

Teefresh Spa



Teef
villa & spa

REEFRESH SPA

While the sun, sand and ocean breezes soothe the spirit, treat your body to a session of revitalisation and relaxation at the utterly tranquil and totally private Reefresh Spa.

Our luxurious treatments include unique detoxifying clay cocoons, body wraps, hot paraffin wax, herbal scrubs, facials & hot stone therapy treatments with locally sourced Sri Lankan products and a wide range of massages with essential oils or pure sweet almond oil.

Tranquillity surrounds you as you are soothed and pampered with exotic, tropical treatments to ensure that you leave the Reefresh Spa feeling renewed and rebalanced.

In addition to the Reefresh Spa, with its own private courtyard, you may choose to enjoy your massage in the garden spa pavilion to the sound of the ocean and the swaying palm trees.

Discuss with your therapist the most appropriate combination for yourself of treatments during your stay.

For the ultimate finalé to your treatment return to your suite to luxuriate in an aromatic herbal oil bath under floating frangipani petals

For selected treatments relax and enjoy a refreshment from our menu.

Contraindications

Beneath each treatment you will find a symbol. Please cross refer back to the symbols below which will indicate whether that the treatment is suitable for you or not.

For combined treatments please refer to the individual treatments.



Low
Blood Pressure



High
Blood Pressure



Circulatory
Problems



Mobility
Problems



Thrombosis/
Varicose Veins/
Stroke



Cold sores/
Skin Infections/
Eye Infections



Claustrophobia



Warts/Veruccas/
Fungal Infections



Pregnancy
Under 3 months



Diabetes



Pregnancy



Cancer During
Active Treatment



Epilepsy



High/Low
Blood Pressure

Reefresh

Spa Menu

Body Massages

With sweet almond oil

60 mins

Rs 8,500

90 mins

Rs 11,250

With essential oils

60 mins

Rs 9,500

90 mins

Rs 12,800



Essential oils

We use the very best in unadulterated aromatherapy massage oils.

Our spa therapist will hand blend them in pure sweet almond oil.

Select your choice of massage on page 3.

Select from the following two different types of massage techniques available:

Reefresh Signature Massage



Smooth and relaxing movements, using mostly palm strokes with pure sweet almond oil or mixed with your selected blend of essential oils, eases aches and tension whilst promoting blood circulation.

Reefresh Deep Tissue Massage



The ultimate relaxing massage using soothing hand movements to work deep into the muscle and soft tissues, relieving you of stress and tension.

Due to the nature of the deep tissue work, open communication during the session is crucial to make sure you remain comfortable. Keep in mind that soreness can be common after the treatment, and that plenty of water should be ingested after your treatment to aid with the flushing and removal of toxins that will have been released from the deep tissues during the session.

Select from the following:

Relaxing Massage



Ylang ylang and geranium essential oils hand blended in pure sweet almond oil.

Energising Massage



Basil, cypress and grapefruit essential oils hand blended in pure sweet almond oil.

Jet Lag Massage

For our Jet Lag Massage we use peppermint, geranium and rosemary essential oils, hand blended in pure sweet almond oil.

Reeflect Summer Bliss Massage



Peppermint and lavender essential oils hand blended in pure sweet almond oil.

Cellulite Massage



To date no magic pill or potion has provided the longed for miracle cure for cellulite. However, there are many things that can reduce the appearance and effect of cellulite.

Essential oils used in massage work to stimulate circulation and eliminate fluid retention.

We use a hand blended mix of grapefruit, pine, rosemary and lavender essential oils in pure sweet almond oil.

We make no claim that we will banish your cellulite but this is a lovely relaxing massage.

Be Happy



With bergamot, ylang ylang and grapefruit in pure sweet almond oil. We like to think you'll return to your suite smiling.

But please stay out of the sun after this lovely massage which is best enjoyed late afternoon.

Revive Massage



Refresh your tired muscles with essential oils of geranium, lemongrass and rosemary.

Revitalise Massage

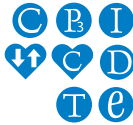


With essential oils of bergamot, orange and rosemary hand blended in pure sweet almond oil this is a very uplifting massage.

