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THAI YOGA MASSAGE (DRY THERAPY) RS.2900 FOR 60MINS | RS. 3900 FOR 90MINS



“Thai Massage” or “Thai Yoga Massage” is an ancient healing system combining acupressure Indian Ayurvedic principles, and assisted yoga postures. Traditional Thai massage uses no oils lotions.



The recipient remains clothed during a treatment. There is constant body contact between the giver and receiver, But rather than rubbing on muscles, The body is compressed, Pulled, Stretched and Rocked.



The receiver will be positioned in a variety of yoga like positions during the course of the massage, that is also combined with deep static and rhythmic pressures. The massage generally follows designated lines (“sen”) in the body. The Legs and feet of the giver can be used to position the body or limbs of the recipient. In other positions, Hands fix the body, while the feet do the massaging. This may include pulling fingers, toes, ears, cracking knuckles, walking the recipient’s back, and moving the recipient’s body into many different positions.





SWEDISH MASSAGE (OIL THERAPY) RS. 3200 FOR 60MINS | RS. 4200 FOR 90MINS



It is a full-body massage therapy Aromatic or unscented oil is used to facilitate the massage movements. Depending on the client's preferences, a massage session may involve the use of several or all of the following basic techniques : effleurage, petrissage, friction, vibration, and tapotement.

EFFLEURAGE

Effleurage is the most common stroke in swedish massage. It is a free-flowing and gliding movement towards the heart, tracing the contours of the body using the palm of one or both hands. Oil is applied with this stroke to begin the first stage of massage. The therapist applies a light or medium constant pressure. This stroke is used to warm up the muscles, relax the body, calm the nerves, improve blood circulation and heart function, and improve lymphatic drainage.

PETRISSAGE

This technique resembles kneading dough. It involves lifting, rolling and squeezing the flesh under or between the hands. Petrissage is designed to release muscle tension. Improve blood flow, and increase Lymphatic drainage.





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FRICTION

Friction strokes work on deeper muscles than the techniques previously described. The friction technique is a pressure stroke and is the deepest that is used in Swedish massage. The massage therapist applies pressure by placing the weight of his or her body on the flat of the hand and the pads of the thumbs, knuckles, fingers, or the back of the forearms, and then releases the pressure slowly and gently. This movement should be a continuous sliding motion or a group of attempting circular motions.

VIBRATION

To effect vibration, the massage therapist gently shakes or trembles the flesh with the hand or fingertips, then moves on to another spot and repeats this stroke. Vibration is designed to release muscle tension in small muscle areas, such as those on the face or along the spine.



DEEP TISSUE THERAPY (OIL THERAPY) RS. 3400 FOR 60MINS | RS. 4400 FOR 90MINS

Deep tissue therapy is designed to relieve pain and muscle tension throughout the body with hard pressure movements made with forearms and elbows.

This type of massage is extremely beneficial because it reaches the deepest layer of muscles, fascia (connective tissue surrounding the joints) and tendons.

The goal in deep tissue massage is to breakdown adhesions (tense areas within the muscle). Adhesions in the muscle are very important to address because they cause pain, inflammation and limit motion of the muscles and joints. This massage can be a little intense and painful.



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THE THAI HERBAL COMPRESS MASSAGE RS. 5000 FOR 90MINS



The Thai Herbal Compress Technique Healing from thailand

The healing practice of Thai herbal compress therapy dates back nearly 5,000 years, to an era when the knowledge of plants, including their effects through ingestion or application on the body, were painstakingly researched and then passed down from one generation to the next. This herbal therapy was designed to relieve pain and inflammation,

A selection of therapeutic herbs, including prai, ginger, turmeric and lemongrass, are wrapped in a muslin compress, steamed and then applied to the body in gentle pressing, circular and rolling movements.

In Thailand, the herbal compress is called lik prakob, translated as "herbal pressing sphere." To make the compress, a combination of healing herbs is bundled together in accordance with ancient recipes, steamed and placed directly on the skin to soothe muscular aches and swelling.

The popularity that these herbal compresses have long enjoyed was mainly due to their easy adaptability - the treatment is neither expensive nor complicated, yet effective. For this reason, it has the power to transcend social barriers. In ancient times it was used by Thai royalty in elaborate treatments and by soldiers for aches and pains after returning from battle.

Thai Herbal ball on a table with a buddha statuesome scholars believe that herbal compress massage was first introduced to Thai and by monks from India, who established the first Buddhist monasteries in Thailand around 200 B.C. Other believe it originated from rural folk medicine and was passed on by word of mouth through an unbroken chain of masters, or through secret manuscripts that changed hands from teacher to student.



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BODY SCRUB (IMPORTED) RS.6000 (45. MINS SCRUB + 45MINS OIL MASSAGE)



What are the different types of body scrubs?

The key to making the most of any scrub's benefits is choosing a natural abrasive that works best for your skin. Here's a quick guide to some of the most common types of body scrubs:

Sugar – Sugar-based scrubs are quite common and suit sensitive to normal to dry skin types. They are gentler on the skin than other scrubs and the granules are smaller and smoother. Sugar scrubs are a good option for those who prefer a much less-abrasive scrub.

Salt – Salt-based scrubs are the most effective and abrasive, this is a good option if you are looking for something rejuvenating. The salt granules can be mixed with essential and moisturizing oil. They can be sea salts or mineral salts. Such scrubs are ideal for oily, troubled skin and acne-prone areas as well.

Fruit (edible!) – Scrubs are a mix of crushed seeds with different fruit elements that are mostly edible. This is good for any body type as it is nourishing and soothing to the skin. The aroma of fruits will make the experience relaxing and therapeutic.

BENEFITS OF A BODY SCRUB

1. Allows your moisturizer to work better and hydrate your skin
2. It relaxes and rejuvenates you
3. The scrubbing removes dead skin cells
4. Leaves your skin smoother, supple and healthier
5. Promotes new cell growth
6. Cleanses and removes dirt and oil from the skin
7. Clogs pores and allows body products to go deep within the skin





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