



MOJIGAO

RESORT • RESTAURANT • WELLNESS

# NATURE SPA



*“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature - The assurance that dawn comes after night, and spring after winter.”*



# FACIALS

## **INTENSE MOISTURISING FACIAL**

**1600**

Highly Effective for Dry Skin. Using Intense and heavy Oils, Butters & Creams. Assured Results for Soft Feeling Skin.

## **DEAD SEA MUD FACIAL**

**2000**

For Dry to Normal Skin. Dead Sea mud Facials can help draw impurities out of the skin & exfoliates dead cells. It is extremely effective in clearing clogged pores & blackheads. It has natural Antimicrobial Properties.

## **GREEN TEA ANTI-AGEING FACIAL**

**2000**

Using natural Green Tea Extract & Exquisite Tea Packs with Effective Effleurage. Exotic & Refreshing Face Packs & Clays.

## **REFRESHING FRUIT FACIAL** (By Appointment Only)

**2000**

Using Fresh Fruits like Citrus for Skin Brightening, Tomato Puree for Tan Removal Pomegranate Scrub & A Revitalizing Papaya Pack for a Brilliant Glow.

## **O<sub>3</sub> + SKIN BRIGHTENING & DE TAN**

**3000**

All containments of this wonder kit works together to brighten, moisturize, purify and remove tan off the skin.

## **COFFEE FACIAL (DE TAN)**

**1800**

Coffee contains antioxidants that help protect your skin from UV rays as well as brighten your complexion and reduce the appearance of cellulite & puffiness.

## **CHARCOAL FACIAL (ANTI ACNE)**

**2000**

Activated Charcoal usage is the most effective method to unclog pores, detoxify your skin and remove excess oil, dirt & grime. Your skin will absorb its anti-inflammatory properties and improve mild acne considerably. Best Suited for Oily Skin.



# VERDANT FACE PACKS

**CHARCOAL FACE PACK** FOR ACNE CONTROL 900

**OATS, HONEY & BANANA** FOR HYDRATION 900

**ALOVERA AND CUCUMBER** FOR SKIN REVIVAL 900

**TURMERIC, SANDALWOOD & FULLERS EARTH**  
FOR GLOW 900

## ALL ABOUT FEET

**PEDICURE** 1200 | 45 min

Cleaning, Scrub, Deep Tissue Massage (Only Calves) Pack.

**FOOT REFLEXOLOGY** 1400 | 30 min

Working Efficiently on the points of your feet and a massage that will release stress & Soreness.

## INDULGENT BEAUTY WRAPS

**CALMING LAVENDER BODY WRAP** 3400 | 75 min

Relaxes and calms the mind and body  
Soothes irritated skin and reduces inflammation  
Improves sleep quality  
Hydrates and softens skin  
Reduces stress and anxiety

**COFFEE BODY WRAP** 3000 | 75 min

Invigorates your senses with our popular Coffee Body Wrap:  
Improves circulation and reduces cellulite, Exfoliates & smoothens skin texture, Reduces appearance of stretch marks and scars  
Antioxidant-rich, combating free radicals.

**MILK & HONEY BODY WRAP** 3000 | 75 min

Indulge in the nourishing Milk & Honey Body Wrap:  
Deeply moisturizes & softens Skin, Improves skin elasticity & firmness  
Exfoliates & brightens complexion, Relaxes & calms the mind & body.

**SANDALWOOD & TURMERIC LEP (PASTE)** 2800 | 75 min

Healing Sandalwood & Turmeric is applied to your entire body post a Gentle body scrub done with Himalayan Pink Salt & Coconut Oil.



