



A SANCTUARY FOR RECONNECTING WITH SELF AND NATURE

Discover the ultimate serenity at **Cense by SPA Cenvaree**, a tranquil haven nestled within the lush landscape of our resort.

Our spa features three elegant, air-conditioned villas designed for your relaxation.

Our friendly staff will assist you in selecting from our extensive spa menu. You are also invited to explore our retail area for a selection of premium products to continue your wellness journey at home.



HIMALAYAN HIDEAWAY
RESORT POKHARA
THE CENTARA COLLECTION

No. 1 Kaskikot, Kaski District of Nepal

www.spacenvaree.com

Open **9.00 – 21.00** daily

PEACEFUL ENVIRONMENT

At Cense by SPA Cenvaree, your time is reserved for personal rejuvenation. To maintain a serene atmosphere for all guests, we kindly request that you speak softly and switch off your mobile phones upon entering the sanctuary of the spa.

VALUABLES

For your peace of mind, we recommend leaving valuables in your room. Please note that we cannot be held responsible for any loss or damage to personal belongings.

PREGNANCY

For your comfort and well-being, we recommend consulting with your healthcare provider before enjoying our spa services 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.

If you have any medical conditions, such as low or high blood pressure, heart conditions, skin allergies, or other health concerns, we strongly recommend consulting your doctor before booking any spa treatments.

Please note that smoking and the consumption of alcohol are prohibited within the spa. Additionally, it is advisable to avoid alcohol or heavy meals before and after any treatments.

CANCELLATION POLICY

We require at least 4 hours' notice for cancellations or rescheduling of services. Please note that rescheduling is subject to availability. Cancellations made with less than 4 hours' notice will incur a 50% fee, and full charges will apply for no-shows.

WELLNESS JOURNEY

▪ SLEEPS

180 MINS / NPR. 12,375

Includes: Exfoliation, Aromatherapy Massage, and Foot Massage. Chamomile tea is offered after your treatment.

Deeply relaxing and re-energizing, this signature body treatment combines a full exfoliation with a totally encompassing massage from the top of the head to the toes. Your body gradually loosens up under the hands of the therapist and gives you a feeling of exceptional well-being.

▪ DETOX

180 MINS / NPR. 12,375

Includes: Dry brushing, Detox Massage, Head Massage, and Face Massage.

An emotional tension often accumulates in our abdominal area. This massage has a deep effect, releasing built-up tension and promoting balance, it also improves liver and digestive functions, which assist in the detoxifying process.

▪ ENERGIZER

180 MINS / NPR. 12,375

Includes: De-Aging Salt Scrub, Deep tissue Massage, and Foot Massage. Ginger Tea is offered after your treatment.

An ancient Chinese technique that uses pressure-point massage to restore the flow of energy throughout the entire body. Relieves pain and stiffness and cures many stress symptoms by boosting your blood circulation.



SIGNATURE

▪ SALT POT MUSCLE MELTERS

90 MINS / NPR. 11,865

A Deep Tissue Massage with a Hot Salt Pot compress to release tension in the shoulders and lower back muscles. Each pot contains a blend of coarse salt and medicinal herbs to provide relief to tired muscles.

▪ INSTANT REVIVAL

90 MINS / NPR. 7,910

Indulge in this reviving package, starting with your favorite body polish made from all-natural, fresh ingredients to cleanse and rejuvenate your skin. Next, our experienced therapists will expertly release tension in your back, neck, and shoulders, followed by a relaxing hot oil massage to completely ease all stress from your body.

TREKKER'S TREAT

▪ A TREKKER MASSAGE

90 MINS / NPR. 7,345

A therapeutic bodywork focusing on the feet, legs, lower back and thigh. It combines elements of both Thai and Ayurvedic massage which helps improve flexibility and eases muscle fatigue, quick repair to get rid of lactic acid build-up in the legs

▪ HAI MUEAI - THAI VILLAGE RITUALS FOR BACK RELIEF

60 MINS / NPR. 6,780

Inspired by household healing traditions, this muscle relief ritual was invented by our master therapists using Deep tissue, Swedish, and stretching techniques to relax tired muscles in the back, shoulders and neck.

▪ HIMALAYAN BODY SCRUB

60 MINS / NPR. 6,215

Renowned for its therapeutic benefits and rich in beneficial minerals and trace elements, this body scrub provides an invigorating 'body buff'. Revitalizing strokes gently increase circulation, effectively removing dead cells and revealing the luminous skin beneath.

THAI THERAPY

▪ TRADITIONAL THAI MASSAGE

60 MINS / NPR. 6,215

This traditional Thai massage uses pressure points and stretching techniques to relieve muscle tension, enhance flexibility, and tone the body.

▪ NUAD PRAKOB – HERBAL COMPRESS MASSAGE

90 MINS / NPR. 7,345

120 MINS / NPR. 7,910

This traditional Thai herbal compress massage uses a poultice of warm herbs to ease muscle tension, followed by a warm oil massage to soothe aches and alleviate stress. Ideal for relieving sore muscles and arthritis.

▪ FOOT MASSAGE

60 MINS / NPR. 6,215

This soothing foot massage promotes overall body relaxation through the stimulation of key pressure points.

▪ HOLISTIC MASSAGE

90 MINS / NPR. 7,910

120 MINS / NPR. 8,475

Indulge in complete relaxation with this full-body massage, expertly infused with essential oils to calm both body and mind. Gentle, soothing strokes will leave you feeling deeply refreshed and wonderfully renewed. Personalize your experience by choosing from our exquisite selection of aromatic oil blends.

▪ DE STRESS HEAD & SHOULDER MASSAGE

60 MINS / NPR. 5,085

Using Cense's calming oils and targeted pressure point techniques, this treatment is designed to relieve tension and ease stress in the head, neck, and shoulder.

SPA PACKAGE

▪ ANTI CELLULITE MASSAGE

105 MINS / NPR. 7,910

Designed to boost lymphatic circulation and eliminate cellulite, this exclusive spa treatment includes an invigorating warm green clay wrap followed by anti-cellulite massage to leave you feeling refreshed and revitalized.

▪ THAI BODY BALANCE

150 MINS / NPR. 10,735

A journey combines a collection of signature recipes developed for guests to experience the soul of a Thai spa journey as well as its ancient traditions. Ingredients are carefully selected for their nourishing and healing.

▪ SERENITY

150 MINS / NPR. 10,735

This treatment begins with a balancing and moisture rich hair mask massaged all over the scalp with coconut oil to instill relaxation. Using a finely blended mixture of Avocado hair mask and Kaffir Lime, this recipe is Thailand's best, kept secret for lustrous and silky soft hair.

▪ ULTIMATE WELLBEING

180 MINS / NPR. 11,074

Inspired by village rituals of deep cleansing after long days in the field, earth stones are used to increase strength and vitality, while heated basalt stones loosen tense muscles and reduce inflammation

FACIAL TREATMENT

▪ CENSE HEAVENLY CARE FOR HER

60 MINS / NPR. 6,780

This firming facial, enriched with enzymes and botanical extracts, deeply hydrates and revitalises tired skin. Using a blend of olive oil, yogurt, oatmeal, honey, and freshly crushed almonds, this treatment cleanses and exfoliates to reveal a naturally radiant complexion, finished with a traditional Thai Clay mask to restore skin elasticity.

▪ CENSE HEAVENLY FACE CARE FOR HIM

60 MINS / RS. 6,780

Our popular men's facial offers a complete skincare experience, including cleansing with natural products, exfoliation, and hydration. This treatment concludes with a soothing mask designed to alleviate razor burn and protect against environmental damage.