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MASSAGE THERAPY

AROMATHERAPY MASSAGE

With origins dating back more than 5000 years, Aromatherapy is one of the oldest holistic healing arts. The virtues of fragrances were celebrated in the early civilizations of Egypt, China, India and Persia, and utilized during religious ceremonies, in beauty rituals, and for the purpose of healing.

Aromatherapy massage is a sensory symphony seamlessly blending gentle touch with the delicate fragrances of pure essential oils, the highly concentrated extracts of aromatic plants. Long soothing strokes will relax your body, allowing the powerful substances of flowers, leaves, seeds, barks and roots to unfold their healing properties.

Tailored to meet your individual needs, you will be given the choice of various blends with the option of a refreshing, balancing or relaxing experience.



CONTRAINDICATIONS

- ◆ Allergy to specific essential oils
- ◆ During pregnancy the following essential oils: bay, basil, clary sage, comfrey, fennel, hyssop, juniper, marjoram, melissa, myrrh, rosemary, thyme, sage
- ◆ Avoid sun exposure if enjoying treatment incorporating essential oil derived from citrus plants

AYURVEDIC ABHYNGA MASSAGE

Ayurveda, the 'Science of Longevity', originated in the Indian province Kerala more than 5,000 years ago. In Ayurvedic philosophy, the world is comprised of five basic matters: space, air, water, fire and earth. These elements combine in pairs to form doshas (vata, pita & kapha), the three dynamic forces within our bodies. Any imbalance among them causes discomfort and potentially illness. All Ayurvedic treatments therefore aim to restore the original harmony.

Abhyanga is an Ayurvedic anointment treatment, utilizing a generous amount of oil infused with an individual blend of potent herbs. Employing a variety of gentle massage techniques, including the stimulation of the vital marma points, the elements within your body will be pacified. With the equilibrium restored, you will feel rejuvenated and full of energy



CONTRAINDICATIONS

- ◆ Allergy to any herbs or spices incorporated in the medicated oils
- ◆ Potential allergy to a carrier oil, especially to sesame oil if you have reaction to nuts. If in doubt, test tolerance prior to the treatment by applying a small amount of the blend on your wrist.

BALINESE MASSAGE

Inscribed on ancient palm leaves, the healing art of the Balinese Massage is passed from generation to generation in a ritual blessing the Chosen with a giving heart and intuitive hands.

Enveloping your body in a rich coconut oil infused with the sacred essence of the frangipani blossom, your therapist will apply in a rhythmical motion gentle palm pressure to release any tension, and unravel with a focused thumb-slide even the most deeply seated knots. Balancing the pathways of energy in sync with your breath, you will reach a state of a complete equilibrium.



CONTRAINDICATIONS

- ◆ None known

BAMBOO MASSAGE

Emerging from the earth, and growing straight and tall, as if it wants to reach the heavens, the bamboo plant symbolizes strength, suppleness, youth, and inner peace, guiding your soul to become one with these virtues as the bamboo stick touches your skin. With the walls of the bamboo being covered with silica, the tiny crystal-like matrixes get activated through the friction, creating unique tingling sensation as they release a subtle yet powerful energy. Strong and smooth, the bamboo stick adjusts perfectly to your body contours, penetrating in fluid rolling motion tight and sore muscles, and melting away even the most deeply seated tension.



CONTRAINDICATIONS

- ◆ None known

HERBAL STAMP MASSAGE

The herbal stamp massage originates in the ancient healing tradition of Thailand.

Herbal poultice containing a fragrant mixture of indigenous herbs such as lemongrass, clove, tamarind, pandan leave, and ginger is either steamed or immersed in warm coconut oil, with the heat activating the healing properties of the ingredients. Following a soothing rhythm, the thermal stamps are pressed against your skin, relaxing tense muscles and stiff joints, and promoting intense detoxification. Followed by a deep tissue massage relaxing your body, mind and spirit.



CONTRAINDICATIONS

- ◆ Potential allergy to any herbs or spices comprising the poultice.
- ◆ Heat sensitivity

HOT STONE MASSAGE

Used for thousands of years by Native Americans during sweat lodge ceremonies, the Hot Stone Massage will free your body and mind of physical and spiritual impurities.

