



FORT BAZAAR

GALLE FORT

Z SPA



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MASSAGES

Z SIGNATURE

6500 / 9000 LKR

60 or 90 minutes

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

6000 / 8500 LKR

60 or 90 minutes

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

6000 / 8500 LKR

60 or 90 minutes

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

4500 LKR

45 minutes

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

4500 LKR

45 minutes

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

HEAD MASSAGE

4000 LKR

30 minutes

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

KID'Z MASSAGE

3000 LKR

30 minutes

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

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

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

5000 LKR

45 minutes

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

5000 LKR

45 minutes

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

6000 LKR

60 minutes

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 part 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

3000 LKR

60 minutes

PEDICURE

3000 LKR

60 minutes

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

WAXING

Whole leg - 60 minutes

3000 LKR

Half leg - 30 minutes

1500 LKR

Underarm - 20 minutes

1000 LKR



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COMBINATIONS

STEAM - SCRUB - MASSAGE 11500 LKR

125 minutes

Cleansing and rejuvenating all in one.

HEAD - NECK - FEET 6000 LKR

60 minutes

Hedonistic. Oh! So relaxing.

FACIAL - MANICURE - PEDICURE 12000 LKR

180 minutes

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

FACIAL - FOOT MASSAGE 10500 LKR

90 minutes

From top to toe.

ADD ONS

30 MINUTE EXTRAS 2500 LKR 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



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OTHER BITS AND PIECES

- *To make an appointment please call reception*
- *Feel free to come to the Z Spa in your gown, swimming clothes or outdoor clothes*
- *If you wish to purchase any of our products please ask your therapist*
- *If you do not wish to take your treatment please give us 2 hours notice, as we would like to offer your time to another guest. If notice is not given we will need to charge you 50% of the treatment price*
- *The Z Spa opens at 9am and takes its last guest at 8pm. However, if these times don't suit your needs please talk to us and we can see how we can help*

We look forward to seeing you in the Z Spa located next to the swimming pool entrance at the rear of the Hotel.