



## Inspired by South Asia's rich cultural heritage and natural environs

SPA Cenvaree offers guests a unique blend of Thai and Sri Lankan therapies at Centara Ceysands Resort and Spa. We believe life force is enhanced through the balance of Body, Mind and Soul, which is achieved through making time for a calm moment and allowing your body to rest and rejuvenate.

Each spa experience is created with respect to the balance of mother-nature, placing great emphasis on the innate wisdom of the body and blending the finest elements of native herbs with restorative therapies. Our spa is a destination in itself, offering guests their own distinct signature journeys inspired by local culture, surroundings and healing traditions.

**Opening Hours: 10.00 - 20.00 hours**

All Prices are Inclusive of Service Charge and Applicable Government Taxes



## **A SANCTUARY OF RELAXATION**

SPA Cenvaree at Centara Ceysands Resort and Spa features a range of single, couple treatment suites and a beautiful relaxation area designed with complete serenity in mind. The couple treatment suites are resplendent with private Jacuzzis, whilst two single rooms are equipped with Ayurvedic facilities. The change-rooms feature steam, sauna and Jacuzzi.

In order to attain the most from your spa experience, please arrive 25 minutes prior to your treatment and enjoy herbal tea in the relaxation lounge.

Children are not allowed at the spa unless accompanied by an adult.

## **PEACEFUL ENVIRONMENT**

Your personal time at SPA Cenvaree is for relaxation and self-renewal. We ask that you respect other guests' privacy by speaking softly. Please switch off your mobile phones upon entering the sanctuary of spa.

## **VALUABLES**

We recommend that you leave your valuables at home. Lockers are provided, however we regret that we cannot be responsible for loss or damage of personal articles.

## **PREGNANCY**

For the safety of you and your unborn child, use of the spa is not advised during pregnancy.

## **HEALTH CONDITIONS**

If you have low / high blood pressure, heart conditions, skin allergies, or other medical complications, we advise that you consult your doctor before reserving our spa treatments.

Smoking and the consumption of alcohol within the spa are prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to, or after any spa treatment.

## **CANCELLATION POLICY**

A 4-hour cancellation or rescheduling notice is required for all services. Rescheduling of appointments is subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full charge will be imposed for a "no-show".

# SRI LANKA RITUALS

## ASAYA

2.5 Hrs / LKR 18,100

Experience an ancient healing ritual from Sri Lanka. A blend of sandalwood and coconut gently polishes the body, preparing you for the delights of a hypnotic Marma massage using herbal infused sesame oil. To finish, a steady stream of warm herbal oil is poured on to the forehead to pacify and revitalize the mind and the body.

- Sandalwood and Coconut Scrub
- Marma Abhyanga Massage
- Shirodhara

## SANANTA

2.0 Hrs / LKR 16,800

This intoxicating scrub, wrap and massage is a delicious divine experience. The aroma of freshly ground coffee and cardamon permeates the air while your therapist sloughs away old skin cells and nourishes the skin with natural minerals, and anti-oxidants. Then relax as natural black mud infused with seaweed, green tea, caffeine and botanical oils is applied. The finishing touch is a skin-nourishing massage, leaving you feeling bright and alert!

- Cardamon & Coffee Scrub
- Detoxifying Mud Wrap
- Choice of Body Massage



## HEAVEN FOR TWO

3.5 Hrs / LKR 41,300

This half-day package is based on rituals traditionally given to brides and grooms before their marriage ceremony.

### For Him

- Detoxifying Ceylon Spiced Tea Scrub
- Luxurious Citrus & Coconut Milk Bath
- Deep Muscular Massage
- Nurturing Facial for Him
- Refreshment

### For Her

- Sea Champagne Body Contour Wrap
- Luxurious Citrus & Coconut Milk Bath
- Soothing Aromatherapy Massage
- Ultimate Age-Defying Facial for Her
- Refreshment

## SERENITY

2.5 Hrs / LKR 16,100

This luxurious ritual takes you on an aromatic journey through a scent-laden bouquet of Lime, Passionfruit and Vanilla. It begins with a moisturizing hair mask using a blended mixture of Avocado Oil and Kaffir Lime. Then lie back and enjoy an invigorating, freshsmelling Body Scrub of Passion Fruit and Lemongrass. The last stop on this journey to serenity is a soothing Massage with Vanilla Shea butter that will leave your skin softly-scented and deliciously soft.