The lava rocks placed along your chakras will attune you to the energy of the magnetic core of the earth, restoring inner balance, and promoting a feeling of deep relaxation.

Incorporated in the massage strokes, the smooth lava stones radiating soothing heat will become an extension of your therapist's hands, melting the tension in each and every muscle, preparing it for the following deep tissue work .



CONTRAINDICATIONS

- ◆ Heat sensitivity
- ◆ High blood pressure
- ◆ Peripheral vascular disorder
- ◆ Loss of bodily sensations - often the result of a surgery where nerves have been cut
- ◆ Parkinson's Disease

NUAD - TRADITIONAL THAI MASSAGE

Thai Massage is based on the philosophy that all life is animated by an essential life-force, prana. It circulates along energy pathways called 'sen', nourishing all aspects of our being.

Passed through thousands of years by the monks in Buddhist monasteries, the Nuad is a unique blend of passive yoga, acupressure and reflexology. Utilizing fingers, palms, elbows, knees and feet, the therapists will bring you in yoga-like positions, stretching your muscles, releasing tight joints and increasing your flexibility. Following the energy pathways 'sen' in a meditative gentle rocking motion the therapist will release any blockage allowing your energy to freely flow, and rejuvenate your entire body and mind.



CONTRAINDICATIONS

- ◆ Osteoporosis and brittle bones
- ◆ Spinal fusion
- ◆ Artificial joints

REFLEXOLOGY

Originated in Taoist China 5000 years ago, this unique holistic art is based on the principle that our hands and feet mirror the entire body, with each pressure point being linked to a specific organ or gland.

A gentle pressure, exercised either with the thumbs or with a wooden reflexology stick, will stimulate their functions, promoting a natural healing process and harmony within your body, creating a marvelous sensation of head-to-toe relaxation. Experienced practitioners are capable of effectively treating specific medical conditions.



CONTRAINDICATIONS

- ◆ None known

SHIATSU

Shiatsu has been recognized in Japan as a distinctive healing modality only in 1964. However, deriving from the traditional Chinese Medicine, it is based on the ancient concept that views the body as a unique energy system, with Chi, the life-force, flowing along twelve energy lines called meridians. Any blockage restraining the energy flow results in an unbalanced Chi, making the body vulnerable to illness.

The therapist employs his thumbs, hands, elbows and knees to reach the deeply seated acupressure points, while moving slowly along a particular meridian. The therapist's active hand, called 'child hand' systematically dissolves any blockages, facilitating a healthy flow of the Chi. The 'mother hand' rests on the adjoining area of the body, giving the therapist a constant feedback about changes that take place within the energy system. With the life-force freely flowing throughout your body again, you will feel rejuvenated, with your mind entirely at peace.



CONTRAINDICATIONS

- ◆ Severe Osteoporosis
- ◆ Serious nerve damage

URUT MELAYU

A heritage of Orang Asli, the original Malay rainforest tribes, Urut is based on the ancient concept of 'moving the wind'.

Deep pressure strokes working the length of the muscles, while partially utilizing the elbows, effectively relieve muscular tension, and stimulate the flow of blood within veins and arteries. Rhythmical palm press strokes and the focused pressure of the thumbs soften tight, congested spots, recognized by the practitioner as 'angin', pockets of trapped wind. A rich coconut oil infused with the extract of indigenous rainforest plants will boost blood circulation, and invigorate your tired body and mind.



