

Body Spa Rituals uses essential oil-based scrubs, butter and masks to gift you with an extra smoothy skin. It enters the skin through hair follicles, get gently absorbed into the bloodstream and circulate around the body to give a rejuvenating experience.

CRYSTALLINE SKIN RENEWAL

Strawberry extracts are enriched with sugar granules to create these crystalline particles. Used on your skin, you will notice it getting deeply moisture and exuding a bright, healthy glow. The aroma of strawberry re-energizes by stimulating skin metabolism.

6500

120 MINUTES

COFFEE SKIN RENEWAL

6500

120 MINUTES

Wake your skin up and leave it feeling refreshed and rejuvenated with Coffee range. Rich in antioxidants, caffeine has the ability to tighten the skin, remove puffiness and reduce the appearance of cellulite.

COCONUT SKIN RENEWAL

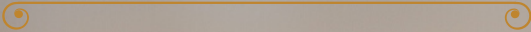
Cold-pressed virgin coconut oil is enriched with wheatgerm, desiccated coconut, mineral salt, walnut oil, rosemary oil, thyme oil, nutmeg oil and almond oil – all to bring you this creamy, indulgent, highly moisturizing range. Try it experience truly relaxed, glowing skin.

6500

120 MINUTES

*All rates are excluding GST

SHORT TREATMENTS



Foot Massage :	30 mins 800/-
Back Massage :	30 mins 1200/-
Leg Massage :	30 mins 1200/-
Head Massage-Male :	30 mins 800/-
Head Massage-Female :	30 mins 1000/-
Neck & Shoulder :	30 mins 800/-
Foot Reflexology :	30 mins 1500/-

ADD -ON

Jacuzzi Experience :	20 mins 1500/-
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*All rates are excluding GST

MOROCCAN BATH



If rejuvenation, revitalization and restoration are the need of the hour, then try the new Moroccan Bath ritual. This luxurious bath ritual does wonders to your skin and body, not to miss, it offers great relaxation too! Moroccan Bath is an age-old traditional cleaning ritual of Moroccans which is spread across the Middle East and popularly known as Hammam Maghrebi. This ritual is done to clean, whiten and soften the skin. It also helps to relax the tired nerves and muscles while enhancing the blood circulation of the body.

Duration: 90 min | 6000/-

*All rates are excluding GST

ALLURE OF WATER

VICHY SHOWER / HYDROTHERAPY



Vichy Shower is one of the Hydrotherapy. It produces a sensation of floating water, this plenty of water movement on the body/skin helps to increase the blood circulation, hydrate the skin and sooth the nervous system, enabling the body to balance and muscle to relax.

Specific Benefits from regular Vichy Shower Treatments:

- Increasing the benefits of the product recently absorbed by the skin
- Reducing toxins and waste, improving body elimination system
- Stimulating the skin drawing blood to surface
- Boosting immune system
- Hydrating body through skin, improving skin and muscle tone
- Reducing stress response through skin nerve stimulation
- Good treatment for Hydration especially in Bangalore weather

Duration: 60 min | 4000/-

*All rates are excluding GST

ALGA REVITALIZING JOURNEY

Alga Apothecary features the best aromatic nectars formulated through the art and science of apothecary. Alga nectars are artful blends of flower and plant extracts, distilled to their very essence and spirit to awaken your senses with true nature's potential.

Start your Alga journey with a cleansing gel care of all skin types, followed by Body Polish Mix especially recommended for tired, energy deprived skin that requires revitalization and improved hydration. Revitalizing journey continues with a relaxing Jacuzzi experience.

Intensive firming body butter strengthens the skin that helps to prevent stretch marks will be used for massage.

A velvety mask for the care of every skin type with refreshing mint extract, when combined with body polish mix and body butter enables your skin regains its shine and vitality.

Duration: 2 hours 30 mins | 8000/-

*All rates are excluding GST



A COUPLE UNWIND AT THALASSA SPA

Want a staycation right in your neighborhood? Celebrating your partner's birthday or anniversary? Then, this year, step out of the usual been there, done that, and go in for a couples spa therapy at Thalassa Spa.

This is a very popular request that we get at Thalassa Spa and we have made it our priority too. You stay together in a special couple's suite and you can enjoy your choice therapies and massages together. Any special requests, just tell us we will arrange it for you!

A couples massage can be just anybody, your friend, sister, partner, spouse or child.

Consider it a heavenly experience and both of you will leave wearing a nice afterglow and looking completely relaxed and blissful.

Benefit: Experience in Couple Jacuzzi

Duration 2 hrs | 8000/- (Package Price)

*All rates are excluding GST



THANK
YOU



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