

# Cave Spa Menu

## ~~~~~\*\*\*\*\*~~~~~ Body Treatment

**Heritage Massage ( 60 mins = 25 US\$ and 90 mins = 35US\$ )**

Our therapists will work effectively with our special blend of oils on your muscles with Swedish Massage techniques. This massage helps blood circulation and is an excellent deep relaxant for your body. The pressure of the massage can be adapted to your preference.

**Aromatherapy Massage ( 60 mins = 25 US\$ and 90 mins = 35 US\$ )**

This is a very soft massage (no pressure, no muscle work) during which the essential oils are absorbed through the skin, circulating their healing properties for the whole body. You are able to choose from the following Oils.

**Lemon :** Contains Lemongrass and Grapefruit which has a fresh smell and it maintains body strength. Grapefruit is also known as a cellulite stiffener. It is also good for digestion and to increase mineral absorption.

**Perfect :** Combination of Ylang Ylang and Peppermint. Ylang Ylang as the flower of flowers improves the skin condition and body balance. Peppermint with its cooling properties relaxes the muscles and opens your breathing system.

**Traditional Massage ( 60 mins = 20US\$ and 90 mins = 30 US\$ )**

Our traditional massage is deep or medium, oil free full body treatment in comfortable clothing involving the application of pressure and stretching from head to foot. Its purpose is to help your muscles soften, relax and brings new energy to your body. Traditional massage dress will be provided for you to wear during this massage.

### Warm Oil Head Massage

**( 30 mins =15 US\$ )**

This massage is done by using warm coconut oil and it is especially to offer a full relaxation for your head and mind.

### Ends of Body Massage

**( 30 mins = 15 US\$ )**

Includes massaging the head, hands and feet with our special blended oil, to release pains & tensions and will end up with a full relaxation massage for the head.

### Back Massage

**( 30 mins = 15US\$ )**

A fusion of deep oil massage, specifically focusing on tensions and tightness around the neck, back and shoulders.

## Feet Treatment

~~~~~\*\*\*~~~~~

### Sea Salt Scrub and Thanaka Warp

( 60 mins = 20US\$ )

(Recommended for tired feet/legs) A Salt Scrub and bath for your tired feet accompanied by a relaxing massage. Follow by a Thanaka warp which helps to cool and heal the legs.

### Reflexology ( 60 mins = 20US\$ )

Our therapist will work on your feet by application of finger-point pressure to reflex zones which link the organs and nerve system. The body is stimulated to heal itself.

### Pepper Mint oil Foot Massage ( 60 mins = 20US\$ )

An Invigorating foot treatment either with Peppermint oil which has healing properties for muscle spasms, good blood circulation and inflammation, relieve muscle pain, insect bites, cystitis and other inflammation.

### Body Scrub ( 30 mins = 15US\$ )

~~~~~\*\*\*~~~~~

Experience the relaxing, exfoliating and nourishing properties of our scrubs. All products are home made using natural ingredients and pure essential oil.

### Traditional Kimbum Scrub

Kimbum powder that we Shan people use as a soap. Scrub to remove dead skin cells off the body and it will help to refresh and smooth the skin.

### Honey and Sesame Scrub

Honey and Crushed Sesame Cleanser will ensure your skin is smooth and shiny.

### Sea Salt Scrub

Natural Sea Salt and Peppermint oil to release muscle tension while invigorating your blood circulation.

## Facial Treatment

~~~~~\*\*\*~~~~~

### Vegetable Facial ( 60 mins = 20US\$ )

Using our traditional range of hand made products; this treatment includes face cleansing, peeling, mask and conditioning. A gentle hand & foot massage will be administered during the mask. Good for any skin type.

### After Sun Facial ( 60 mins = 20US\$ )

After a long day under the sun, experience calming, cooling and healing properties of our Cucumber, Papaya and Aloe Vera mask which will nourish and replenish your skin.

## **Classic Facial ( 60 mins = 25US\$ )**

Classic treatment provides a deep cleansing followed by a gentle exfoliating and steaming to open up the pores for extraction, the therapist will give you a softening facial massage followed by a special natural Oatmeal Mask which will nourish and replenish your skin also reducing blemish and freckles leaving it soft, smooth and natural healthy looking.

## **Nail Treatment**

~~~~~\*\*\*~~~~~

### **Manicure ( 45 mins = 15 US\$ )**

Traditional manicure includes cuticle care, hand massage, nail shaping and your choice of polish.

### **Pedicure ( 60 mins = 20 US\$ )**

Begin with our luxurious foot bath followed by exfoliation, relaxing massage, cuticle care, nail shaping, buffing and your choice of polish

### **Manicure & Pedicure (30 US\$)**

### **Polish change (5 US\$ )**

## **Hair Treatment**

~~~~~\*\*\*~~~~~

### **Shampooing ( 10 US\$ )**

Our therapist will give full relaxation for your head with your choice of special shampoo. It can activate synthesis of new cell and gives a gentle treatment that helps nourish hair root.

### **Steam Room ( 7 US\$ )**

# Heritage Package

\*\*\*\*\*~\*\*\*\*\*

## Harmony One

( 2 Hours = 35 US\$ )

- \* Welcome foot bath with  
ginger and lime
- \* Sea Salt Scrub
- \* Detoxifying bath
- \* Traditional Massage
- \* Refreshment

## Harmony Two

( 2Hours = 40 US\$ )

- \* Welcome foot bath with  
ginger and lime
- \* Classic Facial
- \* Oil Foot Massage
- \* Refreshment

## Harmony Three

( 2.5 hours = 50 US\$ )

- \* Pedicure
- \* Vegetable Facial
- \* Ends of Body Massage
- \* Refreshment

## Harmony Four

( 3Hours = 60 US\$ )

- \* Welcome foot bath with  
ginger and lime
- \* Enjoy a steam
- \* Honey and Sesame Scrub
- \* Heritage Massage
- \* Vegetable Facial
- \* Refreshment