



TheWellness  
DECK AND SUITE

## Signature Swedish Relaxation Massages

BACK   FOOT	30 min	14,000
BODY	60 min	20,000
BODY, HEAD & SCALP	90 min	27,000

All massages feature Swedish relaxation, Hawaiian Lomi Lomi, stretch and pressure point techniques for muscle tension

*Scented or unscented oil, as per preference*

Reflexology	45 min	17,000
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## Energy Medicine

### Energy Clearing Session

30 min | 60 min  
14,000 | 20,000

Reiki encourages relaxation, soothes anxiety, promotes restful sleep and a calm nervous system

Guests are welcome to use the Wellness Deck – sauna, dipping pool and steam shower – before or after their treatment for an additional fee of 3500

ALL PRICES ARE IN PKR AND EXCLUSIVE OF GST  
A 10% DISCRETIONARY SERVICE CHARGE WILL BE ADDED TO YOUR BILL

## Luxury Wellness Facials

<p><b>Refresh</b>            Cleanse / exfoliate / moisturize / lip balm            15,000</p>	30 min
<p><b>Lymphatic LED facial (with scalp massage)</b>            Cleansing and lymphatic drainage face massage with oil/gua sha/hydrating mask/LED mask with SPF for eyes &amp; lip            21,000</p>	45 min
<p><b>Revive</b>            Cleanse / exfoliate / lite extractions / massage / mask / moisturizer / lip balm            21,000</p>	60 min
<p><b>Restore</b>            Cleanse / exfoliate / massage / mask / moisturizer / lip balm / Reiki energy            28,000</p>	75 min
<p><b>Radiate &amp; Relax</b>            Sculpting massage facial- includes buccal massage, lymphatic drainage &amp; pressure points releasing tension and lifting muscles of the head, neck and face.            Cleanse / exfoliate / extract / massage / cold globe eye treatment mask / scalp, neck and shoulder massage            25,000</p>	75 min
<p><b>Pro-cell micro channel with stem cell growth factor</b>            Natural anti-aging solutions to tighten the skin – builds collagen up to 3 months.            Numb skin / head neck and shoulder massage / sanitize skin / micro Channel with Stem cell serum / hydrate mask with cold gloves  <i>(this treatment has a downtime of 1 to 3 days depending on skin sensitivity)</i>            35,000</p>	75 min
<p><b>Signature facial with Vitamin C or Growth Factor Ampoule</b>            Customized facial with a choice of Dermaplane, Nano pen Infusion, Comp Lift Microcurrent, Red Light Acne Wand / Hair Light / Cleanse / exfoliate extract / massage / mask / eye / lip / moisturiser / spf / hand or foot massage            30,000</p>	90 min

All facials are done using Western lines including Moor Spa, Dermalogica, Aromatherapy Associates, Image Skincare, Thalgo and others

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## HOLISTIC THERAPY WITH HEATHER

Heather Haslam brings over 30 years of international skincare experience. With the core philosophy that that natural healing process of the skin happens from the inside out, her treatments are holistic, focusing on mind and body wellness and energy medicine techniques.

All treatments are tailored to individual skin and body concerns, with thorough consultations for facial treatments using carefully curated products.

Enjoy the power of touch and healing from the inside out!

## AROMATHERAPY ASSOCIATES - HAND BLENDED IN LONDON

Massage and Essential Oil blends crafted from nature's finest ingredients demanding the highest quality from our products, searching the world to source the finest ingredients to create our mood, spirit and mind enhancing formulations.

Holistic - Mind - Body - Wellness

## MOOR SPA NATURAL - CANADIAN MADE WITH AUSTRIAN MOOR MUD

Inspired by nature, Moor Spa's comprehensive line of skincare and body care products contain Austrian Moor, a nutrient rich plant complex that enhances skin's health and appearance. Moor spa products are free of synthetics preservatives, paraben, sulfates, artificial colors, synthetic fragrances, and petrolatum derived products. Every product is 100 percent natural source guaranteed. 90 percent of products come in biodegradable packaging, making our brand safe for you and the environment.

Nutrient rich - Clean Ingredients - Products that Perform

## CO NATURAL - MADE IN PAKISTAN

Each product in our facial range is thoughtfully designed to create a healing, soothing and relaxing experience ensuring your skin receives the pampering it deserves.

Pamper - Rejuvenate - Transform

## DERMALOGICA - MADE IN THE U.K

Certified cruelty – free, gluten free and vegan, transform your skin with personalized treatments and custom skin care solutions. Carefully selected products used in conjunction with a thorough skin analysis and face mapping techniques.

Healthy - Clinical - Human Touch

## WELLNESS DAY GIFT EDITION

### SPA & MASSAGE

Unwind Your Mind, Renew Your Body.

Full Body Massage (60 minutes)

Access to Sauna

Dipping Pool (60 minutes)

### DINING EXPERIENCE

A casual meal from our Poolside Menu

Beverage of your Choice

Option to Dine Poolside or at Antler Restaurant

PKR 30,000 PER PERSON

## WELLNESS DECK – DAY PASS

Step into serenity with our exclusive Day Pass

### PASS INCLUDES

Sauna Nordic  
Pool Kinesis Training Wall  
Dipping  
On-the-house beverages

### DETAILS

2-hour access  
Maximum of 2 guests

PKR 30,000 PER PERSON

