

Eternity Spa

SPA MENU



BRENNIA
Kottelbaru



Massages From Around The World

Massages from around the world

Traditional Balinese Massage | 60 Minutes \$145

An old technique of massage that has already been used for many centuries in Bali, Indonesia. Created to stimulate the flow of blood circulation, oxygen, and positive energy around your body and bring a sense of well-being, calm and deep relaxation.

Aromatherapy Massage | 60 Minutes \$185

A very deep relaxation massage using a special fragrance. A personalized blend with massage oil that helps to bring up your mood. Feelings and physical needs.

Swedish Massage \$145

A medium to strong pressure and relaxing massage, manipulation of the superficial layers of the muscle against the bones it relaxes the body, increase the blood circulation removes metabolic waste products.

A Classic Thai Massage | 60 Minutes / 90 Minutes \$220/\$260

An old technique that has been developed by Buddhist monks in Thailand 2,500 years ago. A traditional healing massage combining acupressure and stretching techniques to relax the whole body.

Hot Stone | 60 Minutes/90 Minutes \$210/\$275

A specialist massage that uses smooth, flat, heated basalt stones that are positioned along your spine, in the palms of your hands, and along your legs. Typically, from river beds, basalt stones are used for massage as they have rich Iron content that retains heat

Brennia Stress Reliever | 45 Minutes \$125

A classic Balinese massage combined with the warmed herbal poultice. focusing more on the lower back, shoulder, and neck. this massage helps to reduce the back pain, discomfort, sleep wronged positions, and strains. using the warm balm to help reduce stiffness, inflammation, and swelling.

Oriental Massage | 60 Minutes / 90 Minutes \$175/\$195

A combination massage between Balinese, Thai, and Shiatsu. A therapeutic blend of free-flowing massage techniques to experience the release of muscle tension, greater movement, and renewed energy.

All prices are inclusive of 10% Service Charge and 16% Government GST

Massages From Around The World

Maldivian Muscle Ease | 60 Minutes / 90 Minutes

\$185/\$230

An old style of Maldivian body massage technique that's mainly used to treat musculoskeletal issues, such as strains, and sports injuries. A deep stroke targeting the inner layer of your muscle and connective tissues this massage helps to break up scar tissue that forms following an injury and reduces the tension muscle and inflammation.

Back, Neck and Shoulder Massage | 30 Minutes

\$90

Help alleviate the muscle spasms which occur when your rib or thoracic joints lose mobility, thereby helping those joints function better.

Reflexology | 30 Minutes

\$90

Reflexology is a treatment based on the principle that there are areas and points on the feet, hands, and ears that are connected through the nervous system to corresponding parts of the body.

Brennia signature Massage | 60 Minutes / 90 Minutes

\$180/\$230

This technique offers several potential health benefits: it induces deep relaxation, relieves stress and fatigue, boosts both emotional and physical well-being, assists alignment and postural integrity of the body, improves circulation of blood, and lymph, and stimulates.

Brennia Twin Massage | 70 Minutes

\$310

Two therapists work on one client, often using synchronized moves. A four-hands massage can be like experiencing two full-body massages at the same time. This massage helps to increase relaxation, and synchronized body movements, the brain reacts differently compared to other massage types, improves blood circulation, reduces stress, more intense muscle shooting, eases muscle pain, and better sleep.

Shirodhara Massage | 70 Minutes

\$195

Shirodhara is a form of Ayurveda therapy that involves gently pouring liquids over the forehead and can be one of the steps involved in panchakarma. The name comes from the Sanskrit words Shiro (head) and Dhara (flow).

Soul to Sole | 45 Minutes

\$65

Special treatment designed to deeply exfoliate, moisturize and shoot the cracked heel followed by a 10 minutes foot massage which is finished using a special formula foot balm to soften and make your feet look healthy.

Add-On Bliss | Per 30 Minutes

\$65

You can design your own treatment. Add anything of the following 30-minute possibilities to any full-body treatment.

