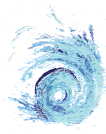


KŪMŪ BEACH
BALAPITIYA

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

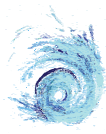
Our 'South Asian' full body treatment, blends Ayurvedic, Thai, Balinese and Hilot practices. It cleverly combines the use of dry pressure point therapy with some stretching and deep tissue techniques applied with oil, bringing a sense of deep relaxation to the entire body.

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.



MASSAGES

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!

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**

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.