



Uge
S P A

MASSAGES

SWEDISH

This classic massage uses a variety of techniques to promote a deep sense of wellbeing. Swedish massage is particularly great for stimulating circulation, increasing lymphatic drainage and easing muscle pain. **60 minutes US\$ 60 Net 90 minutes US\$ 75 Net**

SPORTS MASSAGE

A deep tissue massage designed to warm and relax the muscles and improve your range of motion. This specially designed massage will give relief from muscular stress and restore the tranquil state of muscles. **60 minutes US\$ 65 Net 90 minutes US\$ 80 Net**

The strokes are generally faster than Swedish massage and facilitated stretching is a common technique used.

AROMATHERAPY MASSAGE

Experience the synergy of aroma and touch in this customized experience that will leave you feeling refreshed, renewed and revitalized. **60 minutes US\$ 65 Net 90 minutes US\$ 80 Net**

FOOT RITUAL

An ideal massage for those with tired and achy feet.

This specialized foot massage improves blood circulation by channeling qi (energy) from the reflex points of the feet. The experience is enhanced with a sandalwood infused scrub.

Finally a relaxing massage is done using herbal massage cream. **60 minutes US\$ 55 Net**

HEAD AND SHOULDER

The treatment targets acupressure points that releases fatigue and tension, clearing all the energy stuck on the top of the head, neck and shoulders. Choose your desired level of pressure, from strong massages to relieve built up tension or a gentle and tranquil experience if you just need a break from busy life. **30 minutes US\$ 35 Net**

BALINESE MASSAGE

This massage refreshes and relaxes the mind as well as easing and soothing the whole body. A number of pushing techniques are used in the Balinese massage that are specially designed to calm the nerves. **60 minutes US\$ 65 Net 90 minutes US\$ 75**

BACK BUSTER

An invigorating therapeutic treatment done using a warm milky scrub and highly targeted deep-pressure techniques.

30 minutes US\$ 40 Net

BODY TREATMENTS

EXFOLIATE AND PROTECT

Choose from a variety of body polish treatments which will exfoliate and detoxify your body and leave your skin feeling nourished and hydrated. **30 minutes US\$ 45 Net**

BIO - RHYTHMS

Travelling, particularly flying and jet lag, disturbs our body's natural flow of energy. This powerful treatment aims to restore the body's natural biorhythms. Therapists help you to recover from the long journey and gain normal circadian rhythm. By massaging the lower body followed by green tea extract body wrap; this massage will make you light as soon as possible.

60 minutes US\$ 50 Net

SUN SOOTHER BODY WRAP

Repair and renew your skin with a herbal body scrub followed with fresh Aloe vera wrap. The body treatment concludes with an application of refreshing earth essence lotion to sooth sun burned skin. **50 minutes US\$ 55 Net**

THIRST QUENCH

Dry air and biting winds can deplete the moisture in your skin. Gentle exfoliation done with a revitalizing sea salt scrub prepares your skin to absorb the moisture followed by a body envelopment with a moisturising neem and yoghurt mask to rehydrate the skin.

50 minutes US\$ 50 Net



FACIALS

HYDRADVANCE

A deep hydrating treatment which leaves your skin soft supple and radiant. This treatment is ideal for recovering from sun damage and acts as a wrinkle eraser!

60 minutes US\$ 70 Net

SOTHYS HIGH PROTECTION EYE CONTOUR TREATMENT

Banish fine lines, eye bags and dark circles with this unique eye treatment. The active ingredients of a rare mountain flower extract coupled with our signature “spoon massage” will make sure that you walk out satisfied. **45 minutes US\$ 40 Net**

SOTHYS CLASSIC FACIAL

Maintenance facial for all skin types.

60 minutes US\$ 50 Net



SIGNATURE RITUALS

Your journey begins here. Indulge and relax with specially designed treatments created to pamper from head to toe. Try out this Uga blend of all-in-one rituals to unwind and reclaim total well-being.

ULTIMATE RELAXATION

An indulgent sport massage followed by a deep cleanse facial.

120 minutes US\$ 100 Net

ULTIMATE RELIEF

An exfoliating and protective body treatment, followed by a Swedish massage completed by a sothys classic facial.

150 minutes US\$ 130 Net

SERENITY

A soothing head and shoulder massage followed by a foot ritual and a quick facial.

120 minutes US\$ 120Net

BLISSFUL

An indulgent sothys facial followed by an aromatherapy massage.

120 minutes US\$ 100 Net

SPA ETIQUETTE

ARRIVAL

We recommend you arrive 15 to 20 minutes prior to your appointment time to allow yourself to relax and experience our calming surroundings. Arriving late will limit the time of your treatment. Prior to the treatment you will be asked to complete a brief, confidential consultation card. This is to check for possible contra-indications to any treatments.

FOOD AND ALCOHOL CONSUMPTIONS

Smoking and the consumption of alcohol within the spa is strictly prohibited. Consuming alcohol or caffeinated drinks before or immediately after a treatment is not recommended.

VALUABLES

As no personal lockers are provided for you, we advise you not to bring any valuables during your visit. We do not accept any responsibility for the loss of money or valuables of any kind.

CANCELLATIONS

Should you wish to cancel an appointment, please allow us 4 hours' notice or a full cancellation fee will be charged. 'No Shows' will be charged at the full treatment price.

HEALTH CONSIDERATIONS

Your health and safety come first. Please inform us of any medical conditions that need to be taken into consideration for your treatment. Let your therapist know of any skin allergies, or if you are pregnant, and indicate any areas of your body that may require special attention. During your treatment, advise your therapist if you are suffering any pain or discomfort.

AGE LIMIT

To maintain a peaceful environment, children under 12 years are not permitted in the spa.

WHAT TO WEAR

We encourage you to wear comfortable clothes when visiting the Spa. Upon arrival you will be provided with disposables. Disposable underwear are a must while on treatment.

GRATUITIES

Gratuities for outstanding service may be given at your own discretion. If more convenient, they may also be room charged.



Please dial 777 for reservations