All prices are inclusive of 10% Service Charge and 16% Government GST

Massages From Around The World



Body Scrubs and Body Wraps

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Papaya Wrap | per 30 Minutes **\$90**

Papaya is one of the magical fruit, rich in great minerals and vitamins that can suit all skin types. Papaya contains potassium that can hydrate the skin and keep it from becoming dry and dull.

Coconut Wrap | per 30 Minutes **\$90**

Coconut is an excellent moisturizer for dry & dull skin. This mask is highly effective in lightening your skin tone and reducing any signs of aging such as dark spots, fine lines, or wrinkles. Best choice to neutralize and glow your skin.

Cucumber Wrap | per 30 Minutes **\$90**

Cucumbers are most well known as a natural ingredient to help reduces swelling and puffiness, aid acne-prone skin, help combat premature aging, soothe irritation, and provides a base for hydration.

Coffee Wrap | per 30 Minutes **\$90**

Coffee is one of the best ingredients to help reduce cellulite, help decrease the appearance of sun spots, redness, and fine lines, reducing inflammation & hyperpigmentation.

Tomato Wrap | per 30 Minutes **\$90**

The acidity in tomatoes helps to get rid of dull, rough skin and promotes cellular renewal. As a natural astringent, tomato keeps the skin firm and helps diminish fine lines.

Oatmeal Wrap | per 30 Minutes **\$90**

Oatmeal is containing with 18 amino acids which are essential to healthy skin. Oatmeal is a humectant that helps your skin retain moisturized, glowing, and dewy appearance.

Coconut Scrub | per 30 Minutes **\$90**

Coconut scrub is anti-cellulite scrub, that supports the natural chemical balance of the skin, softens the skin, and helps alleviate dryness and flaking.

Carrot Scrub | per 30 Minutes **\$90**

The minerals contained in carrots give you healthy and glowing skin, prevent premature skin aging and wrinkling skin conditioning, promote collagen production on the skin surface, and combat dry and sensitive skin.

All prices are inclusive of 10% Service Charge and 16% Government GST

Body Scrubs and Body Wraps

Palm Sugar Scrub | per 30 Minutes**\$90**

Palm sugar is nutrient-rich, low glycemic crystalline, and completely natural. It has a number of minerals, vitamins, calcium, iron & Phyto nutrients including zinc & potassium.

Turmeric Scrub | per 30 Minutes**\$90**

Turmeric is anti-bacterial and is super amazing for the skin. Natural anti-oxidant as well as a natural bleaching agent. Slough off dead skin cells, leaves skin super smooth and soft, fixes uneven skin tone, reduces cellulite and prevents acne and blemishes, and erases scars and dark spots.

Green Tea Scrub | per 30 Minutes**\$90**

Green tea is well known for fighting premature aging by protecting and repairing your dying skin cells. This anti-oxidant can combat signs of aging and make dull skin look healthier. Vitamin B2 can also keep your skin looking youthful, and has the ability to maintain collagen levels which is can improve the firmness of your skin.

All prices are inclusive of 10% Service Charge and 16% Government GST

Body Scrubs and Body Wraps



Facials by Shahraz Husain

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About Princess Shahnaz Husain

Shahnaz Husain is a name that has become synonymous with the most advanced ayurvedic care, not only in terms of highly exclusive salon treatments but also with the legendary range of natural products. Founded on the principle of natural care and cure, the Shahnaz Husain Group offers the unique benefit of the integrated system of salon care and product excellence.

As a response to precise and individual requirements, the group offers wide and varied ranges, specially designed to provide ideal skin, hair, and body care. Not only for protection and maintenance but to create the perfect environment for the good health of the skin and hair. Derived from the pure plant ingredients, the product allows the Selection of all the products required for a total skin, hair, and body care routine. Today, the Shahnaz Husain Group has acquired a global presence and has become a hallmark of safety, efficacy, and quality. Their sophisticated and innovative ranges are the result of years of analysis and intensive research into Plant products. With an excellent track record of 39 years, Shahnaz Husain products have been tested by the most exacting test of all they have been tested in time.

