



# Osu Spa Menu





**A rich fusion of holistic therapies that brings serenity and relaxation to mind, body and soul. Rejuvenate your senses in the tranquil setting of a bird sanctuary with traditional oils and essences blended with greatest care**



— ಭಟ್ಟವೆಂಜಿ —



### Head Massage

**30 minutes || LKR: 4000**

**45 minutes || LKR: 6000**

**60 minutes || LKR: 7500**

A focused treatment, using ayurvedic and natural oils, to relieve any stress and tension in your head

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### Osu Special Back Massage

**45 minutes || LKR: 6000**

**60 minutes || LKR: 7500**

Using ayurvedic and natural oils, this treatment relieves stress and muscular pain in key areas, providing remarkable relief for your head, neck, shoulders and back

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### Foot Massage

**30 minutes || LKR: 4000**

**45 minutes || LKR: 6000**

**60 minutes || LKR: 7500**

This highly rejuvenating and relaxing treatment uses Ayurveda and natural oils to relieve pain in tired, aching feet

### Face Massage

**30 minutes || LKR: 4000**

A focused treatment using Ayurvedic and natural cream to relieve stress and muscular aches & pains, for a more refreshed, relaxed and radiant glow

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### Aromatherapy Relaxing Body Massage

**60 minutes || LKR: 7500**

A full body massage, ideal for relaxation. The treatment combines Ayurvedic and Aromatherapy techniques using Ayurvedic and natural oils



### **Ayurvedic Relaxing Body Massage**

**60 minutes || LKR: 7500**

A full-body warm oil massage that focuses on calming the nervous and circulatory system using Ayurvedic and natural oils. It's a blissful experience that will leave you feeling relaxed and rejuvenated

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### **Deep Tissue Massage**

**60 minutes || LKR: 8500**

A full-body massage, it is a combination treatment that focuses on deeper tissue tension. It releases muscle pain and helps to increase blood circulation using Ayurvedic and natural oils

### **Body Scrub**

**Full body 60 minutes || LKR: 9000**  
**Face, Neck and hands 30 minutes || LKR: 5000**

This treatment will scrub away any impurities and leave you with a healthy glowing, complexion

Choose from a variety of natural hand blended scrubs to apply to your body:

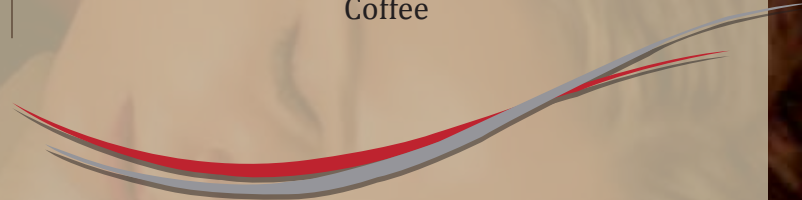
Tree turmeric (venivel), curd, bee honey

Avocado, curd and bee honey

Cinnamon, Green Tea

Cinnamon

Coffee





### **Rejuvenation Combo**

**Relaxing Body Massage+ Body Scrub or  
Cleansing Facial**

**100 minutes || LKR: 12000**

A rejuvenating full body massage to de-stress and a natural cleansing facial and scrub to leave your skin radiant

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### **Sunburn Soother**

**60 minutes || LKR: 8000**

This treatment uses fresh natural Aloe Vera applied to your whole body to take away sun burn, rejuvenate your skin and leave you with a healthy glow

### **Eye Treatment**

**40 minutes || LKR: 4000**

A special treatment to soothe puffy eyelids and lighten dark circles, and leave you feeling relaxed and refreshed

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### **Cleansing Facial**

**60 minutes || LKR: 7500**

Cleans your face with a natural cleansing pack that nourishes the skin, promoting a clear well-hydrated complexion

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## Spa Etiquette

### **Arrival**

We recommend you arrive 5 minutes prior to your appointment to relax and experience the calming surroundings of the Spa

### **Food & Alcohol consumption**

Smoking and alcohol consumption within the spa premises is strictly prohibited

### **Personal belongings & valuables**

We recommend you keep your personal belongings and valuables in the safe deposit box provided in your lodge and the hotel will not be responsible for loss or damage of any valuables

### **Health Consideration**

Please inform us of any medical conditions that need to be taken into consideration for your treatment. Let your therapist know of any Skin allergies, pregnancy or areas of your body that may require attention

### **Green Environment**

For the comfort and relation of yourself and other guests and for preserving the serene atmosphere of the Spa, please ensure your electronic devices are switched off during your time at the Spa

### **Age Limit**

To maintain the tranquility within the premises, children under 12 years are not permitted in the Spa



Bird Sanctuary, Weerawila  
Sri Lanka

[www.flamebackecolodge.com](http://www.flamebackecolodge.com)