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Find us at :

Coco Spa - Heritance Kandalama

Coco Spa - Heritance Ahungalla

Misty Mountain Spa, by Coco Spa - Heritance Tea Factory

AAYU Spa, by Coco Spa - Turyaa Kalutara



- please call extension 2112 for reservation or information



MASSAGE RITUALS

COCO SPA SIGNATURE 90 minutes

Our signature oil blend and the best techniques of Shiatsu, Balinese, Warm Stone and Foot Acupressure are delightfully fused together by our skilled therapists.

This popular massage helps to relieve muscle tension, totally invigorating the body, taking you on a journey of flowing tranquillity.

BALINESE MASSAGE 60 / 90 minutes

This traditional Balinese massage will boost your circulation and help loosen muscles and ease pain. This massage involves four different techniques such as long stroke, skin rolling, kneading and acupressure.

ENERGISING MASSAGE 60 / 90 minutes

This dynamic massage will help increase your muscle flexibility, alleviate pain and assist the natural healing process by working on all muscles and connective tissue. If it is a strong, deep tissue massage that you are after, then this is definitely for you.

CEYLON MASSAGE 60 / 90 minutes

A tailor-made full body massage from head to toes. Your therapist will customize this massage to suit all your concerns with a combination of techniques according to your needs, helping you to choose from *Relaxing, Energizing* or *Detoxifying*.

WARM STONE MASSAGE 90 minutes

Using the purest oil and warm basalt stone as an extension of the therapist's hand, this massage melts away muscle stress, leading you into a deeper state of relaxation.

BACK, NECK & SHOULDERS MASSAGE 30 / 45 / 60 minutes

Focusing on the back, neck and shoulders, the use of warm stone will help to unravel knots and soothes sore muscles. Head massage and face massage are included.

FOOT & PALM ACUPRESSURE 30 / 45 / 60 minutes

Treat your feet and palms and you treat your whole body. Focusing on the pressure points of the feet and palms to relieve tired and aching limbs truly re-balances and re-energizes the body system.

AYURVEDA RITUALS

SRI LANKAN HERBAL MASSAGE 60 / 90 minutes

Enjoy a traditional SriLankan herbal therapy using a warm herbal compress, which is a mix of local herbs placed in a pouch. It increases energy flow, relaxes muscles while improving circulation and increasing flexibility.

ABHYANGA MASSAGE 60 / 90 minutes

The healing properties of herbal oils along with the therapeutic techniques of the therapist will leave you feeling refreshed, balanced and rejuvenated. This wonderful massage applies light to medium pressure.

SHIRODHARA 45 minutes

Warm herbal oil is slowly poured onto the forehead covering the entire scalp. This deeply relaxing treatment focuses on stimulating the "the third eye." This can aid sleep and relieve stress.

BODY RITUALS

BODY SCRUB 30 minutes

- Coffee Scrub - smoothen, detoxifies and destress your skin
- Salt Scrub - rediscover velvety skin and relieve your muscle pain
- Coco Scrub - fresh milky coconut to smoothen and nourish your skin

SUN REPAIR 45 minutes

A soothing body wrap for sun burned skin, using cooling home grown Aloe Vera will leave your skin cooler and calmer. This treatment comes with a relaxing head massage.

FACIAL RITUALS

PURITY – RADIANCE CEREMONY 60 minutes

This deep cleansing facial with a detoxifying enriched green tea mask leaves your skin oxygenated and purified.

HYDRATION STRATEGY - BRILLIANCE 60 minutes

Our Hydration Facial treats tired, dull skin. Cleansing and skin exfoliation are followed by a relaxing facial massage and mask, leaving your optimal skin hydrated and rested.

REJUVENATING CEREMONY 90 minutes

This unique, rejuvenating treatment targets wrinkles, loss of elasticity and irregular skin texture. It leaves the skin smooth, revived and stimulated. Back massage is included.

REFRESHER FACIAL 30 minutes

A healing facial treatment that helps revitalize a tired complexion with cleansing, toning and a specific massage technique to boost and reveal skin clarity.

MAN'S FACIAL 60 minutes

This facial is especially designed for the gentleman who wishes to renew dull skin. We cleanse, exfoliate and massage, restoring youthful complexion. During the mask application enjoy a head and hand massage.

MANICURE & PEDICURE

- Manicure 45 minutes
- Pedicure 60 minutes
- Nail polish (hands or feet)

PACKAGES

SENSATION SPA JOURNEY 1 hour 30 minutes

- Balinese Massage
- Refresher Facial / Foot Acupressure

BLISS 1 hour 30 minutes

- Coconut Scrub
- Papaya & Honey Body Wrap
- Regenerating Back Massage
- Head Massage

DE-STRESS 2 hours

- Steam Room
- Salt / Coconut Body Scrub
- Balinese Massage
- Refresher Facial

DETOX RITUAL 2 hours 30 minutes

- Coffee Scrub
- Herbal Body Wrap
- Full Body Massage
- Detox Bath

"ROMANTIC ESCAPE" 2 hours 10 minutes

(per couple)
with drink and without drink

- Aroma Therapy Foot Ritual
- Balinese Massage
- Refresher Facial
- Royal Aromatherapy Bath or Body Scrub.

YOGA

Group and individual sessions are available. Kindly contact the Spa for more inquiries.