

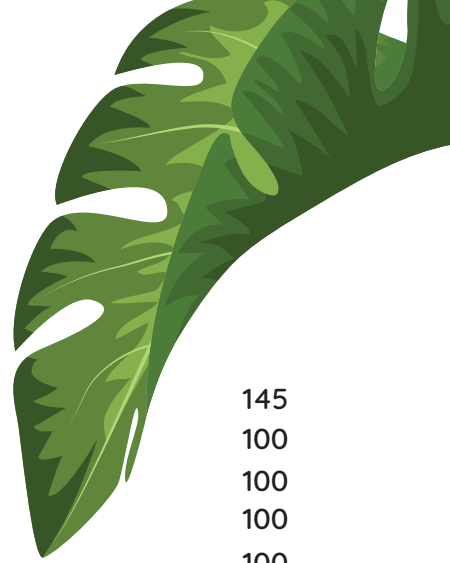
# Heylhi Spa



## Menu

Отель может вносить изменения без предварительного оповещения

## Massages



Mohom Indigo Healing Art	90 mins	145
Fit Body	60 mins	100
Prana Vital Energy	60 mins	100
Garden of Deep	60 mins	100
Inner Reset Ritual	60 mins	100
Warm Coconut Soother	60 mins	100
Samsara Mother-to-Be	60 mins	100
Hot Stone Massage	90 mins	145
Balinese Massage	60/75 mins	100/125
Fushi Deep Tissue Massage	60/75 mins	100/125
Thai Massage	75 mins	125
Reflexology	60 mins	100
Tension Release Back Massage	30 mins	55
Indian Head & Shoulder Massage	30 mins	55

## Ytsara Facials

Beauté Original Haute Couture	90 mins	180
Visible Lift	60 mins	120
Skin Drink	60 mins	120
Absolute Control	60 mins	120
Bright & Brave Face Perfect	60 mins	120
Facial Yoga	30 mins	65
Sun Ray Healer	30 mins	65

## Body Treatments

Hom Mali Jasmine Rice Scrub	45 mins	120
Pink Himalaya Salt Glow	45 mins	65
Skin Reveal Wrap	60 mins	65

## Hands & Feet

Fushi Manicure	60 mins	90
Fushi Pedicure	75 mins	110

# Ytsara Massages

## **MOHOM INDIGO HEALING ART** (90 minutes)

Relieve stiff and sore muscles with a deep muscular treatment that combines steamed therapeutic herbs with a rare essential oil found only on two remote islands in the Pacific Ocean. Rainforest clove has the ability to suppress pain while Tangerine, Pink Grapefruit and Rosemary drain toxins out from your muscles. After intense work out, you are now soothed, relaxed and free of sores.

## **FIT BODY** (60 minutes)

Designed to encourage blood flow, stretch muscles and ease joints, this stimulating massage conditions the body for better performances in the same manner a warm up would do. Thai therapeutic massage and pure plant essential oils are synergistically preparing your body for better performances and improved recovery.

## **PRANA VITAL ENERGY** (60 minutes)

A combination of massage techniques while Ytsara's Vital Energy Body Oil made with Blue Ginger inspires self-connection and renewal. Targeting the meridian energy system, the Thai Sip Sen Massage discovers and unblocks areas of trapped energy that manifest in physical and/or emotional pain. Energize the mind and spirit for a feeling of deep healing.

## **GARDEN OF DEEP** (60 minutes)

Restore your body, mind & spirit. The aroma of Malabar Grass melts tension away while Sweet Orange and Vetiver help to create an inner peace. Oils of Rice Bran, Sweet Almond, Soy and Wheat Germ help soothe and nourish the skin.

## **INNER RESET RITUAL** (60 minutes)

To detox & refresh body this nourishing massage boosts the elimination of toxins, relieves fatigue, enhancing the complexion and promoting longevity while nourishing all parts of the body.

## **WARM COCONUT SOOTHER** (60 minutes)

A deeply nourishing treatment using organic warm coconut oil to soothe and condition the skin. Gentle massage encourages relaxation of body & mind.

## **SAMSARA MOTHER-TO-BE** (60 minutes)

A gentle side-lying massage to release tensions in the back and the legs of the mother to be. Organic virgin Coconut oil nourishes the skin while avoiding allergic reactions. Recommended after first trimester only.

# Body Massages

## **HOT STONE MASSAGE** (90 minutes)

The weight and radiant warmth of the stones, combined with calming essential oils, penetrates muscle tissue, including deep relaxation, melting away tension, promoting balance, and improving overall health.

## **BALINESE MASSAGE** (60 or 90 minutes)

A combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood. This massage brings a sense of wellbeing, calm and deep relaxation.

## **FUSHI DEEP TISSUE MASSAGE** (60 or 90 minutes)

This massage is a perfect after a day's activities. A vigorous and dynamic procedure, targets into deeper layers of muscles and connective tissue that will help increase your muscle flexibility.

