

## LIME SPA

### Massage and Movement:-

#### **Intuitive Journeys                      1 or 1.5 hrs**

*At LIME, we listen and understand individuality, tailoring our massage through intuitive touch, each minute designed for you. A unique journey each and every time.*

#### **Essentials – Fusion                      1hr**

*Restore and balance through an aroma touch facial. Pure essential oils are blended in symmetry with plant extracts to re-energise and soothe the senses.*

#### **Aroma - Rocks                              1 hr**

*Exfoliate and hydrate with crushed aromatherapy mineral rocks and warm oil brushing to sweep away the body's dry mask, revealing your inner glow.*

#### **Chilled – Lily wrap                      75 mins**

*Surrender nto cool water lily, reduce sensations of sunburn and mild skin irritations. A perfect after sun cocoon.*

#### **Organic – Coffee                          75 mins**

*The first step towards total body cleansing. Stimulate and eliminate with this effective anti-cellulite cocoon that contours and firms.*

#### **Reiki    1 hr**

*Reiki is a Japanese technique for stress reduction that also promotes healing. Using the energy that exists around us, experience relaxing hands-on therapy which treats the whole person, including body, emotions, mind and spirit. Reiki creates many beneficial effects that include relaxation, calmness, security and wellbeing.*

## Ayurveda

*“Over 5,000 years old, Ayurveda is a wellness and lifestyle healing system indigenous to Sri Lanka. Known as the science of life, Ayurveda’s approach to health looks at you as a whole person, in stead of isolated parts, Ayurveda’s strength stands in its holistic outlook.” Dr Prabha Weeranayaka.*

### **Determine your Dosha** **120 mins**

*Are you Vata, Pita or Kapha ? Let Doctor Prabha determine your Dosha and give you some insight into how you can incorporate elements of Ayurveda into your stay at the Fortress. This includes your personally designed Ayurvedic treatment that can be as fun or as serious as you want to make it.*

### **Abhyanga** **60 mins**

*A synergised massage stimulating energy flow within the body whilst clearing impurities and promoting deep relaxation, using unique Ayurvedic remedies.*

### **Shirodhara** **60 mins**

*Clear your mind and stressful thoughts through a continuous flow of liquid over the third eye (chakra), promoting a free flow of energy through your body.*

**\*\*\* YOGA also available daily \*\*\***

**\*\*\* There are also extensive sauna, steam, vitality showers and places simply to chill out at LIME \*\*\***