



# Rock Spa

By Rosyth



# Spa Menu



## Rock Spa by Rosyth

Sri Lanka enjoys the distinct privilege of drawing from millennia of ancient healing techniques, transforming this very same wisdom into a selection of time-tested therapeutic experiences crafted for you. Complemented by the sound of nature, nestled amongst the trees and a lotus pond, our unique spa pavilion is designed to relax, refresh and rejuvenate with a variety of traditional therapies that are bound to soothe your mind, body, and soul.

Our therapists use a combination of ancient Sri Lankan therapies using the principles of Ayurvedic, Reflexology and Aromatherapy to rejuvenate you.

Opening hours: 10:00 am - 8:00 pm

We only have two male therapists. We recommend that you book your appointment in advance to ensure availability of the therapist. One of the therapist may be on leave during your stay.

To enjoy the full benefit of the spa, we recommend that you take a cool shower to refresh your body prior to your treatment. Drink a glass of water prior to arrival. Please note the spa does not have any toilet facilities within the pavilion but there is a toilet close by. There is an outdoor shower with ambient temperature water. We suggest that you leave your valuables locked in your room.

If you wish to have your treatment in your room, please discuss the feasibility with our team.

All our rates include taxes and service.





### **Rosyth Signature Massage - Holistic**

A light to medium pressure soothing full body massage with long, flowing movements using lemongrass aroma oil. Created to soothe and revitalise the body and mind.

*60 min Rs: 8,000 / 90 min Rs: 12,000*

### **The Rosyth Experience**

The signature spa ritual takes you on a tropical sensory experience to bring your entire being into a state of bliss. Pure Indulgence. Start with a foot ritual Black tea and lime foot feast. Follow with a 90 minute Rosyth Signature Massage. We'll then polish your body with a herbal body polish to rehydrate

*120 Minutes Rs.16,000*



### **Deep Tissue Massage**

An energizing deep tissue massage designed to alleviate stress, ease aching muscles with deep rhythmic strokes.

*60 min Rs: 8,000*

### **Reflexology Foot Massage**

Ideal for tired and aching feet- a treat for your feet using peppermint oil. Start with a foot cleansing ritual. This massage improves blood circulation. This deeply relaxing treatment releases stiffness and tension in the feet and lower legs. Benefit from improved flexibility, blood circulation and energy flow, as your therapist incorporates the reflexology techniques of acupressure, friction, stretching and effleurage to specific points on the feet which stimulate corresponding organs in the upper body to promote overall wellbeing.

*60 min Rs: 8,000*

### **Jet lag relief**

Unwind with this holistic massage that delivers swift rejuvenation with a neck, shoulder and back massage.

*45 min Rs: 7,000*



### **Aromatic Salt scrub**

This is perfect to exfoliate skin in preparation for a deep and lasting tan. Fresh coconut combines with aromatic salt scrub.

*45 Minutes Rs 8,000*



### **Milky scrub and Wrap**

This full body treatment will leave the whole body intensely nourished. This moisturising milky scrub is followed by a sandalwood and turmeric honey wrap & finish with a coconut moisturiser.

*45 Minutes Rs 8,000*

### **Target Massage**

Unwind with a holistic massage that delivers swift rejuvenation, with specific attention paid to the feet, legs, back, neck, shoulders, hand and arm or head, depending on where you tend to hold the most tension. These massages can be done in our yoga Sala by the pool or in the Spa. Choose from:



#### **Head Massage or Neck & Shoulder Massage**

Based on Ayurvedic principles, this soothing yet energising massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. At the same time as restoring balance and tranquility, this massage can also help to relieve insomnia, chronic headaches, migraines and sinusitis.

45 min Rs: 7000



#### **Foot Massage**

This deeply relaxing treatment releases stiffness and tension in the feet and lower legs. Benefit from improved flexibility, blood circulation and energy flow, as your therapist incorporates the reflexology techniques of acupressure, friction, stretching and effleurage to specific points on the feet which stimulate corresponding organs in the upper body to promote overall wellbeing.

30 min Rs: 6000





## **Traditional Ayurvedic Treatments**

Experience holistic wellbeing through the 5,000 year old science of Ayurvedic natural healing. Originating from India, this trusted ancient system promotes health and vitality by realising the balance between body, mind and soul. Sri Lanka's Ayurvedic traditions have been practiced for thousands of years and enjoy a thriving place in modern spa wellness, offering radiance that shines from the inside out.



Our Ayurveda treatments use Ayurvedic (herbal) oils. The deeply relaxing massage is a whole body massage involving energy balancing long strokes and warm oil application.

### **Ayurveda Full Body Massage**

*60 min Rs: 7,000*

### **Ayurveda Back, Neck & Shoulder Massage**

*45 min Rs: 6,000*

### **Ayurveda Lower Limb Massage**

*30 min Rs: 5,000*

### **Ayurveda Facial** using herbal scrubs and moisturisers

*60 min Rs: 7,000*

### **Ayurveda Full body scrub** using buffalo curd and herbal powders

*60 min Rs: 8,000*



**Pinda Sweda** is a type of Ayurvedic massage which is done with warm medicated herbal oils and herb bags. These bags or boluses are prepared with a combination of herbs depending on the client's body type as well as health condition. Herbs are tied in linen cloth to make small bags which are then dipped in warm oils and placed on the body. Promotes blood circulation; improves lymphatic drainage; soothes nerves, relaxes muscles; improves skin texture; reduces pain, swelling and stiffness; helps with detox; releases stress; induces good sleep.



**Ayurveda Full Body Massage with Pinda Sweda**

*90 min Rs: 12,000*

**Ayurveda Back Massage with Pinda Sweda**

*45 min Rs: 7,000*

**Ayurveda Neck & Shoulder Massage with Pinda Sweda**

*45 min Rs: 7,000*

**Ayurveda Lower Limb Massage with Pinda Sweda**

*30 min Rs: 5,000*