

MAGNOLIA SPA A Wellness Experience

At Magnolia Spa, we offer a selection of spa therapies designed to alleviate bodily stress and awaken all your senses. Our treatments draw inspiration from the rich heritage of Ayurveda, the ancient Indian science of life as well as from other Asian and European health sciences. Our therapists have crafted the massages and are present throughout the day to provide you with a holistic approach to wellness. Choose from an array of options as per the menu below or ask our therapists to recommend one for you.

Pamper yourself with one-of-a-kind treatments, rejuvenate your mind and body, and indulge in wellness experiences in the heart of Manali.

# Wellness Massage Therapies

## Magnolia Signature Massage

A signature therapy designed to release muscle tension with medium to hard pressure.

60 minutes | Rs. 3,400 90 minutes | Rs. 4,600

#### Deep Tissue Massage

Focusing on the deeper layers of the muscle tissue, this spa treatment aims to release the chronic patterns of tension in the body and help reinstate the normal toning of the body through slow strokes and deep finger pressure.

60 minutes | Rs. 3,400 90 minutes | Rs. 4,600

#### **Balinese Massage**

Using a combination of gentle acupressure, reflexology, and aromatherapy, our massage is a full body, deep tissue, holistic treatment. Stimulating the flow of blood, oxygen and energy, the body enters a deep state of relaxation to experience the ultimate sense of calm.

60 minutes | Rs. 3,400 90 minutes | Rs. 4,600

### Aromatherapy Massage

A soothing and gentle spa treatment using blended aromatic oils, this therapy works on a physical, emotional and spiritual level leaving you with a holistic sense of well-being.

60 minutes | Rs. 3,400 90 minutes | Rs. 4,600

### Thai Massage

Rooted in traditional Thai medicine, this massage combines acupressure and assisted yoga postures to stimulate our organs and improve flexibility.

60 minutes | Rs. 3,400 90 minutes | Rs. 4,600

#### Swedish Massage

One of the most widely practiced and well-known Western techniques, this treatment provides a classic combination of strokes and pressure techniques aimed to open the joints, decease swelling and energize the body.

60 minutes | Rs. 3,400 90 minutes | Rs. 4,600

#### Hot Stone Massage

The perfect therapy for muscle relaxation, recharging your energy levels, releasing toxins and improving blood circulation. This deep heat therapy uses smooth volcanic stones and crystal chakra stones to eliminate negative energy within your body and stimulate the energy points of the mind and soul.

60 minutes | Rs. 3,900 90 minutes | Rs. 5,000

#### **Travel Combo**

A classic back, neck and foot massage, this treatment deeply penetrates and re-energises the parts of our body that are subjected to the most strain.

45 minutes | Rs. 2,700

#### **Back Massage**

A classic massage to increase blood circulation and relieve tension on the back.

30 minutes | Rs. 2,000

#### Head Massage

This is a holistic approach to re-energize the body with gentle massage on the upper back, neck, scalp and the head steam.

30 minutes | Rs. 2,000

### Foot Reflexology

A simple, non-invasive method to balance the body focused on the thousands of nerves ending in the foot. Through this massage, we apply pressure on particular areas of the foot to stimulate related organs and relieve aches and pains. This treatment can also help improve sleep patterns and better physical and mental well-being.

30 minutes | Rs. 2,000

#### Steam Bath

Accompany with massage therapies only

15 minutes | Rs. 350

#### Bath Tub

Accompany with massage therapies only

45 minutes | Rs. 850

# Nourishing Treatments

#### **Body Scrub**

Using a special coffee scrub, our body scrub is designed to exfoliate and hydrate the skin.

45 minutes | Rs. 2,900

#### Vitamin C Facial

This uniquely crafted facial helps skin repair from the effects of pollution and sun damage. The antioxidizing nature of vitamin c rejuvenating the skin and slows down the signs of premature ageing.

60 minutes | Rs. 2,900

#### Hair Spa

A deep conditioning treatment for the hair, this is an ideal treatment for any kind of hair type and works wonders on coloured or damaged hair.

60 minutes | Rs. 2,200

## Hair Wash

Thorough hair wash with shampoo and conditioning. 30 minutes | Rs. 1,100

## Pedicure

Pamper your feet with a massage and exfoliation followed by nail care and polish. 60 minutes | Rs. 1,800

# <u>Wellness Packages</u>

#### Magnolia Couples Spa

Couple Combo | 120 minutes | Rs. 10,200 Choice of Massage: Deep Tissue, Magnolia Signature, Aromatherapy, Swedish or Body Scrub Steam Bath and Bath Tub soak

### Individual Well-being

Single Person | 120 minutes | Rs. 5,550 Choice of Massage: Deep Tissue, Magnolia Signature, Aromatherapy or Swedish Body Scrub and Bath Tub soak

## **Bookings & Cancellations**

We recommend that you make an appointment by contacting the spa in advance to ensure your preferred timing for your treatment is available. If you would like to cancel or reschedule your spa appointment, please contact the spa at least 2 hours in advance. Our therapists will amend your services as per your time of choosing however due to limited availability, in case of last minute cancellations and no shows, we will charge a 50% service charge.

We hope that your treatments leave a lasting impact on your overall experience with us here at Magnolia Spa!

# Spa Timings | 10am to 9pm

Applicable taxes are included