

AT SILVA HERITAGE, GOA

MASSAGES

RELAXING SWEDISH MASSAGE 60/90 mins

Our goal is to offer you a state of sublime relaxation through the application of traditional Swedish Massage techniques. Our expert therapists use gentle, gliding strokes to release muscle tension & promote relaxation. This is an excellent option for massage newcomers or those seeking a light to medium pressure experience.

Includes Foot Soak Ritual and Head Massage

STRESS RELIEF DEEP TISSUE MASSAGE ₹4400|5500* 60/90 mins

Need a more intensive treatment? Our deep tissue massage is great for releasing deep-seated muscle knots that may have built up over time. Through deliberate, medium to firm, slow, and penetrating strokes, our skilled therapists will expertly alleviate muscle stiffness. This treatment is perfect for individuals in need of relief from muscle stress or persistent tightness.

Includes Foot Soak Ritual and Head Massage

ORIENTAL SENSES SIGNATURE MASSAGE ₹6000* 90 mins

Indulge in the ultimate massage experience! Our expert therapists have skillfully blended the most luxurious relaxation techniques from a variety of massage modalities. It begins with our invigorating Lemon Epsom Foot Cleansing Ritual, setting the stage for pure bliss. Then, experience the tension-melting magic of our Shiatsu Warm Up Massage, designed to unlock tight muscles and restore the natural flow of energy.

Our skilled therapists will then apply a harmonious blend of Swedish, Balinese, and Deep Tissue massage techniques, soothing every inch of your body. A soothing head massage with Onion Bakuchiol is followed with a rejuvenating face massage employing gentle, soothing strokes, leaving you with a radiant glow.

What truly elevates this massage is the lavish Tejasvi Ghee Cream luxuriously melting upon contact with your skin - it possesses the remarkable ability to deeply hydrate, leaving your skin velvety, soft, and supple. Soothing music envelops you, transporting you on a journey that is nothing short of magical. It's no wonder we call it our Signature Massage as it's an experience that transcends the ordinary!

Includes Foot Soak Ritual, Shiatsu Warm up Massage, Fusion Body Massage, Head Massage with Onion Bakuchiol and Face Massage with Luxurious Ghee Cream

MINI SPA

HEAD MASSAGE WITH BHRINGRAJ AMLA OIL ₹1500* 20 mins

FOOT AND CALF MASSAGE 30 mins	₹2500*
STRESS RELIEVER UPPER BACK OIL MASSAGE 30 mins	₹2800*
VANILLA ROSE BODY SCRUB 30 mins	₹3000*

SPA FACIALS

EXPRESS FACIAL 30 mins

₹3900|5500*

₹3000

For a swift skin refresh our express facial is ideal. It includes a soothing facial & décolleté massage & a revitalizing face mask. Suitable for all skin types, except those with rosacea or acne.

ORIENTAL SENSES SIGNATURE FACIAL 60 mins ₹5000*

Our signature facial is a truly unique experience! It starts with a cleansing foot ritual followed by our signature relaxation techniques and pressure point stimulation of the face. Our skilled therapists then pamper your skin with a special ancient blend of hand-pounded herbs, including saffron, rose, turmeric, orange, and aloe juice, leaving your skin smooth, radiant and soft.

Indulge in a luxurious face massage using ghee washed 100 times with purified water in a copper pot. This special ghee, when washed in a copper pot, transforms into an odorless, silky cream that deeply nourishes your skin, penetrating all the way to the seventh layer without leaving any oily residue. To cap it off, we apply a moisture replenishing face mask infused with 4 varieties of turmeric & 10 different Ayurvedic herbs. A relaxing full leaving massage is included. This facial is suitable for all skin types. If yo have any skin related issues we recommend avoiding any facial.

Includes Foot Soak Ritual and Full Leg Massage

SPA PACKAGES

TIME FOR TWO 80 + 80 mins ₹9500*

This package is designed for two people enjoying their massages simultaneously. Choose between a Relaxing Swedish or Stress Relief Deep Massage for both individuals.

BESPOKE BLISS 120/180 mins ₹8500|11000*

Craft a personalized spa experience for yourself. Choose your preferred treatments, duration and indulge in a blissful journey.

INDULGENT ESCAPE 120 mins ₹8500*

This unique escape begins with our Foot Soak Ritual, followed by an exfoliating & detoxifying session using our luxurious Vanilla Rose Scrub. Your therapist delicately massages the scrub into your skin, gently removing dead skin cells & impurities leaving you with a refreshing sense of cleansing & rejuvenation. The exfoliation also primes your skin to better absorb the upcoming nourishing oils. Following the body scrub, you'll have the option to rinse off in a warm shower or steam room.

Upon returning to the treatment room, the true indulgence unfolds. The therapist will expertly apply high-quality aromatic essential oils, skillfully massaging them into your skin, creating a sensory experience that encourages relaxation and rejuvenation. The combination of soothing music, dim lighting, and the therapist's expert touch contributes to a profound sense of relaxation.

After the massage, you'll have the opportunity to unwind while sipping on a warm herbal tea, allowing you to fully immerse yourself in the serenity that this indulgent treatment provides.



ADVICE FOR YOUR COMFORT

WHAT SHOULD I WEAR WHEN GOING TO THE SPA AND DURING MY TREATMENT?

We will offer you a robe, slippers, and disposable underwear. However, you are welcome to wear your own underwear for your comfort and preference.

WHEN SHOULD I ARRIVE FOR MY TREATMENT?

We kindly request that you arrive 10-15 minutes before your scheduled check-in time. This will give you ample time to change at your own pace and savor our welcome drink of the day.

WHAT IF I AM LATE FOR MY APPOINTMENT?

Arriving late may reduce the time available for your treatment. Our programs are meticulously scheduled to ensure you receive the maximum benefit, so we kindly request your punctuality.

WHAT IF I HAVE SPECIAL HEALTH TREATMENT CONSIDERATION?

Prior to booking your treatments, we kindly ask you to inform our Spa Manager if you have any of the following: high blood pressure, allergies, physical ailments, disabilities, or if you are expecting a pregnancy.

TIME TO RELAX, UNWIND AND FEEL GOOD

We are dedicated to creating a serene and peaceful environment for your relaxation, and we kindly request your assistance by turning off your mobile phones. Your complete satisfaction is our priority, so please don't hesitate to inform us if you wish to adjust the massage pressure, music volume, lighting, or room temperature at any point during your treatment.

WHERE SHOULD I KEEP MY VALUABLES?

We recommend you do not bring any valuables like jewelry that needs to be removed for Spa treatments. We kindly remind you we are not responsible for any items lost or stolen.

OUR THERAPIST

Our therapists are highly trained to ensure that you have the best possible spa experience. Nevertheless, in the event of any inappropriate behavior, they are authorized to discontinue the treatment. We kindly request your cooperation and understanding in this matter.

CANCELLATION POLICY

If you need to make changes or cancel a reservation, we kindly request that you inform us with at least 3 hours' notice to avoid incurring a cancellation fee.

DISCLAIMER

The spa treatments, services, and facilities offered at Oriental Senses Wellness Spa are designed for general well-being and relaxation and are not intended as a replacement for professional medical treatment for any condition, whether medical or otherwise, that guests may be experiencing.

