



ASHA

MASSAGE . SKIN . BODY . SPA . WELLNESS



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Sundari Facial

105

Awaken and rejuvenate your skin with this holistic facial that is customized for your skin's specific needs. Naturally active ingredients like lemon, sandalwood and lavender are custom-blended for an intensive cleansing and gentle exfoliation. Our signature balancing marmassage completes this experience for newly radiant skin.

Sundari Healing Facial

120

Soothe and purify even the most delicate skin by experiencing the benefits of Neem, known in India as the "Pharmacy Tree." This plant's extracts are combined with soothing oils to heal, hydrate, firm and restore, sensitive or irritated skin. This calming facial clears and comforts the mind as well as the skin delivering strength and a youthful glow.

Sundari Age Defying Firming Facial

120

Reclaim your skin's youth. This advanced treatment feels luxurious but acts powerfully, instantly firming and improving your skin's tone and texture. Combining traditional massage therapies with our potent Gotu Kola skin tightening mask, this facial defies gravity and restores radiance to a time-dulled complexion.

Sundari Omega 3 Facial

120

Breathe new life into dry or stressed skin with this deeply nourishing, intensely hydrating facial. Our own Omega3+ complex uses naturally active ingredients to restore skin's lost lipids; softening, renewing and awakening your natural glow.

Sundari Gentlemen's Facial

105

Indulge in this targeted treatment specifically developed for the unique needs of a man's skin. Using the healing power of Neem this facial keeps skin fit with an enzyme exfoliation; that soothes and heals with Neem and Avocado moisturizer, leaving skin cleansed, soothed and refreshed.

Sundari Pure & Refreshing Facial

95

This 30 minute facial is perfect if time is of the essence or your skin just needs a chance to refresh. This service includes refinement with sulfate-free cleansers, hydration with our signature "tonic" and enzyme exfoliation to remove dull surface skin cells. A relaxing face, neck and shoulder massage with botanical infused oils, detoxifies and a mineral-rich clay mask completes this treatment followed by a custom selected vitamin rich moisturizer.



SUNDARI ENVELOPMENTS Wrap your body is in a soothing cocoon that transports you to a place where you can leave your worries behind while your body is transformed.

Neem Healing Body Envelopment

175

Experience a complete detoxifying process for your mind and body with this 90 minute treatment. This Ayurvedic inspired therapy layers healing and cleansing ingredients to purify the skin in stages: first our welcoming back massage; then full body exfoliation with our Neem and Date Seed Body Scrub; followed by an aromatic oil massage; and lastly a nourishing therapeutic mask heals you as you are enveloped.

Contouring Body Envelopment

165

This targeted treatment for skin-tone trouble spots or cellulite, gently removes impurities in the skin, preparing it for a contouring massage and mask for Gotu Kola, Lotus and Peptides to stimulate circulation, and clear out stagnant energy.

Gotu Kola Firming Body Envelopment

175

This 90 minute experience is true indulgence to beautify your whole being. This spa experience begins with our signature back massage; followed by full body exfoliation with our Gotu Kola and Walnut Scrub; then aromatic warm oil massage of Lotus; finishing with our unique skin-firming body mask. You're left rejuvenated, refreshed and toned, all over.

Enhance Your Experience

Beautiful Eyes

35

Pamper and firm delicate eye areas with this luxurious treatment. Signature massage techniques gently apply our own firming formula—to soothe, de-puff and hydrate eyes, release stress.

Firming Neck

45

Undo the sun's damage to neck and décolletage. First, intensive exfoliation with enzymes and Bamboo extract reduces the look of fine lines, uneven skin tone and wrinkles. Then an energizing mask and massage—calling on the rejuvenating effects of Gotu Kola and peptides—leaves skin firmer, with a healthy glow.

Floating Facial

50

Floated on this warm soft bed that allows your therapist to touch the hard to reach back, providing stretching and light massage to the most physically stressed area of the body. Perfect for the mother to be or someone with mobility challenges.

Shirodhara Relaxation

50

Relax your mind as well as your body with a stream of warm aromatic botanical oil, slowly poured onto your forehead in a steady stream, to truly transport you to a state of bliss.

Asha Massage

Our signature customized massage is all about relaxation. Your therapist will combine calming massage strokes, gentle rocking and compressions. As needed, heat packs also may be used to enhance this experience. This massage restores balance and reduces tension while creating a sense of relaxed well-being. Time to quiet your mind and attend to yourself.

30 min \$50 | 60 min \$85 | 90 min \$130 | 120 min \$165

Sundari Abhyanga Massage

This massage offers profound relaxation for the overstressed-using Abhyanga, or literally “oil massage”. This rhythmic and deeply relaxing massage rejuvenates by clearing stagnant energy and restoring the flow of “prana,” the life force that stimulates your body’s vital energy. As your nerves are soothed, as you drift into a deep state of bliss.

30 min \$60 | 60 min \$95 | 90 min \$140 | 120 min \$175

Asha Couples Massage

The same amazing experience as our Asha Massage, only better. Enjoy this pleasure with your special someone in a private spa room, side by side.

Deep Tissue Upgrade

Is your body in need of more than just pure relaxation? Deep tissue targets the deeper layers of muscle and connective tissue. Your skilled therapist may use fingertips, knuckles, elbows and forearms to loosen the fibers of the muscles and increase circulation.

Asha Sport Massage

Our deep-tissue sports massage is designed for those who are active but, not necessarily an athlete. Focus is on prevention of injury and enhancing muscular performance. Our expert therapist will use massage and facilitated stretching to improve flexibility and increase range of motion.

