



POKHARAS HIDDEN OASIS

MASSAGE THERAPY

Traditional Nepali Massage: Therapeutic, Ayurvedic-style oil massage for balance and healing.
60 or 90 minutes - **Rs. 2,000/2,700**

Deep Tissue Massage: This massage uses slow strokes and deep pressure to work on tight areas to release specific muscle tension and restore flexibility. 60 or 90 minutes - **Rs.2,200/3,000**

Swedish Massage: Swedish Massage is a whole body massage using oils to facilitate treatment. This massage will alleviate stiffness and fatigue as well as improve circulation.
60 or 90 minutes - **Rs. 2,000/2,700**

Trekkers Massage: Trekkers Massage is a combination of Ayurvedic& Thai Massage and helps loosen muscles and increase flexibility. 60 or 90 minutes - **Rs. 2,400/3,200**

Shiatsu Massage : Shiatsu Massage in Japanese means "finger pressure"; it is a type alternative massage consisting of finger and palm pressure, stretches, and other massage techniques.
60 or 90 minutes - **Rs.2,400/3,200**

Yogic Shiatsu: Is a combination of Shiatsu, Thai style stretching and Deep Tissue Massage:
60 or 90 minutes - **Rs. 2,600/3,400**

Hot Stone Massage: Luxurious and relaxing. Polished Basalt Lava Stones are heated and incorporated into the massage- 60 or 90 minutes - **Rs. 2,400/3,200**

Thai Massage: Fully clothed, therapeutic stretching for tight muscles and joints
60 or 90 minutes - **Rs. 2,400 / 3,200**

Back/ Shoulder Massage: 30 or 45 minutes - **Rs. 1,200/ Rs. 1,600**

Foot with Head and Shoulder Massage: Relaxing massage to revitalize your body and mind-
45/60 minutes - **Rs. 1,300/1,600**

Ayurvedic Foot Massage: Relaxing Ayurvedic massage to revitalize your body and mind-
30 or 45 minutes - **Rs. 1,000/Rs. 1,300**



POKHARA'S HIDDEN OASIS

SPA BEAUTY TREATMENTS

Body Scrub: Full-body exfoliation using Ayurvedic massage techniques - 60 minutes - **Rs. 2,200**

Body Scrub with 1 hour Traditional Nepali or Swedish Massage - 100 minutes - **Rs. 3,600**

Facial -Rs. 1,500

Pedicure - 30 minutes - Rs. 900 Manicure - 20 minutes - Rs. Rs.700

Mani/Pedi Combo - Rs. 1,400

Jiva Spa Manicure- 30 minutes - Rs. 1,000

Spa Pedicure - 45 minutes - Rs. 1,200

Spa Mani/Pedi Combo - Rs. 2,000

Hot Oil Treatment for Hair - 20 minutes - Rs. 1,000

SPECIAL OFFER SPA PACKAGES

Half Day Beauty Package: 1 hour Traditional Nepali or Swedish Massage, Manicure, Pedicure and Facial- **Rs. 4,400**

Half Day Relaxation Package: Body Scrub, 1 hour Traditional Nepali or Deep Tissue Massage and Facial - **Rs. 4,600**

Rejuvenating Spa Package: Body Scrub, Swedish or Traditional Nepali Massage, Facial, Manicure, and Pedicure - **Rs. 5,800**

Full Day Beauty and Relaxation Package with Lunch: Body Scrub, 90 Minute Massage, Manicure, Pedicure, Facial, Hot Oil Treatment and Lunch - **Rs. 7,400**