



WIRDANA SPA

- **Californian Massage** 1Hr US\$ 50++
(Emotional massage & particularly psycho-somatic. Allowing an energetic and vibrant realignment to achieve inner peace)
- **Emotional Massage** 30Min US\$ 40++
(Massage that combines Western Science & Eastern energy tradition. Overcome the barriers of the body by communicating with the psyche)
- **Hawaiian Lomi Lomi Nui Massage** 1Hr US\$ 60++
(Energetic "Soul Massage". Putting the recipient in closer communication with his/her soul to search for the 'Eternal Truth')
- **Thai Yoga Massage (Nuad Bo Ran)** 1Hr US\$ 50++
(Provides passive Yoga sequences in absolute relaxation of your body. A rhythmic massage inherited from Chinese Acupuncture)
- **Hot-Cold Stone Massage** 1Hr US\$ 60++
(Use of particular minerals in the energetic rebalancing of your body. Energy capable of manipulating the phenomenal and psychic field)
- **Shiatsu** 1Hr US\$ 50++
(The Masunga-Ohashi method combine the sensitivity of the operator to the science of MTC, stimulated through acupressure, stretching & traction)
- **Pinda Sweda Massage** 1Hr US\$ 60++
(An ancient healing massage for pain relief. used for back pain, stiff neck & shoulders, etc...
Body is massaged by using hot linen pads filled with milk rice & herbs)
- **Ayurvedic Intensive Joint Massage** 1Hr US\$ 50++
(Ayurvedic treatment masters with this ancient method will not only relaxes your body, but will eliminate fatigue)
- **Ayurvedic Active Massage** 1Hr US\$ 40++
(Improve the tone and strength of muscles with this pressure massage. Improves your level of stamina throughout the day)



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- **Foot Massage** 30min US\$ 30++
(Focus on reflex points on the feet that correspond to the body's different organs and glands)
- **Back Massage** 30min US\$ 30++
(Soothe away tension and break down knots and improve your flexibility)
- **Head/Neck & Shoulder** 30min US\$ 30++
(Relieves the tension & stress that builds up around the neck & shoulder area, while stimulates the nervous system increasing blood flow to the head)
- **Physiotherapy Back Massage** 30min US\$ 40++
(Rehabilitating muscle & joint function in long term. Add more physical activity in your life that requires better motion)
- **Deep Tissue Massage** 1Hr US\$ 50++
(Deeper pressure that will be beneficial in releasing chronic muscle tension. Focusing on the deepest layers of muscle tissue)
- **Jet Lag Massage** 60min US\$ 50++
(Enhances the blood circulation & eases muscular pain with our selected oils. Get rid of your extreme tiredness and physical effects)
- **Singing Bowls Therapy** 30min US\$ 20++
(Tibetan Singing Bowls will offer you complete relaxation and powerful healing properties and entrain the brain to move into the theta brain wave frequencies)
- **Scrubs** 30min US\$ 20++
- **WIRDANA SPECIAL** 90min US\$ 65++
(A relaxing Wirdana Special massage followed by the magic of Singing Bowls Therapy)
- **Yoga Lessons** 1Hr US\$ 15++