# BODY SCRUBS & EXFOLIATORS

## LAVENDER BUDS BODY SCRUB

2800 | 60 min

Done with organic lavender buds Its key benefits are:

Exfoliates and smoothens skin

Reduces stress and promotes relaxation

Improves sleep quality

It also has Natural antiseptic and antibacterial properties

Evens skin tone and texture

Soothes sunburns and minor cuts

Promotes cell regeneration

## CHOCOLATE SCRUB

2300 | 60 min

The flavonoids and Vitamins present in chocolate fight against free radicals, and protect the skin from premature aging Cocoa powder is a great exfoliant for the skin. It helps to remove dead cells and improves blood circulation to the skin, making the skin glow.

## COCONUT BODY SCRUB & MASSAGE

2500 | 60 min

This Magical Drupe has moisturizing benefits for dry skin, reduces inflammation, & promotes wound healing. Has Antibacterial, Antifungal, & Antiviral Properties. Scrub Done with Coconut Flakes & Body Massage done with Pure Coconut Oil.

## COFFEE BROWN SUGAR & COCONUT OIL SCRUB

2200 | 60 min

Coffee scrub can help brighten skin, prevent clogged pores and soften lines. The acid in Coffee is an effective exfoliator and helps bolster the skin's protective barrier.



# BODY SCRUBS & EXFOLIATORS

## **MATCHA GREEN TEA & OLIVE OIL SCRUB**

**2500 | 60 min**

Matcha is a Potent form of Green Tea. It's high in antioxidants, which is effective in reducing UV damage from the Sun.

## **OATMEAL, ALMOND POWDER & HONEY SCRUB**

**2500 | 60 min**

Oatmeal has skin lightening properties, helping in dark splotches & Skin Blemishes and also serves to lighten skin discoloration. Almond Powder has anti-ageing properties. Honey is beneficial as a moisturizer, gentle exfoliator & has Age Reversal Benefits.

## **STRAWBERRY, SUGAR & SWEET ALMOND OIL BODY SCRUB**

**2200 | 60 min**

This amazing fruit of Love & Romance harvests a wealth of benefits for the skin. The high amount of Vitamin C found in Strawberries helps highly in Skin Lightening. Also has Anti-inflammatory, Anti-fungal & Anti-aging Properties.

## **HIMALAYAN PINK SALT & COCONUT OIL SCRUB**

**2000 | 60 min**

Himalayan Pink Salt contains essential minerals that soften skin and restore hydration & moisturising at the deepest levels.



# ANCIENT INDIAN REMEDIES

## ABHYANGA MASSAGE

**3000 | 60 min**  
**3600 | 90 min**

This Ayurvedic massage also known as Abhyanga, employs Holistic and integrative principles used 3000 years ago in India. this massage is to balance out doshas within your body to achieve spiritual & physical fulfilment and relaxation through herbal oils infused with Healing botanicals.

## HERBAL POTLI (BOLUS) FOEMENTATION MASSAGE

**3800 | 90 min**

A blend of Ancient Aromatic Herbs & Flora this Massage will Soothe, Calm & Relax your Senses.

## GHEE SOUNDARYA BODY MASSAGE

(Includes Face Massage)

**3400 | 75 min**

Ghee (Clarified Butter) adds glow and brightens the skin, & may help activate collagen production. Ghee also has a brightening effect on the skin due to the presence of antioxidants, which may help prevent and reduce damage from oxidative stress & cellular damage.

## CANDLE MASSAGE THERAPY

**3500 | 60 min**  
**4000 | 90 min**

Candle Massages are extremely relaxing and will awaken your senses. Relax and calm your Mind & Body The soothing aroma of the candle will take you on a pleasurable journey. A massage combining warm essences and expert movements that will leave you rejuvenated. Done with warm aromatic butters, oils and wax.



# ANCIENT INDIAN REMEDIES

## KATI VASTI

4200 | 90 min

Kati Vasti is a traditional Ayurvedic therapy that involves retaining warm medicated oil over the lower back area. It's mainly done to alleviate various lower back issues, including chronic pain, stiffness, muscle spasms, and sciatica.

The treatment will be preceded by a massage.

This is a treatment preferably done at least twice to thrice repeatedly.

