



7th
Sense
Spa & Beauty



Swedish Massage

60/90 min

Swedish massage therapy is the most well-known and widely practiced type of therapeutic massage-and for good reason. This type of massage focuses on muscle relaxation, targeting superficial muscles (rather than the connective tissues targeted in deep-tissue massage) and increasing blood circulation.

2199/- 2899/-



Benefits

- Pain Management • Increased blood flow
- Increased flexibility • Rehabilitation for muscle injuries • Reduced stress • Improved immune system

Deep Tissue

60/90 min

Deep tissue massage therapy isn't just a Swedish massage with deeper strokes or harder pressure.

Deep tissue massages are used to break up scar tissue and break down muscle adhesions (the "knots" that we feel in our muscles are muscle adhesions, which are bands of rigid and painful muscle tissue). These knots can inhibit our circulation and cause pain and inflammation.

2899/- 3599/-



Benefits

- Stress Relief • Reduces Pain • Lowers Blood Pressure And Heart Rate • Breaks Up Scar Tissue & Makes • Movement Easier
- Rehabilitates Injured Muscles

Aroma Massage

60/90 min

Combining aromatherapy with massage can truly relax your senses, helping to reduce and anxiety and tension you may be experiencing. The healing touch of massage releases endorphins. These are hormones known as "feel good chemicals" because they have natural pain relief and stress reduction properties.

1999/- 2599/-



Benefits

- Stress Relief • Reduces Pain • Lowers Blood Pressure And Heart Rate • Breaks Up Scar Tissue & Makes • Movement Easier
- Rehabilitates Injured Muscles



Thai Therapy

60/90 min

Unlike typical Western-type massages, it doesn't involve lying on a massage bed while a massage therapist applies oil to your body and kneads your muscles and pressure points. Sometimes referred to as assisted yoga, Thai massage is focused on improving the flow of energy throughout your body.

2599/- 3199/-



Benefits

- Relieves headaches • Reduces back pain
- Relieves joint stiffness and pain • Eases anxiety
- Revives energy

Balinese Therapy

60/90 min

It involves full body massage and is ideal for people who are cautious about their body right from the foot to the scalp. The massaging method consists of gentle relaxing strokes along with an application of 'pressure point stimulations. The professional therapists begin with treating the legs followed by firmly moving towards the arms and the back and finally reaching the scalp.

2499/- 3199/-



Benefits

- Relieves muscle pain • Treats any kind of sleep issues
- Boosts blood circulation
- Promotes skin health • Boost the immunity

Signature Therapy

60 min

The signature is a fusion massage that seamlessly blends together various massage techniques such as Swedish, deep tissue, acupressure, and sports massage stretches. Stretches are incorporated to open up the body and relieve muscle tension. If deemed to be valuable to the client, warm heat packs will be placed on the body to ease tight and aching muscles.

3399/-



Benefits

- Reduces Muscle and joint pain and soreness
- Releases stress and nervousness
- Improves your sleeping pattern
- Improves immunity system



Hot Stone Therapy

60/90 min

A hot stone massage is a type of massage therapy. Its used to help you relax and ease tense muscles and damaged soft tissues throughout your body. During a hot stone massage, smooth, flat, heated stones are placed on specific parts of your body. The stones are usually made of basalt, a type of volcanic rock that retains heat.

2699/- 3299/-



Benefits

- Helps relieve muscle tension and pain
- May help decrease cancer symptoms
- May help relieve symptoms of autoimmune diseases
- Promotes sleep

Foot Reflexology

30/45 min

Reflexology is a type of therapy that uses gentle pressure on specific points along your feet (and possibly on your hands or ears as well) to help you feel better. The theory is that this eases stress, and that helps your body work better. Its also known as zone therapy. The way reflexology connects spots on the outside of your body to the inside is a bit like acupuncture and acupressure.

999/- 1299/-



Benefits

- Strees and Relaxation
- Pain Management
- Eyestrain
- Improved sleep

Back & Shoulder Therapy

30/45 min

Although everybody is different, a neck and shoulder massage usually involves treating the same muscles. These are the trapezius in your upper back, the deltoid muscles of your shoulders and the muscles in your neck. You might also require some massage work to the rhomboid muscles between your shoulders blades and your rotator cuff muscles.

1299/- 1599/-



Benefits

- Helps reduce migraines and eye strains.
- Improve positive moods
- Strengthens Immune System



Head Massage 30/45 min

A head massage may help relieve stress and reduce tension. It may also ease migraine or headache pain, lower blood pressure, improve circulation to your head and neck, and promote hair growth.

499/- 799/-



D.TAN

Face D. Tan	1499/-
Face And Neck	1999/-

WAXING

Full Hands, Half Legs	999/- 599/-
Full Legs, Full Hands	1199/- 1399/-
Underarms	799/-
Full Front, Full Back	2999/- 3999/-
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03 + Cleanup	2599/-
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Treatment Facial	2599/-
Golden / Diamond	3199/- 3999/-





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