



POKHARA'S HIDDEN OASIS

MASSAGE THERAPY

Traditional Nepali Massage: Therapeutic, Ayurvedic-style oil massage for balance and healing. 60 or 90 minutes - **Rs. 2,300/ 3,300**

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. 2,500/3,500**

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. 2,300/3,300**

Trekkers Massage: Trekkers Massage is a combination of Ayurvedic & Thai Massage and helps loosen muscles and increase flexibility. You choose your pressure! 60 or 90 minutes - **Rs. 2,700/3,700**

Shiatsu Massage : Shiatsu means “finger pressure” in Japanese. During this type of massage, therapists use firm pressure and muscle manipulation techniques. This pressure is placed along specific points of your body, called meridians, to release tension. 60 or 90 **Rs. 2,800/ 3,800**

Yogic Shiatsu: Is a combination of Shiatsu, Thai style stretching and Deep Tissue Massage: 60 or 90 **Rs.3,000/4,000**

Hot Stone Massage: Luxurious and relaxing. Polished Basalt Lava Stones are heated and incorporated into the massage- 60 or 90 minutes- **Rs. 2,800/ 3,800**

Thai Massage: Fully clothed, therapeutic stretching for tight muscles and joints 60 or 90 minutes - **Rs. 2,800 / 3,800**

Back/ Shoulder Massage: 30, 45 or 60 minutes: **Rs. 1,400/ Rs.1,900/ 2,300**

Foot with Head and Shoulder Massage: Relaxing massage to revitalize your body and mind- 45 or 60 minutes - **Rs. 1,500/ 1,900**

Ayurvedic Foot Massage: Relaxing Ayurvedic massage to revitalize your body and mind- 30 or 45 minutes - **Rs. 1,200/ 1,500**

Himalayan Spa Foot Bath and Foot Massage - Detoxifying and Exfoliating Foot Ritual for Tired Feet - 45 minutes- **Rs. 1,900**



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. 2,500**

Body Scrub with 1 hour Traditional Nepali or Swedish Massage - 100 minutes- **Rs. 4,200**

Facial -Rs. 1,600

Pedicure - Rs. 1,100 Manicure - Rs. Rs.900

Mani/Pedi Combo - Rs. 1,800

Spa Pedicure - Rs. 1,500

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. 4,900**

Half Day Relaxation Package: Body Scrub, 1 hour Traditional Nepali or Deep Tissue Massage and Facial- **Rs. 5,200**

Rejuvenating Spa Package: Body Scrub, Swedish or Traditional Nepali Massage, Facial, Manicure, and Pedicure- **Rs. 6,600**

Full Day Beauty and Relaxation Package: Body Scrub, 90 Minute Massage, Manicure, Pedicure, Facial, Hot Oil Treatment - **Rs. 7,900**