




# Menu Heritage Spa By Osu Spas'



Ultimate Wellness – Your Comfort

# **Heritage Spa by Osuspas'**

## **Spa Menu**

### **Osu special back massage**

**30m - Rs 6000**

**45m - Rs 8000**

**60m - Rs 9800**

Osu spa use a mixture of natural oil with our own rhythm of massaging technique for pain relief, relieve muscle tension, increasing flexibility, release endorphins, which can be caused by stress, strains, or aging. Speed up recovery time for back or neck strains by increasing blood flow to the affected area, which carries oxygen and nutrients that help muscles heal. Also, Injury prevention, Healthy and flexible muscles are less likely to get injured and help with headaches, boost your immune system, and reduce stress and anxiety.

### **Relaxing massage**

**60m - Rs 9800**

**90m - Rs 11800**

Osu spa use a mixture of natural oil with our own rhythm of massaging technique restful sleep, improve circulation, which can lead to healthier skin and better flexibility. prevent for improved sleep and stress relief because oils can encourage and reduce headaches by easing muscle tension in the neck, jaw, and shoulders, boost immune function, reduced pain, Increased range of motion. This can help prevent injuries and allow muscles to perform at their best.

### **Deep tissue massage**

**60m - Rs 12200**

**90m - Rs 13800**

**120m - Rs 17800**

Osu spa use a mixture of natural oil with our own rhythm of Deep massaging technique for pain management, injury rehabilitation by breaking up adhesions between muscles and fascia that can cause pain and restrict mobility. This can improve range of motion and reduce pain, Improved posture, better circulation, joint flexibility, Reduced stress and tension, Improved sleep, athletic performance. Deep tissue massage can help athletes improve their performance by increasing circulation, restoring flexibility and range of motion, and alleviating muscle soreness and stiffness. It can also help athletes warm up or cool down more effectively before or after strenuous activity.

**All charges above subject to 18% VAT**

# **Heritage Spa by Osuspas'**

## **Surfer's relief massage**

**90m - Rs 13800**

**120m - Rs 18800**

Osu spa use a mixture of natural oil with our own rhythm of Deep massaging technique and permutate with hot grain bags can increase the temperature of soft tissues, which helps muscles relax. Tight muscles around painful areas can put pressure on nerves, causing pain, numbness, and tingling, reduce inflammation in muscle cells.

## **Head massage**

**30m - Rs 3800**

**45m - Rs 5800**

**60m - Rs 6800**

Osu spa use a mixture of natural oil with our own rhythm of massaging technique to Increased blood flow and stress release can help relieve headaches and migraines, encouraging repair, increased blood flow to the hair follicles can deliver nutrients and oxygen to the roots, hair growth, Improved memory and concentration, reduced anxiety and depression, increase oxygen supply to the brain, reduce anxiety and lift your mood. It can also help you think more clearly and feel more awake.

## **Foot massage**

**30m - Rs 3800**

**45m - Rs 5800**

**60m - Rs 6800**

Osu spa use a mixture of natural oil with our own rhythm of massaging technique to help stimulate blood flow in your feet and legs, healing and keep your muscles and tissues healthy. Helps poor circulation, like diabetes, relieve pain and inflammation, including pain from musculoskeletal injuries, tension and stress, improved flexibility, relieve tension and lower blood pressure, prevent foot and ankle injuries.

## **Face Massage**

**30m - Rs 3800**

**45m - Rs 5800**

**60m - Rs 6800**

Osu spa use a mixture of natural face massing cream with our own rhythm of massaging technique to improve the texture of your skin, helping even it out. It helps relax muscle tension in the face and temples, also help relieve headaches and migraine. Facial massage aids in lymphatic drainage, reducing overall puffiness, fluid retention and anti-aged.

**All charges above subject to 18% VAT**



# **Heritage Spa by Osuspas'**

## **Body scrub**

**60m - Rs 14800**

Osu spa use a mixture of natural formula of homemade scrub with our own rhythm of massaging technique to remove dead skin cells, dirt, dust, oil, and other impurities from your skin's pores. This can leave your skin feeling, smoother, softer, and more radiant, Increased blood flow from scrubbing can help deliver more nutrients and oxygen to your skin cells, which can promote healthier cell growth and a natural glow. After scrubbing, your skin may feel more hydrated and moisturized, allowing it to absorb body lotion or oil more easily.

## **Sun burns Soother**

**60m - Rs 9800**

Osu spa use a mixture of natural homemade formula with our own rhythm of massaging technique, The gel from the aloe vera plant, Coconut oil, herbs can help cool and soothe the skin, and relieve stinging and discomfort. Aloe vera and herbs has anti-inflammatory properties, and contains amino acids that soften hardened skin cells dryness, speed up healing of your skin.

## **Eye treatment**

**40m - Rs 6200**

Osu spa use a mixture of natural king coconut water with our own rhythm of pouring technique to brighten the eyes. It refreshes and eliminates the pollution out of your eyes. Also great for tired red eyes and pollen allergies. Hydrates under the eyes as you can see in the before & after picture.

## **Cleaning facial**

**45m - Rs 13500**

Clean your face, scrub, steam, remove black & white heads followed by a face massage & finish it off with a face pack to get a fresh and nutritious look

## **Herbal facial**

**60m - Rs 14500**

Clean your face, scrub, steam, remove black & white heads followed by a face massage & finish it off with a Herbel face pack to get a fresh and nutritious look

## **Kids Zone**

### **Body / Back Massage**

**45m - 6800**

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# **Heritage Spa by Osuspas'**

## **MANICURE**

### **Express Manicure**

**20m - Rs 4500**

Nail cutting, filling, cuticle removal and finished with a moisturizing cream

### **Pamper Manicure**

**40m - Rs 7000**

Nail cutting, filling, cuticle removal, hand scrub and massage and finished with a moisturizing cream

Add on -	Color removal -Rs 1000
Add on -	Gel color removal - Rs 5000
Add on -	Nail color - Rs 3000
Add on -	Gel color - Rs 8000
Add on -	Acrylic nail - Rs 8000

## **PEDICURE**

### **Express Pedicure**

**20m - Rs 5000**

Nail cutting, filling, cuticle removal and finished with a moisturizing cream

### **Pamper Pedicure**

**40m - Rs 8000**

Nail cutting filling cuticle removal, pilling, scrub and massage finished with a moisturizing cream

Add on -	Color removal Rs 1000
Add on -	Nail color Rs 3000

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# **Heritage Spa by Osuspas'**

## **Salon For Him**

### **MANICURE**

**Express Manicure** 20m - Rs 3000

Nail cutting, filling, cuticle removal and finished with a moisturizing cream

### **PEDICURE**

**Express Pedicure** 20m - Rs 5000

Nail cutting, filling, cuticle removal and finished with a moisturizing cream

**Pamper Pedicure** 40m - Rs 8000

Nail cutting filling cuticle removal, pilling, scrub and massage finished with a moisturizing cream

## **Happy Kids Zone**

**Sweet Nail Polish on Hand or Feet** 15m - Rs 2500

**Fun Colored Hair of Your Choice** 30m - Rs 4000

**Sweet Sassy Manicures & Pedicure** 40m - Rs 5000

**Body / Back Massage** 45m - 6800

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