



Welcome to Zen Spa Thamel,

Asian traditional practices in 'well-being' go back 2000 years. We combine these well proven methods with western standards of hygiene and service.

We take a holistic approach to rejuvenation, relaxation and overall mind, body and soul balance.

The Zen Spa Team is led by accomplished and registered Masters in Acupuncture, Shiatsu and Ayurvedic Medicine/practices. Each Spa Team Member is trained in specific treatments, some multi, some specialized.

All our spa treatments are suits for couples to share and our team will assist in recommending combinations best suited for togetherness.

We welcome and accommodate 'drop-inns', but advise pre-booking if possible.

You hold in your hand our *Holistic-Menu*.

Namaste - Welcome

The Spa Team

Spa operates from 9am to 9pm

Thamel, Kathmandu

Call 014700700 or WhatsApp +977-9742500973

www.zenspanepal.com



WELLNESS MASSAGE

Nepali Aroma Massage

Surrender your tensions to this complete head-to-toe treatment, the soothing and mind-purifying Himalayan scents and their healing properties along with the therapeutic techniques of the massage will leave you feeling refreshed, balanced and soothed. Choose your preferred aromatic oils from a selection of soothing, renewing, detoxifying, rejuvenating and balancing aromas.

60 minutes - Rs3300

90 minutes - Rs4600

Deep Tissue Massage

Boost your athletic performance with our most popular 'Sport' therapeutic massage. A combination of deep tissue techniques, light stretching and trigger-points pressure to release muscle tension and increase flexibility.

60 minutes - Rs3500

90 minutes - Rs4800

Himalayan Healing Salt Massage

This highly relaxing and re-mineralizing massage uses warm salt stones from the Himalayan Mountains to balance the central nervous system, nourish depleted cells, and leave the body in a deep sense of relaxation, help promote better sleep, reduce inflammation, and create an immediate sense of well-being.

60 minutes - Rs4000

90 minutes - Rs5500

Lymphatic Drainage Massage

Boost your immune system! Let us drain your lactic acid, fatty acid and excess toxins. See and feel the result right after your session. This Therapy begins with full body dry brush followed by soft rhythmic massage techniques to eliminate body and facial toxins.

60 minutes - Rs4000

90 minutes - Rs5000

Hot Stone Massage

This holistic massage ritual helps encourage balance, comfort and well-being. The healing power of the stones together with the heat of the stones will penetrate deep into stiff muscles and joints of the body, giving a calming and relaxing experience.

90 minutes - Rs5000

120 minutes - Rs6500



SIGNATURE MASSAGE



Zen Healing Massage

A signature massage of Zen Spa –also called The Trekkers Massage, A combination of traditional techniques, enhanced by the use of Shiatsu pressure points, Thai stretching, Balinese strokes and Chinese energy flow massage to provide relief, relaxation and to ease the strained muscles of trekkers.

90 minutes – Rs5000

120 minutes – Rs6500

Crystal Healing Massage

A full-body, medium-pressure relaxation massage with the application of Himalayan quartz crystals upon the body within specific energy centers. The healing abilities of crystal will draw out negative energy from your body and leave you feeling renewed both physically and energetically.

60 minutes – Rs4500

90 minutes – Rs6500

Jet Lag Relief Massage

A 30 minute de-stressing back and shoulder massage precedes 10minutes detox foot soak followed by 30 minute of relaxing foot massage. Scents of essential oils and exotic Himalayan salt come together to fill your senses and leave you with a feeling of renewal.

60 minutes – Rs4000

90 minutes – Rs5000

Ultimate Back Revival

Re-energizing treatment begin with full exfoliation of the back followed by rejuvenating back massage carried out by one of the expert therapist to ease away the muscles tension.

45 minutes – Rs2500

60 minutes – Rs3000

Soothing Foot Therapy

An invigorating foot therapy not to be missed in Zen Spa. This therapy begin with full exfoliation of lower leg then applying acupressure points massage on your feet using hot stones to stimulate the energy or ‘Chi’ flow in your body.

45 minutes – Rs2500

90 minutes – Rs3000



AYURVEDIC THERAPIES



Ayurvedic Abhiyanga Massage

Experience a warm oil full body massage to pacify your dosha. A unique Ayurveda massage for the promotion of positive health and well-being, this massage relieve fatigue by adding perfect sleep and enhances the complexion and luster of skin.

