



Indra

DAY SPA

MENU



At Indra Day Spa, we are dedicated to offer a unique, authentic Asian beauty and wellness experience, with 100% natural oils & ingredients right from the lovely botanical forests of the Far East.

Our aim is to transport our guests to an exotic space where nature's wisdom and ancestral knowledge is revered, a place to escape our busy life and take some well-deserved "me-time" to relax, reconnect and rejuvenate. A place, where for a few moments in time the outside world is unimportant and where we are there to take care of you.



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A tranquil and relaxing retreat from everyday life



All treatments are preceded with an herbal & citrus foot cleansing ritual. Foot washing is a symbolic part of ceremonies in many Eastern traditions, a ritual of purification.





Indra's Signature Journeys

The Royal Indulgence Journey

Top to Toe Package

Royal floral foot soak * Oriental blossom body scrub * Luscious Mococa body wrap * Hair treatment * Rose & honey milk bath * Indra Aroma massage * Rejuvenating Aroma facial

Experience a royal spa journey of top to toe relaxation and pampering. Begin with a royal coconut and lavender floral foot soak followed by a skin reviving hibiscus & rose body polish. Our luscious mococa body wrap follows to nourish and enrich the skin. We then treat your hair and scalp to a traditional hydrating cream bath treatment. Shower in our lemon scented rainfall shower, then soak in a beautifully fragrant pure rose and honey milk floral bath. Our Indra Aroma Massage will soothe any remaining stress or tension. Your skin will then be refreshed with a rejuvenating Aromatherapy Facial to complete your Royal Indra Indulgence spa journey.

Duration: 2hrs30mins

Price: LE 1200

Vitality Purity Journey

Foot Cleanse * Juniper body scrub * Aloe marine detox wrap * Purity bath * Signature deep tissue massage

A traditional healing ritual to detox, cleanse and balance the body. After a stimulating foot cleanse you will experience an energizing skin tapping using our traditional far eastern taps to assist energy flow of the body. This is followed by a demineralising algae marine mask with juniper to enhance the detoxification process. An enriching Dead Sea bath will further the cleansing purification process and leave the body balanced and energized. Finish with a wonderfully relaxing and reviving deep tissue massage.

Duration: 135 min.

Price: LE 950



Asian Beauty Journey

Floral foot spa * Lulur & yogurt body treatment * Coco-Jasmine bath * Traditional massage * Jade and Enzymatic facial

Begin with a ceremonial foot cleanse using ylang ylang essence and flower petals followed by a brightening skin polish & wash, end with an indulgent soak in a luxurious coco-jasmine bath. Next enjoy a traditional massage with your choice of massage oil blend to relieve tension, improve blood flow, ease stress and calm the mind and finish with a revitalising jade and enzymatic facial treatment. This journey will leave your soul renewed and your complexion radiant and luminous.

Duration: 120 mins

Price: LE 850



Indra's Pampering Rituals

Chocolate Passion Journey

Coffee body scrub * Chocolate body mask * Chocolate bath * Aromatherapy massage

Make your skin feel and smell like it is on HOLIDAY. Coffee and chocolate are renowned for their ability to help stimulate congested areas and is rich in protective anti-oxidants which helps rejuvenating skin tissue. After the coffee scrub and chocolate mask, dip your body in our relaxing hot chocolate bath tub with the aroma of chocolate and roses which gets from your nose to your brain giving you the ultimate feeling of relaxation.

Duration: 120 mins

Price: LE 895

Beautiful Feet Ritual

Lemongrass foot spa * Ginger salt scrub * Coffee revive foot mask * foot massage

This ritual is designed specifically for the most hard working and often neglected part of the body - the feet. Begin with a deeply cleansing foot spa infused with anti-bacterial lemongrass, followed by an aromatic ginger salt exfoliation and coffee revive mask to stimulate circulation and soothe aches and pains. Finish with a relaxing foot massage.