But please stay out of the sun after this lovely massage which is best enjoyed late afternoon.

Head, Neck and Back

Head and Neck Massage



With sweet almond oil

60 mins Rs 5,800

45 mins Rs 4,800

With essential oils

60 mins Rs 6,800

45 mins Rs 5,800



A head and neck massage is a great way to relax an overtired mind.

Banish fatigue with this deceptively simple combination of upper body massages focusing on head and shoulders.

We use peppermint and geranium essential oils in pure sweet almond oil.

Back Massage

Back to Basics



with sweet almond oil (35 mins) Rs 4,800

with essential oils (35 mins) Rs 5,800

The therapist will employ medium to strong pressure to iron out tense muscles in your back to enhance the mood and relax the body.

We use a hand blended mix of ylang ylang and geranium essential oils in pure sweet almond oil.

The Ultimate Treat for Your Back (includes the Back to Basics massage)

with sweet almond oil (60 mins) Rs 9,600

with essential oils (60 mins) Rs 11,600



On completion of your back massage the therapist will apply hot paraffin wax to your back.

During this time the therapist will massage your lower legs using ylang ylang and geranium essential oils in pure sweet almond oil.

Paraffin wax back treatments are extremely relaxing and soothing for aches and pains and also for dry, dehydrated skin or arthritis.



Hot Stones Therapy



Aroma Stone Massage

with sweet almond oil	(60 mins)	Rs 10,700
with essential oils	(60 mins)	Rs 11,700

The therapeutic benefits of hot volcanic stones has been used since early times. The stones are bathed in essential oils and placed on key energy points of the body to create warmth and deep relaxation, easing the tension of aching muscles.

The body is then massaged with hot stones to stimulate circulation and relieve tension in the muscles and create a feeling of well being.

The hot stones relax you both physically and mentally creating a profound feeling of inner balance.

Select your choice of essential oils massage on page 3

Hot Stones Harmony (includes Aroma Stone Massage)

with sweet almond oil	(90 mins)	Rs 16,500
with essential oils	(90 mins)	Rs 17,700

On completion of your Hot Stones Massage the therapist will apply hot paraffin wax to your back.

During this time the therapist will massage your lower legs using essential oils or pure sweet almond oil.

Paraffin wax back treatments are extremely relaxing and soothing for aches and pains and are also excellent for dry, dehydrated skin or arthritis.

Wraps & Scrubs



Reefresh Scrub

Reefresh Scrub only

30 mins

Rs 5,550

Reefresh Scrub and massage with sweet almond oil

90 mins

Rs 13,250

Reefresh Scrub and massage with essential oils

90 mins

Rs 14,250

A herbal scrub is used to exfoliate the body followed by a massage with essential oils to leave skin beautifully soft and revitalised.

Select from:

Sandalwood, Lime and Tamarind Exfoliating Body Scrub

with extracts of Curry Leaves, Rosemary, Neem, Turmeric and Sesame

Designed to relax

Lotus and Cinnamon Oil Exfoliating Body Scrub

With extracts Of Iron Wood Tree, and Geranium and Lavender Essential Oils

Designed to refresh

Select your choice of essential oils massage on page 3.

Detoxifying Clay Cocoon

75 mins

Rs 13,600

This treatment commences with a 15 mins dry massage followed by the application of a detoxifying clay cocoon.

Whilst you are cocooned the therapist will carry out a facial massage using an oil of your choice (sweet almond, jojoba or sweet almond with wheatgerm oil.)

Turmeric and Honey Wrap

75 mins

Rs 13,600

This treatment commences with a 15 mins dry massage followed by the application of a turmeric and natural honey wrap for 45 minutes.

Whilst you are cocooned the therapist will carry out a facial massage using an oil of your choice (sweet almond, jojoba or sweet almond with wheatgerm oil.)

Reefresh Face The Ultimate Anti - Ageing Treatment Facial Massage

30 mins

Rs 4,250

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A facial massage can help reduce fine lines and help hydrate your skin which will leave you feeling refreshed and youthful.

