



Fuller Life

W E L L N E S S

Relax Refresh Rejuvenate





Fuller Life Signature Massage

Duration
90 Min

Price
Rs 5000

Our signature massage is a full body massage which starts with dry massage which involves stretches later warm aromatherapy oils are used to sooth the body with gentle long strokes, followed by full body scrub to exfoliate. You will feel Relaxed, Refreshed and Rejuvenated.



Balinese Massage *Swedish Massage*

Duration

60 Min

90 Min

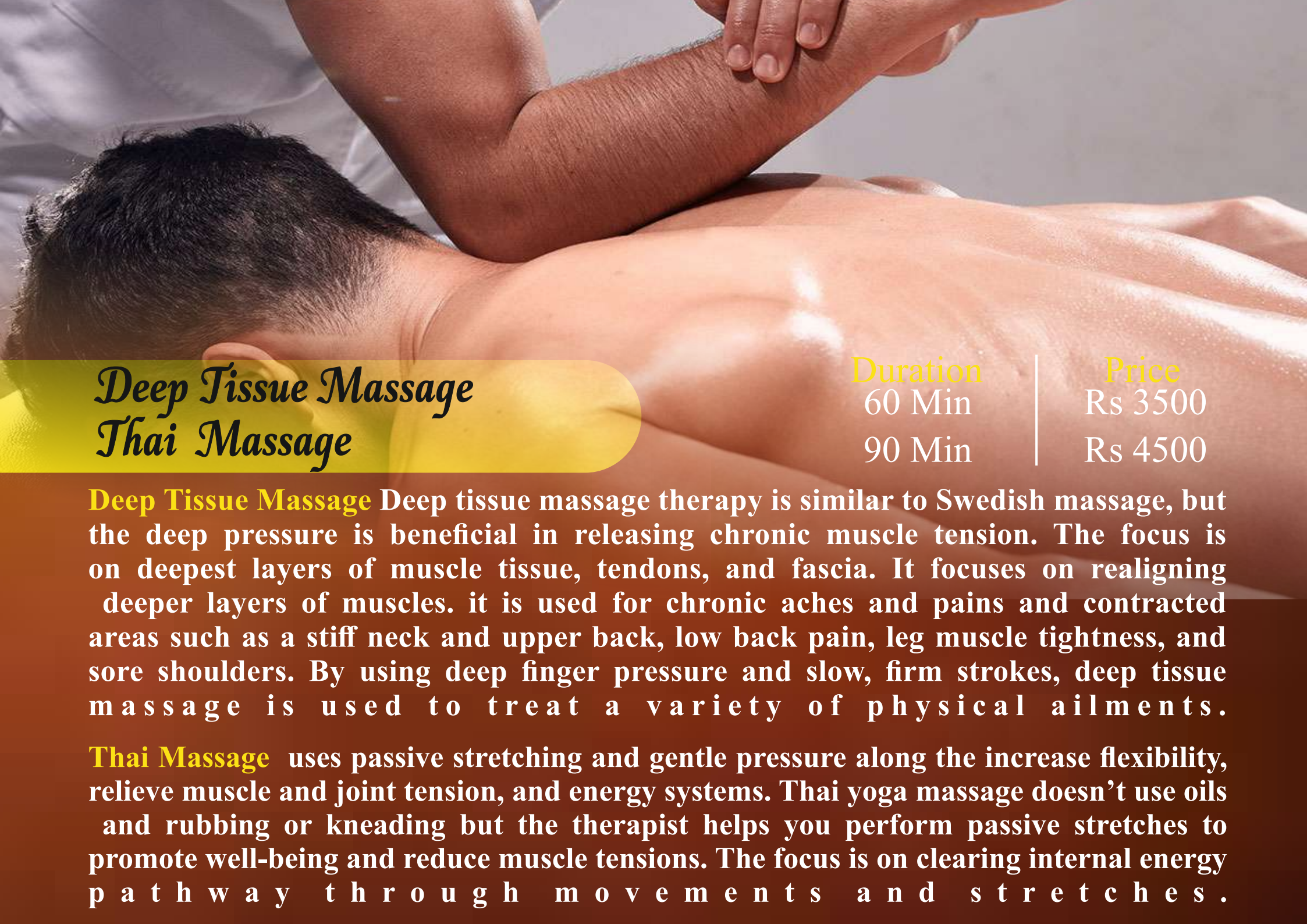
Price

Rs 3000

Rs 4000

Balinese massage is a holistic treatment. Using a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of "qi" (energy) around your body, and bring a sense of well-being, calm and deep relaxation. It is also a combination of dry massage with muscle stretches and oil massage.

Swedish Massage stimulates circulation, flush the lymphatic system, release tight muscles, restore range of motion, and to relieve pain. One of the primary goals of this technique is to relax the entire body which is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

A close-up photograph of a person's back and shoulder being massaged. The person is lying face down, and a therapist's hands are visible, applying pressure to the muscles. The skin is slightly reddened from the massage.

Deep Tissue Massage *Thai Massage*

Duration

60 Min

90 Min

Price

Rs 3500

Rs 4500

Deep Tissue Massage Deep tissue massage therapy is similar to Swedish massage, but the deep pressure is beneficial in releasing chronic muscle tension. The focus is on deepest layers of muscle tissue, tendons, and fascia. It focuses on realigning deeper layers of muscles. it is used for chronic aches and pains and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders. By using deep finger pressure and slow, firm strokes, deep tissue massage is used to treat a variety of physical ailments.