Duration: 60 mins

Price: LE 550

Back Soothe Ritual

Foot spa ritual * Back Exfoliating salt scrub * Relaxing heat pillows * Deep tissue massage

Most people carry their stress and tension in their shoulders, neck and back. This soothing treatment package targets this area of the body for long lasting relief. Exotic rose salt scrub removes dead skin build up and prepares the skin for the back treatment. Soothing heated pillows are pressed across the back, penetrating deep into the muscles. Finish with a deep tissue massage using tropical massage oil to de-stress and relieve pain and tightness.

Duration: 60 mins

Price: LE 600



Indra's Massage Experiences

Traditional Malaysian

Traditional Malaysian massage developed over centuries to relax and rejuvenate. Featuring long strokes, skin rolling and acupressure point stimulation, this treatment aims to soothe tired and sore muscles and restore energy levels.

Duration: 60 mins, 90 mins Price: LE 400, LE 530

Indra Aromatherapy Fusion

Combining Asian massage techniques with the science of aromatherapy to create a balanced fusion of East and West. Enjoy a magical and harmonising experience - improve your health, balance your emotions, and enhance your life.

Duration: 60 mins, 90 mins Price: LE 350, LE 475

Signature Deep Tissue

For those who enjoy a stronger form of massage our deep tissue technique helps to alleviate stress, ease body aches and revive the senses. A dynamic essential oil blend of spices and woods is prescribed to warm the body and reduce specific stress and muscle tension.

Duration: 60 mins, 90 mins Price: LE 400, LE 530

Hot Stones

Hot Stones Massage is a great, warming treatment any time of the year. The water-heated stones melts away tension, eases muscle stiffness and increases circulation and metabolism.

Duration: 60 mins, 90 mins Price: LE 390, LE 520

Head, Neck & Shoulders Massage

Your daily routine of long durations on the desk or in the car, results in Neck & shoulders pain. Our professional massage techniques will leave you relaxed, seeing that your muscles eased and neck stiffness removed, allowing you to go on with your normal routine with no pain.

Duration: 60 mins, 90 mins Price: LE 290, LE 400



Head, Neck & Shoulders Massage (with Heat Pillows)

Your daily routine of long durations on the desk or in the car, results in Neck & shoulders pain.

Our professional massage techniques will leave you relaxed, seeing that your muscles eased and neck stiffness removed, allowing you to go on with your normal routine with no pain. With the Heat Pillows added all the deep muscle tension will be released.

Duration: 60 mins, 90 mins Price: LE 320, LE 420

Relaxing Foot Massage

Reflexology is an ancient technique that works on the principle that all of the body's organs are connected to reflex points on the feet through constant flowing energy channels. Massaging of the feet's reflex points is believed to restore the natural flow of energy which results in good health and well-being.

Duration: 60 mins, 90 mins

Price: LE 290, LE 400



Indra's Body Wraps

Body Sense of Glowing Beauty (Ratu Sehari) - Lulur

Literally meaning Queen for the Day this body treatment originates from a traditional pre-wedding ritual. The golden lulur body paste was applied to the "bride to be" for 40 days prior to her wedding to ensure her skin was at its softest and most beautiful for her wedding day.

Body Sense of Brightness (Kecerahan) – Rose & Hibiscus

Sun dried flower petals are crushed and blended with white rice to create this sensual and feminine body polish. Gently exfoliating and nourishing, it removes dead skin cells leaving the complexion soft, glowing and fragrant.

Body Sense of Softness (Mococa Borneo) - Chocolate

Combining the benefits of antioxidant coffee, nourishing cocoa bean from the jungles of Borneo and silken coconut cream; Mococa Borneo repairs, soothes and provides much needed hydration and balance to dry and damaged skin types.