Select from pure sweet almond oil, jojoba oil or wheatgerm oil blended with pure sweet almond oil.

Reefresh Herbal Oil Facial (for all skin types)

60 mins

Rs 11,500

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Our Reefresh Herbal Oil Facial incorporates orange oil, lime oil, lemon oil, tangerine oil, sweet almond oil, grapefruit oil, shea butter, extract of gotukola, veniwel and sandalwood.

The antioxidant properties of citrus fruit fruits combined with the benefits of veniwel (turmeric), sandalwood and gotukola, plants which are all indigenous to Sri Lanka, leaves the skin smooth, bright, glowing and refreshed. Skin is immediately rejuvenated and radiant.



The Ultimate Reefresh Facial

80 mins

Rs 13,500

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Incorporates a massage with pure almond oil to the neck and shoulders to relax you prior to your Reefresh Herbal Oil Facial.

Kohomba Kaha (Neem Tree and Turmeric) Facial (for normal to dry skin)

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60 mins

Rs 9,500

A facial with the natural detoxifying, cleansing and anti-microbial properties of neem and turmeric help in drawing out impurities and excess oil whilst leaving the skin texture, soft, refreshed and firm without drying the skin.

Enriched Seaweed Facial (for all skin types)

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60 mins

Rs 9,500

This seaweed mask application enriched with essential seaweed, vitamins & minerals softens, hydrates and repairs damaged skin cells.

This healing, detoxifying and nourishing treatment gently tones and firms at the same time and the face is left revitalized, glowing and refreshed.

Select from a coffee scrub or an herbal oil scrub with orange oil, grapefruit oil, tangerine oil, veniwel and sandalwood.

Coffee Scrub Facial (for all skin types)

I

60 mins

Rs 10,500

A facial incorporating a creamy exfoliating scrub enriched with natural coffee and virgin coconut oil enhances skin smoothness, tightens the pores and acts as a natural toner for the skin leaving it smooth & glowing.

Select from a sea weed mask or an herbal oil mask with orange oil, lime oil, lemon oil, sweet almond oil, shea butter, jojoba oil extract of gotukola, and sandalwood.

Herbal Oil Floral Baths

Relax, unwind and luxuriate in an aromatic herbal oil bath under floating Frangipani petals and other exotic flowers, with extracts of Veniwel flower, Lotus flower and Na flower stamen extract in a sesame base.

Feeling romantic...
or just plain decadent
Let us run
a bath for you

Rs 3250.00
inc all taxes

Signature Treatments



Reef's Ultimate Pampering

with pure sweet almond oil (120 mins)	RS 19,850
with essential oils (120 mins)	Rs 20,300

Commencing with a full body exfoliation using a choice of Reefresh Scrub, this prepares the skin for the application of a detoxifying clay cocoon.

Whilst you are gently cocooned in the clay under banana leaves the therapist will carry out a facial massage using an oil of your choice.

This is followed by the holistic experience of a Hot Stone Massage.

The stones are bathed in aromatic oils and placed on key energy points of the body to create warmth and deep relaxation, easing the tension of aching muscles.

Select your choice of essential oil massage on page 3

Select your choice of Reefresh Scrub from page 6.

Turmeric and Honey Wrap & Scrub

120 mins	Rs 19,500
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Commencing with a full body exfoliation using a choice of Reefresh Scrub, this prepares the skin for the application of a turmeric and honey wrap.

Whilst you are wrapped under banana leaves the therapist will carry out a facial massage using an oil of your choice.

Select your choice of Reefresh Scrub from page 6.

Reef's Restorative Clay Cocoon & Scrub

120 mins	Rs 19,500
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A highly nourishing treatment which is ideal to smooth the skin and draw out impurities.

Commencing with a full exfoliation Reefresh herbal scrub, this is followed by the application of a detoxifying clay cocoon.

Whilst the body is gently cocooned in the clay under banana leaves, a head

massage and a facial massage using an oil of your choice (sweet almond, jojoba or sweet almond with wheat germ oil) will help ease tensions.

