



zaazen

WELLNESS

Spa Menu

A warm Welcome to Zaazen Spa.

A quiet space to slow down, reset, and feel restored.

Every treatment at Zaazen is a moment of presence created to meet you exactly where you are.

Our curated treatments are designed to ease tension, support recovery, and bring you back to balance, in a calm, refined setting where you can truly switch off.

- **Operations - Monday to Sunday (10am-7:30pm)**
- **All massages (except Prenatal) include a complimentary *Eucalyptus infused steam session.***
- **Red Light Therapy and Infrared Sauna are available as add-ons at a special price**

FOR BOOKINGS
9911150457 | 9811024233



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Massages

Each massage begins with a warm rose petal and stone foot ritual, gently easing you into relaxation followed by your chosen massage

Advanced Lymphatic Sculpt (Hands On Therapy with Sculpting Tools)

A refined body and face -contouring ritual that combines lymphatic activation with targeted sculpting for a more defined, toned silhouette.

- Using *body+face guasha*, *sculpting belts*, and *wooden rollers*
- Enhances circulation and lymphatic flow
- Reduces fluid retention
- Refines and defines body and face contours
- Leaves you feeling lighter, lifted, and sculpted

Includes a complimentary
Eucalyptus infused steam session

Lymphatic Drainage Massage (Hands On Therapy)

A refined, detoxifying massage designed to gently stimulate the lymphatic system and support the body's natural cleansing process.

- Reduces fluid retention
- Eases inflammation
- Restores balance and promotes a lighter, clearer feeling
- Especially beneficial post-travel or during fatigue

Includes a complimentary Eucalyptus
infused steam session



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Massages

Refine & Detox Ritual

A gentle full-body exfoliation that lifts dullness, gives smooth texture, and restores hydration. Skin feels soft, supple, and visibly radiant. Finished with a eucalyptus-infused steam session for a complete reset.

Refine & Detox Massage

A revitalising full-body ritual combining gentle exfoliation with a deeply relaxing massage to restore glow and softness. Delicate exfoliants lift away dullness, allowing nourishing oils to be absorbed through slow, flowing techniques for smooth, radiant skin.

Enhances circulation, refines texture, and leaves the body feeling relaxed, replenished, and luminous followed by a eucalyptus-infused steam session for a complete, indulgent reset.

Includes a complimentary Eucalyptus infused steam session

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Massages

Lymphatic Face Massage

A deeply relaxing yet effective facial massage designed to stimulate the lymphatic pathways of the face, neck, and jaw. By encouraging natural drainage and releasing built-up fluid and tension, it helps reduce puffiness, ease congestion, and leave the face looking fresher, clearer, and more defined.

Deep Tissue Massage

Melt away deep-seated tension and dissolve stubborn knots with our expert deep tissue massage. Focused, restorative pressure releases discomfort, enhances mobility, and leaves you feeling like a new person.

Includes a complimentary
Eucalyptus infused steam session

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Massages

Swedish Massage

A timeless classic for full-body relaxation. Long, fluid strokes and gentle kneading improve circulation, ease tension, and invite a deep sense of calm and clarity.

Includes a complimentary
Eucalyptus infused steam session

Thai Massage

Performed fully clothed, this ancient healing art blends rhythmic pressure, acupressure, and assisted yoga-like stretches to unlock energy flow. A grounding and energising practice that restores movement and melts deep-seated tension.

Includes a complimentary
Eucalyptus infused steam session



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Massages

Prenatal Massage

A nurturing massage tailored for expectant mothers. Gentle techniques ease muscle tension, reduce swelling, and encourage deep relaxation. Our specially designed massage bed features a supportive cavity, allowing you to lie comfortably and safely throughout your session.

Postnatal Massage

Created to support new mothers in their recovery journey. Gently addresses fatigue, soreness, and tension from labor and early motherhood - offering a quiet moment of healing and self-care.

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Massages

Labour Induction Massage

A specialised massage designed to gently support the body as it prepares for labour. Using focused pressure points and calming techniques, it encourages relaxation, improves circulation, and helps the body feel balanced and ready.



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Facials

Glow On-the-Go Oxygen Facial

An instant infusion of vitality for skin that needs radiance in a hurry.

This targeted oxygen therapy delivers a surge of pure oxygen and active serums deep beneath the surface, awakening dull, dehydrated skin from below.

The result: a complexion that feels plump, dewy, and lit from within -your effortless glow, anytime you need it most.

Please note, this treatment is 100% Pregnancy safe



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Facials

Lymphatic Face Sculpt Ritual

A refined facial experience designed to visibly sculpt, de-puff, and illuminate the skin. The Lymphatic Sculpt Ritual works in harmony with your body's natural detox pathways, encouraging fluid drainage, easing inflammation, and restoring a beautifully defined, rested appearance.

