

## HEAD-TO-TOE OIL MASSAGES - 60 mins

Using our own natural pre-blended essential oils that gently incite the six senses, bringing clients to the now, allowing them to effortlessly connect directly with nature and within.

### AROMATHERAPY (Gentle touch) 15,800

The power of touch to promote relaxation, reduce stress, relieve muscle tension. This massage will give you physical and mental peace.

With essential oils of: Lavender, Frankincense, Myrrh

### ASIAN TRADITION (Strong) 16,800

Holistically combines the best of the best of indigenous Indian, Chinese and Malay massage techniques for a soothing experience connecting you with their own tradition.

With essential oils of: Black Pepper, Ginger, Bergamot, Lemongrass

### BALINESE (Soft - to - medium) 15,800

Indonesia's holistic way of natural healing methods to relieve the strain of tired muscles and aching backs.

With essential oils of: Frangipani, Patchouli, Frangipani, Ylang-Ylang, Basil

### CLASSIC (Medium- to - strong) 16,800

Swedish rub that gentler than deep tissue massage for pure relaxation to ease physical fatigue and tension.

With essential oils of: Bergamot, Basil, Frangipani, Lavender

### DEEP TISSUE (Very strong) 16,800

Sustained pressure is applied with slow, firm strokes using thumbs, forearms, elbows to ease knots and relax deep muscle tension. A whole body therapy that focuses on the upper and lower back pain.

With essential oils of: Rosemary, Peppermint, Eucalytus, Tea Tree

### COMBINATION (3-in-1) 17,800

Can't decide? We will tailor made according to what your body needs a mix of 3 chosen types above to meet your expectations. Let us know your areas of concern, we guarantee you are in good hands.

With essential oils of: Rosemary, Peppermint, Basil, Lemongrass

## FOCUSED TREATMENTS – 30 mins

### HEAD, NECK & SHOULDER 7,800

A soothing treatment focusing on your trapezius muscle goes across your shoulders and extends to the middle of your back to ease away tension and stress on your neck with the help of rosemary, peppermint and lavender pre blended oils.

### BACK MASSAGE WITH OIL 9,000

Therapeutic treatment not only feels good but also has medicinal benefits such as increasing blood flow, pain relief on your torso, upper and lower back.

### EAR CANDLING 10,800

The warm heat transfers down the cone into the ear softening the built-up earwax.

Later a gentle vacuum is created by the cone and the built-up earwax is gently pulled into the cone. Includes head, neck and head massage.

### FOOT & LEG 8,800

A restorative foot treatment to improve circulation and reduce leg muscle cramp and stiffness and pain using our unique blend of wintergreen and peppermint essential oil balms and cream.

### FACE MASSAGE 9,800

Facial massage moves toxins out of cells and reduces swelling and puffiness we uses jojoba oil plus orange essential oil for a glowing you!

## A MUST TRY!

### BACK FACIAL 60 min 17,800

Effectively cleanse your skin, prevent congestion and help keep body acne at bay unclog pores, improve the appearance of skin discolorations, and enhance skin clarity.

### COMBO MAMBO 75 min 19,800

Sri Lankan's Scrub Massage Experience!

Start with holistic full body massage using aromatherapy oil to relax your mind and body followed by de-clogging massage using himalayan salt to complete this 'spring cleaning' of the body. complete this unique experience with a lukewarm shower to splash off those grains, what's left is a new you!

## BODY SPA TREATMENTS, FACIALS & HAIR

### HIMALAYAN SALT SCRUB 15,800

A full body exfoliating scrub to let your skin breathe by unclogging pores; regenerates skin cells for a smooth, glowing baby skin feel.

30 mins

### CLAY COCOON WRAP 15,800

A powerful healing detoxifying clay wrap to help tone and cleanse. The added essential oil of lemongrass further enhances the effect. Includes acupressure massage while on a cocoon wrap.

30 mins

### DETOX – ME SCRUB & WRAP 17,800

Coffee based scrub for a good natural detox and clear skin impurities and improve blood circulation. Gets rid of cellulite if done regularly.

45 mins

### MALAY STRENGTH 9,800

Enjoy the outrageous pleasure of this traditional Asian hair treatment, a vital treat for your hair and scalp that also lifts the spirit. Includes massage on your scalp and head with our very own hair oil with rosemary, or hibiscus essential oils

30 minutes

## OUR BEST SELLER!

### GUA-SHA FACIAL 16,800

Our bestselling lymphatic drainage facial massage to sculpt and tones the face shape allowing inflammation to drain from facial muscles this may promote detoxification, relax tight muscles, and encourage collagen boost.

60 minutes

Note: It might cause some marks for 2-3 days.

### EXPRESS FACIAL 30 MINS 10,800

### MEN'S FACIAL 30 MINS 12,000

Service charges and taxes are included in all our prices.

While Tonic Wellness takes all reasonable care, Tonic Spa shall not liable for any loss of damage to guest's personal belongings, nor any personal injury.



**NH COLLECTION**

COLOMBO



**TONIC WELLNESS**

## TONIC SPA EXPERIENCE - 2 hours 37,000

*relax, revive & refresh*

*We use himalayan salt glow for a deep exfoliation to get rid of stubborn dead skin in your body, a hair treatment with head and scalp massage followed by a soothing one hour massage of your choice to complete your spa experience.*

*Exfoliating body scrub - hair and scalp treatment - massage*

## TOP - TO TOE

3 hours 52,000

*confidently beautiful!*

*Restore your inner peace and re-balance your body and mind with the treatment below for a real spa experience. The ultimate pamper package perfect for wellness gift giving or why not indulge yourself and have some 'me' time!*

*Exfoliating body scrub - massage - facial*

## COUPLE'S PACKAGE - 90 mins 55,000/ for two

*On honeymoon?*

*Let your cares slip away with side by side spa treatments. The rendez-vous for two is perfect for couples on the go.*

*Exfoliating Body Scrub - Massage together*

## STRESSBUSTER (FULL BACK)

18,800/ 75mins

*Aching back due to too much sitting? We got you covered! With the help of powerpacked essential oils of Peppermint targeting your neck, shoulder, traps and scapular area surely your pain goes away with the hot compress to relieve muscle pain.. let us unknot your knots!*



**Empowered  
Massage Therapists**



*the real wellness massage*

## Mission

*To be Sri Lanka's leading Wellness Centre Outsource Company, and in time to expand internationally.*

## Vision:

*To train up an expert team of Foreign and Local Therapists to the highest standards of proficiency, thereby providing a truly 5 Star experience to our clients of genuine Therapeutic Wellness Massage, through the power of human touch.*

## Our Wellness Therapists:

*Our therapists are well trained to our standard who aim to enable the wellbeing of our clients. We request that they are shown respect at all times.*

## We love Feedbacks!

*Super professional and clean, great atmosphere and super service from my therapist, Price a bit steep but well worth it in the end.*

*JEmmanuel Hahn  
visited 29/10/24*

*One of the best massage I ever had!! Strong and professional. Highly recommended.*

*Sharon Dover  
Visited 20/10/24*

*Best Spa in Colombo! I have been to so many spas around Sri Lanka and Tonic Wellness takes the cake. It is the best spa with highly experienced and professional staff. Ruby is amazing therapist and Trainer.*

*HW  
visited 10/2024*

*This is a deep tissue massage they really get to the core of what is giving you pain and deal with it accordingly. Professional and excellent staff, great service.*

*Yogi Gosine  
visited 19/10/24*

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