Select your choice of Reefresh Scrub from page 6.

Treatment Collections (For contraindications see individual treatments)

Romance At Reef (for 2)

120 mins

Rs 22,250



Enjoy a romantic couple of hours with your beloved.
We propose an 60 mins aromatherapy massage of your choice each.

Your therapist will teach you each massage techniques to practice on each other.
On completion of your treatment retire to your suite for an herbal oil floral bath under floating frangipani petals.

A Spa Kiss cocktail will be served in your suite after your treatment.

Select your choice of essential oil massage on page 3

Babymoon (for 2)

Rs 38,500



Enjoy some time together in peaceful surroundings before the sound of tiny feet.
These individual treatments can be taken over different days.

For the mother to be we propose the Reefresh Herbal Oil Facial and a Tired Feet Massage.

The father to be will enjoy a 60 mins Energising Massage followed a Reefresh Herbal Oil Facial.

Enjoy an herbal oil floral bath in the privacy of your suite once during your stay.

Retire to your suite and enjoy a choice of fresh fruit juice or choice of smoothie ranging from apple, spinach and nutmeg smoothie, full of folic acid ,or a banana, orange , mango and lime smoothie packed to the hilt with vitamins and antioxidants.

Full Groom

Rs 27,000



For all over grooming we recommend a 60 mins Deep Tissue Massage with essential oils to iron out those tight stressed muscles followed by a Reefresh Herbal Oil Facial.

Finally relax with an Hand Renewal Ritual and a Foot Revival Ritual.

These individual treatments can be taken over different days.

Select your choice of essential oil massage on page 3

Men's Grooming Experience

Enjoy our menu of treatments carefully selected to polish , buff, relax, relieve stress and perfectly groom and transform you.

Discuss your needs with our therapist and we will tailor make a program to incorporate all or part of the following: facial, head, neck, and shoulder, Reefresh Scrub, full body massage, deep tissue massage, hot stone therapy, paraffin wax treatment for the back, mini manicure, Aroma Manicure and Foot Revival Ritual.



Reefreshed Hands

Hand Renewal Ritual

40 mins

Rs 5,800



Imagine the feeling as your hands are gently bathed in a warm water bowl filled with ylang ylang and lavender essential oils, exfoliated with herbal scrub, and finally massaged with a herbal hand lotion.

Aroma Manicure

40 mins

Rs 6,500



We begin by soaking your hands in a warm water bowl with ylang ylang and lavender essential oils prior to exfoliation.

Cuticles are enriched with cuticle replenishing oil whilst the hands and arms are massaged with ylang- ylang and lavender essential oils.

Skin is exfoliated with a herbal scrub and then massaged with a herbal hand lotion.

Paraffin Wax Treatment For Hands

Rs 9,300



The full hand renewal ritual followed by a luxury paraffin wax treatment to moisturise and condition the skin. After this, the hands are immersed in warm paraffin wax and then wrapped and placed in cotton mitts for ten minutes. The paraffin wax is then removed.

A further massage helps with the absorption of the intensive moisturiser to hydrate and soften the skin and nails.

The combination of heat and paraffin wax moisturises the skin and nails amounting to a deeply conditioning treatment. Good for those with poor circulation and dry skin. Especially beneficial for those clients who suffer with joint pain or stiff, tired hands.

Select from tea tree, peppermint and patchouli, lavender or white paraffin wax.

Back To Nature Manicures

Mini OPI™ Manicure

Rs 3,500



- Remove polish
- File
- cuticle work (full)
- apply cuticle oil
- apply base coat, clear colour & top coat

Luxury OPI™ Manicure

Rs 6,000



Our Luxury Manicures includes OPI™ products, and the treatment typically takes 45 minutes (approx).

The procedure includes:

- removal of existing nail polish
- nail file and shape
- softening treatment hand soak
- hand and arm scrub (to the elbow)
- cuticle work (full)
- hand and arm massage
- apply base coat, clear colour & top coat
- apply cuticle oil

Martini Manicure

To relax with your favourite Martini please add Rs1 100 to your choice of treatment.