Slow, feather-light yet precise movements are used to stimulate key lymphatic points across the face and neck, releasing built-up tension while enhancing circulation and clarity. The skin appears clearer, the contours more pronounced, and the overall expression softer and lifted.

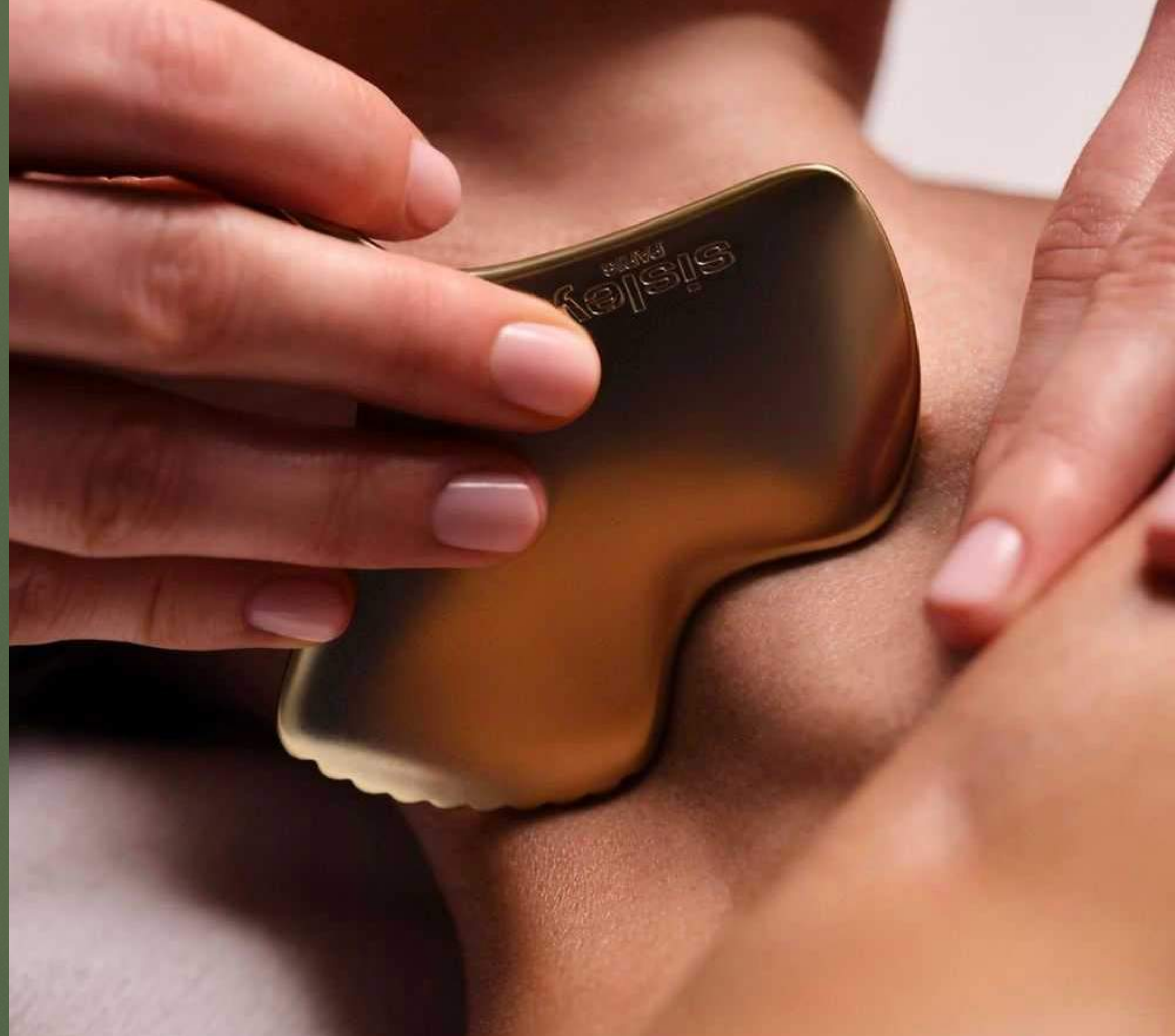
The Ritual Includes:

- Intuitive hands-on massage to melt facial tension and awaken circulation
- Oxygen Therapy to open pores and promote blood circulation
- Gua Sha sculpting to refine contours and enhance definition
- Chilled ice globes to tighten pores, reduce puffiness, and impart a luminous finish

Ideal before an event or whenever your skin feels heavy, dull, or fatigued, this ritual leaves you looking effortlessly sculpted and fresh!

