



The Yellow Bamboo Resort & Spa

Ayurvedic

ABHYANGA / 60MITS / RS.2500/-

A deeply relaxing whole body massage that will enhance circulations, restore flexibility and help recover stiff muscles or joints.

REJUVENATION / 50MITS / RS.2000/-

Rejuvenating Body Massage is the manipulation of soft tissues beneath the body, A Relaxing body massage has the capacity to heal you from all the stress and strain you've been suffering from a long time

PAADABHAYNGA / 30MITS / RS.1200/-

This massage will provide relief to tired feet and legs, and will also help prevent dryness and cramps

SHIROOBHYANGA / 30MITS / RS.1200/-

A Revitalizing head massage to make hair lustrous, reduces stress and tension.

SHOULDER & BACK / 30MITS / RS.1200/-

This treatment allows muscle recovery, reduces stress, promotes the circulation of the areas worked on, helps to manage pains and aches and promotes muscle relaxation

western Therapies

AROMA THERAPY / 50MITS / RS.1800/-

A type of complementary and alternative medicine that uses rubbing and kneading of the skin with plant oils that give off strong, pleasant aromas (smells) to promote relaxation, a sense of well-being, and healing.

BALINESE MASSAGE / 50MITS / RS.2500/-

Balinese massage is a full-body, holistic treatment to stimulate the flow of blood, oxygen and energy around your body, and bring a sense of wellbeing, calm and deep relaxation.



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Western Therapies

DEEP TISSUE MASSAGE / 50MITS / RS.2500/-

Deep tissue massage is a massage technique that's mainly used to treat musculoskeletal issues, such as strains and sports injuries.

SWEDISH MASSAGE / 60MITS / RS.2000/-

The Swedish massage is performed to energize the body and improve overall health.

COORG COFFEE SCRUB / 45MITS / RS.1500/-

To get more specific, coffee scrubs are a type of mechanical exfoliation – that means they physically remove dead skin cells from your skin's surface through scrubbing. With a coffee scrub, finely-ground coffee particles are used to do the exfoliating.

Facial

MIX FRUIT FACIAL / 60MITS / RS.2000/-

Fruit facial has concentrates of fruit that helps in deep cleansing of the skin.

NAVARA FACIAL / 60MITS / RS.2500/-

The skin brightening enzymes present in rice water make it a key ingredient in japanese and korean beauty rituals.

WINE FACIAL / 60MITS / RS.2000/-

This facial is perfect secret to rejuvenate the skin to get a radiant glow . wine facial removes battle acne.