Hydra Nature | Normal to Dry Skin | per 40 Minutes \$120

Fall in love with your skin again as this soothing and hydrating facial brings your natural beauty to full bloom. The best facial designed for environmental defense.

Nutrient Nature | All Skin Types | per 40 Minutes \$120

These facial address the manifestations of dehydration in the skin by combining a moisturizing booster intensive treatment and the technology of two hyaluronic acids.

Calming Nature | Acne Prone and Sensitive skin Type | per 40 Minutes \$120

The acne facial is an alternative treatment designed to treat the root cause of acne with minimal side effects. Acne facials focus primarily on extractions for blocked pores. The extraction process releases any excess build-up of oil and cleans out dirt that might be clogging up your pores.

Gentlemen Nature | per 40 Minutes \$120

The gentleman's facial is geared for the specific needs that men have. A customized treatment includes deep pore cleansing, hot towels, exfoliation, a customized mask, and hydrating moisturizer

All prices are inclusive of 10% Service Charge and 16% Government GST

Facials by Shahnaz Husain



Brennia Tranquility Experiences

Brennia Tranquility Experiences

Him and Her | 60 Minutes

\$295 per couple

Romantic indulgence! Enjoy your romantic time together immersed with the aroma of essential oil and indulge in a restoring & calming aroma therapy massage

Full Moon Magic | 100 Minutes

\$395 per couple

An enchanting ritual to share with your loved ones captivates all of your senses, alleviates any tensions, and connects you to the vital powers;

- * Your choice of body massage for 50 minutes
- * Mediterranean Sea salt scrub
- * Indian head massage (using coconut oil infused with rosemary)

Honeymoon Retreat | 120 Minutes

\$465 per couple

Embrace this defining body ritual in a romantic setting with your loved one, after our signature foot-bath.

* For her: A choice of Balinese or aromatherapy massage, papaya body polish, and classic facial with the freshly prepared coconut shredded and coconut milk (freshly shredded coconut combined with a few of Shahnaz Husain products).

* For him: a choice of Maldivian muscle ease and Brennia stress reliever massage. coffee body scrub and gentlemen facial (product by Shahnaz Husain)

Sunburn Escape | 75Minutes

\$185

A cooling treatment after having extreme sun exposure, help to reduce the redness, burn sensation, and swollen and flakey skin pilled. This treatment was designed to calm the skin, restore, and improved the skin regeneration

All prices are inclusive of 10% Service Charge and 16% Government GST

Brennia Tranquility Experiences

Brennia Tranquility Experiences

The beauty of Serenity | 75 Minutes \$260

antic indulgence! Enjoy your romantic time together immersed with the aroma of essential oil and indulge in a restoring & calming aroma therapy massage

* Express pedicure

* Express manicure

* Foot Spa (Foot Scrub, Express Massage, and Foot Mask) \$235/\$275

Slimming Treatment | 90 Minutes | 120 Minnutes

A special message signity makes use of a high-end device that reactivates the fat release process in order to eliminate localized fat as well as body imperfections resulting in a better figure that is firmer and younger-looking. This treatment was designed to shrink inches, reduce cellulite and detoxify. The combination of slimming massage techniques, and slimming body wrap.

Scheduled your own sanctuary - Package for single | 120 Minutes 3 days' packages

Create your own sanctuary in our beautiful land spa due to your long-term stay

* Brennia 1 \$335

Day 1: 60-minute body massage (choices between Balinese, Swedish, or Stress Reliever)

Day 2: Body scrub & Natural body polish

Day 3: Classic pedicure & classic manicure with normal polish

* Brennia 2 \$335

Day 1: 75-minute body massage (all varieties)

Day 2: A classic foot massage for 30 minute or sole 2 sole

Day 3: Mini facial using shahnaz husain - 30 minute

* Brennia 3 \$335

Day 1: 60-minute stress reliever massage

Day 2: express sunburnt escape (facial using natural ingredients)

Day 3: express hair spa



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