



FORT BAZAAR
GALLE FORT

Z SPA





MASSAGES

PRODUCTS & BENEFITS

We have chosen to work with Green Pearl Ceylon, a 100% natural product line handmade in Sri Lanka. All the products are enhanced with beneficial essential oils and the powerful healing of the finest natural spices and herbs of Sri Lanka.



Green Tea is rich in antioxidants and anti-aging benefits which help to promote skin health while shielding the skin from the harsh environmental exposure of everyday life.



Green Tea and Pink Lotus products combine to cleanse, hydrate, and promote softer skin, making you feel refreshed and revitalised.



Kaolin Clay revitalises and stimulates blood circulation.



Jasmine Oil helps to calm and soothe the skin.

Z SIGNATURE

60 OR 90 MINUTES

USD 50 / 60

Blending a number of traditional massage techniques, the Z Signature is a full body oil massage. This gentle massage uses long strokes leaving the body feeling revitalised and restored. Green Pearl Ceylon's black pepper massage and body oil is excellent for skin conditions and its warming effects can help blood to circulate better.

ASIAN DEEP TISSUE

60 OR 90 MINUTES

USD 50 / 60

Our 'South Asian' full body treatment, blends Ayurvedic, Thai, Balinese and Hilot practices. It cleverly combines the use of dry pressure point therapy with some stretching and deep tissue techniques applied with oil, bringing a sense of deep relaxation to the entire body.



MASSAGES

SHIATSU

60 OR 90 MINUTES

USD 50 / 60

Shiatsu is an acupressure oil free therapy, originating from Japan. The therapist applies pressure, to specific energy lines and points on the body, reducing physical and mental fatigue while leaving the mind clear and the body renewed.

BACK, NECK & SHOULDERS

45 MINUTES

USD 40

A tension releasing treatment designed specifically for those with shoulder and neck tension. We aim to unknot and release muscle tightness that has been a result of long journeys, desk work and life in general.

FOOT

45 MINUTES

USD 40

This soothing massage applies pressure to precise points on the feet to enhance wellbeing and stimulate the body's own healing abilities.

HEAD

30 MINUTES

USD 30

This blissful, soothing massage helps relieve headaches, release neck tension and relax tired weary minds.

KID'Z

30 MINUTES

USD 30

We pamper your children - selecting techniques that help to calm and ease them. Suitable for 4 to 12 year olds. Offering a perfect 30 minutes of peace and quiet for parents!



BEAUTY

THE Z SPA FACIAL

60 MINUTES

USD 50

A cleansing steam and deep exfoliation begins this Z Spa Facial, which is suitable for all skin types. Rich in rejuvenating antioxidants, green tea is coupled with the healing properties of pink lotus which makes for an effective facial.

MANICURE

60 MINUTES

USD 25

PEDICURE

60 MINUTES

USD 25

Both Manicure and Pedicure include cleansing, filing and painting, with a choice of vibrant colours.



BODY TREATMENTS

SCRUBS

WALNUT & SANDALWOOD

45 MINUTES

USD 40

A fragrant tropical-scented body scrub which detoxifies and restores the skin's radiant glow and gently buffs away dry and dull skin. Ideal for a soothing, relaxing cleanse prior to a wrap or massage. It also removed impurities that clog pores and promotes new skin growth.

CINNAMON, COFFEE & SALT

45 MINUTES

USD 40

A unique body scrub that combines cinnamon, coffee and salt. Cinnamon stimulates cell regeneration and blood circulation, while coffee helps to protect the skin against everyday environmental exposure and premature aging. Salt keeps the skin clear of bad bacteria.



BODY TREATMENTS

WRAPS

KAOLIN CLAY JASMINE

45 MINUTES

USD 40

A smooth body wrap to gently draw toxins from the skin whilst softening the skin, leaving it toned and healthy. The high mineral content of kaolin clay rejuvenates the skin, exfoliates and stimulates blood circulation. Jasmine oil, with its calming and soothing properties adds to the experience promoting a healthy, happy mood.

GREEN TEA LOTUS

45 MINUTES

USD 40

A gentle cleansing mask rich in anti-oxidants to soothe the skin and promote skin health. Virgin olive oil draws deeper into the skin to moisturise and soften the skin. The hydrating and astringent properties of green tea extract and lotus, purifies and heals skin while boosting circulation for a relaxing experience.

ADD ONS

30 MINUTES EXTRA

USD 20 EACH

You can choose any one of the items below and ADD them ON to any treatment, thus creating your perfect experience.

LEG / NECK & SHOULDERS / BACK
FEET / HANDS / STEAM



COMBINATIONS

STEAM - SCRUB - MASSAGE

125 MINUTES

USD 85

Cleansing and rejuvenating all in one.

HEAD - NECK - FEET

60 MINUTES

USD 50

Hedonistic. Oh! So relaxing.

FACIAL - MANICURE - PEDICURE

180 MINUTES

USD 85

A full beauty make over, lying down in the full comfort of the treatment room.

FACIAL - FOOT MASSAGE

90 MINUTES

USD 70

From top to toe.

To make an appointment at the Z Spa please speak with one of our team members, or dial '0' to contact the Front Desk.

If you wish to cancel your treatment, please give us two hours' notice as we would like to offer your time to another guest. If sufficient notice is not provided, we will need to charge 50% of the treatment price.

The Z Spa opens at 9am and takes its last guest at 8pm. However, if these times don't suit your needs please talk to us and we can see how we can help.

We look forward to welcoming you at the Z Spa.



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