60 minutes - Rs3300

90 minutes - Rs4600

Shirodhara Massage

Escape to this powerful relaxing experience combines full body ayurvedic massage or head massage (both relaxing and cleansing of toxins) with continuous and rhythmic pouring of warm oil on forehead. The oil seeps into your hair and scalp, followed by scalp massage to release accumulated tension.

60 minutes with head massage - Rs4000

90 minutes with body massage - Rs6500

Podikizi (Poultice) Massage

A 2 step massage that starts with medicated oils being used to massage the whole body and then followed by warm herbal compress along your spine, neck and shoulders. A very powerful treatment that soothes your nervous system relieves muscles and joints pain.

60 minutes - Rs4000

90 minutes - Rs5000

Marma Therapy (Energy Points Massage)

Experience an effective and immediate relaxation with subtle energies marma massage in which long, firm therapeutic techniques are implemented to help in supporting the flow of Prana, "the vital force" within the body and herbal aromatic actives designed to balance the emotions, release stress and reduce anxiety.

60 minutes - Rs4000

90 minutes - Rs6000

Dosha Purifying Massage

Purify your Doshas starting with head and face massage with herbal oil consisting of herbs like Indian Gooseberry, Indigofera Tinctora, Centella Asiatica, followed by a Rice bundle therapy and application of stinging nettle paste leaving you revitalized followed by herbal steam.

120 minutes - Rs9500



AYURVEDIC THERAPIES



Chakra Basti

Warm medicated oils kept over in specific parts of the body followed by gentle massage and Himalayan crystal bowl sound to penetrate deeply into the tissue to aid wellness restoration and promote healing. Anhata (Heart) Chakra, Nabhi (Navel) Chakra, Svadisthana (Sacral) Chakra are mainly focus.

60 minutes with any 2 chakra – Rs4000

90 minutes with any 3 chakra – Rs5000

60 minutes Shiro- Basti – Rs5000

Shiroabhiyanga (Indian Head Massage)

Clear your mind with warm oil massage to relax and remove fatigue caused by mental stress. Using gentle and stimulating techniques, this treatment improves blood flow, nourishes the scalp and induces a deep sense of calm.

30 minutes – Rs2500

60 minutes – Rs4000

Udvarthnam (Herbal Powder Exfoliation)

An invigorating treatment combines exfoliating herbals powder and soothing massage techniques to promote active blood flow, revitalizes, and reconditions the body, generating energy flow in the body, helps in detoxification and nourishment of body tissues, activation of the skin natural metabolism and the improvement of lymph flow.

60 minutes – Rs4000

Nasya Sodhana (Nasal Cleansing Treatment)

A perfect treatment for those suffering from allergies, migraines and sinusitis. Drops of medicated oil are placed in nose, followed by face and neck massage and completed with herbal compress. A minimum of three sessions is recommended to experience the maximum benefits.

45 minutes – Rs3500

Shankha Prakshalana (Gut Detox)

Detox and cleanse the digestive system in a natural and non-invasive way with Shankha Prakshalana, combining abdominal massage followed by five yoga postures with the drinking of six to eight glasses of lightly salted water. *Pre-booking is required & treatment is advisable to be done in the morning with an empty stomach. Treatment is more effective with 2 sessions.*

60 minutes – Rs4500



HOLISTIC THERAPIES



Zen Shiatsu Therapy (Traditional Japanese Massage)

A Japanese inspired massage using no oil. Pressure is applied to pressure points along the meridian of your body to restore and maintain the body's energy and stretching applied to improve flexibility for states of exhaustion and tiredness.

60 minutes - Rs3500

90 minutes - Rs4800

Thai Yoga Massage

A full body dry massage, incorporating compressions, deep stretching and pressure on specific points to help loosen tight joints, increases range of motion and stimulates circulation which leaving you refreshed and energized. **NB:** *This massage is performed fully clothed.*

60 minutes - Rs3500

90 minutes - Rs4800

Foot & Palm Reflexology Therapy

Foot reflexology relieves stress and tension from body through foot massage of reflex zones. It improves circulation and helps restore the body back into its natural state of equilibrium.

30 minutes - Rs2000

60 minutes - Rs3000

Acupuncture Therapy (Dry Needling)

Enhance your total relaxation and balance your energy with Acupuncture. Our licensed acupuncturists use a series of fine needles to restore balance, and elevate the mind and spirit. Acupuncture relieves pain, enhances sleep, alleviates anxiety and stress, and treats acute and chronic muscular and degenerative conditions.

