

KID'S SPA RITUALS

45M - \$45

Flowing Mini Massage

Treat your kid to a relaxing head, neck and shoulder massage after exploring the tropical jungle, swimming in the ocean, a dip in the swimming pool or just at the end of a long day. Includes a nourishing scalp massage to relieve pains.

Get Muddy

A fun way to relax and recharge! This mineral-rich body wrap follows a head, neck and shoulder massage – just perfect for little ones!

Flowing Mini Massage

Refresh and re-balance your kid's skin with this gentle facial that comprises a hydrating face mask, soothing eye pads and a gentle scalp massage to elevate the pampering experience.

SPA JOURNEYS

You & Me

150m \$175 (per couple)

Steam Bath/ Mini Facial
Balinese Massage
Chocolate Body Wrap
Royal Bath

Refresher

90m \$80

Upper Body Massage
Foot Acupressure
Indian Head Massage

Honeymoon Senses

150m \$185 (per couple)

Warm Oil Massage
Energizing Palm Marma Therapy
De-Stress Head Therapy
Candle Light Lavender Bath
Senses Awakening Herbal Tea

De-Stress

100m \$100

Balinese Massage
Coffee Scrub
Palm Acupressure

Coco & Choco Bliss

100m \$90

Upper Body Massage
Foot Acupressure
Indian Head Massage

MANICURE & PEDICURE

Express Manicure	30m	\$45
Express Pedicure	30m	\$45
Manicure	60m	\$55
Pedicure	60m	\$55
Nail Polish		\$20



LE LILY SPA

ASIAN CRAFTED SPA RITUAL

Spa for Your Convenience

- Please fill the consultation form prior to your massage
- Please notify us of any health conditions we should be aware of before commencing your treatment
- Alcohol is not permitted; we recommend leaving your valuables in your room
- We are not responsible for missing items
- We recommend that you arrive at least 10 minutes prior to your treatment in your bath robe

Spa Open Hours

09:00 am to 07:00 pm

(We are flexible! If you require early or late treatment, please discuss with our team)

Payment & Cancellation

- All the treatment will be charge directly to your room.
- Please give us 3-hour notice for cancellation of individual treatments and 24 hours' notice for packages.
- A 50% cancellation fee may apply if notice is not given.
- A no-show will be charged 100% of treatment price.
- All the prices subject to 10% service charge.



www.lilyspa.com



LE LILY SPA

ASIAN CRAFTED SPA RITUAL



LE LILY CRAFTED SPA RITUALS

Le Lily Signature

90m \$85

Indulge in our signature ritual crafted with five popular treatments - Holistic, Balinese, Vietnamese, Japanese Shiatsu and Thai. Aims to relieve your muscle tension and knots. Pick from medium to firm pressure to craft your spa experience according to your preference.

Le Lily Combo

90m \$90

The ultimate treatment combining a full body massage with a rejuvenating foot acupressure therapy or refreshing mini facial. Select between Holistic, Balinese and Vietnamese massages. This treatment works to enhance your well-being and leaves you feeling pampered.

Le Lily Bliss

115m \$90

Enjoy a Balinese massage that uses a relaxing oil before a nourishing and de-stressing chocolate body wrap. Indulge in a relaxing head massage while you enjoy the wrap and immerse in a purifying bath to detoxify and cleanse your body. Emerge with smooth and hydrated skin.

AROMATHERAPY AYURVEDA

Aromatherapy Abhyanga

120m \$115

Embark on a journey of bliss with our Abhyanga massage, an Ayurvedic delight that incorporates the therapeutic benefits of two exquisite herbal oils. Your scalp is treated to a nourishing elixir, promoting relaxation and enhancing the health of your hair. Meanwhile, your body experiences the gentle yet invigorating touch of a second herbal oil, working in harmony to diminish signs of aging, alleviate fatigue, induce restful sleep, and fortify both the skin and immune system. Immerse yourself in this holistic escape, where ancient wisdom meets modern rejuvenation.

Ksheera Anna Pack

45m \$85

In Sanskrit, Ksheera means milk and Anna means rice. This traditional milk rice pack follows a nourishing Udvar-tana treatment and uses not only milk and rice but also honey and turmeric for a complete skin nourishment experience. Enjoy a gentle head massage while you enjoy the wrap and your new skin will thank you for the ultimate glow and relaxation.

Pinda Sweda

120m \$115

Pinda Sweda is a unique treatment that combines massage and sweat therapy. Using the standard heat and oil process at the core of the majority of Ayurvedic massage treatments, Pinda Sweda also uses 'rice puddings' or medicinal rice cooked with herbs and bundled into soft cotton to create heat-holding boluses. This treatment is usually recommended for the aching joints and muscles commonly associated with arthritic conditions, back pain and muscle stiffness. It can also be used to delay the ageing process and help manage and treat insomnia, multiple sclero-sis, muscle weakness and paralysis.

Udwartana

60m \$85

Udwartana is a term derived from Sanskrit. This herbal body scrub is performed neck down and in a sweeping upward motion opposite to the direction of body hair with a little bit of pressure (usually with a powder of herbs). Udwartana works as an exfoliating, herbal-scrub massage that removes dead skin, improves blood circulation and revitalises the skin. The distinct strokes and direction of massage used in Udwartana work at a deeper level than a regular body scrub. It fortifies deep body tissues and works as a wholesome procedure for rejuvenation. Udwartana is part of the daily Ayurveda regimen called Dinacharya and is useful for obesity and weight loss.