Thai Massage uses passive stretching and gentle pressure along the increase flexibility, relieve muscle and joint tension, and energy systems. Thai yoga massage doesn't use oils and rubbing or kneading but the therapist helps you perform passive stretches to promote well-being and reduce muscle tensions. The focus is on clearing internal energy pathway through movements and stretches.



Bamboo Massage

Duration	Price
60 Min	Rs 3500
90 Min	Rs 4500

Bamboo Massage Bamboo Massage incorporates bamboo stalks of different lengths and diameters to provide deep tissue works. The massage promotes circulation, sensory nerve perception, and lymphatic drainage, as well as providing a deep sense of relaxation and well-being.

Four Hands Massage

Duration	Price
60 Min	Rs 6000
90 Min	Rs 7500

Four Hands Massage An Exquisite Massage performed in a perfectly harmonized fashion by a team of two experienced masseurs. This technique is also known as synchronized massage. It has psychological benefits. This therapy has numerous health benefits ranging from instant muscle tension relief, enhanced tissue circulation, increased skin health etc.



Couple Massage

Duration	Price
60 Min	Rs 6000
90 Min	Rs 7500

Couples Massage is a wonderfully relaxing, personal experience. During the session, two people receive massages at the same time and in the same room from two different therapists. The therapy provides many of the same benefits as other types of massage but with an added bonus such as increased feeling of affection and comfort.



Head Massage *Foot Massage*



Duration
30 Min
30 Min

Price
Rs 1700
Rs 1700

Head Massage Indian head massage is a tradition of relaxation that is passed from generation to generation. It promotes a healthy scalp and blood circulation. Also heals the compressed nerves. Head Massage is done overlooking the swimming pool, for a relaxed ambience.

Foot Massage Foot massage boasts circulation which helps in healing. It cures people with lot of chronic diseases. To walk long have strong feet. Foot massage is done overlooking the swimming pool, for a relaxed ambience.



Body Scrub

Duration
30 Min

Price
Rs 1500

Exfoliate made of natural sugars, salts, flowers n herbs are used in this process of skin rejuvenation ritual. This treatment is suggested to be done every month to combat ageing and to have a smooth and supple skin. You will feel completely relaxed and refreshed.

Spa Etiquette

All treatments are done subject to Spa Etiquette.

1. Please maintain the dignity of the Spa and respect the Therapist.
2. Please do not ask for any favours other than listed above (from the therapist)
3. We provide a hygienic and calm atmosphere for you, our esteemed clientele, hence please maintain the silence and decorum.
4. Please wear the provided disposables.
5. NO DISCOUNTS are available on the above prices.
6. Please register with full name and contact number before the treatments.

MENU AT A GLANCE

Spa Treatments	Duration	Price
✓ Fuller Life Signature Treatment A carefully curated mix of Thai stretches, Balinese, warm aromatherapy oils and full body herbal scrub to exfoliate.	90 Mins	RS 5000
✓ Aroma/Swedish Massage Treatment A relaxing massage designed to stimulate circulation, flush the lymphatic system, release muscle tightness, and increase oxygen levels in the blood.	60 Mins 90 Mins	RS 3000 RS 4000
✓ Balinese Massage Treatment A holistic massage treatment with stretches,acupressure and aromatherapy to stimulate the flow of 'qu' (energy) and deep relaxation.	60 Mins 90 Mins	RS 3000 RS 4000
✓ Deep Tissue Massage Treatment This treatment addresses muscle knots and chronic muscle tensions and releases chronic pains, using deep pressure and firm strokes.	60 Mins 90 Mins	RS 3500 RS 4500
✓ Bamboo Massage Treatment t incorporates bamboo stalks to provide deep tissue massage to improve circulation, sensory nerve perception and lymphatic drainage.	60 Mins 90 Mins	RS 3500 RS 4500
✓ Thai Massage A dry massage treatment with passive Yoga stretching to incease flexibility and relieve muscle and joint tension.	60 Mins 90 Mins	RS 3500 RS 4500
✓ Four Hands Massage Treatment An exquisite Swedish massage treatment by a team of 2 therapists, working in unison and harmony, providing stimulus to the left & right brain centers, whilst stimulating a deep sense of well being.	60 Mins 90 Mins	RS 6000 RS 7500
✓ Couple Massage This is a treatment keeping in mind the relaxation and feeling of comfort to the couple, with varied treatment of Swedish / deep tissue massage; tailored as per the needs.	60 Mins 90 Mins	RS 6000 RS 7500
✓ Head Massage A traditional relaxation & stimulation massage to improve both scalp and blood circulation. Also stimulates various acupressure points on head, neck & shoulders.	30 Mins	RS 1700
✓ Foot Massage Also known as acupressure / reflexology foot massage. "Healthy feet = Whole body wellness". Entire body acupressure points are stimulated leading to relaxation and sense of well being.	30 Mins	RS 1700
✓ Body scrub Exfoliate made of natural sugars, salts, flowers and herbs are used in this refreshing process of skin rejuvenation ritual to combat ageing & have smooth supple skin.	30 Mins	RS 1500



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+91 97399 02700

www.wellness.fullerlife.in

Miraya Rose, Whitefield, Bangalore