30 minutes - Rs2500

Facial Rejuvenation Acupuncture

Experience a natural holistic beauty boost treatment which involves placing ultra-fine needles on the face, and followed by anti-aging facial mask and lifting massage to improve circulation, boost collagen for firm skin, reduce stress-related aging and optimize relaxation and complexion.

60 minutes - Rs5000

Cranial Sacral Therapy

Experience this relaxing therapy that using gentle, intuitive touch to evaluate and enhance the function of your cranio-sacral system. This therapy is beneficial for mental stress, neck and back pain, migraines, TMJ, and for chronic pain conditions such as fibromyalgia.

60 minutes - Rs4500



HOLISTIC THERAPIES



Chakra Balancing Massage

Balance your energy chakras by meditating while your therapist performs particular type of massage in a suite filled with blend of essential oils, awakening seven chakras of the body, transforming energy from the healing stones, which opens up all body chakras and cleanses any obstruction in the channels creating free flow of energy throughout the body. A Chakra balancing session will include healing touch, crystal and sound healing to help balance, purify, and energize your Chakras.

70 minutes – Rs6000

90 minutes – Rs7500

Ayurveda Lifestyle Consultation

It is a comprehensive approach to analyzing the body using Ayurvedic diagnostic methods. It gives a clear picture of the physical and mental health of the person. The Ayurvedic physician then prepares a sequence of experiences and a programme of diet and activity according to your body type that will help bring more balance, energy and peace to your entire being.

30 minutes – Rs2500

Cupping Therapy

An ancient practice that has been used for over 5,000 years to release soft tissue drains excess fluids and toxins from the lymphatic system, loosen connective tissue and brings blood flow to stagnant muscle. *Cupping may cause bruising.*

30 minutes – Rs2500

Ear Candling

Experience a classic holistic treatment of ears together with gentle scalp massage, auricular therapy and nurturing sound of the burning candles will relieve your ear blockage, sinus congestion, headaches and tension. This treatment is ideal after a long flight or for pure relaxation and over-all wellbeing.

30 minutes – Rs2500

Enhancement Menu (These add minimum extra time to your treatment, and provide added benefits)

Tension Soother Muscle Melt	Rs.350
Warm Oil Scalp and Hair Treatment	Rs.500
Hot Stone on Back	Rs.500
Collagen Enhancing Facial Mask	Rs.500



BODY TREATMENTS

Detoxifying Coffee Body Scrub

This full body scrub is renowned for its cellulite reducing benefits. Natural detoxifying ingredients, caffeine and tannin, assist in removal of excess body fluid. Beneficial for cellulite prone areas to tone and exfoliate tired dull skin and enhance the skin's overall texture.

45 minutes – Rs3500

Himalayan Mineral Salt Scrub

This stimulating scrub combines nutrient rich salts left behind when the Himalayan raised itself from below the sea. Combines with essential herbal oils – this is a potent remedy to remove dead skin surface cells, seals in natural oils.

45 minutes – Rs3500

Essential Body Glow

Packed with nutrient-rich ingredients, this delicious signature scrub is soft and gentle enough for sunburn skin. We apply a paste of natural honey and Himalayan herbs to your skin with large circular strokes. Your body will feel soft, silky smooth and renewed.

45 minutes – Rs3500

Rose & Honey Body Wrap

Perfect for dry and sun-weathered skin, Full body dry brush and our rich creamy rose infused with honey paste promises to hydrate, soften and cleanse your body that will accelerate cell renewal, leaving your skin smooth and petal soft.

60 minutes – Rs4200

Detoxifying Mud Wrap

This body wraps work best if you are feeling run down and drained of energy, Himalayan mineral salt scrub and infused mud detoxify and clean your system and boost your immune system and stimulate sluggish circulation.

75 minutes – Rs5000



FACIAL



Refreshing Mini Facial

(Cleanse + exfoliate + tone + mask + moisturizer)

A quick facial that cleanses pores, exfoliates dead skin cells, and treats common skin ailments with a custom mask. The end result: a visibly brighter and radiant complexion.

30 minutes – Rs2500

Deep Cleansing Facial

(Double cleanse + exfoliate + extraction + tone + mask + massage + moisturizer)

This anti-oxidant facial repairs the damage of free radicals in the environment, at the deepest level. A deep, yet gentle, cleansing process addresses your skin's basic needs and leaves your skin feeling renewed, revitalized and hydrated.

