

Herbal Massage

Massage is no longer a LUXURY, but an imperative part of healthy living. Usually defined as treatment of the superficial parts of the body by rubbing, stroking, kneading or slapping, Massage has many variations and new methods are created almost every other day. A good Massage improves circulation, relaxes, taut muscles, improves flow of energy within the body and releases blockages thereby keeping the energy channel open. The oil chosen is selected as per the body type .We offer you some of the most popular Massage Technique.

AYURVEDIC MARMA POINT THERAPY

Marma Point is defined as an anatomical site where flesh, veins and joints meets up. There are 107 Marma points through out our body. Each point has its own intelligence and consciousness, which coordinate with the Mind and the Body. This ancient form of treatment involves using the fingers to stimulate the Marma points, thereby promoting physical and mental well being.

Duration: 60 min.

SWEDISH MASSAGE

It refers to a collection of techniques designed primarily to relax the muscle by applying pressure to them against the deeper muscles and the bones and rubbing in the same direction as the flow of blood returning to the Heart. It uses the combination of long strokes and kneading. This Massage is also called as the Classical one since it uses all seven types of classified movement in it.

Duration: 60 min.

DEEP TISSUE MASSAGE

It impacts layers of the muscle tissue. Aimed at reducing tension in the body through slow strokes and deep figure pressure on the contracted areas, it loosens the muscle tissue, releases toxin from the muscles and improves circulation of the skin.

Duration: 60 min.

SHIATSU

In this Oriental Therapy, pressure is applied with the thumbs, finger and palm to certain areas of the body, without the use of any mechanical instrument. It is believed to offer flexibility to the skin improves the circulatory system and facilitate the digestive system functions.

Duration: 60 min.

REFLEXOLOGY

This Massage is based on the belief that there are certain locations on the Hand and Feet that correspond to various other parts of the Human Anatomy. Manipulating these points has a direct effect on corresponding parts of the Body.

Duration: 30 min.

*** Please Contact Health Club at Ext. 792 (From 7 AM TO 8 PM) or At Reception**