CONTRAINDICATIONS

- ◆ Susceptibility to bruising
- ◆ Allergy to any oil ingredients

GENERAL MASSAGE CONTRAINDICATIONS:

Apart from conditions highlighted as specific to certain massage techniques, **the following contraindications and precautions apply to all massage treatments.**

CONTRAINDICATIONS

- ◆ Fever
- ◆ Inflammation such as phlebitis, dermatitis, arthritis
- ◆ High blood pressure when untreated
- ◆ Infectious diseases
- ◆ cancer
- ◆ HIV
- ◆ First trimester during pregnancy

PRECAUTIONS

Avoid applicable areas if suffering from:

- ◆ Hernia
- ◆ Varicose veins
- ◆ Edema
- ◆ Open lesion
- ◆ Deep abdominal work during the entire pregnancy

BODY TREATMENTS

BODY POLISH

Body polish, sometimes called also scrub or peeling, is an exfoliation treatment. During **mechanical exfoliation**, dead skin cells are physically rubbed off with an abrasive such as salt, sugar, coffee, coconut slivers or ground kernels of various plants. These are usually blended with a carrier oil, creating an easy-to-apply paste, which is then rubbed in a circular motion all over your body. The addition of essential oils or various herbs and spices determines secondary benefits such as invigorating qualities or a relaxing effect.



A slightly gentler way to liberate the skin of dull skin cells provides **chemical exfoliation** that utilizes enzymes derived from various tropical fruits such as pineapple or papaya. With the blend left on the skin for a while, the enzymes loosen the glue-like substance that holds the skin cells together, causing the outermost surface of the epidermis to naturally slough away.

Regardless the technique, a body polish removes dull, lifeless skin cells, unclogs congested pores, enhancing the tone and texture, and leaving your skin smooth and radiant.

BODY ENVELOPMENT

During a body envelopment treatment (sometimes also called body wrap or body mask), your entire body is covered in a mixture with a creamy texture, applied either by hand or with a brush. Upon application, you will be cocooned in a linen, thin plastic or alternatively covered with banana leaves, and left to relax for approximately 20 min. The heat developing underneath the cover opens the pores, allowing the product to deeply penetrate your skin, and unfold its properties. Many spas will provide a scalp or foot massage during the rest period.



There is a variety of body envelopments to choose from: clay, mud, seaweed, herbal wraps... The benefits differ widely. Depending on the nature of the envelopment and the

CONTRAINDICATIONS

- ◆ Allergy to any ingredients
- ◆ Shaving or waxing less than 24 hours prior
- ◆ Over-exfoliation will dry and irritate the skin. Wait a minimum of two days prior to repeating the treatment.
- ◆ Avoid waxing for 48 hours following the treatment

CONTRAINDICATIONS

- ◆ Claustrophobia
- ◆ Allergy to any ingredients

ingredients utilized, a body wrap can re-mineralize, nourish or hydrate your skin, supply vitamins and anti-oxidants, flush out toxins or even promote slight inch loss.

BATH RITUAL

Bathing Ceremonies provide a wonderful opportunity to reunite with the primordial element of water, and cleanse yourself physically and spiritually.

Whether you bathe in a sea of exotic flowers, or enjoy a bath infused with the delicate aroma of essential oils, or exquisite herbal essences , a bath ritual will enchant your senses, allow you to stand still, and re-connect with your inner self. It is also a beautiful ceremony to share with your partner.



CONTRAINDICATIONS

- ◆ None known

FISH PEDICURE

The Garra Rufa fish was first discovered in the early 1800s in the pools of a hot spring near Kangal, a small town in Turkey. Due to the scarcity of food in their original habitat, caused by the water's elevated temperatures and high mineral contents, they developed an unusual behavior of nibbling dead skin cells from people bathing in the springs, which has proven beneficial in battling skin disorders such as eczema or psoriasis.

Although from the Piranhas family, the Garra Rufa fish has no teeth but uses a suction-shaped mouth to nibble away keratinized skin cells, effectively removing calluses and destroying bacteria while leaving the exposed healthy skin intact. Taking advantage of this unique feeding behavior, the Garra Rufa is being utilized in pedicure services. Having hundreds of fish running their little suction cup mouths along your feet and toes is certainly unusual. But the initial anxiety and the slightly ticklish feeling quickly dissipate to be replaced by a tingling sensation of a stimulating micro-massage.



CONTRAINDICATIONS

- ◆ Any open wounds or infections on feet or the parts of legs to be immersed in water
- ◆ Warts or any contagious skin diseases
- ◆ Pay attention to the hygiene procedures of the chosen establishment!
- ◆ Every guest should wash his feet prior to entering the fish pool