BODY RITUALS

45M - \$55

Gotukola Body Wrap

A unique natural body wrap that will nourish and give your skin a new glow. Gotukola is packed with natural benefits that work to restore glow and healthy skin. Enjoy a dry scalp massage while you enjoy the wrap.

Chocolate Body Wrap

A unique body wrap that enhances your sense of happiness, rejuvenates and nourishes your skin, leaving your senses enhanced.

Coconut & Coffee Scrub

Immerse in an unforgettable well-being experience with this wonderful combination to renew and nourish your skin while you de-stress.

Green Tea Sea Salt Scrub

The abrasive texture of this scrub is a gentle antioxidant exfoliant which scrubs away dull, dead skin cells and environmental pollutants, leaving your skin feeling fresh and rejuvenated.

Herbal Body Scrub/Wrap

Allow exotic Sri Lankan herbs heal and restore moisture to your skin and experience this herbal treatment penetrate your skin deeper for renewed protection and glow.

Sugar & Salt Scrubs

This tonic exfoliation combines sea salt and sugar, and is a unique combination designed to give you velvety skin.

FACIALS RITUALS

60M - \$55

Sri Lankan Natural Facial

A traditional Sri Lankan facial using a blend of honey, milk and yoghurt to cleanse, exfoliate and massage the skin. It is followed by a refreshing white clay mask during which the hands are massaged.

Soothing Facial

Ideal for soothing sensitive and irritated skin using plant extracts. Works to hydrate your skin with an added bonus of a shoulder massage for increased relaxation.

Men's Facial

A special treatment designed for men, this facial is customisable to suit different skin types and problems. After a thorough analysis of your skin, your therapist will use suitable products with complimenting techniques for maximum results.

Nourishing Facial

A facial recommended for skin that is at the verge of losing its tone or elasticity and for concerns such as dryness and dehydration. This facial aims to rejuvenate, revitalise and restore moisture.

Aroma Skin Facial

Ideal for all skin types, this facial balances the skin by combining Ylang Ylang, Lavender plant extracts and flower essences with deep cleansing, exfoliation, and mask.

MAMA'S SPA RITUALS

30M / 60M - \$40 / \$55

Pregnancy Massage

Curated for mothers-to-be, allow your therapist to carefully perform a gentle full body massage to relieve pain and aches from your body.

Mama's Head Rub

A holistic scalp massage therapy to relieve stress and promote relaxation and sleep. Uses warm coconut oil to purify the scalp and includes a gentle dry face massage to enhance the experience.

Mama's Foot Rub

Following a warm foot bath, this gentle holistic foot therapy will help relieve your foot from aches and pain during pregnancy.

A holistic spa indulgence awaits you at Le Lily, blending exceptional Sri Lankan and Balinese natural products with Asian spa techniques. Delve into the exotic world of Asian massage, pick from unique treatments inspired by traditional practices and relax under the skilled pressure of nimble fingers. Indulge yourself with Le Lily's crafted rituals.

SIGNATURE RITUALS

90M \$85

Senses Restoration

Combines gentle stretching and targets pressure points to increase the range of senses and allows the body to release built up tension. Improve your mobility and flexibility with this ultimate full body treatment.

Energising Fusion

A highly recommended treatment for detoxification, improved sleep, strengthening of muscles and joints and reduced signs of cellulite. This treatment uses a series of techniques combined with aromatic blends, Ayurveda Aromatherapy, Marma massage, Reflexology and Lymphatic Drainage techniques.

Deep Sleep Therapy

Enhance your sleep quality with gentle massage techniques that use deep relaxing aroma oils and special guided breathing techniques. Highly recommended after a long journey and to treat sleeping disorders.

Stress Relief Massage

Restore mobility and alignment of the back and spine with this energising upper body treatment. Combines acupressure and fusion techniques to melt away the tension of each muscle. The experience is completed with a herbal back scrub.

Detox Massage

An effective massage that focuses on the upper leg, glutes, lower back, hips and abdomen. Helps reduce the appearance of cellulite by breaking down adipose tissue and fluid tension.

ASIAN SPA RITUALS

60M / 90M - \$55 / \$75

Balinese Massage

A popular treatment originated from Bali, Indonesia for deeper relaxation. Uses firm yet smooth strokes, skin rolling and acupressure to relieve stress, soothe your muscles and balance your senses.

Tibetan Warm Stone Massage

Melt your tension away and ease muscle stiffness with this full body Tibetan massage. This is an ancient treatment used by Tibetan Buddhist monks for well-being. The ritual accesses deep muscle layers to effectively treat painful areas.

Vietnamese Massage

Derived from the ancient ritual used to soothe farmers after a hard day of working, this traditional Vietnamese massage uses deeper strokes to help relieve tight knots in your body and get rid of stress.

Thai Fusion Massage

This popular Thai massage uses techniques combined with gentle stretching to reawaken the mind, body and soul. This unique massage involves gentle stretches, special Marma massage and long deep strokes to refresh your body and soul.

