

The Spa at
Kurulu Bay

Signature Ayurveda Spa Day

A Life of Ayurveda - Treat yourself with the healings of nature. Join us for a day of nourishment to balance your mind, body and soul.

Includes:

- Welcome herbal refreshment
- Spa treatment (60 min of your choice)
- Access to the pool and sun beds
- Ayurveda lunch and afternoon herbal tea
- Sunset calming yoga session

USD 150 pp.



Signature Massage

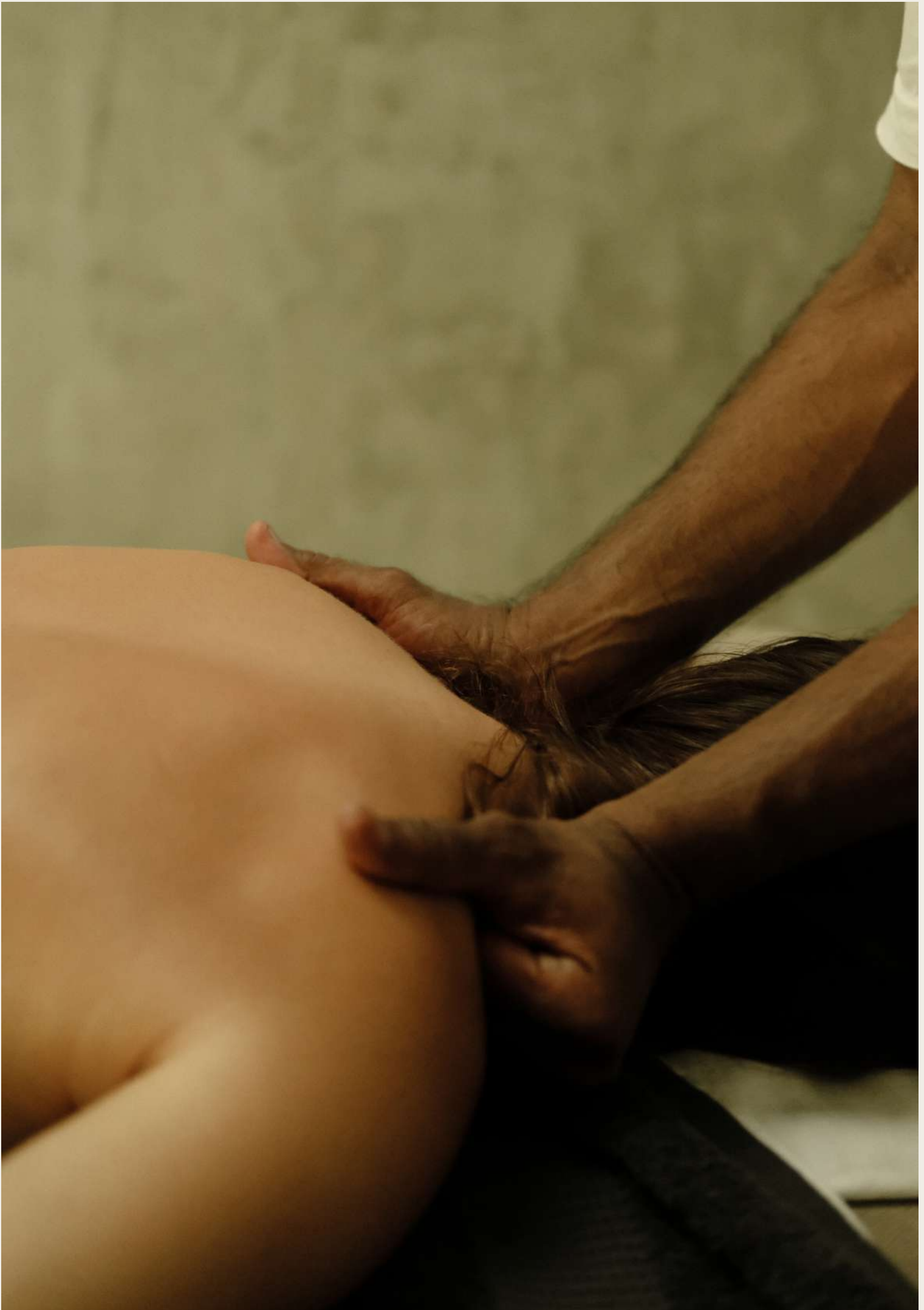
The Kurulu Calm

60/90 minutes

Our signature treatment is a healing session that focuses on target knots and tension blockages within the body. The therapy is a technique that is designed to help sustain the flow of energy throughout the body. The therapy tunes the mind, body, and soul together, resulting in a sense of serenity and peace.

