



# Bliss Spa

— By Westbay —

Breathe,  
Relax,  
**Renew**



+91 93090 61458

# Swedish Massage

*A timeless therapy that uses long, rhythmic strokes to calm the nervous system. It is the perfect introduction to spa wellness for those seeking pure relaxation.*

## Benefits



**IMPROVES BLOOD OXYGEN LEVELS**



**FLUSHES OUT MUSCLE TOXINS,  
AND EASES TENSION**

**60 min – ₹2500**

**90 min – ₹3500**



# Balinese Massage

*Drawing from ancient Indonesian healing, this treatment combines gentle stretches, acupressure, and aromatherapy to bring a sense of holistic well-being to the body and mind.*

## Benefits



**BOOSTS CIRCULATION**



**RELIEVES JOINT PAIN**



**BALANCES THE  
BODY'S ENERGY CENTERS**

**60 min – ₹3000**

**90 min – ₹4000**



# Deep Tissue Massage

*Designed for those who prefer firm pressure. This massage targets the inner layers of your muscles to realign tissue and release chronic patterns of tension.*

## Benefits



**DISSOLVES MUSCLE KNOTS   ALLEVIATES NECK STIFFNESS   RELIEVES BACK PAIN**

**60 min – ₹3500**

**90 min – ₹4500**

# Sports Massage

*A vigorous session tailored to physically active guests. It focuses on preventing injury and enhancing flexibility through targeted muscle work.*

## Benefits



**REDUCES MUSCLE SORENESS**



**IMPROVES RANGE OF MOTION,  
AND ACCELERATES POST-WORKOUT RECOVERY**

**60 min – ₹4200**

# Mud Wrap

*Envelop your body in a mineral-rich thermal mud. This cocoon-like experience allows the skin to absorb nutrients while drawing out deep-seated impurities.*

## Benefits



**DEEPLY DETOXIFYING**



**FIRMS THE SKIN**



**PROVIDES A UNIQUE SENSE OF GROUNDED RELAXATION.**

**60 min – ₹3300**

# Body Scrub

*A rejuvenating exfoliation treatment that sloughs away dull, dry skin cells to reveal a soft, healthy glow underneath.*

## Benefits



**STIMULATES CELL RENEWAL**



**REFINES SKIN TEXTURE AND  
MAXIMIZES HYDRATION**

**45 min – ₹2300**

# Facial

*A specialized treatment for the face that cleanses, exfoliates, and nourishes. We use premium botanical extracts to give your skin a vibrant, youthful appearance.*

## Benefits



**INTENSELY REHYDRATES**



**RESTORES NATURAL GLOW**



**REDUCES FACIAL PUFFINESS**

**45 min – ₹1500**

# Head Massage

*A soothing therapy focusing on the scalp, neck, and shoulders where most mental stress is stored. It's an instant way to quiet a busy mind.*

## Benefits



**RELIEVES TENSION HEADACHES   BOOSTS SCALP CIRCULATION   INDUCES MENTAL CALM**

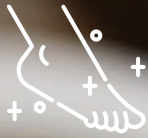
**30 min – ₹1500**

**45 min – ₹2000**

# Foot Scrub

*Give your feet the attention they deserve. This treatment combines a refreshing scrub with a light massage to invigorate tired, aching feet.*

