

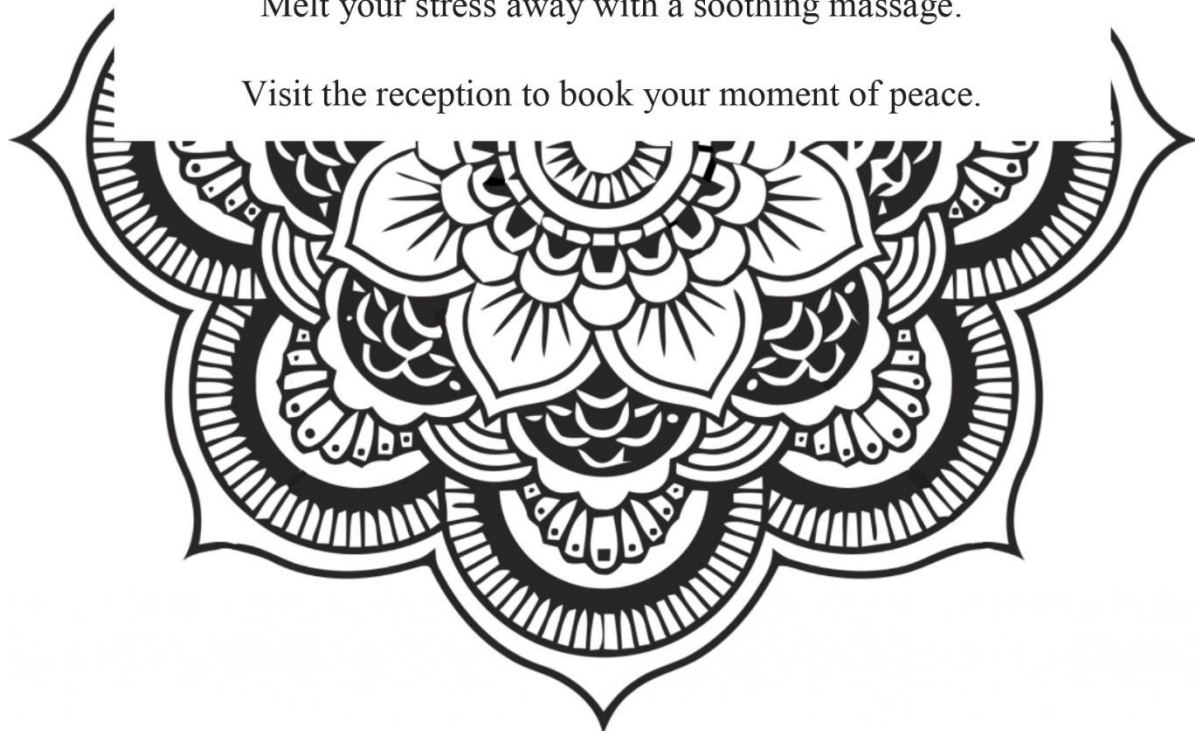


Sapana Spa Home

Where calm begins.

Melt your stress away with a soothing massage.

Visit the reception to book your moment of peace.



Ayurvedic therapy

30 min = \$ 30 | 1 hr = \$ 50 | 1hr 30 min = \$ 65

A deeply relaxing full-body oil massage using a special blend of herbal oils. Designed to ease muscle pain, reduce stress, and detoxify the body, this therapy restores balance and calm.

Deep tissue massage

1 hr = \$ 50 | 1 hr 30 min = \$ 70

For those with chronic muscle tension or soreness, this massage targets deeper layers of muscle and tissue. It improves mobility and breaks down stubborn tension for long-lasting relief.

Swedish massage

1 hr = \$ 48 | 1 hr 30 min = \$ 67

Gentle, flowing strokes enhance circulation, reduce muscle toxins, and increase flexibility. A classic choice for deep relaxation of the mind and body.

Nepali massage

1 hr = \$ 40 | 1 hr 30 min = \$ 60

This traditional massage helps relieve lower back pain, improve sleep, reduce anxiety, and boost mood by stimulating serotonin and dopamine levels.

Herbal Potli Therapy

1 hr 30 min = \$ 76



A therapeutic massage using warm herbal pouches filled with lemongrass, fenugreek, cloves, and more. The heat and herbs work together to ease pain, improve circulation, and calm the nervous system.

Hot stone therapy

1 hr 30 min = \$70



Heated basalt stones are placed on the body to melt away tension. The warmth allows for deeper muscle relaxation and a profound sense of calm.

Foot massage and palm reflexology

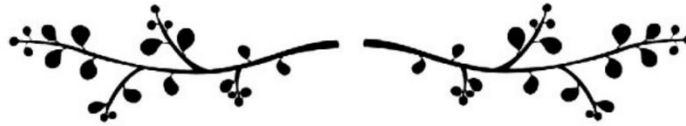
30 min = \$ 27

Based on Chinese reflexology, this treatment targets pressure points to reduce stress, improve energy flow, and soothe tired feet and hands.

Head oil massage

30 min = \$ 25

A gentle, rhythmic scalp massage using nourishing oils that relieves stress, enhances blood flow, and supports healthy hair growth.



How to prepare for your session

- Please shower beforehand.
- Wear loose, comfortable clothing.
- Undergarments must always be worn.
- Wait in the lounge; your therapist will guide you.
- Inform us of any medical concerns.
- Communicate preferences or discomfort.
- Shampoo is available post-treatment.
- Drink plenty of water afterwards.



Beauty and Cosmetic

Manicure or Pedicure

45 min = \$ 25 (included nail color)

Refresh your hands or feet with nail shaping, exfoliation, cuticle care, a relaxing massage, and polish of your choice.

Body Scrub

1 hr = \$ 36

A natural exfoliating treatment using salt, sugar, or honey. It removes dead skin cells, hydrates, and leave your skin glowing and silky smooth.

Facial treatment

1 hr = \$ 40

A complete skincare session that includes cleansing, exfoliation, massage, and nourishing products to leave your skin fresh, hydrated, and radiant.

Relax, Refresh, Recharge 

Design by Maria

All taxes are included