

Lighthouse hotel & Spa

MASSAGES

Marma Body, Mind and Spirit - 90 minutes

An exotic and therapeutic Ayurveda inspired massage using aromatic herbal oils that stimulate the Marmas, the body's vital pressure points. This full body massage begins with the balancing of the head's Marmas. The body's Marmas are then massaged with the therapist's feet and then by hand with long sweeping strokes. The treatment concludes with a herbal body mask followed by a warm shower.

Serenity Full Body – 50 Minutes

This full body pampering massage features a range of customised Aromatherapy oil blends to convey the healing, harmonising and rejuvenating properties of Essential Oils into the body through rhythmic touch. Choose your own favourite oil to suit your mood.

Aromatherapy Back - 30 minutes

This Aromatherapy massage concentrates on relieving muscular tension. Increasing blood circulation with toning muscles.

Anti-Stress Head, Neck and Shoulder - 30 minutes

A totally relaxing massage concentrating on the neck and shoulders while relieving stress by using gentle related lesion and soreness acupressure.

Thai Yoga - 50 minutes

Originating in North India 7500 years ago, this traditional Thai method was pressure priest muscle shefeching and compression in a rhythmic movement of gentle rooking to reduce stress and muscle soreness.

Sports Minutes - 50 minutes

This massages focus on those light and sore muscles. It is a deep and penetrating massage performed with a selection of aromatic oils to choose from.

Padabhyanga Foot And Leg - 30 minutes

Your feet will first be soothed in a bath of Essential Oils followed by a revitalising foot and lower leg massage with herbal oil. This treatment incorporates pressure point therapy to stimulate, cleanse and balance the body's internal organs.

Adam & Eve Serenity (Romantic Couple Massage) - 50 minutes

A couple manages this deeply relaxing massage is performed by two therapists using specially blended Aroma Oils.

BODY WORK & FACIALS

Udvarthina Herbal Body Scrub - 30 minutes

Shed those dead layers of skin with a thorough body exfoliation using an age-old Ayurvedic formula renowned for its strong herbal antioxidants. This treatment cleanses and invigorates the body and leaves your skin feeling smooth, soft and saturated with antioxidants. Includes a relaxing scalp massage.

After-Sun Cucumber Wrap - 30 minutes

A wrap designed to relieve pain and damage caused by over-exposure to the sun. A cooling puree of cucumber blended with soothing eucalyptus oil is applied to the entire body concentrating on the affected areas. A cool shower followed by a light application of aloe vera lotion to re-hydrate.

Re-hydrating Coconut Delight - 30 minutes

Ideal for dry skin and hair, this delightful top-to-toe treatment uses the moisturizing properties of young coconut pulp to re-hydrate dry skin and hair resulting from exposure to long flights, sun and salt water. With slices applied to the eyes, in a pureed consistency to the face and body and blended to extract the oil for application to the hair, your skin will feel soft and re-hydrated.

Honey – Sesame Body Glow - 30 minutes

The principle ingredients of this invigorating body treatment enjoy an age-old reputation as skin healers, softeners and moisturizers. The ground sesame seed exfoliates; the sesame oil softens while the honey promotes new cell growth. Includes a relaxing scalp massage.

Pampering Facial for Women - 50 minutes

Cleansing, gentle exfoliation, toning and moisturising accompanied by a rejuvenating massage to the face, neck and shoulders. Includes a moisturizing hand massage.

Skin Fitness Facial For Men - 50 minutes

Created to eliminate impurities and improve the general appearance of the skin, this treatment includes thorough cleansing, exfoliating, moisturising and hydrating while special massage techniques relax. Includes a moisturizing hand massage.

Honey – Cucumber Facial - 50 minutes

Used in conjunction with each other, these natural healing ingredients reduce the discomforts of skin irritations and stem infection while prompting new cell growth. Designed for sensitive skin this gentle facial is accompanied by a hand and arm massage.

PACKAGES

Sun Lovers– 110 Minutes

Day 1 Herbal Body Scrub
Day 2 After – Sun Cucumber Wrap
Day 3 Re-hydrating Coconut Delight

Travel Reviver - (Could also be done together on one day) – 2 Hours

Day 1 Serena Foot Soother
Day 2 Anti – Stress Head, Neck and Shoulder Massage
Day 3 His or Her's Facial

Island Indulgence (Could also be done together on one day)– 2 1/2 Hours

Day 1 Honey – Sesame Body Glow
Day 2 Serenity Full Body Massage
Day 3 Honey - Cucumber Facial

Island Indulgence –3 Hours

Day 1 Padabhyanga Foot and Leg Massage
Day 2 Marma Body, Mind and Spirit Balance
Day 3 His or Her Facial

HOMEOPATHY...

"Discover a complementary therapy"

Based on scientific principles that works naturally and holistically with the immune system to re-establish balance, while leaving you with a sense of well being emotionally, mentally as well as physically...

Dr Ivy Dieltiens (m.tech.hom), our resident Homeopath has been trained in South Africa having completed her six year Master's degree at the University of Johannesburg. For more information or a consultation please contact her at homeopathy@lighthouse.lk

What is homeopathy?

Founded 250 years ago on scientific principles, homeopathy is a gentle, deep-healing system of medicine. It considers the whole person in its treatment - taking into account emotional, mental, spiritual as well as physical matters, matching the body's natural defence system in order to overcome disease processes quickly, naturally and effectively. After conventional medicine, homeopathy remains the most popular form of complementary therapy and continues to grow worldwide.

Who can benefit?

Whether suffering from a chronic disorder, feeling simply stressed, tired, or rundown, homeopathy works with the inner healing energy of the body to restore balance. As it treats **holistically**, improvements and benefits are experienced on every level.

Understanding health...

According to World Health Organization, health is a state of complete physical, mental or social well-being, and not merely the absence of disease. Homeopathy recognises that individuals are 3 dimensional and experience their environment on all levels. This essentially means that whether it's a bacterial infection, stress from work or a "broken heart", we respond and reflect that imbalance on all 3 levels. More than any other modality, homeopathy takes into consideration the reason (cause) why the person got sick in the first place and evaluates their individual response to find a cure.

What does Homeopathy treat?

Homeopathy treats *patients* and not disease - symptoms are used as a guide to finding a remedy specific for the patient. A prescription is not based on the medical diagnosis (e.g. hypertension) but rather on the mental, emotional and physical sensations experienced by the patient. This means that even if blood tests and laboratory reports are "normal", homeopathy is still able to treat. So from chronic disease like epilepsy, asthma and eczema to the acute illnesses of diarrhoea, headache etc., the principle remains the same. Equally powerful, homeopathy is effective in treating psychological problems like depression, anxiety, fears etc.

What are the remedies?

Homeopathy uses highly dilute forms of natural substances which are capable of causing the same symptoms in healthy individuals as they would cure in sick people. Remedies therefore gently stimulate the body's natural defence systems and work *with* the immune system in order to help the individual overcome the imbalance themselves. Unlike traditional pharmaceuticals, which suppress symptoms that later recur (often on a deeper level), homeopathy goes to the root of the problem and cures from within.

What are the advantages?

- It is completely **safe** and has **no side effects** - best results are seen in children and pregnancy.
- It does NOT interfere with conventional treatment and drugs.
- The remedy is discontinued as soon as an improvement is felt - there is no drug dependency.

- It **does not** take a long time to have an effect - the patient must understand that a chronic illness of many years duration cannot be truly "cured" within weeks.
- It **does not** work due to a placebo effect - veterinary homeopathy is now widely being accepted and practised.