

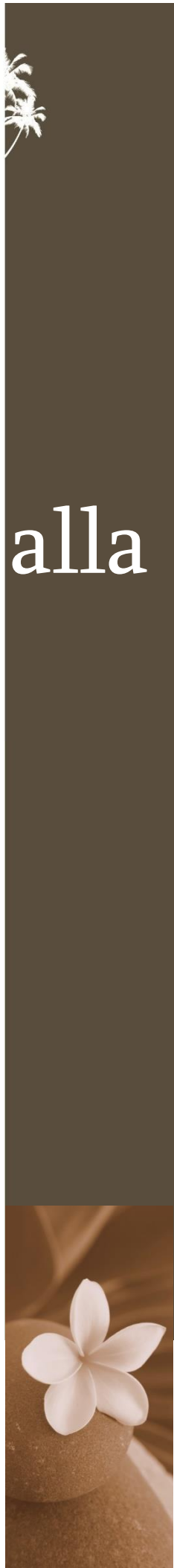


The Spa @ Talalla

First treatment 0800
(with prior notice)
Last treatment 1800

To make a booking, please
contact Main Reception or
Spa.

Prices listed include all taxes
and service charge.



TALALLA SIGNATURE MASSAGES

Full Body Massage

Working effectively to tone muscles and skin, this oil massage reduces tension and fatigue while providing excellent all-round relaxation.

60 mins USD 25
90 mins USD 35

Deep Tissue Massage

Bring your body and emotions into total equilibrium. This massage has been specially designed to relieve severe tension in the muscles and connective tissues, using the 100% natural oils of Ylang Ylang and Geranium

30 mins USD 20
60 mins USD 35

Swedish Massage

This relaxing and invigorating full body massage is designed to increase the oxygen flow in the blood and release toxins from the muscles through a variety of techniques. It promotes health and wellbeing whilst inducing a state of total relaxation.

60 mins USD 30

Foot Reflexology

Reflexology helps to restore balance and promote natural health and vitality. It's benefits are manifold: creating calmness and serenity, improving circulation, increasing energy and balancing emotions.

This treatment will invigorate your tired and aching feet, leaving them feeling fresh, attractive and tingly.

40 mins \$US 20

Aromatherapy Massage

Using 100% natural essential oils, aromatherapy is an ancient art of massage that has been practiced for over 1000 years.

Aromatherapy works on the body's natural function to tone, harmonize and energize. Ask your therapist which blend is ideal for your individual needs.

Aromatherapy head, neck and shoulder massage
30 mins \$US 20

Aromatherapy head-to-toe massage
60 mins \$US 30

TALALLA RETREAT SIGNATURE PAMPER PACKAGES

Completely indulge your body and Enliven your senses with our 3 or 5 day Spa @ Talalla Pamper Packages. Please reserve the time for each massage at the time you book the package.

5 day Indulgence Package

Day 1 : Head and Shoulder Massage (30 min)
Day 2 : Aromatherapy Body Massage (60 min)
Day 3 : Foot Reflexology (40 min)
Day 4 : Deep Tissue Massage (60 min)
Day 5 : Facial of your choice (50 min)

Special Package Price \$US 100

3 day Relaxation Package

Day 1 : Body Scrub of your choice (40 min)
Day 2 : Deep Tissue Massage (60 min)
Day 3 : Aromatherapy Facial (55 min)

Special Package Price \$US 60



T A L A L L A

RETREAT

BODY SCRUBS

Revitalizing Sea Salt Scrub

Pure sea salt revitalizes the skin, helping to draw out toxins and stimulate circulation. Cleanses the pores and improves the texture of dull, bumpy and tired skin. An ideal scrub to complement any detox program.

40 mins \$US 20

Coffee Scrub

This wonder scrub reduces cellulite and tightens skin cells, resulting in a slimmer look. Coffee lessens the appearance of age spots whilst calming irritated skin.

40 mins \$US 20

Sandalwood and Milk Scrub

The perfect mixture of sandalwood and milk creates an ideal treatment to nourish, smooth and condition the skin, making it brighter, firmer and improving its overall appearance.

40 mins \$US 20

Herbal Body Scrub

This scrub offers the perfect way to naturally eliminate the dead cells that accumulate on the skins surface. A unique blend of fresh herbs leaves your skin feeling wonderfully soft and refreshed.

40 mins \$US 20



SPECIALTY MASSAGES

Ayurvedic Massage

A relaxing traditional style full body massage, combined with warm Ayurvedic herbal oil to cleanse and balance the internal systems and energy centers of the body. Truly sublime. Last available time: 1530

60 mins \$US 30

Shirodhara

This classical Ayurvedic treatment- where warm oil is poured in a continuous flow over the forehead, followed by a head and shoulder massage - is effective for the treatment of headaches, insomnia and all types of mental tension.

Important note: treatment is only available before 1300, and during dry weather only, according to Ayurvedic principles. Only one treatment can be conducted at a time.

30 mins \$US 35

Steam Bath

Herbal Steam Bath involves steaming the body with a number of herbs and leaves which have medicinal benefits. You rest in an enclosed wooden casket in which steam from boiled herbs and roots vaporize. The herbs and steam help relieve ailments including being overweight and joint pains.

40 mins USD 25

Herbal Bath

Herbal leaves and roots are boiled and the water is diluted with the bathing water. Herbs used in preparing the bathwater have healing properties. Herbal rinses offer a sense of freshness, enhance micro-circulation and preserve the natural quality of your skin. This smoothing therapy will clean, renew and give you a feeling of absolute well-being.

40 mins USD 25

TROPICAL FACIALS

Cucumber and Honey

Using natural pure ingredients prepared in the spa, this facial will balance oily secretions leaving skin soft, supple and looking fresh and revitalized. The cooling effect of cucumber is perfect for sunburn, whilst antioxidants in the honey, combine with soothing properties, to feed and nourish the skin's deep layers.

Honey is a natural pore purifier and antibacterial agent, making this an ideal treatment for guests who suffer from acne.

50 mins \$US 20

Papaya and Honey

This preparation is created from wonderful natural ingredients to nourish thirsty skin.

Papaya, is a rich source of carotenes, vitamins B & C and flavonoids, removing dead skin cells whilst keeping skin hydrated. This wonder fruit can even help to remedy uneven skin tone.

In this treatment, your face neck and shoulders are deeply cleansed and exfoliated before receiving a tension releasing scalp massage.

50 mins \$US 20

Aromatherapy Facial

Cleanse, tone and exfoliate your skin using specific essential oils to gently restore the balance in your skin. The oils that carefully blended just for this treatment will simultaneously sooth your skin and relax your mind.

The essential oils will be breathed deeply during this treatment, travelling through the bloodstream, and slowly releasing their healing properties through the body.

55 mins \$US 20

Express Facial

Condition and revitalize your skin, with this mini facial. Cleanse tone, exfoliate, revitalize.

35 mins \$US 15

Important note: last facial appointment available at 16.00 daily

BODY WRAPS

Cucumber Wrap

The perfect treat for a hot summery day. This cool wrap is designed to soothe the body and rehydrate the skin.

40 mins \$US 20

Sandalwood, Turmeric and Honey Wrap

A moisturizing and cleansing wrap with the wonderful herbs of sandalwood and turmeric to soften, nourish and purify the skin.

40 mins \$US 20

Herbal Healing Body Wrap

Harnessing the healing power of the Gotukola leaf, this ancient Chinese and Ayurvedic remedy will rejuvenate and regenerate the skin and strengthen the underlying connective tissues. An excellent treatment to sooth and repair dry or sunburnt skin.

40 mins \$US 20

