



SPA NATUREL





Step in to Spa Naturel and experience unrivalled sense of well-being with ancient tradition of ayurveda.

The characteristic of ayurveda, one of the world's oldest forms of healing/Life Science is individuality of the treatments. The Ayurveda approach is holistic and conceptualized in physical and psychological wellbeing.

Consultation with our Ayurveda Doctor is to find out your body constitution (prakrthi), and the state of body humours (dosha), upon which personalized treatment plans will be formulated.

In accordance with ancient scripts, women are massaged and given ayurveda treatments only by women, and men are treated only by men. Spa Naturel simply follows this etiquette



Ayurveda Menu

Fortress Signature Ayurveda Treatments

Ayurveda Package

Specialised Treatments



CONSULTATIONS (subject to availability of the Doctor)

The Ayurveda consultation explores your unique body constitution (Prakrthi) by analyzing your physical, mental and emotional conditions, and current imbalances. The physician then recommends the treatments matching your body type and conditions.

15min / Rs. 2,000

30min / Rs. 4,000

60min / Rs. 6,000

SAMVAHANA

Classical ayurveda full body massages using herbal medicated oils help balance body energies. This massage is extremely beneficial in relieving body aches pains and general fatigue.

60 min / Rs. 12,000

90 min / Rs. 14,000

SHIRSHABYANGA

Traditional ayurveda head neck and shoulder massage using selected herbal oils which relieves insomnia, headaches and nourishes ears, eyes and hair.

30 min / Rs. 5,000

PADABYANGA

Soothing foot massage using warm herbal oils to relax your whole body and relieve tension.

30 min / Rs. 5,000

UDVARTHANA

This is a unique treatment where dry herbal powders are massaged on to skin by upward movements. It is effective in reducing cellulite and reducing body weight by burning subcutaneous fat.

60 min / Rs. 13,500

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PINDASWEDA (45 min prior booking required)

Authentic treatment using warm bolus made of milk rice/herbs following a therapeutic oil massage. Healing for muscular stiffness, fatigue, stress and rejuvenating.

Full body 90 min / Rs. 16,000

MARMAABYANGA

A relaxing full body massage, using herbal oils with special concentration to balance body energies by stimulating vital points in the body.

90 min / Rs. 16,000

CHAKRAWELL-BEING

An inward journey to peaceful well- being and balance, this therapy is guided by an expert mind – body practitioner. The signature element of this service lies in the integral approach which allows the therapist to intuitively support the therapy with complementary techniques in order to achieve the optimum results.

75 min / Rs. 15,000

HERBAL INHALATION (30 min prior booking required)

Ease your breath with the aroma of fresh herbs mixed with eucalyptus oil. antibacterial, antifungal, antimicrobial, antiviral, anti inflammatory and decongestant effects of herbs will relieve cough, cold and congested Nose.

20 min / Rs. 2,500

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BEAUTY

VAKTRA CHIKITSA (face) (45 min prior booking required)

This herbal Facial includes traditional beauty regimen which gently cleanses and tones delicate skin. Face massage herbal face pack, etc enhances the texture of the skin. A relaxing foot massage during the face pack is to relax your whole body.

45 min / Rs. 6,500

75 min / Rs. 10,000

YOGA

Experience gentle yoga sessions at Spa Naturel. These sessions are designed to improve health and bring energy to body and mind. Private yoga sessions are with individual attention and yoga poses will be selected considering your body conditions and flexibility. Regular practice of yoga helps you to become stronger, flexible and to keep your mind and body healthy.

Private Yoga 60 min / Rs. 5,000

Couple Yoga 60 min / Rs. 8,000

Kids Yoga 60 min / Rs. 3,000

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ANTIAGEING (RASAYANA)

Experience the time tested ayurveda treatments including full body massages and rejuvenating body masks matching for you. Treatments will be arranged after the consultation to match your body type and conditions according to ayurveda.

Recommend to repeat the treatment for better results.

One day 110 min / Rs. 18,000

Two days Rs. 30,000

Three days Rs. 42,000

ANTI CELLULITE

Treatment includes udvarthana powder massage followed by steam bath or medicated herbal bath depending on your body conditions.

Recommend to repeat the treatment for better results.

One day 110 min / Rs. 18,000

Two days Rs. 30,000

Three days Rs. 42,000

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Customized Ayurveda packages will be formulated considering your body type and imbalances upon your request.

Meet our in house Ayurveda doctor for a consultation to check your Prakrthi (body constitution).

