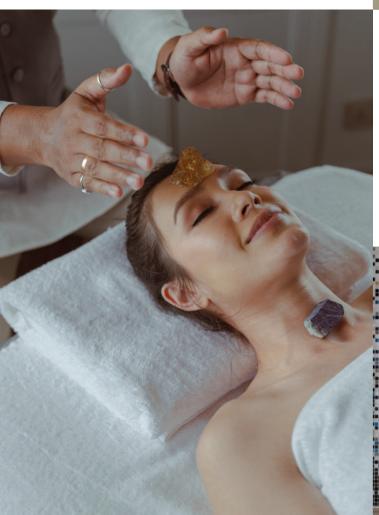
AMATARA WELLEISURE™ RESORT

Spa & Wellbeing Menu

Open Hours: 10:00a.m.- 09:00p.m.





We take a holistic approach to wellness, combining ancient traditions with fresh, organic ingredients designed to nurture your body, and take your mind and spirit into a place of calm and tranquility.











amatarawelleisureresort







amatararesort

AMATARA WELLEISURETM A LA CARTE MENU

Amatara's Signature Thai Hammam	TIME	PRICE	Alternative Therapies	TIME	PRICE	Basic Blood Test Program	TIME	PRICE
The Complete Thai Hammam Experience	105 Mins	6,900	Chi Nei Tsang	60 Mins	4,000	Basic Blood Test Program	Female	16,251.42
The Complete Thai Hammam Experience (Including Massage)	165 Mins	8,900	Fire Cupping Therapy (Pain Management System)	30/60 Mins	1,900/3,500	Basic Blood Test Program	Male	18,373.55
Mud Therapy	60 Mins	3,200	Crystal/Chakra Healing (Purification Of Chakras)	60 Mins	3,500	Holistic Vitality Program		
,		-,		60 Mins	3,500	Holistic Vitality Program	Female	32,670.57
Spa Journeys			Energy Healing (Reiki) Acupressure	OO Willis	3,300	Basic Blood Test program	Male	33,945.26
Amatara Pampering Package	195 Mins	6,800	with moxibustion	30/60 Mins	1,900/3,500	Physical Therapy		
Amatara Delight Package	135 Mins	6,500	(Alternative Medicine – Energy	Flow)		Body Composition Analysis	15 Mins	800
Massage Treatment			Detox Treatments			Essential Physiotherapy	60 Mins	3,200
The Signature of Amatara Massage	60/90 Mins	3,100/3,900	Colon Hydrotherapy	60 Mins	4,800	3 x 60 Mins	00 44:	8,160
Deep Muscles Massage	60/90 Mins	3,100/3,900	Coffee or Chlorophyll enema Colon Hydrotherapy 2 x 60 minutes +1 colonic with	60 Mins	12,300	Physiotherpy Deep Tissue Massage	90 Mins	4,200
Individually Focused & Intuitive Massage	60/90 Mins	3,100/3,900						
,		, ,	coffee enema	(0/00 11)	0.400/4.000	One X One Sessions All One X One Sessions	50 Mins	1,500
Relaxing Lavender Therapy Massage	90 Mins	3,900	Manual Lymphatic Drainage	60/90 Mins	3,100/4,200	Muay Thai		
Candle Massage (for clients that are 16 weeks pregnant or more)	90 Mins	4,200/4,700	Jala Neti Shatkriya	30 Mins	1,500	Pilates on the Mat Pilates Reformer		
1 5		2.000	Detoxifying & Draining Slimming Treatment	90 Mins	4,800	TRX		
Warm Stone Massage	90/120 Mins	3,900	Ultimate Detoxifying	120 Mins	5,900	Personal Training		
Pregnancy Massage	60 Mins	3,200	Slimming Treatment		•	Assisted Stretch		
Traditional Thai Massage	60/90 Mins	2,500/3,000	Amatara Body Treatment (a sele the skin with your preferred cho			Core Bag and Kettle Bell training Aqua Fitness		
Traditional Thai Massage with Herbal Compress	90/120 Mins	3,500/4,000	, ,		1000	Aqua Yoga (Yoga In The Water)	60 Mins	2,200
with Herbal Compress			Body Scrub (or) Body Wrap Amatara Facial Treatment (a sel	45 Mins ection to pamper the s	1,800 skin	Swimming Lesson for Adults	60 Mins	2,200
Signature of Amatara Massage	90/120 Mins	4,400/4,900	with your preferred choice)					
Specialty Massage Treatments			Amatara Signature organic Facia			Art of Healing		
Ingham Foot Reflexology	60 Mins	4,000	Guinot facial treatments – The e are tailored to every skin type	exclusive treatments at	t Guinot	Yoga Nidra – (Psychic Sleep)	60 Mins	2,200
Thai Salt Pot Therapy	90 Mins	4,200	Facial Reflexology	60 Mins	4,000	Ajapa Japa Meditation	60 Mins	2,200
Migraine Therapy	60/90 Mins	3,500/4,200	Oriental anti-aging facial massage	60 Mins	4,500	(Breathing Awareness Meditation)		_,
Ayurvedic Treatments			Therapy - Facial Gua Sha	00770	.,000	CHIDAKASHA Meditation (Empty Space Meditation)	60 Mins	2,200
Shirodhara Treatment	60 Mins	5,900	Hydradermie Youth	60 Mins	4,500	Trataka Meditation	60 Mins	2,200
Indian Head Massage	60 Mins	3,500	Hydraderme Lift	60 Mins	4,600	(Awakening Third Eye Meditation)		_,
Abhyanga Massage	90 Mins	4,200	, Hydraderme Lift Deluxe	90 Mins	5,200	Learn to Massage Another	90 Mins	3,500
Kati Vasti Massage	60 Mins	3,500	, Hydradermie Eye Lift	45 Mins	3,600			

All rates are subject to 10% service charge and 7% applicable government tax.