- Deluxe Scalp Massage with rich Avocado Coconut Hair Cream Mask
- De-Aging Passion Fruit & Lemongrass Salt Body Scrub
- A Soothing Massage of Vanilla Shea Butter
- Refreshment

## "WANALEE"

3.0 Hrs / LKR 21,300

(A Royal Treat)

Combining the richness of Thai herbs and organic plant essences, this spa journey is deeply detoxifying at all levels. To begin, a layer of flower petals is gently stroked on your skin surface to polish. Your journey continues as you are immersed in a comforting wrap with galangal roots, turmeric and black pepper to stimulate the lymphatic system. After a refreshing shower, succumb to your choice of body massage. To complete this royal treat, allow your senses to be indulged with a repairing facial.

- Botanical Bliss Scrub
- Galangal Firming Wrap
- Choice of Body Massage
- Skin Radiance Facial
- Refreshment

## MARMA ABHYANGA

60 min / LKR 8,400 | 90 min / LKR 11,000

A rejuvenating massage using Ayurvedic medicated oils to alleviate mental and physical stress, the Marma Abhyanga massage includes pressure points to stimulate vital energy points, to promote the life force energy throughout the body and mind. This therapy is renowned for its ability to stimulate the body's own natural cleansing processes.

## SHIRODHARA

60 min / LKR 9,000

### Third Eye Pour

Based on the ancient teaching of Ayurvedic medicine, soothing herbal oils flow in a continuous stream on the 'third eye' (forehead) to lull your senses into a deep ocean of calm. The therapy improves mental clarity while it relaxes the whole body. Treatment is ideal for those seeking relief from Insomnia, jet lag or mental stress.

## SHIROBHYANGA

60 min / LKR 7,100

### Indian Head Massage

Using warm herbal oils, this therapy sweeps away tension in the head and shoulders. A perfect, relaxing treatment after a busy day of meetings or activity.

## KATI BASTI

75 min / LKR 9,700

### Intensive Back Relief

Recommended for those suffering from lower back pain, warm herbal oil is poured over the lower back and retained in a herbal dough. The herbal decoction helps to lubricate the lumbar sacral area and alleviate sciatic pain. A series of treatments will strengthen back muscles profoundly.



# FACIAL THERAPY

## **ORGANIC FACE NOURISHMENT**

**90 min / LKR 10,300**

### **Signature Thai Herbal Facial**

A luscious, relaxing facial customised for any skin type, this facial uses powerful herbal antioxidants and natural nutrients to address skin texture. Organic ingredients such as lemongrass, tamarind, oatmeal, cucumber and botanical oils are used to deeply cleanse, exfoliate and hydrate the skin. A lymphatic facial massage is administered to improve blood circulation and help achieve firmer skin. A signature facial pouch filled with warm sesame rounds off the facial, leaving your skin refreshed and radiant.

## **ULTIMATE AGE-DEFYING**

**60 min / LKR 7,100**

This groundbreaking anti-ageing facial treatment instantly resurfaces and smoothes the skin to make it look younger. The formulas used in this treatment promote the creation of Collagen and Elastin in the skin. Powerful peptides work similar to Botox in reducing the contraction of the skin to reduce the formation of deep wrinkles. The extracts of the 'AGE Moisturizing' Cream reduce deep wrinkles and dryness of the skin. Muscle relaxing massage techniques are combined with a hot compress of Manee Pura, an ancient herb of Thailand. Tourmaline promotes the absorption of nutrients through the skin surface to tighten and rejuvenate the skin.

## **NURTURING FACIAL FOR MEN**

**60 min / LKR 7,100**

A skin care formula specifically developed for men with the powerful active Triclosan to stop bacteria which are the main cause of acne and odor. Combined with relaxing massage techniques, this treatment stimulates the production of new skin cells and brings tired skin back to life. The refreshing scent of Orange Peel Oil with the powerful actives to kill bacteria makes this treatment not only extremely enjoyable but promotes long-lasting effects in fighting acne.

## **SKIN RADIANCE**

**60 min / LKR 7,100**

This treatment formula restores the natural glow of the skin. It is designed to reduce spots, freckles and pigments in skin cells while at the same time preventing skin inflammation. The powerful actives Licorice Extract and Vitamin C help to promote maximum natural glow.

## **DEEP CLEANSE**

**60 min / LKR 7,100**

This treatment is specifically designed for oily or acne-prone skin. It helps eliminate impurities and clogged pores which are the cause of acne. This treatment also helps repair damaged skin cells from environmental pollution. Combined with massage techniques to relax the muscles and stimulate the sensory cells, this combination treatment takes advantage of Aloe Vera and Oleanolic Acid actives. These actives inhibit the Enzyme that causes the release of fat from the skin and also help fight bacteria.

