

The Sahana Spa



Aromatherapy Massages

A popular treatment based on essential oils of therapeutic value, which will leave your mind and body rejuvenated and bring renewal and balance to your lifestyle.

Gentle sweeping movements using the whole of the hand enables the essential oils to penetrate the body, helping to bring about a state of calm and relaxation. This type of massage helps to increase circulation, relaxation of the muscles and relieves the body from stress and tension.

If you are seeking a gentle and nurturing treatment, and an aromatherapy massage may be your ideal therapy. You are invited to choose a massage to suit the needs of your body and mind.

Aches, Pains and Circulation

60 min / USD 55

A treatment to soothe and warm away muscle stiffness and improve circulation. A warming spice-oil body massage.

Body Detox

60 min / USD 55

An effective treatment to reduce the visible effects of cellulite

Energizer

60 min / USD 55

A treatment to revive, stimulate and invigorate. A full body massage using a blend of essential oils specially created for the Sahana Spa.

Reflexology

45min / USD 40

The whole body is mapped out on your feet. Applying gentle pressure to these points allows our body to re-establish healthy communication between all parts. Reflexology releases blockages in energy flow, creating the optimum conditions for healing.

Ayurvedic Full Body Treatment

60 min / USD 55

A treatment inspired by Ayurvedic traditions using herb infused sesame oil with soothing rubbing movements to open up energy channels and release any blockages, which causes an imbalance in the body. The treatment begins with a body massage followed by fermentation with herbal poultice to ensure total relaxation and well being.

The Sahara Spa



Head & Shoulder Treatment

30 Mins/ USD 30

This treatment involves massage to the shoulders, neck, and scalp. It improves blood flow, nourishes the scalp, and rebalances vital energy flow, installing a sense of peace and tranquility.

Green Tea Facial

60 Mins / USD 55

Cleansing and rejuvenating plant essences, vitamins and green tea invigorates and refreshes the skin improving texture and restoring suppleness.

Hand and Foot Care

Deluxe Aromatherapy Pedicure

60 Mins/ USD 55

Awaken weary feet with a relaxing Aromatic footbath and a stimulating and cooling Dead Sea salt scrub. The cuticles and nails are softened and groomed. Enjoy the soothing massage of the legs and feet with skin softening and moisturizing oil. Application of base and topcoat included.

Deluxe Aromatherapy Manicure

45 Mins / USD 40

A full manicure to groom hands and nails, including exfoliation, filling and shaping of nails, cuticle softening and removal. A relaxing hand massage with skin softening and moisturizing oil follows. Application of base and topcoat included.

Jacuzzi, Steam Bath or Sauna

20 Mins / USD 10

When 02 persons taking treatments simultaneously in same room, 2nd person will receive 25% discount on Full Body massages and 15% discount on other treatments.

Discounts

A 10% discount will apply if the total value of treatments per guest exceeds USD 100 per day.

Above prices are inclusive of 10% Service Charge and 18.3% Government Tax.