SHIRODHARA (45 min prior booking required)

This is a classical treatment in which selected herbal oil is poured, in a continuous stream on the forehead. This is generally done after full body abhyanga (rhythmical application of oil). Oil will be selected according to your body type and conditions after the consultation. This treatment is not advised to be done in certain body conditions and weather conditions. This treatment helps in nourishing central nervous system, calm and relaxes mind and body. We suggest a course of three treatments for optimum benefits.

One day 30+90 min / Rs. 16,000

Three day 290 min / Rs. 34,000

ORIENTAL CHARM (30 min prior booking required)

After the consultation, the doctor will check the body dosha state and will decide the oils and herbal ingredients for your particular treatment. The relaxing abhyanga massage is to balance body energies followed by detoxifying herbal steam bath. Ayu facial will gently exfoliate and remove dry epidermal cells, moisturizing the skin to produce softer and smoother skin.

135 min / Rs. 18,500

AYU PURIFICATION (30 min prior booking required)

After carefully checking your doshas, enjoy the detoxifying abhyanga full body massage followed by a relaxing herbal oil head massage. Treatment concludes with herbal steam bed to open pores and sudate yourself enhancing the natural way of body detoxification.

135 min / Rs. 18,500

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TENSION RELEASE BACK THERAPY (30 min prior booking required)

This treatment is specially designed to relieve tension blockages in back and neck muscles such as trapizius, sternocleido mastoid, erector spine and to melt away the knots to make you feel a complete sense of Relaxation.

30 min / Rs 6,000

45 min / Rs 7,500

FOUR DAY AYUR RETREAT

This Four Day Treatment is specially designed to help your body melt away excess Fat. The treatment begins with Deha Pariksha (body constitution analysis) by our inhouse Ayurveda doctor who will determine the body condition and herbal oils and powders for use in the steam and herbal baths. This treatment will be individually formulated for you. The first two days you will be treated with vigorous massages followed with herbal steam baths and the next two days will be the Udvarthana (herbal powder treatment) followed by herbal bath.

350min / Rs. 49,500

DE-STRESS AYURVEDA VOYAGE

Stress is physical response for challenges, and Ayurveda voyage is to guide your mind on a blissful journey to address mind, body and psyche. Program includes head and body massages, and other stress specific therapies and Ayurveda remedies to balance doshas.

One day 110 min/ Rs. 18,000

Two days Rs. 30,000

Three days Rs. 42,000

MOM TO BE (after first trimester)

Relieve from physical and emotional tension of pregnancy. Ease your discomforts with this gentle soothing Herbal Oil Massage.

Strongly recommend to have a 15min consultation before the treatment.

Back 30 min /Rs. 8,000

Full body 60 min / Rs. 11,000

Consultation 15 min / Rs. 2,000

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Couple's Spa Escape

Sothys

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MASSAGES

RELAX

Experience Total Relaxation as this luxurious massage uses long and flowing movements to achieve maximum calmness and serenity.

60 min / Rs. 11,500

90 min / Rs. 13,500

AROMA

Choose your choice of oils from our Essential blends of Calming, Relaxing or Energizing Oils. By awakening the sense of Smell, as well as Touch, this rhythmic massage will enliven or gently lull you into a state of Relaxation.

60 min / Rs. 12,000

90 min / Rs. 14,000

DEEPTISSUE

A firm, intense massage focused on your specific area of Muscular Tension. Excellent for athletes and those who get routine bodywork.

60 min / Rs. 13,000

Every extra 15 min / Rs. 3,000

THAI

An oil free massage with combination of gentle Rocking, deep Stretching movements and compression of the Spine. Thai massage will help improve flexibility and stimulate Circulation. It is advisable to wear loose clothes for this treatment.

60 min / Rs. 12,000

BALINESE

This is a traditional massage working deep into the Muscles with Thumbs. The combination of Acupressure and relaxing strokes has a restoring and calming effect on body while uplifting the mind.

60 min / Rs. 13,000

Every extra 15 min / Rs. 3,000

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HOT STONE (30min prior booking required)

Experience excellent drainage and detoxification effect of this treatment. It is beneficial against Stress, Tension and Stiff Muscles and Poor Blood Circulation.

60 min / Rs. 13,000

Every extra 15 min / Rs. 3,000

FOOT REFLEXOLOGY

Relieve tension with this classical foot treatment, which stimulates whole body by stimulating reflex areas of feet.