Reefreshed Feet

D I P ↓ WV

Foot Revival Ritual

45 mins

Rs 4,500

A refreshing and energising treatment for worn-out and neglected feet.

Experience this heavenly foot ritual that will embark you to new relaxation levels.

This treatment starts with a foot soak in a warm bath using geranium and lavender essential oils and gentle exfoliation using a herbal scrub that will wash the dull skin off your feet.

An invigorating foot massage using geranium and lavender essential oils in sweet almond oil completes the treatment to envelop your feet with a feeling of exquisite lightness and freshness.



Tired Feet Massage

D I P WV

45 mins

Rs 3,750

This treatment starts with a herbal scrub followed by a massage with peppermint essential oil in a sweet almond oil to re waken your tired feet.

Anti Fungal Foot Massage

D P I WV

30 mins

Rs 2,800

This treatment starts with a warm soak followed by a massage using geranium and tea tree essential oils in sweet almond oil.



Paraffin Wax Treatment For Feet

Rs 9,800



The full Foot Revival Ritual, with the addition of a foot and leg massage with intensive moisturiser. After this, the feet are sprayed with warm paraffin wax and then wrapped and placed in cotton mitts for ten minutes. The paraffin wax is then removed.

A further massage helps with the absorption of the intensive moisturiser to hydrate and soften the skin and nails.

The combination of heat and paraffin wax moisturises the skin and nails amounting to a deeply conditioning treatment. This is recommended for those with poor circulation and dry skin.

Select from tea tree , peppermint and patchouli or lavender or white paraffin wax.

Back To Nature Pedicure

Mini OPI Pedicure

Rs 3,500



Remove polish, file ,

- cuticle work (full)
- apply cuticle oil
- apply base coat, clear polish & top coat

Luxury OPI Pedicure

Rs 6,800



Our Luxury Pedicure includes OPI™ products, and the treatment typically takes 60 mins (approx).

The procedure includes:

- removal of existing nail polish
- nail file and shape
- foot spa soak, foot exfoliation
- cuticle work (full)
- leg and foot massage (to the knee)
- apply base coat, clear polish, and top coat.

Pimms Pedicure

To relax with a Pimms with some very healthy cucumber, mint and apple please add Rs1100 to your choice of treatment.



Essential oils

An essential oil is a liquid distilled from the leaves, stems, flowers, barks, roots or other elements of a plant and contains the true essence of the plant it was derived from.

Bergamot

Refreshing, uplifting and balancing.

Geranium

Balancing, stabilising and nurturing.

Grapefruit

Uplifting, stimulating and refreshing.

Lavender

Relaxing, soothing, rejuvenating and antiseptic.

Lemongrass

Uplifting, revitalising and toning

Lemon

Antiseptic, revitalising and uplifting.

Orange

Strengthening, stimulating and enlivening.

Peppermint

Cooling, clearing and reviving.

Pine

Refreshing, antiseptic and clearing.

Rosemary

Stimulating, reviving and clearing.

Tea Tree

Antiseptic and cleansing.

Ylang Ylang

Sensual, relaxing and balancing.



Massage Oils

Pure Sweet Almond Oil

Sweet almond oil is high in mono and polyunsaturated fatty acids, and contains naturally occurring vitamins A, B1, B2, B6 and vitamin E is often used to relieve skin itch and dryness.

Pure Jojoba Oil

Known for its natural moisturising, restorative and anti-inflammatory properties, jojoba oil is a natural wax produced by the seeds of the jojoba shrub.

Jojoba oil contains numerous nutrients such as vitamin E, B complex vitamins and the minerals, silicon, chromium, copper and zinc.

Wheatgerm Oil

Wheatgerm oil is a highly rich unrefined oil that is one of the richest sources of vitamin E, A and D. It also has a high content of proteins and lecithin. Wheatgerm oil helps combat skin irritation including skin dryness and cracking.

Wheatgerm oil is also a good source of fatty acids that are very vital for the healthy growth of the body. When applied on the skin, it improves the circulation of blood and also helps to repair the skin cells destroyed by the scorching heat of sun.

