



Zhukham Spa

RELAX - REJUVENATE - REJOICE

Relax

DEEP TISSUE

Deep Tissue massage is type of massage therapy that focuses on realigning deeper layers of muscles is used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscles tightness and sore shoulders.

60 mins Nu 1500

90 mins Nu 1800

SWEDISH MASSAGE

Perhaps the most popular massage globally, it aims to relax the body by rubbing muscles with long gliding strokes in the direction of blood returning to the heart.

60 mins Nu 1500

90 mins Nu 1800

AROMATHERAPY MASSAGE

Fragrant oils are imbibed through the skin and smell for calming and uplifting effect.

60 mins Nu 1500

90 mins Nu 1800

INCLUSIVE OF STEAM AND SAUNA



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Massage

HEAD & NECK MASSAGE

Best choice to loosen your tight muscles and relaxation with the combination of techniques using high quality of virgin coconut oil.

30 mins Nu 800

45 mins Nu 1000

BACK MASSAGE

A perfect treatment for relieving sore shoulder and back problem.

30 mins Nu 800

45 mins Nu 1000

FOOT MASSAGE

Reflexology is a deeply relaxing therapy on the feet to treat the whole body. The treatment involves massage with specialized thumb and fingers techniques to stimulates specific reflex points on both feet. Reflexology has the capability of bringing bout a state of deep relaxation. When the body is relax and stress is reduced, physical and emotional healing is heightened.

30 mins Nu 800

45 mins Nu 1000

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Massage

DETOX BODY SCRUB

Scrubs gently remove dead skin cells, dirt and oil from the outer layer of skin. This helps to unclog pores and rejuvenate the skin.

60 mins Nu 1200

BODY WRAP

The ultimate deep beauty treatment for the body emphasizes on complete relaxation, total pampering, and a thorough exfoliation. Your body is enveloped with warm aromatic body masque while nested in a light wrap. The treatment brightens skin tone and improves texture, resulting in remarkable radiance. A blissful massage seals in the benefits.

60 mins Nu 1500

90 mins Nu 2000

INCLUSIVE OF STEAM AND SAUNA