## BODY THERAPY

### **PASSION FRUIT & LEMONGRASS SALT SCRUB**

**60 min / LKR 7,100**

An all-time guest's favorite, this scrub is known for its exquisite fragrance and stress-relieving properties. The tangy fragrance of lemongrass refreshes tired mind while passion fruit seeds smoothen skin to perfection.

### **BOTANICAL BLISS SCRUB**

**60 min / LKR 7,100**

Capturing the smell of fresh garden, the mixtures consist of fresh ginger, rice blend, and oatmeal to restore lost vitality on the skin.

### **WARMING GINGER & CLOVE MASK**

**60 min / LKR 7,100**

Continue your journey cocooned in a comforting wrap enriched with herbal recipe such as ginger, clove and black pepper to stimulate the lymphatic system and to assist in the removal of toxins.

### **SEA CHAMPAGNE BODY CONTOUR WRAP**

**60 min / LKR 7,100**

A warm seaweed mud wrap infused with green tea & cucumber is applied to reduce water retention and flush out toxins.

### **RED RICE SUNBURN SOOTHING WRAP**

**60 min / LKR 7,100**

Following the healing wisdom of local traditions to soothe the skin, this body wrap incorporates skin healing ingredients such as cooked red rice, fresh milk, olive oil and cooling gel to provide relief to sunburned skin.



# BODY MASSAGE

## **CEYLON SEA SAND & SENSES SIGNATURE MASSAGE**

**90 min / LKR 11,200**

A truly indulgent spa journey that works on all senses to harmonize and rejuvenate. Customised pressures and Swedish techniques are applied to soothe the muscles and ease an overactive mind. This treatment is combined with our signature hot sand pouch therapy filled with heated sea sand, crushed sesame, grated ginger, warming black pepper and dipped in coconut oil to bring relaxation to the muscles while leaving you in a state of complete bliss. While the body muscles are relaxing from the warm sensation of Sea Sand pouch, the face is taken care of with a lymphatic application of cooling stones to leave the skin revitalized and refreshed.

## **ADD ON:**

**30 min / LKR 3,200**

### **Ceylon Sea Sand Exfoliating Scrub**

Take your relaxation to another level by combining a Sea Sand Exfoliating Scrub to slough away dull skin tone and glow with a renewed radiance.

## **AROMATHERAPY MASSAGE**

**60 min / LKR 8,400 | 90 min / LKR 11,000**

A full-body massage using essential oils to relax the body and mind. Smooth and soothing movements will gently lull you into a realm of tranquil dreams, leaving you totally rejuvenated. Choose from several oil combinations.

## **NUAD THAI**

**60 min / LKR 8,400 | 90 min / LKR 11,000**

### **Royal Thai Massage**

Traditional Thai massage over the clothes using pressure points to relieve muscular aches. This therapy combines stretching techniques to loosen joints and tone muscles.

## **DEEP MUSCULAR MASSAGE**

**60 min / LKR 8,400 | 90 min / LKR 11,000**

Perfect for the athlete individual who requires body work to release muscle tension and increase joint flexibility. This massage focuses on individual muscle groups using deep compression and strokes. Massage is performed with aromatherapy oils to promote harmony of the body and mind.

## **NUAD PRA KOB**

**90 min / LKR 11,200**

### **Thai Herbal Compress Massage**

This traditional massage features a warm herbal poultice to soothe aching muscles. This massage is particularly effective for alleviating sore muscles, arthritis, or stress.

## **HOT STONE MASSAGE**

**90 min / LKR 11,200**

Basalt rock is heated in water and placed along the meridians of the body to soothe muscles and relieve tension. These stones are treated with essential oils before positioned on your chakras. Combined with massage, this therapy creates a deep sense of relaxation.

## **TRADITIONAL FOOT MASSAGE**

**75 min / LKR 8,100**

This treatment promotes relaxation to the entire body through the use of pressure points and massage in the feet. When all tension is released, a foot herbal compress filled with warming herbs is applied to revitalise the legs.

## BATHING RITUALS

### **LUXURIOUS CITRUS & COCONUT MILK BATH**

**30 min / LKR 4,500**

Relax and calm your spirit with this hydrating coconut milk & citrus soak containing a bounty of nutrients essential to the support and good health of your skin.

### **BALANCING CEYLON TEA BATH**

**30 min / LKR 4,500**

This nourishing herbal bath tea recipe softens and nourish your skin and soothes your nerves and ease stress. Detox bath is a way to help cleanse the body, relax the mind.

### **JACUZZI BUBBLE BATH**

**30 min / LKR 4,500**

The jacuzzi combination of healing heat and appeasing massages relax your muscles, expels your stress and helps your blood flow: a total soothing experience.