Herbal Body Bundles Massage

Warm herbal compresses are frequently used in Thailand in conjunction with customary massage. Our blend of herbs is the traditional recipe of the Wat Po Temple in Bangkok, manufactured in Ching Mai; they are certified by the government as authentic. They are used to address chronic problems, such as back pain and tendonitis, as well as to increase energy flow, improve circulation, relax muscles and stimulate nerves. These herbal compresses provide the same type of stimulation as acupressure, and are used to stimulate tender or sensitive areas that cannot be massaged directly. This massage is sure to bring you to a “State of Bliss” or “Sa-BYE.”

Triple Moisture Massage

This body treatment takes your skin to a whole new level of soft. Using our essential oils, composition and hydrating lotions, your body is moisturized from head to toe using a combination of acupressure, effleurage and deep tissue massage resulting in an extremely moist and relaxed body.

Hydrotherm Massage

Discover a new dimension to the healthful art of massage – warm, water-filled cushions that cradle the body and rock you gently in response to your therapists touch.

Hot Fusion Stone Massage Therapy

Allow the sensation of hot, smooth river stones to melt away the stresses of everyday life. The hot stones are placed on the table lined up with the chakra points along your back. While you lay on them, additional hot stones are used as instruments of deep tissue massage. This experience creates balance and relaxes the body by opening its energy channels and brings you to a profound state of relaxation.

Foot Reflexology

This Ancient Chinese healing art of Reflexology massages specific pressure points on the feet in order to re-establish the flow of energy throughout the body. Our feet are a map of our body and specific pressure points will positively affect the corresponding areas of the body. This 30 minute session will take you a long way towards better health and wellness.

Neti Massage

Help relieve sinus pressure and pain with this 30 minute experience. A comprehensive head, neck and face pressure point and lymphatic drainage massage are paired with a pure essence steam inhalation. Clarity and balance are restored.



BODY POLISHES, RITUALS & WAXING



SUNDARI BODY POLISHES Scrub and exfoliate your body to an unbelievable level of soft. All Polishes begin with a relaxing, cleansing foot ritual incorporating aspects of an Abhyanga Massage.

Gotu Kola Body Polish

115

Polish skin to a lustrous, silken glow. This nourishing, exfoliating treatment hydrates with Rosehip Seed Oil, firms and smooths with Gotu Kola and Cardamom Oil, and dissolves stress for peace of mind-and skin.

Neem Body Polish

115

Gently exfoliate with a soothing treatment ideal for sensitive skin. Finely ground Date Seeds, Jojoba Spheres and Pumpkin Enzymes polish away dead cells, leaving skin renewed. A layer of antioxidant-rich Neem and Blood Orange Body Lotion moisturizes, leaving the body nourished and protected.

Omega 3 Body Polish

115

Nourish and protect your skin with this invigorating exfoliation experience. Our treatment marries Flaxseed Oil, rich in Omega 3 Fatty Acids, with anti-oxidant-rich Coconut Powder to nourish and protect. A light application of our own Omega 3+ complex, along with Loquat Body Milk, reveals radiant, healthy skin.

Omega 3 Supplifying Body Polish

175

Layer upon layer of body-nourishing ingredients combine in this most luscious of treatments which lasts 90 minutes. The journey: our welcoming back massage; full-body exfoliation with Molasses and Flaxseed Oil; a nourishing Soy and Mango Seed Butter massage; an aromatic mask of Vetiver, Mimosa and Babassu; finished lightly with our Loquat Body Milk. All leaving skin richly hydrated, smooth and soft.

SUNDARI RITUALS Spend some quality time with us and experience 3 of our signature services all wrapped together in one of our customized Rituals. All treatments are 120 minutes.

Healing Body Ritual

300

Restore and find balance in your body and mind with this lavish experience. Created around the benefits of Neem, India's pharmacy tree, this ritual blends therapeutic and aromatic herbs to balance and comfort the spirit. Treat your body with a signature foot scrub; full-body exfoliation, followed by a massage with restorative oil, to release negative energy. Complete this luxury in an envelopment.

Supplifying Body Ritual

300

Awaken your senses as you nourish your body. This treatment, infused with herbs and aromas, feeds the body in this holistic ritual. Your experience encompasses a signature foot scrub; full body exfoliation; and a massage with a lush balm, to open the Marmas (the body's energy channels). A nurturing envelopment completes your experience.

Firming Body Ritual

300

Firm, contour and let your senses play. Our active ingredients of Cardamom, Rose Hips and Gotu Kola energize and revitalize as they even out skin. The ritual begins with a signature foot scrub; followed by full-body exfoliation; massage with a soothing, aromatic oil; and finishing with an envelopment.

WAXING Our relaxing waxing ritual, for both men and women, incorporates essential oils and soothing compresses to give you the most comfort and best hair removal results. For best results with waxing, hair should be no shorter than ¼ of an inch.



Eyebrow Design	30	Barely There	50
Eyebrow Maintenance	20	Brazilian for her	65
Upper Lip	15	Brazilian for him	85
Eyebrow & Lip	33	Underarms	25
Nose	8	Chin	15
Side of Face	20	Back	60
Half Arm	35	Chest	45
Full Arm	45	Derriere	30
Half Leg	45	Full Leg & Bikini	110
Full Leg	75	Full Leg & Barely There	115
Bikini	40	Full Leg & Brazilian	135

*Please Note: Please inform us prior to your waxing service if you are using Retin-A, Accutane, glycolic acid, AHA/ BHA, any derivative of these products or doctor-prescribed skin care products; or undergoing Microdermabrasion, photo-facials, laser hair removal, or any other specialized treatments. Additionally, please limit UV exposure to 24 hours before and after waxing.