30 min / Rs. 7,500

60min/Rs.10,000

SUN SOOTHER (60 min prior booking required)

This treatment soothes your sun kissed skin with hydrating and cooling fresh Aloe vera gel. Our natural cucumber facial is to heal your face and with a cooling touch. The water lily Cooling Bath is to recuperate and cool down after a full day of Sunshine. This facial is highly recommended in the tropics.

120 min/Rs.15,000

RELAX AND REBALANCE

Our relax and rebalance treatment begins with Foot Reflexology to restore your body's natural state of equilibrium by channelling "qi" energy from the reflex points of the feet. This aroma massage will melt away trapped toxins and release tensions of the body followed by the customised Facial to pamper your face.

150 min / Rs. 22,500

DETOX AND REFRESH (45min prior booking required)

Full body exfoliation with nourishing & deodorising fresh narikela (coconut) followed by detoxifying mud wrap. This treatment will conclude with warm Stone Massage to harness all the healing powers of the body, and warmth of natural, heated stones to release the accumulated tension from muscle tissues.

150 min / Rs. 22,500

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BODY SCRUBS

SAGARA LAVANA

Experience our sagara lavana (sea salt) scrub, which helps gently exfoliate dead, dry cells to leave skin feel silky soft and renewed.

40 min / Rs. 6,000

NARIKELA (45 min prior booking required)

Reveal softer, glowing skin with gently-exfoliating narikela (coconut) mixed with sea salt and lime body scrub.

45 min / Rs. 7,000

BODY WRAPS

KUMARI (60 min prior booking required)

Explore the healing powers of fresh and cooling aloe vera wrap which heals sun burns and hydrate your skin.

60 min / Rs. 9,500

KAOLIN AND GOTUKOLA

Mineral-rich mud and gotukola has played an important role in natural beauty. This wrap compensates for the stresses by re-mineralizing the skin, helping to improve tone, refine pores and deep cleanse.

60 min / Rs. 9,500

YOGHURT & MEEPANI (45 min prior booking required)

Yoghurt provides hydration and at the same time soothes the skin. The lactic acid found in yogurt will soothe and soften the skin while tightening wrinkles and refining the pores. Honey is known for its gentle cleansing properties, working to rejuvenate the skin and cleaning pores.

60 min / Rs. 9,500

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COUPLE'S MOMENT (30 min prior booking required)

Luxuriate yourselves with the evening's romantic retreat in our candle lit treatment room. This all encompassing treatment includes Aroma massage and scalp therapy to revive and pamper yourself, and the facial therapy to enhance the feeling for the whole body.

110 min / Rs. 38,000

HER SPA ESCAPE

SPECIALLY FOR HER (30 min prior booking required)

This treatment begins with a welcoming foot ritual, relaxing massage with cold pressed virgin coconut oil, using medium pressure to melt away any residual stresses or muscle tension. This treatment includes a mini herbal facial making your face soft and supple.

110 min / Rs. 16,500

HIS SPA ESCAPE

SPECIALLY FOR HIM (30 min prior booking required)

This treatment begins with a welcoming foot ritual followed by deep tissue massage to alleviate stress and ease aching Muscles by relieving muscle tension. Earth facial is to gently exfoliate, re-mineralise and encourage skin to eliminate toxins.

110 min / Rs. 17,500



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MEN'S PEDICURE

Pamper your tired feet with softening of cuticles and exfoliation to remove dead and dry skin. This regime will end up with a refreshing and uplifting foot mask followed by a relaxing foot massage.

45min / Rs. 4,500 (cuticle work and shaping only)

75min / Rs. 6,200 (Full pedicure)

MEN'S MANICURE

Treat your hands with cuticle grooming, exfoliation followed by a nourishing mask to revive your hands. This treatment concludes with a soothing hand massage.

30min / Rs. 3,700 (cuticle work and shaping only)

60min / Rs. 5,600 (Full manicure)

BEAUTY

Hair style 30 min / Rs. 6,000

Hair ironing 40 min / Rs. 5,000

Make up 60 min / Rs. 7,000

Hair wash and blow dry 60min/Rs.5,500

Basic Hair Cut 30 Min / Rs 3,000.00

Layer Hair Cut 60 Min / Rs 4,000

Hair Wash, Cut and Dry 75 Min / Rs 6,500

HANDS AND FEET SPA

PARAFINWAX HAND TREATMENT (30min prior booking required)

This rejuvenating hand, nail and cuticle treatment begins with gentle exfoliation and therapeutic massage. Then your hands will be wrapped in warm paraffin, to make them smooth, soft and vibrant.