Duration: 45 mins

Price: 400

You could extend the enjoyment of the heavenly atmosphere of our spa by adding a massage from one of our Indra Signature massages of your choice



Indra's Body Scrubs

Energizing Ginger Salt Scrub

Combined with vibrantly fresh ginger, lime and lemongrass to awaken and energise the skin leaving it refined and lightly moisturised. Perfect for spongy or orange peel skin.

Damask Rose Salt Scrub

Enriched with essential oils of rose geranium, ylang ylang, rose and lavender our floral body exfoliator leaves the skin fragrantly refreshed, renewed and lightly moisturised.

Coconut & Vanilla Scrub

Reveal vibrant, radiant skin with this tropical treat. Organic coconut and vanilla pods are blended together to gently remove dry skin, with the rich natural nut oils the skin is moisturised at the same time making this a nourishing and replenishing body treat (suitable for sensitive skin).

Reviving Juniper Salt Scrub

Added to unique combination of Australian sea salt, jojoba and organic botanicals along with pure essential oils of juniper, bergamot and cypress is the perfect detox experience that tones and revitalises the skin leaving it refined and lightly moisturised.

Duration: 45 mins

Price: LE 380

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Indra's Beauty Facials

Natural Aroma Facial

Combining market fresh ingredients and anti-ageing massage techniques, the recipes and rituals for this Malaysian facial have been passed down through generations from mother to daughter to ensure the skin is always smooth, supple and glowing with health. Suitable for all skin types.

Jade & Enzymatic Facial

The term Peranakan describes the unique fusion of Chinese and Malay traditions that inspired this facial treatment. Featuring a chilled Chinese jade roller with Malay facial massage techniques to enhance micro circulation and improve skin texture, followed by an enriching enzymatic mask. Excellent for dry and mature skins.

Rejuvenating Aroma Facial

From the effect of this facial treatment comes its name "rejuvenating". Rejuvenating means to revive your skin, revitalize and renew your cells, regenerate and restore health to your skin and your face.

Deep Cleanse Facial

This treatment is highly recommended to acne and combined skin. It acts from deep inside to the surface. It should be a recurrent treatment once a week for 4-6 weeks. After the 1st session the skin starts getting some pimples on the surface and this means that the treatment is working well. After finishing the course your face will be clean, smooth and so fresh. We always recommend never plan for any event after applying the 1st session.

Enzymatic Facial

A highly effective, botanical-based brightening exfoliator made without harsh ingredients. This treatment helps brighten and even skintone. The enzymes work to eliminate dry, dull surface cells and toxins to reveal a soft and smooth complexion..

Duration: 60 mins

Price: LE 275



Indra's Immersion Rituals

Rose Blossom & Honey Bath

Luxuriate in our sublime rose blossom and honey bath. Asia's own inspired version of Cleopatra's milk bath. Pure milk, rose bath salts and fragrant rose petals fused together in perfect harmony to leave you feeling care-free and your skin deeply nourished and glowing.

Tropical Bath (Mandi Susu)

Enjoy our indulgent tropical spa bathing ritual, with rich creamy coconut milk swirled with essences of jasmine, sandalwood and rose. As you soak away all stress and tension, your body will feel wonderfully revived and beautifully fragranced.

Hot Chocolate Bath

Enjoy the incredible fragrance of hot chocolate along with rose petals; sit back, relax and daydream soaking your body in this heavenly treatment, then enjoy the smoothness of your skin as well as the smell of it.

Duration: 30 mins

Price: LE 175



Pedicure & Manicure

Manicure / Pedicure

Includes nail shaping, cuticle detail, massage (hand or feet) and finished off with hot towel (hand or feet) treatment.

Duration: 40 mins

Price: LE 80

Mani & Pedi Treatment

Includes nail shaping, cuticle detail, sole conditioning, massage hand & feet, and finished off with hot towel hand & foot treatment.

Duration: 80 mins

Price: LE 150

Sanitation, disinfecting and sterilization are paramount to our process. Your health, safety and wellbeing are primary concerns for us at Indra Day Spa.



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