Available Specifically for Lower Back & Knees.

## SHASTIKA SWEDAMA

4600 | 90 min

Done by cooking Shastika Rice which is then tied into a bolus and dipped in cows milk. This ancient therapy promotes muscle relaxation, reducing tension and stiffness in the muscles..

Sweating induced by Pinda Sweda helps eliminate toxins, cleansing the body from impurities.

# PRE & POST NATAL

## PRE NATAL MASSAGE

3600 | 60 min

A gentle Massage to relieve you of muscle stiffness , regulate hormonal balance , Research shows that prenatal massage can help reduce stress, decrease symptoms of depression, relieve muscle aches and joint pain. Prenatal massage can also help regulate hormone levels, help blood circulation, and reduce swelling.

## POST PARTUM MASSAGE

3600 | 60 min

Congratulations to you  
if you have just given birth.!!

Our post partum massage helps relieve Baby Blues , Muscular Stiffness, Emotional Upheaval, or any other post partum physiologic or psychological changes. We start with a exfoliating scrub of your choice, a Massage and a conventional dry steam with herbs and other botanicals ending with a hot shower or hot towel treatment.



# MASSAGES

## AROMA THERAPY BODY MASSAGE

2800 | 60 min

3500 | 90 min

Using Aromatic Massage Oils infused with Heavy Carrier Oils like Olive, Coconut Oil.

## DEEP TISSUE BODY MASSAGE

4000 | 75 min

For Stress Relief, Muscle Rehabilitation & Pain Reduction. 4600 | 90 min

## SWEDISH MASSAGE

3000 | 60 min

3700 | 90 min

Therapy that emphasizes long strokes, kneading and friction motions to encourage proper circulation.

## THAI MASSAGE

3000 | 60 min

3800 | 90 min

Combines compression, acupressure, and gentle stretching. it can improve your posture & aids in reducing back pain.

## BALINESE MASSAGE

3800 | 75 min

4500 | 90 min

Include acupressure, skin rolling and firm and gentle stroking percussion, and application of essential oils. The combination of manual therapy and aromatherapy is intended for relaxation, and stimulating the lymphatic system and the flow of blood.

## HOT STONE MASSAGE

3800 | 75 min

4500 | 90 min

Induces relaxations, stress release, helps with back pain & aids Depression & Anxiety. Includes Massage & Hot Stone Therapy.



# NATURE SPA SIGNATURE

## DESTRESS BACK MASSAGE

1500|30 min

## OIL MASSAGE (Face, Neck & Chest)

1000|30 min

## CHAMPISSAGE (Traditional Indian Head Massage)

1000 | 30 min

Relieve stress & tense muscles, improves blood circulation & promotes hair Growth with our head massage using Ayurvedic Oils. Includes Head & Shoulders. No Hair Wash.

# PREMIUM HEALTH PACKAGE

## REJUVENATE, REFRESH, AND RENEW

8000 | 4 hrs

Escape into tranquility with a full-day Healthy Spa Experience designed for ultimate relaxation. Whether you bring a partner or prefer time to yourself, let us indulge you in the finest spa therapies.

Your journey begins with a soothing full-body massage paired with a head massage, using our handcrafted aromatic oils, followed by a refreshing hot towel treatment. A nourishing lunch will be served, featuring a wholesome sandwich of your choice, a fresh Arabic salad, and a revitalizing Green Glow juice.

Afterward, delight in a rejuvenating body scrub, a calming face massage, and a gentle exfoliating face treatment. To conclude, enjoy a refreshing shower and savor your choice of exotic teas.

# NATURE SPA BEAUTY PACKAGE

## GLOW FROM WITHIN

7000 | 3 hrs

Begin your beauty retreat with a full-body massage, tailored body scrub, and a facial customized for your skin type. End your experience with a deeply relaxing head massage, leaving you refreshed & radiant.





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**Book your appointment**

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**“NATURE IS THE BEST PHYSICIAN”**

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