60 minutes – Rs4000

Hydra-Nourish Facial

(Double cleanse + exfoliate + extraction + tone + mask + massage + moisturizer)

The ideal facial to add a boost of moisture to dry, dehydrated skin. Ideal after a trek to altitude, or stressed city life. The Ultra Hydrating ingredients deliver needed moisture to dry skin, caused by weather, environment, and travel. Helps to make your skin more fresh and supple.

60 minutes – Rs4500

Anti-Aging Collagen Facial

(Double cleanse + exfoliate + extraction + tone + double mask + massage + moisturizer)

An exfoliating and lifting treatment combined with shaping techniques designed for mature skin types. This facial accelerates the regeneration and of your skin leaving your face, neck and chest smooth, refined and improves youthful skin.

70 minutes – Rs5500

Men's Purifying Facial

(Double cleanse + exfoliate + extraction + tone + mask + massage + moisturizer)

This facial is an ultimate rebalancing and deep cleansing treatment to restore a clear healthy complexion by regulating sebum secretions which promotes, clarity, radiance and suppleness allowing your skin to feel blissfully bright and refreshed.

60 minutes – Rs4000



HANDS & FEET



Perfect your nails with this relaxing and refined treatment. We begin with a warm soaking followed by meticulous cuticle work, then buffing finish, and completed with our flawless polish. Elevate your experience with optional services available, as listed below.

Classic Manicure - <i>clip, buff, soak, cuticle and polish</i>	2500
Classic Pedicure - <i>clip, buff, cuticle, soak and polish</i>	3000
Deluxe Manicure - <i>clip, buff, cuticle, soak, scrub, massage, mask</i>	3000
Deluxe Pedicure - <i>clip, buff, cuticle, soak, scrub, massage, mask</i>	3500
Gel Polish Removal	700

WAXING

Enjoy the peace of mind and the comfort of a secure private room. Our hygienic standards are high - our staff well trained.

Under Arm	700	Bikini	2500
Arm Waxing	1500	Chest & Stomach	3000
Half Legs	1500	Back Waxing	2000
Full Legs	2500	Brazilian	3200
Full Body Wax	7500	Face Wax	1000
Ear Wax	700	Upper Lips	500
Eyebrow Threading	700		

Sauna Bath

30mins

Rs 1000

Scandinavian in origin, yet practiced by many cultures. A hot or cold shower is available part way through the Sauna, and/or at the end. Towel provided.



WELLNESS PACKAGE



The Traveler's Retreat

120mins

Rs8500

Surrender to the touch and techniques of our therapist as you feel your tension and stress melting away with revitalizing treatment for face and body specially designed to restore your natural balance after or before travel.

- 5min/Relaxing Foot Soak
- 30min/Himalayan Salt Scrub
- 60min/Deep Tissue Massage
- 25min/Face Cleansing

The Couple's Delight

180mins

Rs18000

Make time to reconnect with a loved one, best friend or family member with massages, set within one of our exquisite suites for two. Two therapists work in unison to provide an unforgettable experience. With this Package, you will each enjoy a relaxing spa treatments side-by-side.

- 5min/Feet at Ease Ritual
- 30min/ Sauna Bath
- 60min/Massage of Choices
- 25min/ Body Scrub of Choices
- 30min/ Pedicure

Bahra Ritual (The Secret of Newa Beauty)

135mins

Rs9500

Inspired by the rich Newari traditions, a unique blend of traditional herbal powder therapy is a treatment to savor. This rejuvenating treatment, given to Newari girls during their Gufa (coming of age) ritual begins with a gentle full body massage along with the application of herbal power to aid lymphatic circulation, alleviate pain and stress-related tension. The treatment is completed with herbal face pack to bring charm and glow on your face.

- 5min/Welcome Foot Ceremony
- 60min/Traditional Newa Massage
- 30min/Koh Skin Polish
- 30min/Brightening Face Rub
- 10min/Regenerating Body Lotion



HALF DAY PACKAGE (Includes Vegetarian Meal)



SHAKTI (A Day of Indulgence)

2Hrs 30mins

Rs9500

Get rejuvenated and revitalized by Ayurvedic massage, where warm herbal oils used to massage using long rhythmic strokes which loosens accumulated toxins in the tissues, followed by steam to remove toxins and other metabolic wastes.

