



Blue Fenix

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Relax, Refresh, Rejuvenate

*To keep the body in good health is a duty...
otherwise we shall not be able to keep
our mind strong and clear*



Treatment for the mind body & soul

A man is lying on his stomach on a massage table, receiving a massage. The scene is dimly lit, creating a relaxing atmosphere. In the foreground, there is a lit candle in a wooden holder and a small bowl of red flowers. The overall mood is serene and peaceful.

**Walk into a
world bliss**

**get stress free
get agile**

Classical Abhyanga (Normal Massage)

60/90/120 Minutes Rs. 1500/-, 2500/-,3500/-

This is a basic Ayurvedic body massage based on constitutional types and health aspects. It relieves fatigue, improves immunity and clears elementary pain disorders. The body massage comprises invigorating full body sweeps with indulgent quantities of therapeutic oil to tone and softened and cleaned to prepare for a clay body mask that purifies and beautifies the skin. The feet receive Chakra pressure massage as the clay mask penetrates into the skin.

Desert Flower (Normal Massage)

60/90/120 Minutes Rs. 1500/-,2500/-,3500/-

A steam, followed by a hot oil massage, a herbal detoxifying scrub and a milk soak. The skin is thoroughly softened and cleaned to prepare for a clay body mask that purifies and beautifies the skin. The feet receive Chakra pressure massage as the clay mask penetrates into the skin.

Soul of Thailand (Dry Massage)

60/90/120 Minutes Rs. 2500/-,3000/-,4000/-

This is a massage in Thai style that involves stretching and deep massage. This form of bodywork is usually performed on the floor.

Sprint of Indonesia (Balinese)

60/90/120 Minutes Rs. 2000/-,2500/-3500/-

This is an oil based massage that involves deep manipulation of the body's safe tissue, Balinese massage concentrates primarily on the connective tissue of the muscles. The therapist uses smooth but deep thumb pushes along each of the body's energy channels (Meridians). It is an excellent therapy for treating stiff and painful muscles and is also used in the treatment of conditions of the abdominal organs. An hours session of this kind of massage relaxes, refreshes, rejuvenates and re-energizes.

Deep Tissue Massage

60/90/120 minutes Rs. 2500/-, 3000/-,4000/-

This treatment will work on the specific areas of concern helping relax aching muscles and stiffness by using trim massage technique.

The Blue Fenix

90 minutes Rs. 6000/-

A complete rejuvenating massage, which hydrates, exfoliates and nourishes the body whilst contouring it at the same time. The body is balanced out with drainage of oils to soften the tissue and fatty areas that are kneaded into shape. Subsequent friction with warming scrubs, hot towels and a hot milk soak re-texturizes the skin. Hydrotherapy aids the detoxification process.

Blue Fenix Signature Spa

60 minutes Rs. 2800/-

A luxurious Swedish massage with aroma oils blended in pure gold serum. The body is relaxed and beautified from tip to toe. A top up of fresh juice is used in a second step, which helps the penetration and absorption of gold serum. An aromatic sugar scrub is available on request. A Jacuzzi Spa experience with gold ambience completes the Signature therapy

Absolute Gold Face Spa

30 minutes Rs. 1000/-

Here you receive a fabulous Face Spa with perfumed fermentation, and a rich gold Scrub Facial in Swedish style followed by head, shoulders and feet massage. A gold face pack follows. Gold has amazing anti-aging radiance effects that transform the cells when absorbed. This is a beautifying therapy.

Aroma Therapy

60 minutes Rs. 2200/-

Signature Spa

60 minutes Rs. 2100/-
90 minutes Rs. 2800/-



rediscover
yourself

rejuvenate
relax
rejoice

Sports Spa

60/90/120 Minutes Rs. 2000/-,3000/-,4000/-

This massage can support workout, eliminate fatigue and drain out Lactic Acid produced during the workout. Muscles are relaxed and toned. Orange aroma oils give a boost to the cellular energy and eliminate strain. A must for all gym users.

The Bliss

60/90/120 Minutes Rs. 1800/- 2500/-,3500/-

This item focuses on aroma therapeutics for massage effects. An aroma oil selection is available to give you the mood to suit your Journey. Swedish style massage aids penetration of oils into deepest level of skin. Aroma oils are active at deep levels to heal and disinfect the tissues and help eliminate toxins through the bloodstream.

