



### ●●● **Reflexology Foot Massage**

Give yourself a treat with a message that focuses solely on those weary feet. Your practitioner gently stimulates the acupressure points in each foot to help your whole mind and body relax and unwind.

<b>FM2</b> - 20 Min Rejuvenation Foot Massage	Rs. 3200.00
<b>FM3</b> - 30 Min Relaxation Foot Massage	Rs. 3600.00
<b>FM4</b> - 30 Min Luxury Foot Massage	Rs. 3900.00
<b>FM5</b> - 60 Min Signature Foot Massage	Rs. 6800.00

### ●●● **Shiatsu Seated Massage**

Relieve stress and muscle tension while seated fully-Clothed in a specially designed chair for your practitioner to apply Shiatsu acupressure techniques to the back, head, neck, shoulders and arms in a smooth, rhythmic sequence.

<b>CM1</b> - 20 Min Energiser	Rs. 3200.00
<b>CM2</b> - 30 Min Unwinder	Rs. 3600.00

### ●●● **Indian Head Massage**

Indian head massage has been used for thousands of years to improve circulation and relieve tension in the head, neck and shoulders. It is a wonderful way to re-balance your body's energies, improve focus and enhance concentration.

<b>HMI</b> - 20 Min Stress Buster	Rs.3200.00
<b>HM2</b> - 30 Min Relaxed	Rs.3600.00

### ●●● **Wellness Pedicure**

This intrinsically restorative wellness service using specialist footcare products, promotes better foot hygiene and assists in preventing common foot ailments.

<b>P1</b> - 35 Min Wellness Pedicure	Rs.4600.00
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### ●●● **Express Manicure**

<b>M1</b> - 25 Min Express Manicure	Rs.3600.00
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**One Galle Face Mall, Level -3 Shop 37, Colombo 2**  
**Tel +94(011)2433919 | Open 10Am to 10Pm**

**Odel, Colombo 7**  
**Tel : +94 (011)2671166 | Open 10.00 Am to 8.00Pm**

**Crescat Boulevard, Shop G-03 (ground floor), Colombo 03**  
**Tel : + 0112575855 | Open 10 Am to 08 Pm**

**[www.footrub.biz](http://www.footrub.biz)**