The Kurulu Calm offers both physical and psychological benefits, enhancing blood circulation, building up the immunity of the body, providing mental and physical rejuvenation, and releasing stress and tension.

USD 90/120



Ayurveda Body

Abhyangama Therapy

60/90 minutes

Full body treatment with warm oil. The therapy promotes the overall well-being of the body. The type of oil depends on someone's body. Longevity, strengthening immunity, and overall balanced physical and mental well-being are just some of the benefits.

USD 90/120

Marma Point Therapy

60/90 minutes

A Marma points healing session is an ayurvedic massage technique that promotes the sustainability of the energy flow throughout the body. Stimulation of Marma points is said to affect everything from the health of your organs to the production of hormones and more.

USD 90/120

Hot Bundle Therapy

60/90 minutes

Best known from the ancient Egyptian history of Cleopatra, well-known for the healing benefits of milk. A combination of boiled medicinal rice (Navara), milk and rice are prepared as a bundle on a cotton cloth to apply to the body with rhythmic movements. The therapy stimulates nerves and helps to release body pain, stiffness and weakness.

USD 90/120





Feet Reflexology Therapy

30 minutes

Padahayanga (Sanskrit name for feet reflexology therapies) is well known for its effectiveness, due to the corresponding to the organs in the body by working on certain Marma points on the feet. Pressing and massaging these points, stimulates energy pathways in the body. This therapy is most important for all healing journeys.

USD 60

Ayurvedic Body Scrub

30 minutes

Remove dead skins cells and aid dry and scaly skin with a treat of an Ayurvedic body scrub. Body scrubs come with the added benefits of smoother skin, skin hydration and psychological stress reduction.

USD 60

Ayurvedic Body Wrap

30 minutes

Enclose yourself in an aromatic and healing journey that nourishes the skin and leaves it glowing through one of our signature Ayurveda herbal body wraps.

USD 60



Ayurveda Face

Face Therapy

60 mins

Mukhalepanam is an ayurvedic face treatment which will leave you with a natural face glow. The therapy includes face and head massage, and facial cleanse, followed by a herbal mask, with products made of 100% botanical extracts. Removal of dead skin cells and provides a soothing and relaxing effect on the skin. This treatment also prevents premature ageing of the skin.

USD 60

Ayurveda Hands and Feet

Ayurvedic Manicure

60 mins

Ayurvedic Manicure is a herbal cosmetic treatment for hands and fingernails. The treatment is done to increase the glow and texture of the hands and increases the smoothness and shine of the nails. The treatment includes filing, cuticle tidying, and hand and arm massage. Option of gel or normal polish.

USD 50

Ayurvedic Pedicure

60 mins

For the Ayurvedic Pedicure, the feet are soaked in warm herbal-infused water which has an anti-microbial action, to cleanse them and start softening the skin. Also, the warmth increases the localised circulation. Then scrubbing is done with the help of a herbal scrub. Due to this process, the dry and dead skin is peeled and gives a healthy glow to the legs and feet. A soothing massage is done on the legs using herbal oils. The session includes filing, cuticle tidying, removal of dead skin, and foot and lower leg massage. Option of gel or normal polish.

USD 60



Waxing

Ladies		Gentlemen	
Bikini	USD 30	Back	USD 50
Brows	USD 10	Chest	USD 30
Chin	USD 10	Underarms	USD 15
Underarms	USD 20	Stomach	USD 30
Stomach	USD 20	Full Arms	USD 40
Full Arms	USD 40	Half Arms	USD 20
Half Arms	USD 20	Full Legs	USD 70
Full Legs	USD 60	Half Legs	USD 35
Half Legs	USD 30	Feet & Toes	USD 20
Full Face (no brows)	USD 30		
Full Face + brows	USD 40		
Sides of Face	USD 10		
Lip	USD 10		
Nose	USD 10		