Normal colour 80 min / Rs. 6,500

French colour 90 min /Rs. 6,700

PARAFINWAX FOOT TREATMENT (30min prior booking required)

This pampering and softening treatment is perfect to nourish dry and tired feet. You will enjoy grooming of cuticles, intense exfoliation followed by foot massage. Warm paraffin wrap will soothe and melt the tension collected in your feet.

Normal colour 80 min / Rs. 7,000

French colour 90 min / Rs. 7,200

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ESSENTIAL HANDS

Treat your hands with cuticle grooming, exfoliation followed by nourishing mask to revive your hands. This treatment concludes with soothing hand massage.

Normal colour 60 min / Rs. 6,000

French colour 75 min / Rs. 6,500

ESSENTIAL FEET (30min prior booking required)

Pamper your tired feet with softening of cuticles, exfoliation to remove dead and dry skin followed by refreshing and uplifting foot mask and a relaxing foot massage

Normal colour 75 min / Rs. 6,700

French colour 80 min / Rs. 7,000

MINI MANICURE

Includes cuticle grooming and nail polish change.

Normal colour 30min / Rs. 4,200

French colour 45min / Rs. 4,700

MINI PEDICURE

Includes cuticle grooming and nail polish change.

Normal colour 45 min / Rs. 5,000

French colour 60 min / Rs. 5,200

NAIL COLOUR CHANGE

Normal colour 20 min / Rs 1,750

French colour 25 min / Rs 2,000

NAIL ART

Per Nail 5 min / Rs. 500

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Waxing [30 min prior booking required]

Underarm	15 minutes	Rs 2,200
Full leg	45 minutes	Rs 6,200
Half leg	30 minutes	Rs 4,200
Full arm	40 minutes	Rs 3,700
Half arm / Bikini	20 minutes	Rs 2,200
Full back	45 minutes	Rs 5,200
Half back	25 minutes	Rs 2,700
Stomach	30 minutes	Rs 3,700

Brazilian waxing is not available

Threading

Eye brow	30 minutes	Rs 1,500
Upper lips	20 minutes	Rs 2,200
Full face	45 minutes	Rs 4,000
Face side	20 minutes	Rs 2,700

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COLLAGEN HYALURONIC

A tailor made treatment adapted to the real age of your skin. An anti ageing treatment has never been more intensive. The treatment begins with a mesoderm abrasion mask to bring forth new skin cells, followed by an intensive care.

75 min / Rs. 15,500

CLEANSING FACIAL FOR IMPURE SKIN

A deep cleansing facial for oily and acne prone skin types. Includes steaming and extraction of comedones. Leaves your skin smooth and radiant.

75 min / Rs. 13,500

SOTHYS CLASSIC FACIAL

customized facial adapted to the needs of your skin. Ideal for all skin types including sensitive skin. Includes cleansing, exfoliation of dead skin, steaming and extraction of comedones followed by a relaxing massage and face pack to end.

75 min / Rs. 12,500

FACIALS

HONEY AND CUCUMBER FACIAL (45min prior booking required)

Heal and cool down your sun kissed skin with fresh local cucumber and nourishing Bees honey.

30min/ Rs. 5,500

MINI FACIAL

This treatment begins with gentle cleansing to remove impurities, exfoliation and facial mask to leave your face pure and clear. Gentle head massage while your mask is on, is to make you feel Vibrant.

30min/ Rs. 5,000

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DAILY SPECIAL

SUNDAY

Enjoy our balinese massage (60 min) and get a mini facial or foot reflex (30 min) free of charge.

Rs. 13,000

MONDAY

Enjoy relaxing foot massage (30 min) and oriental head massage (30 min).

Rs. 7,500

TUESDAY

Enjoy free mini facial (30 min) when you book anti-stress massage (60 min).

Rs. 12,000

WEDNESDAY

Enjoy a free mini facial (30 min) when you book samvahana massage (60 min).

Rs. 12,000

THURSDAY

Check your ayurveda body doshas & get customized full body treatment (A selection from samvahana, lymphatic massage, udvarthana powder massage, slimming massage, etc) to balance your body humors (110 min).
Thursday special (30 min + 90 min)

Rs. 14,000

FRIDAY

Enjoy free half an hour foot reflexology when you book a deep tissue massage (60 min).

Rs. 13,000

SATURDAY

Get 10% discount when you book Thai massage (60 min).

After discount Rs. 10,800





THE FORTRESS RESORT & SPA

Sri Lanka