Reefresh Yoga



Private Hatha Yoga Tuition Available In Our Yoga Pavilion

Hatha Yoga, also called Hatha Vidya, is a system of Yoga introduced by Yogi Swatmarama, a sage of 15th century India, and compiler of the Hatha Yoga Pradipika.

The physical practice of yoga involves performing postures (asanas) to stretch and tone the body and improve circulation.

Personal Hatha Yoga tuition is available in our Yoga Pavilion or in the garden.

Wake up and stretch with some gentle exercises or enjoy your yoga practice in the evening as the sun goes down.

Rs 5000 per one and a half hour session (single or couple)

Rs 6250 per two hours session (single or couple)

Phone Reefresh Spa on 210 or 202 to arrange a time to suit you.



Spa Etiquette

The Complete Reefresh Spa Experience

To ensure that your spa experience is a relaxing journey into a different world, we recommend the following:

Take Time ~ Give yourself plenty of time so you can enjoy your treatment.

Eating and drinking ~ Try not to eat for at least an hour before a treatment, and avoid the consumption of alcohol on the day of a treatment.

Shaving ~ If you must shave, we kindly request that you do so at least three hours before your scheduled appointment, particularly if you're a man receiving a facial or a woman receiving any kind of scheduled bodywork.

Shower ~ A quick shower just before your massage or treatment is relaxing and washes off any salts, minerals or chemicals that could clog pores when mixed with oils or other treatment products. There is a shower to use at the Spa.

Treatment Attire ~ For your comfort, robes and slippers are provided for you to change into. You will be given the opportunity to disrobe and cover yourself in privacy. Throughout your treatments, your body will be completely draped and only expose areas to be treated. At no time will you be fully exposed. For wet services such as body scrubs and body wraps you will not be draped in order to reap maximum benefits. (Swimsuits are optional for some of our services.) If you don't want to remove all your clothing, discuss it with the therapist. Wear what you will be comfortable in that will allow the therapist to work on the areas of your body that need it. To maintain your modesty we will provide you with paper pants.

Communicate ~ Prior to your treatment, please tell your therapist the areas you would like to focus on and any areas to be avoided.

During your treatment, let the therapist know if you feel any discomfort.

Communication is the key to getting what you want out of your spa experience.

Keep in mind that all bodywork is similar to exercise in that, lactic acid and other toxins released from the muscles may cause some soreness for a few days.

Communicating your preferences ~ Good communication is very important. Be sure to speak up. All aspects of treatment can be modified to your taste: amount of light, kind (or absence) of music, room temperature, and whether or not you choose to have a conversation or enjoy the treatment in silence. If you want the therapist to give you a deep massage, or be gentler, let him know. Also, feel free to ask questions. Your therapist will enjoy knowing your thoughts and clarifying any issues you may have. If any part of your experience is unsatisfactory, first tell the therapist. If the response isn't helpful, please speak to us.

Relax ~ Close your eyes and allow your mind to be free. Breathe deeply and let the tension slip away with each breath. Remember, this time is for you. Some people like to talk during a massage session, while others remain silent. In general you should do whatever you feel like, and the massage therapist will follow your lead. Breathing helps to facilitate relaxation. People often stop breathing when they feel anxious or a sensitive area is massaged. If you realize this is happening, remind yourself to breathe. Try not to tighten up during the massage. Let your massage therapist know if this is happening. He may need to adjust the massage technique being used. He may also be able to help you relax the affected area.

Health Matters ~ Please inform us of any health conditions when booking your appointment, for example high blood pressure, heart conditions, allergies or if you are pregnant. Beside each treatment you will find symbols which represent contraindications.

Before the session, give accurate health information and let the massage therapist know what you want from the massage.

Certain treatments may not be advisable for you. Also, tell the therapist if you're wearing contact lenses before you have a facial.

Contact lenses should be removed before any facial treatments.

Please give the therapist feedback as to your comfort and special troubled areas.

Prices may be subject to change without notice



Reef

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www.reefvilla.com

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