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!

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

MANICURE & PEDICURE

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

Flowing Mini Massage

De-Stress

Coffee Scrub

Balinese Massage

Palm Acupressure

Coco & Choco Bliss

Upper Body Massage

Foot Acupressure Indian Head Massage

100m \$100

100m \$90

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.



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

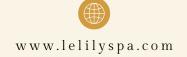
Spa Open Hours

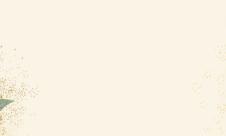
09:00 am to 07:00 pm

(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.









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

Stress Relief Massage

herbal back scrub.

Detox Massage

and fluid tension.

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

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

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.

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.

LE LILY CRAFTED SPA RITUALS

Le Lily Combo

pampered.

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

90m \$85

Le Lily Signature

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 Bliss 115m \$90

Enjoy a Balinese massage that uses a relaxing oil before a nourishing and destressing 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

120m \$115

45m \$85

120m \$115

90m \$90

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

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

Udwartana

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 heatholding 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.

60m \$85

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.

Gotukola Body Wrap

massage while you enjoy the wrap.

Chocolate Body Wrap

senses enhanced.

Coconut & Coffee Scrub

being experience with this wonderful your skin while you de-stress.

Sri Lankan Natural Facial

hands are massaged.

Soothing Facial

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.

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

Udwartana is a term derived from Sanskrit. This herbal body scrub is

Aromatherapy Abhyanga







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

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

Immerse in an unforgettable wellcombination to renew and nourish

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 Lakan herbs heal and restore moisture to your skin and experience this herbal treatment penetrate your skin deeper for renewed protection and alow.

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

A traditional Sri Lankan facial usina 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

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

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

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 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.