



RADHA
AYURVEDIC SPA & WELL-
BEING

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AYURVEDIC SPA

Abhyanga (Ayurvedic full body oil Massage)

60 min -£45

It is traditional ayurvedic massage that involves applying warm, herbal infused oil to the entire body, from head to toe.

90 min -£59

Siro Abhyanga (Indian Head Massage)

30 min -£25

45 min -£35

It calms the nervous system, reduces stress, and promotes relaxation.

Also it helps to improved sleep, and enhanced mental clarity

Herbal bag massage-Ayurvedic Kizhi treatment

60 min -£55

90 min -£75

It involves using heated bags of herbs to massage specific areas of the body. The heat and massage stimulate blood flow, which can help to reduce inflammation and improve overall circulation.

Pada Abhyanga - Ayurvedic Foot Massage

30 min -£25

45 min -£35

Padabhyanga is Ayurvedic foot massage (Pada=foot and Abhyanga=massage) which is soothing, revitalizing, calming and balancing various disturbances of the autonomic nervous system

Udvardhana-Detoxing Herbal Powder Massage

60 min -£55

90 min -£75

Udvardhana is a therapeutic dry powder massage using herbs in order to obtain lightness in the body and dissolve the fat tissue.

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AYURVEDIC SPA

Ayurvedic Oil Back & Shoulder Massage	30 min -£25
	45 min -£35

An oil back, neck, and shoulder massage offers numerous benefits, including muscle relaxation, reduced tension, improved circulation, and stress relief.

Marma massage (Energy point massage)	60 min -£49
	90 min -£69

Marma Therapy involves gentle stimulation of the points through light touch, massage, and pressure. Once stimulated, the flow of energy can be unblocked and aligned

Mukhaabynaga	30 min -£25
(Traditional Ayurvedic Face Lift Massage)	45 min -£35

Ayurvedic massage of the face, neck, head, and shoulders, including stimulation of Marma (vital energy) points, using warm medicated oils.

Aromatherapy Massage	60 min -£49
	90 min -£69

Aromatherapy massage is a holistic therapy that combines the therapeutic benefits of massage with the aromatic and therapeutic properties of essential oils to promote relaxation, stress relief, and overall wellness.

Swedish Massage	60 min -£49
	90 min -£69

Swedish massage often involves rubbing, kneading, stroking and tapping your muscles.

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SPA PACKAGE

Special day treat for her

£89

Total 2 hour massage & facial

Full body oil massage/ body scrub for 1 hour

Facial for 1 hour

Special day treat for him

£69

Full body oil massage /body scrub

30 min foot massage

Ayurvedic Mingle

£69

(60 min body massage & 30 min head massage)

De- stress Package

£89

Ayurvedic full body oil massage 60 min

Foot massage 30min & Head massage 30 min

Ayurvedic relax

£65

(30min back&shoulder msg, 60min Spa Facial)

Top to Toe Spa Package Massage

£89

AYURVEDIC (2 hours)

30 min head massage, 60 min full body massage and 30min foot massage.

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Pregnancy Massage

Pregnancy Massage

60 min -£45

90 min -£59

Massage therapy during pregnancy is a wonderful complementary choice for prenatal care. It can reduce stress hormones in your body and relax and loosen your muscles.

Massage for Mommies

60 min -£45

90 min -£59

Easing back, shoulder and neck tension from breastfeeding and carrying your baby. Relieving muscle strain after the rigours of childbirth.

Motherhood Delight

£69

Pregnancy Massage (60 min) & Holistic Mini Facial (30 min)

Face Treatment

Gold Facial (60 min)

£40

It is completely free of alcohol and parabens to support sensitive skin. Its non-irritant formulation for sensitive skin helps eliminate skin problems and provides your skin with a radiant glow.

Ayurvedic Facial-Mukha Soundarya (60 min) £45

Ayurvedic Facial is a real treat for those who wish to improve their skin the natural way. For this facial we use purely Ayurvedic herbal products that have no chemicals, toxins or side effects

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BUNDLES

OFFER:

BUY 6 TREATMENTS UPFRONT AND
WE'LL TAKE 10% OFF THE TOTAL
AMOUNT.

BUY 9 TREATMENTS UPFRONT AND
WE'LL TAKE 12% OFF THE TOTAL
AMOUNT.

BUY 12 TREATMENTS UPFRONT AND
WE'LL TAKE 15% OFF THE TOTAL
AMOUNT.

T&C: USE WITHIN 12 MONTHS OF
PURCHASE. NOT TRANSFERRABLE OR
SHARED WITH OTHERS. NOT TO BE USED
IN CONJUNCTION WITH OTHER OFFERS.

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