



KARPAHA SANDS

KALKUDAH

## SHANTHI AYURVEDA SPA

BODY | MIND | SPIRIT



### Ayurvedic Treatments



**Abhyanga** (60/90 mins, paired with cinnamon tea)

**US\$40/55**

This full body warm oil treatment is the ultimate in holistic luxury encompassing a unique marriage of techniques from ancient and modern therapies. Rich signature oil blends are used across the whole body, with rituals addressing the chakras, nadis and marmas. Calming and rejuvenating, this treatment expertly merges Ayurveda, marma massage, aromatherapy, reflexology and chakra balancing. It is recommended for detoxification, sleep, strengthening of muscles and joints, and improving body tone



**Udvarthana** (60/90 mins, paired with lemon tea)

**US\$40/55**

This Ayurvedic body scrub combines a full body massage with *herbal powder* to energize the body and promote active blood flow, revitalizing and reconditioning the body. It also aids in digestion and promotes healthier skin, firmer muscle tone, increased circulation and a breakdown of cellulite



**Kizhi** (60/90 mins, paired with lemongrass tea)

**US\$40/55**

An ancient herbal rejuvenation therapy using *warm cloth bags (satchels)* filled with a mixture of *herbal powder* that are lightly pressed over specific parts of the body. It helps reduce stress, swelling and body pain, such as backache, joint pain, cramps and rheumatic ailments. This relaxing yet stimulating treatment works on the marmas and brings a wonderful sense of calmness and wellbeing



**Hot Stones Massage** (60/90 mins, paired with stevia tea)

**US\$40/55**

A Tibetan body massage technique that uses warm basalt stones to instill a deep level of calm while relaxing tight muscles, encouraging the body to detox and remove blockages, and heal through increasing lymphatic flow



**Shirodhara** (60 mins, paired with ginger tea)

**US\$65**

Combined with a body and head massage, Shirodhara involves gently streaming warm, medicated oil over the forehead (the third eye) in a consistent flow from a suspended copper bowl to soothe and calm the nervous system. Based on the principle of invigorating the mind and bringing about oneness in the body through nourishing out-of-sync doshas, this treatment grants a deep sense of calmness of the body and stillness of the mind



## Because I want more

### **3-day Abhyanga Course** (3x 60 mins/90 mins)

**US\$100/135**

Abhyanga is traditionally done over 3 days to get the best medicinal results  
Go back to the basics of Ayurveda and pamper yourself every day

### **Kizhi & Hot Stones Massage** (2x 60 mins)

**US\$70**

Combine a warm herbal compress massage and a hot stones massage

### **Head Over Heels** (all 5 treatments, 60/90 mins each)

**US\$160/200**



## Because my body is an art piece

### **Henna**

**US\$25** first pax, **US\$15** any additional pax

Henna is a temporary skin decoration using a paste created with henna typically applied for Hindu festivals, weddings and other ceremonies. Turn your hands, arms or feet into a beautiful design as a local artist creates a traditional henna tattoo on you (subject to artist's availability)

Regular Spa operating hours: 8AM - 5PM

Appointments may be arranged between 5-10PM, depending on therapist availability and subject to advance booking with Reception

Please book early with Reception to ensure therapist availability  
Couples massages available upon request and subject to therapists' availability  
Cancellations less than 4 hours before the treatment will be charged 50%

Packages (3-day Abhyanga Course, Kizhi & Hot Stones Massage, Head over Heels) are individual packages and may not be shared with any other person

Prices are inclusive of service charge and all government taxes

