



THE HILL SPA by Ayu Spa

Deluxe Spa Packages

Relaxation Package Balinese Massage 50mn Foot massages 30mn	1 hour 20 minutes – LKR 27,500
Pampered Package The Signature Spa Natural Asian Facial	2 hour 20 minutes – LKR 36,500
Harmony Package Four Hands Massage Natural Asian Facial & Foot Massage	1 hour 40 minutes – LKR 41,500

Deluxe Couple Retreat

Pamper yourself and your beloved one this holiday with our packages specially designed for couples. A step towards paradise...

Romantic Couple Indulgence Enjoy precious time together immersed with the aromas of pure essential oils and indulge in a restoring & calming Balinese Massage. Choose Facial or Body Scrub or any additional 30 min Massage from (Head Massage Back Massage Hands Reflexology Refresher Facial).	90 minutes – LKR 41,500
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Romantic Honeymoon Treat An enchanting ritual to share with your loved one, captivates all of your senses, alleviates any tensions and connects you to the vital powers of nature's elements. • Himalayan salt body scrub • Your choice of a full body massage. • Glowing radiance Mini Facial.	120 minutes – LKR 45,500
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Body Treatments

Sun Lovers After a day spent in the sun, come and enjoy our Special Sun Lover to calm, soothe and re-hydrate your skin. Sun Lover treatment is specially designed to fight against sun burn and the aging of the skin This treatment start with body wash for gentle cleansing following by application of cucumber and homey body conditioner for cooling and shooting the skin end by application of body lotion prevent skin peeling and to lock in the moisture	60 minutes – LKR 16,000
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Green Tea Body Treat Renew and refresh your skin with this unique spa experience. Begin with a gentle skin exfoliation using our own home-made natural green tea body scrub that aids in renewing your skin's chemical balance. Followed by a luxurious natural papaya body wrap it help to repress the skin	60 minutes – LKR 16,000
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Himalayan Body Scrub This Relaxing body scrub with Himalayan salt crystal nourishes both physical and emotional well-being. Jasmine and sandalwood essential oils work directly with the sense to calm the nervous system and relive stress.	60 minutes – LKR 16,000
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Chocolate Body Scrub Soft and Smooth skin that smells amazing. Cocoa removes dead skin cells and exposes a young, natural glow. The ingredient work together to moisturize your skin and boost circulation, stimulating cell renewal.	60 minutes – LKR 16,000
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Beauty Treatments

Refresher Facial A great introduction to facial treatment using for principal ingredients: pure honey mask and cucumber, leaving your skin feeling smooth and radiant. Enjoy the benefits of these natural ingredients with an age-old reputation for skin healing, softening, and moisturizing.	30 minutes – LKR 12,000
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Natural Asian Facial Using only Bio natural products, the face is cleansed and gently exfoliated to eliminate all the dead cells on the surface of the skin. While purifying with a gel mask, relax and unwind with a hand and feet massage. This treatment will effectively restore and hydrate your skin, leaving your face fresh, youthful and restored.	60 minutes – LKR 18,500
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Full Body Massages

Signature Massage This massage exclusively created by Ayu Spa is our Signature. A relaxing combination of 4 massages, starting with long strokes & deep skin massage for 30 minutes is then followed by 10 minutes shiatsu and 20 minutes warm stone massage on your back, shoulders, neck and arms to release the tension of your stressed muscles. It ends with a 30 minutes reflexology to relax & give you a feeling of overall comfort. Discover this deeply relaxing path to health and harmony.	90 minutes – LKR 25,000
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Warm Stone Heaven Massage A full body massages starting with a traditional massage & Lomi-Lomi and then continues with the warm stones. Smooth and warm stones glide across your body in long, flowing strokes. The heat helps to relax the muscle and has a shooting effect on your emotions. Stones are positioned on the various energy body points to develop the healing potential.	90 minutes – LKR 25,000
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Balinese Massage The Asian Traditional massage is a full body massage using palm pressure and long gentle strokes while applying a unique blend of natural essential oils. This combination stimulates your blood circulation, improves energy flow and drains tensions away.	90 minutes – LKR 24,500
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Swedish Massage Using warm oil, heated up and poured all over your body, the Swedish massage is designed to harmonize the corporal functions, such as blood circulation, breathing and mind relaxation. Soft & long strokes envelop all the body from feet to head creating an overall relaxation of the body & soothing effect.	60 minutes – LKR 18,500
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Shiatsu Massage This massage uses pressure, rubbing, stroking and other techniques to stimulate the muscles and circulatory system of the body influencing the body's natural inner energies.	50 minutes – LKR 18,500
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Deluxe Therapies

Head Massage Wonderful massages for your head, neck, shoulders, arm, and upper back. This will stimulate blood circulation to your scalp. This treatment is also effective in relieving headaches.	30 minutes - LKR 12,000
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Back Massage Feel the tension in your shoulders, neck, and lower back melt with this relaxing massage, where the areas of focus will be customized according to your needs.	30 minutes - LKR 12,000
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Back and Stone Massage Starting with shiatsu and traditional massage to warm the body, the stones are then applied on your back in such a way as to relieve your muscles from pain and tension. Back and stones massage is especially adapted for back problems, achieving a feeling of well - being and perfect relaxation.	60 minutes – LKR 18,500
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Feet Reflexology An ancient healing therapy as blissful as it is beneficial; a foot massage on the reflex point can restore the natural flow of body energy and improve your health. Recover physical and mental harmony with this wonderful treatment that will send waves of deep relaxation through your entire body.	30 minutes – LKR 9,000 / 60 minutes – LKR 18,500
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Hands Reflexology Hands reflexology brings your body's energy flow back into balance. By removing energy blockages in all areas of your body, you increase circulation, reduce tensions and detoxify. Energy flows freely again into your entire body, you feel this incredible sensation of a perfect harmony within yourself.	30 minutes – LKR 12,500
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Full Body Massages

Warm Oil Massage This treatment uses various herbal oils and unique massage technique to bring forth a deeply relaxing, rejuvenating and nourishing experience which will aid in promoting youthfulness, increase energy and mobilization.	60 minutes – LKR 18,500
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Four Hands Massage The ultimate sensation with this massage provided by two therapists working together in perfect harmony that creates overall well-being. The perfect synchronization will balance the pressure of the whole body improving circulation. The four hand massage is a combination of shiatsu, traditional massage and Lomi-Lomi leaving your entire body re-energized and intensely relaxed.	60 minutes – LKR 23,500
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Sense of Touch Massage Our signature massage: a sense seducing escape from daily life. Combining the world's best massage techniques; inspired by Balinese massage and Lomi-Lomi massage technique, expect a deeply relaxing and uplifting massage experience. This massage works with the body's natural energy system to harmonies the energy flow. Using aroma therapy massage oil to revive your senses whilst enriching your skin with anti-oxidants and deep hydration	60 minutes – LKR 25,000
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Sri Lankan Healing Massage Our bespoke top to toe Signature Ritual uses the essences of 100% pure organic coconut, native to Sri Lanka. Experience profound and deep relaxation; enjoy smooth and hydrated skin and shiny, with the tropical scent of coconut. • Freshly coconut body scrub • An Indian head massage using coconut oil. • Tropical full body massage with 100% virgin coconut oil	120 minutes – LKR 29,000
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