**Please note, this treatment is 100%
Pregnancy safe**

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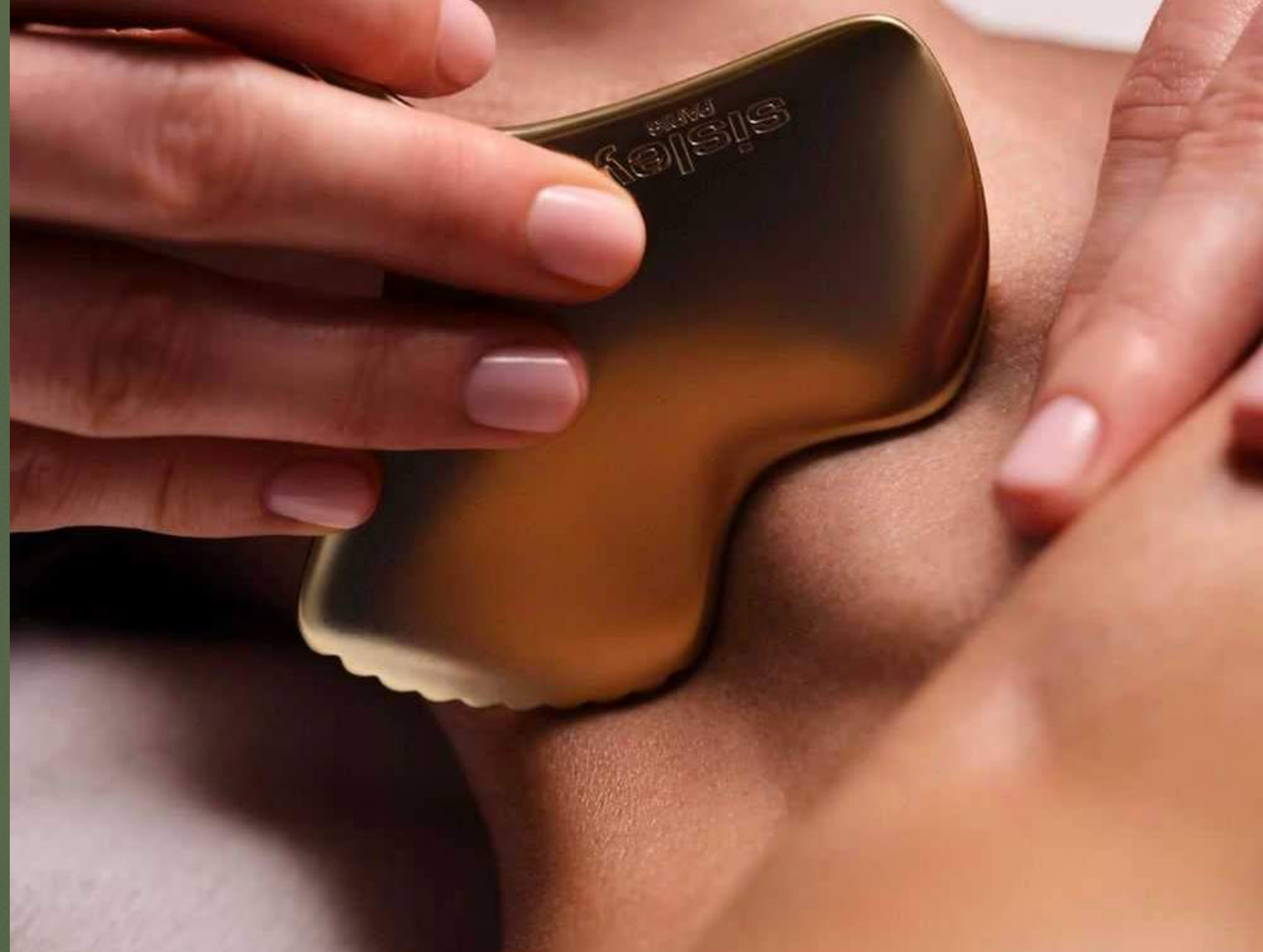
Facials

The Sculpt & Hydrate Ritual

A Zaazen favourite - this deeply hydrating, sculpting facial is designed to restore glow and redefine the contours of your face. This treatment focuses on infusing the skin with potent, moisture-rich serums while working with techniques that naturally lift, tone, and depuff.

Layered hydration helps replenish and plump the skin from within, while slow, intentional massage releases tension, improves circulation, and enhances facial definition. The result is skin that feels firmer, looks more lifted, and carries a fresh, healthy glow.

Expect a visibly smoother texture, subtle contouring, and that well-hydrated, tightened finish that lasts beyond the treatment.



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Recovery Therapies



Far Infrared Sauna

A gentle, deep-penetrating heat that supports detoxification, relaxation, and improved circulation.