## Benefits



**SOFTENS ROUGH SKIN**

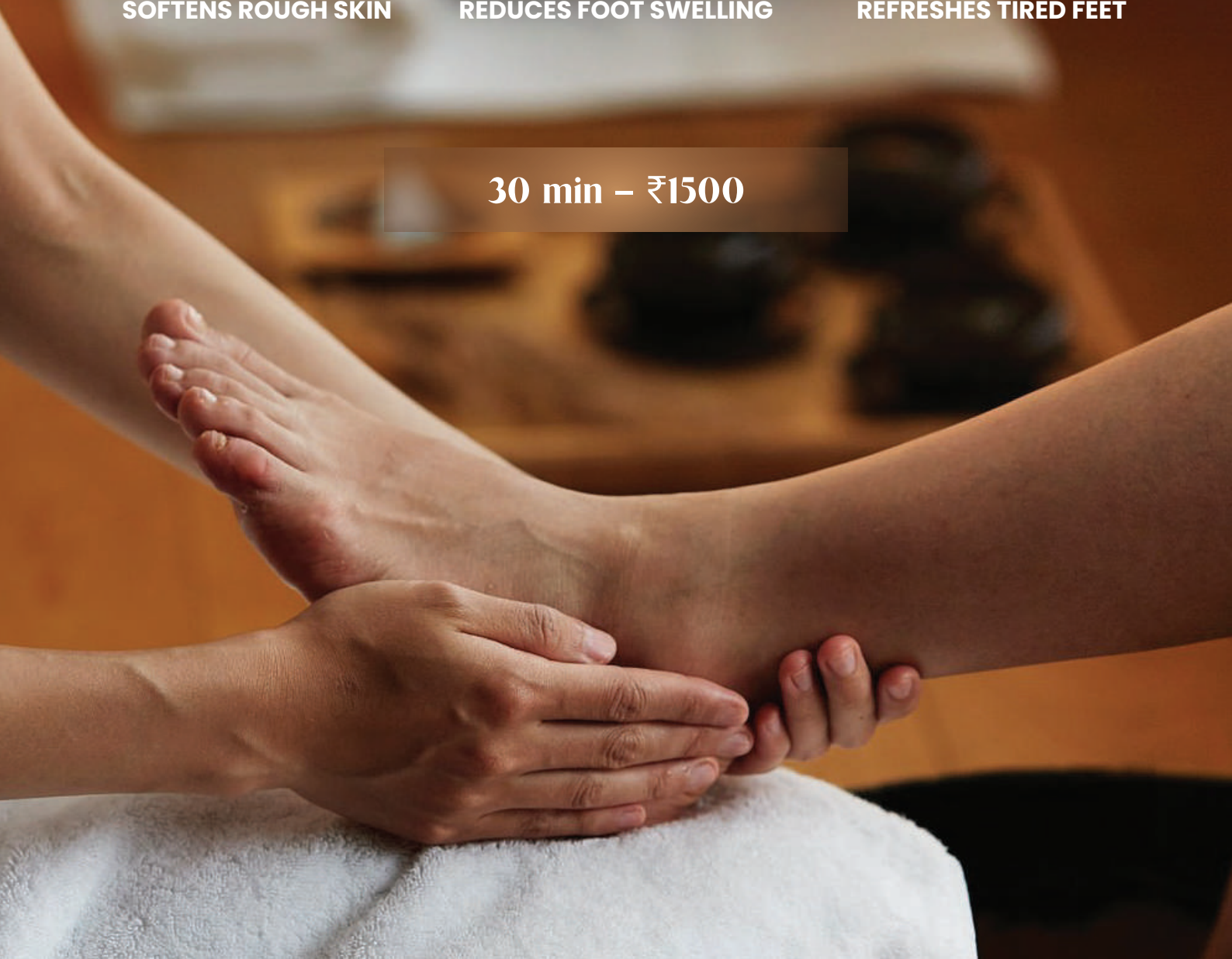


**REDUCES FOOT SWELLING**



**REFRESHES TIRED FEET**

**30 min – ₹1500**



# Back, Neck, Shoulder Massage

*The ultimate "quick fix" for modern life. This session zeros in on the areas most affected by posture and screen time.*

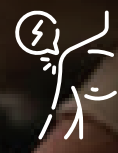
## Benefits



**EASES UPPER-BODY STIFFNESS**



**RELIEVES DAILY STRESS**



**RELEASES SHOULDER TENSION**

**30 min – ₹1500**

**45 min – ₹2000**