- 30min/ Swedana with Herbal Steam
- 30min/Padabhiyanga (Foot Massage)
- 60min/Abhiyanga (Ayurvedic Massage)
- 30min/Shiroabhiyanga (Indian Head Massage)

KAYA SODHANA (A Truly Peaceful Day)

3Hrs

Rs10500

Begin your journey with exfoliation with local spices to remove excess cellulitis and dead skin cells, revitalize your peripheral nerves and blood circulation by Ayurvedic massage. Further go into deep relaxation and feel the bliss of happiness when your therapist pours warm herbal oil over the third eye chakra awakening your senses.

- 30min/ Swedana with Herbal Steam
- 30min/Udavartanam (Herbal Powder Scrub)
- 80min/Abhiyangam (Ayurvedic Massage)
- 30min/Shirodhara
- 10min/Nasya Sodhana

NIRUJA (Soothing & Refreshing Day)

3Hours

Rs10500

Experience tranquility, harmony and healing with Niruja Soother, a holistic treatment for healing and detoxification. Get rid of unwanted body impurities (emotions) and let the healing therapy of ginger and lemongrass restore your skin's radiance and firmness.

- 30min/ Swedana with Herbal Steam
- 60min/Marma Abhiyanga
- 60min/Podikizi (Herbal Poultice Massage)
- 30min/Shirodhara



FULL DAY PACKAGE (Includes Vegetarian Meal)



NIRVANA (A Day of Ayurveda Healing)

4Hrs

Rs14500

A stress- releasing package with a blissful combination of Ayurveda and energy healing therapies that improve sleep quality and guides you to a state of eternal tranquility. This ritual relieves fatigue, induces sleep, and nourishes the skin and the immune system.

- 30min/ Swedana with Herbal Steam
- 60min/ Prana Healing Massage
- 60min/ Chakra Basti
- 60min/Healing Salt Massage
- 30min/Shirodhara

SAMAKAYA (A Day of Purification)

4Hrs

Rs15000

The synergy of pure aromatic herbs and oils, a deep body cleansing and immunity boosting massage is an ideal way to expel body toxins and awaken the energetic channels of the mind. oils, This package is designed to strengthen the body's vital energy so that you can emerge with a renewed spirit.

- 30min/ Swedana with Herbal Steam
- 30min/Upana (Himalayan Salt Scrub)
- 60min/Lepana (Herbal Body Wrap)
- 90min/ Lymphatic Abhiyanga
- 30min/Shirodhara

JIVA (A Life of Blissing Day)

4Hours

Rs16500

JIVA is 4 hours Ayurveda package which not only enlightens senses but also the mind and the soul. Ayurveda preaches different ways of life regimes to be followed depending on Seasons; hence the treatments are customized depending on the seasons of nature and the DOSHA.

- 30min/ Swedana with Herbal Steam
- 30min/Padabhiyanga (Foot Massage)
- 60min/Marma Abhiyanga
- 60min/Podikizi (Herbal Poultice Massage)
- 30min/Shirodhara
- 30min/Shiroabhiyangam



HOW TO SPA



RESERVATIONS

Advanced booking prior to your intended treatment time is strongly recommended. Please call or visit the spa desk should you wish to discuss your personalized treatment and appointment time.

ARRIVING ON TIME

Upon your arrival you will be given a health consultation. Please advise your therapist if you are pregnant or experiencing any health issues. To make **most** of your spa experience, please arrive at least 10 minutes before your appointment.

LATE ARRIVALS

In the event that you are running late, please note that your treatment may need to be shortened with no reduction in price. This in the event there is another spa guest booked immediately after. Even with late arrivals we endeavour to give a full treatment.

YOUR THERAPIST

We have MALE and FEMALE therapists: if you have a preference of therapist gender, please let us know when making your appointment. We cannot always guarantee your preference of therapist gender will be available without prior confirmation.

WHAT TO WEAR

Disposable underwear and bath towel will be provided during your treatment. Changing room and lockers are available for your convenience.

MOBILE PHONES AND ELECTRONIC DEVICES

For your optimum relaxation and comfort of other spa guests, please ensure your electronic devices are switched off upon entry to the spa.

PRIVACY

Your privacy will be respected at all times. Your therapist will leave you to change in private and throughout the treatment she/he will drape towels over areas you wish to cover.

YOUR COMFORT - DO LET US KNOW

Although we do our best to anticipate your needs, we appreciate that a spa is an individual experience. Please let your therapist know if there is any way that they can improve your treatment and comfort. Depth & intensity of massage can be altered as you go along, simply indicate your wish.

