



000 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.

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

000 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.

CM1 - 20 Min Energiser	Rs. 3200.00
CM2 - 30 Min Unwinder	Rs. 3600.00

000 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.

HMI - 20 Min Stress Buster	Rs.3200.00
HM2- 30 Min Relaxer	Rs.3600.00

000 Wellness Pedicure

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

P1 - 35 Min Wellness Pedicure	Rs.4600.00
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000 Express Manicure

M1 - 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