

## MASSAGE

### VELA ULTIMATE BLISS

970,000 | 120-min

A relaxing head & neck massage with argan and tamarind oil followed by foot reflexology using lemongrass botanical lotion to activate reflex points and stimulate the body.

### BALINESE MASSAGE

600,000 | 60-min

850,000 | 90-min

Our most relaxing massage focuses on stimulating circulation, increasing lymphatic drainage & easing muscle pain. This massage combines stretching, long strokes, skin rolling along with palm and thumb pressure to relieve tension.

### DEEP TISSUE MASSAGE

600,000 | 60-min

850,000 | 90-min

This massage gives deeper pressure to release chronic muscle tension, unblock trapped energy and improve vitality. The treatment begins with palm pressure and progresses to slow, deep massage strokes, with elbow and deep thumb pressure.

### AROMATHERAPY MASSAGE

600,000 | 60-min

850,000 | 90-min

Using highly concentrated plant oils, this massage relieves stress, improves circulation and relaxes your mind and body. The treatment is a gentle pressure massage with long strokes using palm and thumb.

### PREGNANCY MASSAGE

700,000 | 60-min

This gentle massage will help to relieve strain, fatigue and increase circulation, removing stress from mother & baby. The treatment uses light pressure whilst you lay comfortably on your side.

### HOT STONE MASSAGE

700,000 | 60 min

900,000 | 90 minute

Smooth, warmed rocks glide across your body in long, flowing strokes. The heat helps to relax the muscles and has a soothing effect. Simultaneously, rocks are placed on the body's various energy points to encourage healing.

### FOOT REFLEXOLOGY

600,000 | 60-min

850,000 | 90-min

This treatment addresses specific reflex points on the foot to induce a healing response in corresponding organs and areas of the body. This treatment helps clear blocked energy through moving the flow of blood, nutrients and nerve impulses and ultimately improve overall health and balance. The treatment uses long strokes and thumb & knuckle pressure.