Lummi Lummi (Four Hand)

60/90/120 Minutes Rs. 3000/- 6000/-,7000/-

Originating from the Sanskrit speaking Tyrone community (presently in Colombia, believed to be Red Indians worshipping Lord Rudra). This is a deep, revitalizing massage. Our therapists use full body techniques, applied with rhythmic grace using thumbs, palms and elbows. The massage eases and loosens muscles to reduce tension leaving the entire body feeling totally relaxed and refreshed.

Holistic Swedish

60/90/120 Minutes Rs. 1800/-,2500/-3500/-

A tissue warming us massage using cleansing scrubs and exfoliators. Dry friction and invigorating strokes of effleurage and kneading, boost blood circulation and clears lymph. Very bracing and toning massage to recondition the body. Aids in inch loss.

De- Stress Head "n" Shoulders

30 minutes Rs. 1000/-

This massage follows the Ayurvedic system of head massage that stimulates the scalp with warm oil, conditions the hair and reinforces the circulation to the brain. The massage mainly uses deep pressure point therapy on scalp and shoulders to alleviate tension headaches, spondylosis and stress. The forehead and upper back are also covered.

Foot Reflexology

30 minutes Rs. 1000/-

This is a foot massage, which revives health through activating reflex points on the feet. Micro meridians, spine points, lymphatic and organ points are energized to bring the mind and body to a state of mystical balance.


Body Warp

60 minutes Rs. 2200/-

Oil Massage followed by rich scrubbing on whole body.

Hot Stone Therapy

60 minutes Rs. 3000/-



pep health
re-energize
tranquil moments

Gift Voucher Scheme

Period	Gift Voucher	Amount
1 Year	50 Coupons	40000/-
6 Months	30 Coupons	25000/-
3 Months	20 Coupons	18000/-
2 Months	10 Coupons	10000/-
1 Month	4 Coupons	5000/-

Packages

Blue Fenix Chocolate Scrub

90 minutes 4000/-
Chocolate Wrap + Chocolate Face Glow + Reflexology

Blue Fenix Lifestyle Scrub

90 minutes 3000/-
Blue Fenix Elixir + Head & Shoulder Massage

Blue Fenix Winter Care

90 minutes 5000/-
Mud Pack + Reflexology + Face Glow

Blue Fenix Deluxe

120 minutes 8000/-
Combination of Blue Fenix Elixir + Thai Massage

Bali Thai Relaxation

90 minutes 4000/-
Combination of Thai + Balinese Massage

Blue Fenix Spa Premium

90 minutes 4000/-
Holistic Swedish + Blue Fenix Chocolate

Romantic Couple Massage

60 minutes Rs. 5000/-
Customised Facial + Choice of Body Polish + Bali Grape Grind
*The Couple Therapy can be enjoyed in our Deluxe Couple Therapy Suite

Apricot and Lemongrass

45 minutes Rs. 1300/-
"Apricot, the well known age retardant of the Hunza people, who live till at least a hundred years is the mainstay of this body polish, The beta arotene, minerals and other plant compounds from this high ranges fruit seep into the skin and trigger cellular maintenance and renewal. Lemongrass perfectly compliments apricot with its antiseptic and mood elevating properties."

Coffee Ritual

30 minutes Rs. 1300/-
Re-invigorate the senses with this exfoliation ritual. This therapy captures the mystery of the ancient Arabic coffee where cooling lentil powder is used to temper the heat of handpicked finely ground aromatic coffee. You will instantly feel the increased circulation and the smoothness of the skin.

Absolute Gold Face Spa

30 minutes Rs. 1000/-
Here you receive a fabulous Face Spa with perfumed fermentation, and a rich gold Scrub Facial in Swedish style followed by head, shoulders and feet massage. A gold face pack follows. Gold has amazing anti-aging radiance effects that transform the cells when absorbed. This is a beautifying therapy.

Oriental Blossom

60 minutes Rs. 2000/-
This is a Shiatzu massage on finger pressure stimulation of reflex points. It is a dry massage with no undressing. The activation of the reflex points improves the energetic and overall health of the mind and body. A massage known for deep relaxation, it is also an aid to meditation.



*Meditate,
Live Purely, Be Quiet
Do your work with mastery,
Like the moon, come out
from behind the clouds!*

Shine

Buddha



Blue Fenix

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