



Rock Spa

By Rosyth



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 Sala 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 therapists 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 but there is a toilet close by. There is an outdoor shower. 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.

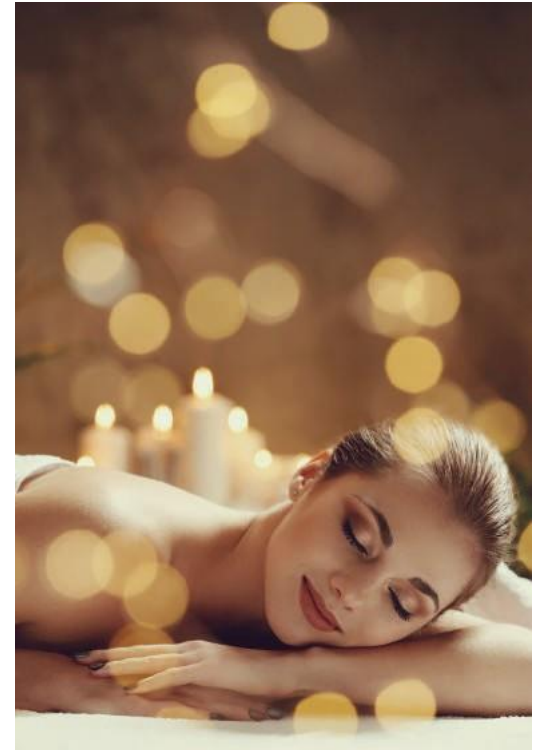
60 min \$80 / 90 min \$115

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 \$150



Deep Tissue Massage

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

60 min \$80

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 \$80

Jet lag relief

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

45 min \$70



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.

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 \$70



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 \$60

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 \$90

Lime & Ginger Sea Salt Scrub

This full body treatment will leave the whole body revitalised. Combining aromatic lime and ginger with invigorating salts, this treatment is a pure indulgence.

45 Minutes \$90



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 or partial body massage involving energy balancing long strokes and warm oil application.



Ayurveda Full Body Massage _____

60 min \$75

Ayurveda Back, Neck & Shoulder Massage _____

45 min \$60

Ayurveda Lower Limb Massage _____

30 min \$45

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

60 min \$72

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

60 min \$80



Pinda Sweda

A type of Ayurvedic massage which is done with warm medicated herbal oils and herb bags. These bags/ boluses are prepared by 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; Release stress; Induces good sleep.



Ayurveda Full Body Massage with Pinda Sweda _____

90 min \$115

Ayurveda Back Massage with Pinda Sweda _____

45 min \$75

Ayurveda Neck & Shoulder Massage with Pinda Sweda _____

45 min \$75

Ayurveda Lower Limb Massage with Pinda Sweda _____

30 min \$50



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