## **THAI MASSAGE** (75 minutes)

The art and ancient tradition Thai-style massage, combining on force pressure points, muscle and ligaments and stretching. It is offered fully clothed and without oil to reawaken the body's energy flow.

## **REFLEXOLOGY** (60 minutes)

An ancient method of stimulating specific pressure points on the feet to open the body's energy pathways, leaving you balanced and with restored clarity.

## **TENSION RELEASE BACK MASSAGE** (30 minutes)

This massage therapy is focusing on the back to release muscular tension and improves circulation.



# Ytsara Facial Treatment

## **BEAUTÉ ORIGINAL HAUTE COUTURE** (90 minutes)

As skin changes over time and seasons so do what will keep it gorgeous. Journey starts with skin & lifestyle analysis to design a treatment each time different. Tailor-made French massage techniques, unequalled products selection and holistic secrets work in synergy to awaken the skin's optimum potential.

## **VISIBLE LIFT** (60 minutes)

For the joy of looking in the mirror again proven to boost the rejuvenating system of the skin, this treatment addresses the most visible signs of aging. Laminaria returns stem cells to the vitality of young skin, stimulates internal defense system to erase fine lines and wrinkles; Marine ferments stimulate collagen and elastin production for a tight skin.

## **SKIN DRINK** (60 minutes)

This plumped vibrant skin Marine plankton extract, restores physical and chemical skin barrier to prevent water loss and protect against external assailants while, at a deep level, replenishing the skin water reservoir essential to flawless appearance. Anti-oxidant rich Sacred Lotus prevents cells damages. Skin restructuring Hyaluronic acid plumps the skin from inside out.

## **ABSOLUTE CONTROL** (60 minutes)

A potent blend of actives keep complexion matte, clear and balanced around the clock. Bamboo Tears controls excess oil and fight acne while a rare tree gum, reduces pore size and blemishes. Plankton extract decreases skin reactivity and Safflower restores essential hydration. Skin is soothed and radiant.

## **BRIGHT & BRAVE FACE PERFECT** (60 minutes)

Calming and detoxifying treatment that absorbs oil and minimizes shine for a totally matte, smooth-touch finish. French Green Clay helps draw out toxins and sebum. Bamboo Tears mattifies and re-mineralizes the skin, while Lilac, helps to treat the cause of acne and skin unevenness. Centella & Hibiscus calm and refine pores.

## **FACIAL YOGA** (30 minutes)

Considered more precious than gold, jade stone brings beauty, balance and vibrancy to your face. Sacred Lotus, combats the effects of aging while Marine extracts increases inner moisture. Deep sculpting Guasha massage stimulates blood circulation thereby oxygenating and nourishing the tissues, plumping up the skin and smoothing away wrinkles. Skin is toned, lively and radiant.

## **SUN RAY HEALER** (30 minutes)

Feel relaxed and refreshed as mineral rich Goji Berry, soothing Marigold and deep healing Green Tea are infused into your skin to regain moisture and elasticity after exposure to the sun. Your skin is cool, soft and plump.

# Ytsara Facial Treatment

## ADD ONS

15 minutes - USD 30

**SCALP MASSAGE** - Eases tension and enhances clarity of mind.

**AGELESS HANDS** - Youthful hands have long been prized as a hallmark of beauty. Ylang Ylang stimulates cell renewal and antioxidant-rich Black Mulberry keeps skin radiant.

**FOOT MASSAGE** - Erases fatigue and balances energy.





# Ytsara Body Treatments

## **HOM MALI JASMINE RICE SCRUB** (45 minutes)

Reveal the body's hidden glow with ingredients known to purify and refine the skin. Jasmine Rice removes dullness and brightens. Jojoba Oil and Shea Butter provide deep nourishment.

## **PINK HIMALAYA SALT GLOW** (45 minutes)

Millions of years ago, pristine seawater was crystallised and covered by lava, protecting it from modern-day pollution. Infused with eighty minerals, Pink Salt delivers its pure nutrients while gently smoothing your skin. Refreshing Aloe Vera cream further nourishes. Your skin feels baby soft.

## **SKIN REVEAL WRAP** (60 minutes)

An exceptional multifaceted body wrap using the powerful black mulberry extract combined with essential oils, acts on the body to detox, firm, rejuvenate and brighten. Dull complexion, dehydrated and flabby skin are all treated at once. Combined with scrub or massage, possibilities are almost endless. Results in a more radiant, healthy, elastic and fair skin as well as a toned body.

## Hands & Feet

### **FUSHI MANICURE** (60 minutes)

Restores health and beauty to your cuticles and nails. A gentle exfoliating rub is followed by a cuticle-softening soak and hand massage. Your nails and cuticles will be cleaned, shaped and finished with a beautiful polish application.

### **FUSHI PADICURE** (75 minutes)

Revive and refresh even the most dehydrated feet. This luxurious treatment begins with a foot soak followed by a salt scrub, shaping and buffing, cuticle and callous work. Then your feet and legs are pampered with a gentle massage. Our treatment will leave your feet bright and hydrated.

