

# SPA MENU

## Swedish Body Massage:



Experience Rejuvenating, Detoxifying International Swedish Massage At Saabai, Swedish Massage Is Ideally Suitable For first Time Spa Goers, Apart From This It Is Extremely Beneficial In Muscular Swelling ,pain And Stiffness

60 mins/1800

90mins/2700

# Balinese Body Massage:

Originated From A Small Island In Indonesia Called Bali, Balinese Massage Is A Deep-tissue Therapy Suitable For Hard, Stiff Muscles, Extremely Detoxifying



As It Drains The Lymph, The Combination Of Palm, Fist, Forearms And Elbow Strokes Forms The Speciality Of This Massage.

60mins/2100

90mins/3100

# Thai Oil Massage

Right From The Streets Of Bangkok , Thai Oil Massage Is A Mixture Of Compression And Stretching Strokes To Release Tight, Stiff Muscles And Joints, Relaxing



Therapy Done On Lowerbed,with Usually More Oil Than Swedish Massage.

60 mins/1800

90mins/2700

# Indain Ayurvedic Massge



5000 Year Old Traditional Indian Massage Done With Medicated Oils Basically A Blend Of Different Indian Spices,with Long Flowing Strokes, Covering The Entire Body In One Go,with No Towel Cover The Oil Penetrates Into The Skin Thus Strengthening The Muscles And The Nerves Along With Intense Lubrication Of The Joints

60 Mins/2100

90 Mins/3100



## **Deep tissue massage**

**works on the deeper layers of muscles and connective tissue It involves applying sustained pressure on the muscles, extremely good for deep tissue muscular pain and sprain , works on the muscular knots and releases the muscular tension**

**60 mins /2100**  
**90 mins/3100**

## **Therapeutic body massages**

**These massages are done by our qualified trainers doctors , it's done either by Ms ROMA shikarpuri or by Dr Pritam raj They are both qualified in technical therapy's for shoulder neck, back pain , legs , head , etcIf u r looking for experienced and qualified persons and therapies which are completely therapeutic in nature , then u can book an appointment with either one of them U need to book an appointment a day prior for the therapy**

**60 mins /5000**

**90 mins /7500**

# Hawallian Lomi Lomi Massage

"Loving hands" massage as it is called in Hawaii, the massage is performed in a fluid rhythmic motion using forearms as well as hands, like a gentle wave flowing across your body, it unblocks the energy channels, relieves physical stress and tension, and helps in rapid detoxification of the body.

60mins/2100

90mins/3100



## Body Polish

Polishes Or Scrubs Are Ideally Recommended Before Any Massage, Its Like Cleansing Of The Whole Body, Removes Dead Cells, Dirt And Grime From The Skin, opens The Skin, disperses The Cellulite, improves Blood Circulation



Thus Imparting A Good Glow, firmness And Texture To The Skin, Aids In Weight Loss Also, saabai Offers Different Kinds Of Polishes.

45 Mins/1800

# Rose And Geranium

A Gentle Exfoliating Rose-apricot Body Polish That Will Leave The Skin Silky, Smooth, Energized and Slightly Scented With Rose, Preferably For Sensitive Skin

## Sandalwood.

Sandalwood Regarded As One Of The Most Spiritual And Holistic Herb In Ayurveda, antiseptic, lightening Agent, de-tans The Skin Giving Lustre, Beneficial For Oily Skin.

# Brown Sugar With Shea Butter

Natural Sugar Rich In Bio-Enzymes, Which Lifts The Impurities And Smoothens Dry And Dull Skin, shea Butter Is Rich In Collagen And Elastin Which Moisturizes , Tones And Firms The Skin.

## Body Wraps



Body Mask Is Applied On The Body, and The Entire Body Is Covered With A Plastic Sheet, Followed By Towels And Bedsheets, Like A Cocoon, The Warmth Created By The Multiple Layers Of Sheet Is Trapped Between The Sheets Which Melts The Tension In The Muscles, and Liquefys The Product And Helps It To Penetrate Deep Into The Skin Thus Replenishing, Hydrating And Nourishing The Skin.

90 Mins/3500

# TURMERIC CREAM

One of the most important ceremonies of Indian weddings is the 'haldi' ceremony where a paste made of turmeric is applied to the bride and the groom's body as part of their marriage preparations.

Traditionally used herb for lightening and detanning, rich in anti-oxidants, skin protective, anti-ageing, anti-scarring agent, extremely good for stretch marks.

# Chocolate Cream

This exfoliating body scrub has a decadently chocolatey scent and leaves skin feeling softer and smoother.

It contains real cocoa butter, rich in anti-oxidants, leaves your skin glowing and pampered.

# Anti-Cellulite Gel

Cellulites Are Soft Fat Giving A Botched, Wrinkled Look To The Skin, The Anti-cellulite Gel Increases The Blood Circulation, Produces Warmth Which Liquefys The Cellulite And Pushes The Back Into Blood Circulation Thus Giving A firm And Toned Look To U R Body, It Also Aids In Weight Loss.

# Face Therapys



## Facials

Done by the experts Dr pritam raj and Ms ROMA shikarpuri ,  
need to book an appointment a day prior , done with forest  
essential a luxury Ayurvedic brand of product line  
90 mins/ 5000

## Hydrating and oxygenating facial

Good for dry and full skin , the facial hydrated the skin  
improves the oil and moisture content of the skin

## Anti-Ageing facial

Recommended for firming and tightening the skin ,  
reduces the fine lines and improves the elasticity and tightness of the skin

## De tanning facial

Makes u look a shade lighter , good for skin tan and skin burn ,  
de-tans and exfoliates the dull and tanned layer of the skin

# Spa Packages

## Spa Packages For Couple:



### 1. Couple Bliss:

A Holistic Spa Package For Stressed Out And Timestarved Couples, the Therapy Is Performed In The Couples Room, To De-Stress, Relax And At The Same Time De-Tox Your Body And Spend Some Quality Timewith Each Other.

Sandalwood Body Polish (40mins)

Thail-Oil Massage(60mins)

Rs 7000

## 2. Couple Sensation

Romantic Gateway For The Couple, U Can Awaken U  
R Senses With Our Sensational Spa Therapys,

1. Rose And Geranium Body Polish (40mins)
2. Swedish massage (60mins)
3. Chocolate Body Wrap(30mins)

Rs 10000

### Membership packages:

SILVER REGULAR	10,000	8 Hours
GOLD REGULAR	20,000	18 Hours
PLATINUM REGULAR	50,000	50 Hours
SILVER PREMIUM	12,500	8 Hours
GOLD PREMIUM	25,000	18 Hours
PLATINUM PREMIUM	65,000	50 Hours

#### Terms & Conditions

1. membership Cannot Be Clubbed With Any Existing Promotional Offers.
2. membership Is Tranferrable.
3. entire Amount Of Membership Has To Be Paid In Advance.
4. prior Appointement Is Mandatory
5. right Of Admisson Is Resereved.