



# La Parenthèse

BY  
**NEWMARK**

Spa Menu · 2024

# Signature Treatments

## Relaxation Massage

Indulge in a soothing massage designed to relieve stress and tension from your body and mind. Our signature relaxation massage combines the calming properties of Lavender officinalis and Petitgrain bigarade essential oils with a blend of Helianthus annuus seed oil and Vitis vinifera seed oil to promote relaxation and well-being.

*60/90/120 minutes · Rs 4190 / Rs 5870 / Rs 7550*

## Deep Tissue Massage

For those seeking deeper muscle relief, our deep tissue massage utilizes the analgesic and anti-inflammatory benefits of Rosemary CT borneone and Camphor tree essential oils. This therapeutic massage targets areas of tension and discomfort, leaving you feeling rejuvenated and revitalized.

*60/90/120 minutes · Rs 4020 / Rs 5630 / Rs 7240*

## Leg Revitalization Treatment

Experience relief from tired and achy legs with our exclusive leg revitalization treatment. This specialized massage incorporates Field Mint and Italian Helichrysum essential oils, known for their circulatory and anti-haematoma properties, to improve circulation and reduce swelling. Ideal for individuals experiencing leg fatigue or varicosities.

*45 minutes · Rs 2500*

## Sports Recovery Massage

Designed for athletes and active individuals, our sports recovery massage focuses on relieving muscle tension and promoting recovery. Featuring a blend of anti-inflammatory oils such as Wintergreen and Lavandin, this massage helps alleviate musculo-tendinous inflammation and enhances muscle recovery post-exercise.

*60/90/120 minutes · Rs 4710 / Rs 6600 / Rs 8480*

## Prenatal Pampering

Expectant mothers deserve extra care and relaxation during this special time. Our prenatal massage utilizes a gentle blend of safe essential oils including Lemon Eucalyptus and Juniper, combined with a neutral base of sweet almond and hazelnut oils, to provide relief from pregnancy-related discomforts and promote relaxation for both mom and baby.

*60/90/120 minutes · Rs 3680 / Rs 5150 / Rs 6620*

## Hot Stone Therapy

Indulge in the ultimate relaxation experience with our Hot Stone Therapy. Smooth, heated basalt stones are strategically placed on key points of your body to melt away tension and promote deep relaxation. As the warmth penetrates your muscles, your therapist will incorporate the stones into a customized massage, using gentle pressure to release muscle tightness and promote a sense of well-being. This therapeutic treatment soothes both the body and mind, leaving you feeling rejuvenated and balanced.

*60/90/120 minutes · Rs 4310 / Rs 6030 / Rs 7060*

## Customized Aromatherapy Massage

Tailored to your individual needs, our customized aromatherapy massage allows you to choose from a selection of essential oils and massage techniques to create a personalized experience. Whether you seek relaxation, pain relief, or stress reduction, our skilled therapists will create the perfect blend to suit your preferences.

*60/90/120 minutes · Rs 2700 / Rs 3780 / Rs 5290*

## Aromatherapy Scalp Massage

Treat yourself to a blissful Aromatherapy Scalp Massage, designed to relieve tension and promote relaxation. Your therapist will apply a custom blend of essential oils to your scalp, massaging them into your hair and scalp using gentle, circular motions. As the aromatic oils envelop your senses, you'll feel stress and tension melt away, leaving you with a profound sense of calm and tranquillity. This soothing treatment also stimulates blood circulation to the scalp, promoting healthy hair growth and nourished scalp.

*60 minutes · Rs 3500*

## Moisturizing Hand & Foot Treatment

Pamper your hands and feet with our luxurious Moisturizing Hand & Foot Treatment. Your therapist will begin by gently exfoliating your hands and feet to remove dry, dead skin cells, revealing soft and smooth skin underneath. Next, indulge in a hydrating massage using a rich moisturizer infused with nourishing ingredients such as shea butter and vitamin E. Your hands and feet will be enveloped in warmth as the moisturizer deeply penetrates the skin, leaving them feeling soft, supple, and rejuvenated. This indulgent treatment is the perfect way to soothe tired hands and feet and restore moisture to dry, dehydrated skin.

*60/90/120 minutes · Rs 2700 / Rs 3780 / Rs 5290*

# Facial Treatments

## Hydrating Facial

Restore moisture and radiance to your skin with our hydrating facial.

*60 minutes · Rs 4200*

## Anti-Aging Facial

Combat signs of aging and rejuvenate your complexion with this age-defying treatment.

*75 minutes · Rs 5500*

## Deep Cleansing Facial

Purify and clarify your skin with this deep cleansing facial.

*45 minutes · Rs 4800*

# Manicure & Pedicure



## Classic Manicure

Treat your hands to a pampering session with our classic manicure.

*45 minutes · Rs 1850*

## Classic Pedicure

Relax and rejuvenate your feet with our classic pedicure.

*60 minutes · Rs 2070*

## Deluxe Manicure & Pedicure

Indulge in an extended pampering experience with our deluxe manicure and pedicure.

*90 minutes · Rs 4500*

Kids Spa

## Little Princess Manicure & Pedicure

Treat your little one to a fun and relaxing manicure and pedicure experience.

Ages 6-12

*45 minutes · Rs 1500*

## Mini Facial

Introduce your child to skincare with a gentle mini facial tailored for young skin.

Ages 6-12

*30 minutes · Rs 1600*

# Body Specifics

## Body Scrub

Exfoliate and renew your skin with our invigorating body scrub.

*45 minutes · Rs 2240*

## Body Wrap

Detoxify and hydrate your skin with our luxurious body wrap treatment.

*60 minutes · Rs 3600*

## Cellulite Reduction Treatment

Target cellulite and improve skin tone with this specialized treatment.

*60 minutes · Rs 5000*



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### Trading hours

Monday - Sunday: 08:00 - 20:00

Public Holidays: 08:00 - 20:00

### Contact Details

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