



FORT BAZAAR
GALLE FORT

Z SPA





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MASSAGES

Z SIGNATURE

60 or 90 minutes

USD 40 / 55

Blending a number of traditional massage techniques, the Z Signature is a full body oil massage. Using Ophir's Black Tea, Vetiver and Black Pepper massage oil, this gentle massage uses long strokes leaving the body feeling revitalized and restored. The massage begins with a short steam.

ASIAN DEEP TISSUE

60 or 90 minutes

USD 40 / 50

Our 'South Asian' full body treatment, blends Ayurvedic, Thai, Balinese and Hilot practices. It cleverly combines the use of dry pressure point therapy with some stretching and deep tissue techniques applied with oil, bringing a sense of deep relaxation to the entire body.

SHIATSU

60 or 90 minutes

USD 40 / 50

Shiatsu is an acupressure oil free therapy, originating from Japan. The therapist applies pressure, to specific energy lines and points on the body, reducing physical and mental fatigue while leaving the mind clear and the body renewed.

BACK, NECK & SHOULDERS

45 minutes

USD 30

A tension releasing treatment designed specifically for those with shoulder and neck tension. We aim to unknot and release muscle tightness that has been a result of long journeys, computer work and life in general.



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MASSAGES

FOOT MASSAGE

45 minutes

USD 30

This soothing massage applies pressure to precise points on the feet to enhance wellbeing and stimulate the body's own healing abilities.

HEAD MASSAGE

30 minutes

USD 25

This blissful, soothing massage helps relieve headaches, release neck tension and relax tired weary minds.

KID'Z MASSAGE

30 minutes

USD 20

We pamper your children - selecting techniques that help to calm and ease them. Suitable for 4 to 12 year olds. Offering a perfect 30 minutes of peace and quiet for parents!



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BODY TREATMENTS

OUR PRODUCTS

We have chosen to work with OPHIR. A 100% natural product line hand made in Sri Lanka. The benefits of tea lie at the heart of each of Ophir's products: rejuvenating pink tea, regenerating white tea, stimulating black tea, soothing red tea, and antioxidant-rich green tea. All the products are enhanced with beneficial essential oils and the powerful healing of the finest natural spices and herbs of Sri Lanka.

SCRUBS

PINK TEA COCONUT & VANILLA SCRUB

45 minutes

USD 30

A fragrant tropical-scented body scrub offering the deep moisturizing properties of coconut, the relaxing and uplifting properties of vanilla and the combined antioxidant benefits of pink tea and vanilla. Ideal for a soothing, relaxing cleanse prior to a wrap or massage.

GREEN TEA, LEMONGRASS & ROSEMARY SCRUB

45 minutes

USD 30

Energising antioxidant green tea powder, invigorating lemongrass, soothing and toning rosemary essential oils, are all specially blended with natural sea salt to gently exfoliate the skin, removing impurities and unclogging the pores.



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BODY TREATMENTS

WRAPS

GREEN TEA, ALOE VERA & SWEET BASIL WRAP

45 minutes

USD 30

A cooling and soothing body wrap. Ideal for restoring balance and providing relief to sun-exposed skin. Enriched with nourishing antioxidant green tea extracts and the refreshing properties of sweet basil, it tones and balances, adding luster to the skin.

BLACK TEA & CARDAMOM WRAP

45 minutes

USD 30

A powerful and luxurious all-round body wrap which detoxifies, purifies and heals skin, while boosting circulation for a relaxing experience.



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BEAUTY

FACIALS

We have worked closely with Ophir to design a facial range, to suit all skin types, exclusive to the Z Spa. High concentrations of powerful antioxidants known as polyphenols and flavonoids found in quality tea, offer potent anti-aging benefits, while nurturing and shielding the skin from the harsh environmental exposure of everyday life.

THE Z SPA FACIAL

60 minutes

USD 40

A cleansing steam and deep exfoliation begins this Z Spa Facial, which is suitable for all skin types. Green Tea, White Tea, Black and Red Tea are all apart of the ingredients making up this enriching facial. Rich in rejuvenating antioxidants, coupled with the healing properties of sandalwood, lavender, sweet basil and rosemary make for an effective facial.

MANICURE

60 minutes

USD 20

PEDICURE

60 minutes

USD 20

Both Manicure and Pedicure include cleansing, filing and painting, with a choice of thrilling OPI colours.

WAXING

Whole leg – 60 minutes

USD 20

Half leg – 30 minutes

USD 10

Underarm – 20 minutes

USD 5



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COMBINATIONS

STEAM - SCRUB - MASSAGE

125 minutes

USD 70

Cleansing and rejuvenating all in one.

HEAD - NECK - FEET

60 minutes

USD 40

Hedonistic. Oh! So relaxing.

FACIAL - MANICURE - PEDICURE

180 minutes

USD 75

A full beauty make over, lying down in the full comfort of the treatment room.

FACIAL - FOOT MASSAGE

90 minutes

USD 65

From top to toe.

ADD ONS

30 minute extras

USD 15 EACH

You can choose any one of the items below and ADD them ON to any treatment, thus creating your perfect experience.

Head

Neck and Shoulders

Back

Feet

Hands

Steam