## Hair Care

**Shampoo** – 30 minutes

**Wash & Blow-Dry** – 45 minutes

**Wash and Cut** – 60 minutes

**Wash & Cut (Gentlemen)** – 45 minutes

**Wash & Cut (Child)** – 45 minutes

# Express Radiance Ritual

**[2 DAYS] US\$ 345**

Take advantage of effective and natural beauty techniques for a blooming face and body in total harmony.

## Day 1 - [1 Hour 45 Minutes]

Pink Himalaya Salt Glow

Garden of Deep

## Day 2 - [1 Hour 30 Minutes]

Facial Yoga

Warm Coconut Soother

# Honeymoon Sweet Ritual

**[3 DAYS] US\$ 1,100 for a couple**

Share, with total synergy, a genuine well-being and relaxation experience with the Ytsara treatments.

## Day 1 - [1 hour 45 minutes]

Hom Mali Jasmine Rice Scrub

Inner Reset Ritual

## Day 2 - [2 hours]

Prana Vital Energy

Absolute Control

## Day 3 - [2 hours 15 minutes]

Balinese Massage

Pedicure





# Well-being Ritual

**[5 DAYS] US\$ 730**

Experience the tropical well-being traditions to relax and discover the harmony of Body and Spirit.

## Day 1 - [1 Hour 45 Minutes]

Hom Mali Jasmine Rice Scrub

Inner Reset Ritual

## Day 2 - [1 Hour 30 Minutes]

Sunray Healer

Balinese Massage

## Day 3 - [1 Hour 30 Minutes]

Reflexology

Tension Release Back Massage

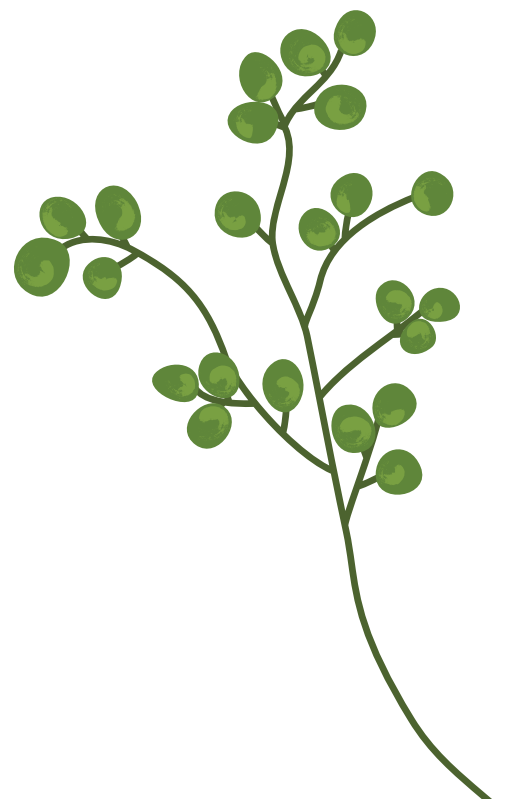
## Day 4 - [1 Hour 30 Minutes]

Hot Stone Massage

## Day 5 - [1 Hour 30 Minutes]

Visible Lift

Foot Massage





# Heylhi Spa

## **SPA COMFORT**

The spa environment is one of tranquility and relaxation. Please respect the quiet and privacy of other guests by speaking in a soft voice or simply enjoying the silence. Mobile phones and other electrical devices are discouraged and ring tone are silenced and switched to vibrate mode while enjoying the spa. Smoking is prohibited throughout the spa.

## **AGE REQUIREMENT**

The minimum age requirement for spa facilities is 16 years and over.

## **RESERVATION**

For scheduling appointments or for further information, please contact the spa by pressing the spa button on your telephone or by dialing Ext. 8801. We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. Our spa concierge will be happy to guide you through the ideal range of therapies that are perfect for you. Please notify the spa concierge of any health conditions, allergies or injuries that could affect your treatment or use of the spa facilities.

## **ARRIVAL TIME**

Please arrive at the spa reception at least 30 minutes prior to your first scheduled appointment. This allows us to have consultation with you to understand any of your concerns and also to allow you to check-in, change to spa attire and unwind for your treatment.

## **SPA ATTIRE**

spa attire and a locker for your personal belongings will be provided to you to your comfort. Swim wear is required for plunge pool.

## **AMBIENCE**

Please help us maintain a fresh, pure and tranquil environment by turning off your mobile phone and refrain from creating disturbing noise. Kindly note that the spa is a 'no smoking' area.

## **LOSS OR DAMAGE**

A personal locker will be provided to keep your valuables. However it is recommended that all valuables are left in your room safe. The management and staff accept no responsibility for any loss or damage of valuables to your personal article in the spa premises.

## **SPECIAL CONSIDERATION**

Please notify the spa if you are under any professional health care, are pregnant or have any medical complications. This will enable our spa Resident to personalise a suitable treatment.

## **CANCELLATION POLICY**

Please allow at least three hours notice for cancellation or rescheduling of your treatments. Cancellations with less than three hours notice of the appointment time, will incur a 50% charge.

