



GLAMP WILDERNESS  
*by Loom Crafts*

wellness

make it a priority

**Glamp Wilderness Wellness**

## MASSAGE THERAPIES

### Deep Tissue Massage

An ideal treatment for those struggling to unwind and relax during a massage. This tension-releasing massage incorporates advanced techniques, including stretching, rolling movements, long deep strokes, and a therapeutic head massage. The result is a complete relaxation experience for each individual.

60 minutes: INR 3000

90 minutes: INR 4000

### Swedish Massage

Swedish massage therapy involves soft, long, kneading strokes, as well as light, rhythmic tapping strokes on the topmost layers of muscles. It is also combined with joint movement, relieving muscle tension and providing a relaxing and energizing experience.

60 minutes: INR 2800

90 minutes: INR 3500

### Aroma Therapy

Aromatherapy is a holistic healing treatment that utilizes natural plant extracts to promote overall well-being. By using aromatic essential oils medicinally, it seeks to improve the health of the body, mind, and spirit, enhancing both physical and emotional well-being.

90 minutes: INR 2800

### Head -Neck And Shoulder Massage

Using the healing properties of medicated oils, this Indian head, neck, and shoulder treatment starts with a revitalizing scalp massage, improving circulation and preventing issues such as hair loss, dryness, and breakage. Beyond enhancing hair quality, this treatment not only enhances the quality, the treatment also offers beneficial effects on head and neck tension.

30 minutes: INR 2000

### Foot Reflexology

Reflexology is grounded in the principle that energy flows freely around the body in good health, and that reflex areas on the feet correspond to every part, including major organs. Sit back and relax as your therapist applies targeted pressure to specific points on your feet.

30 minutes: INR 1500

### Wellness Back

Our luxurious Aroma Back Massage offers a sensory experience designed to relieve stress in the back muscles. Our skilled therapists expertly apply warm essential oils, using soothing strokes and gentle pressure to remove tension and soothe aching muscles. This aromatherapeutic treatment not only provides physical relief but also promotes a profound sense of relaxation.

30 minutes: INR 2400

**\*\*All prices are exclusive of taxes. Prevailing taxes apply**

## TREATMENT ENHANCERS

### Exfoliates

These full-body exfoliating treatments include a shower and the application of a body lotion moisturizer, leaving the skin refreshed and velvety smooth. Each treatment conditions the skin in preparation for wraps and/or massages.

Himalayan Salt with Rose Scrub & Wrap

Coffee beans Scrub & Wrap

60 minutes: INR 3400

60 minutes: INR 3400



Nourish your body

Enjoy our eat well menu and drinks before or after your treatment for a deliciously healthy treat.

### Spa Basics

#### Spa Opening Hour

10.00 AM to 09.00 PM

#### Reservations

In order to meet your requirements, it is highly recommended that you book your spa treatment ahead of time. please visit The Spa for further details.

#### Valuables

Please do not bring any valuables to The Spa. We suggest you to leave any valuables in your safe deposit box in your room. The Spa will not be responsible for any loss of valuable items.

#### Cancellations

If you would like to cancel your spa treatment, kindly do so with a minimum of 4 hours in advance in order to avoid a 50% cancellation fee. To reschedule your booking, simply contact us.

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