30 minutes



Cold Plunge

A refreshing cold immersion that reduces inflammation and sharpens mental clarity.

15 minutes



Contrast Therapy

Alternating heat and cold exposure with Infrared Sauna and Cold Plunge, to stimulate circulation, speed recovery, and reset the body.

40 minutes



Red Light Therapy

Targeted Red Light exposure that supports cellular repair, skin health, and recovery.

20 minutes



Aroma Infused Steam Room

Warm steam enhanced with essential oils to open the pores, ease breathing, and deeply relax the body.

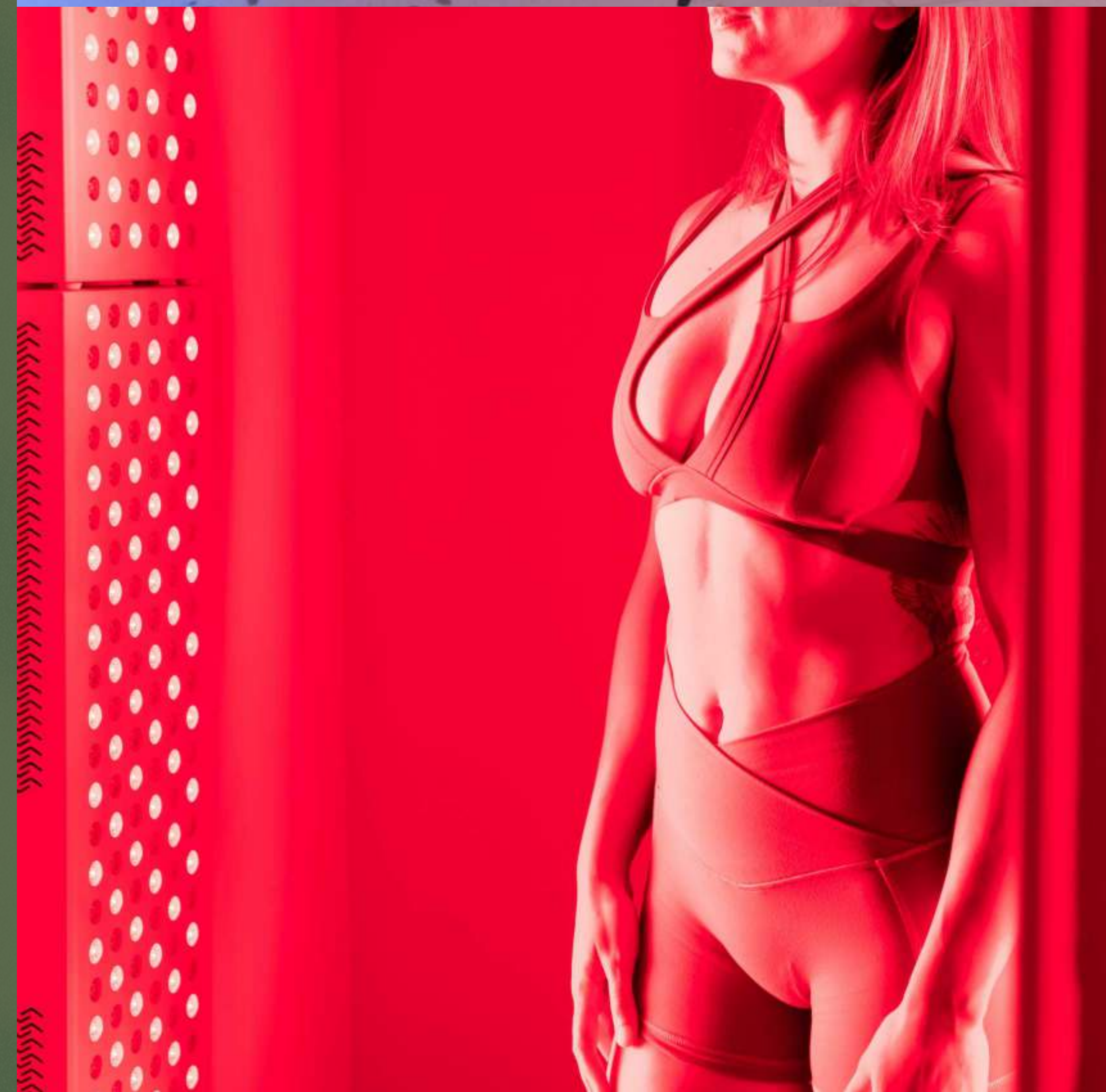
10 minutes



Nordic Contrast Therapy

A Scandinavian-inspired ritual that cycles between sauna heat, cold plunge, and steam to boost circulation, reduce inflammation, and deliver a powerful full-body reset.

60 minutes



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