



POKHARAS HIDDEN OASIS

MASSAGE THERAPY

Traditional Nepali Massage: Therapeutic, Ayurvedic-style oil massage for balance and healing.
60 or 90 minutes – **Rs. 2,200/ 3,000**

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. 2,400/3,300**

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. 2,200/3,000**

Trekkers Massage: Trekkers Massage is a combination of Ayurvedic& Thai Massage and helps loosen muscles and increase flexibility. 60, 90 or 120 minutes - **Rs. 2,600/3,500**

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 **Rs. 2,600/3,500**

Yogic Shiatsu: Is a combination of Shiatsu, Thai style stretching and Deep Tissue Massage:
60 or 90 **Rs. 2,800/3,700**

Hot Stone Massage: Luxurious and relaxing. Polished Basalt Lava Stones are heated and incorporated into the massage- 60 or 90 minutes- **Rs. 2,700/3,600**

Thai Massage: Fully clothed, therapeutic stretching for tight muscles and joints
60 or 90 minutes - **Rs. 2,600 / 3,500**

Back/ Shoulder Massage: 30, 45 or 60 minutes: **Rs. 1,400/ Rs. 1,800/Rs.2,200**

Foot with Head and Shoulder Massage: Relaxing massage to revitalize your body and mind-
45/60 minutes - **Rs. 1,500/1,800**

Ayurvedic Foot Massage: Relaxing Ayurvedic massage to revitalize your body and mind-
30 or 45 minutes - **Rs. 1,100/Rs. 1,400**

Himalayan Spa Foot Bath and Foot Massage - Detoxifying and Exfoliating Foot Ritual for Tired Feet -45 minutes- **Rs. 1,800**



POKHARA'S HIDDEN OASIS

SPA BEAUTY TREATMENTS

Body Scrub: Full-body exfoliation using Ayurvedic massage techniques- choose between a Coffee, Honey and Milk or Green Tea, Sugar and Citrus scrub - 60 minutes - **Rs. 2,400**

Body Scrub with 1 hour Traditional Nepali or Swedish Massage - 100 minutes- **Rs. 4,000**

Facial -Rs. 1,600

Pedicure - Rs. 1,000 Manicure - Rs. Rs.800

Mani/Pedi Combo - Rs. 1,500

Spa Pedicure - Rs. 1,400

Mehendi (Henna tattoo) - Rs. 600-Rs. 2,000

SPECIAL OFFER SPA PACKAGES

Half Day Beauty Package: 1 hour Traditional Nepali or Swedish Massage, Manicure, Pedicure and Facial- **Rs. 4,600**

Half Day Relaxation Package: Body Scrub, 1 hour Traditional Nepali or Deep Tissue Massage and Facial- **Rs. 4,900**

Rejuvenating Spa Package: Body Scrub, Swedish or Traditional Nepali Massage, Facial, Manicure, and Pedicure- **Rs. 6,300**

Full Day Beauty and Relaxation Package with Lunch: Body Scrub, 90 Minute Massage, Manicure, Pedicure, Facial, Hot Oil Treatment and Lunch- **Rs. 8,100**