



Zitahli Spa

zita

*“a small planet that revolves around the sun” li
“a faraway place”*

Conceptualised from pre-Olympian mythology,
drawing from nature's two great divinities,

the sun and the moon.

After her brother, Helios finishes his journey across the sky,
Selene, freshly washed in the waters of the earth-circling ocean,
begins her own journey.

As night falls upon the earth we are lit from the radiance
of her immortal head and golden crown.

As graceful as they are powerful,
the sun and the moon impress an active and fuelling force by which life exists today.

It is with this in mind that we ask you to
live every moment of life
as the sun rises,
and as the sun sets

“Celebrate your inspirations...”

We welcome you to the Zitahli Spa
And hope to impart our philosophy to you during your stay.



Anoint*

"a symbol to introduce a divine influence"

Such is our spa philosophy,
as therapists we cannot enjoy every moment of life without
believing passionately in everything we do.

It is with this in mind that we welcome you to
immerse your feet in
rose scented water and
take pleasure in our
signature welcome massage.

This is our complimentary gift to you with selected Zitahli Spa
treatments.



Massage

Zitahli Fusion*

A blend of five world massages, this signature treatment will promote good health by stimulating the body's energy flow.

MEDIUM

90 minutes \$129

Maldivian Sand Massage*

Drawn from the Maldivian sand treatment this massage incorporates pure white sand to exfoliate and nourish tired skin.

Applied in firm rhythmic strokes this is a uniquely beautiful massage.

FIRM

60 minutes \$99

Hot Stone*

A specialised massage using heated basalt stones inducing a deep relaxation while still focusing on areas of concern.

ALL PRESSURE

90 minutes \$149

Balinese*

A rhythmic massage combining long strokes and palm pressure to relieve tension, improve blood flow, ease stress and calm the mind. A deeply relaxing path to health and harmony

FIRM

60 minutes 90 minutes

\$89 \$129

Leg revival*

A jet lag dream, this foot to knee massage incorporates reflexology and shiatsu to balance the body and increase circulation.

FIRM

60 minutes \$89

Duet*

A synchronised four hand massage destined to soothe your soul with its rhythmic technique and uplifting scent.

MEDIUM

60 minutes \$149

Thai Massage

Perform in our open air pavilion this traditional massage stretches the body and stimulates the Meridians, promoting healing and rejuvenation for tired and strained body

FIRM

120 MINUTES \$ 195

Earth Mother*

A specialised massage enhanced with warmed oil to relieve tension. Only available for women in their second and third trimester.

SOFT

60 minutes \$99.00

Classic Aromatherapy*

This sensory massage focuses on Swedish techniques promising to ease you gently into your spa journey with a choice of aromatic oils to relax, stimulate or balance.

SOFT

60 minutes 90 minutes

\$89 \$129

Back Therapy

A deep tissue massage focusing on the tension areas of the body including back, neck and shoulders to dissipate any muscular tension

FIRM

30 minutes \$55.00



Herbal Heat

Knowledge of Life

“Traditionally Ayurveda”

Ayurveda, the ancient of healing system of India harmonized the body’s rhythm with nature by massaging the intersections of our vital life force combined with Shirodhara and finishing with Indian Head Massage

120 minutes

\$195

Udhhvarthan

am*

“to raise or elevate”

Designed to induce perspiration, initiate weight loss, improve skin complexion and better the mobility of body joints. A fine medicated powder is applied over the body before being infused deep

into the skin through a vigorous massage.

90 minutes

\$149.00

Navarakizhi*

“enhancing movement”

Highly effective in enhancing strength, vitality and muscular aches. This treatment has been used for thousands of years combining medicated rice poultices and warmed herbal oils before being applied to the body.

90 minutes

\$149.00

Vatakizhi*

“herbal pain relief”

A therapeutic bundle of herbs, selected for their ability to reduce aches and pains from arthritis, rheumatic joint pain, swelling and sprains, are soaked in warm herbal oils and applied over the body concentrating heat in areas of concern.

90 minutes USD 149.00



Hair Spa Rituals

In true Ayurvedic tradition,
hair is lavishly massaged with
nourishing oils infused with precious herbs.

High in anti-oxidant properties
this opulent ritual assists
in calming the mind while
nourishing and strengthening hair
to a lustrous shine.

Herbal Scalp Massage*

A traditional scalp & hair treatment
using herbalised oils and therapeutic touch.

60 minutes

\$99.00

Hair Rejuvenation*

A decadent combination of massage and
mask to balance, nourish
and strengthen making hair
more resilient to environmental
and chemical pollutants.

90 minutes

\$129.00

Henna Treatment*

A combination of precious herbs
including amla, neem & brahmi to
strengthen, nourish & intensify tresses.

**not suitable for fair hair*

90 minutes

\$129.00



Hands & Feet

Absolute

“perfect, complete or pure”

90 minutes

Feet

Exfoliation
Mask
Nail & cuticle repair
Massage
Buff & polish
\$149.00

Hands

Exfoliation
Mask
Nail & cuticle repair
Massage
Buff & polish
\$149.00

Deluxe

“rich in quality”

60 minutes

Feet

Exfoliation
Nail & cuticle repair
Massage
Buff & polish
\$99.00

Hands

Exfoliation
Nail & cuticle repair
Massage
Buff & polish
\$99.00

Express

“rapid”

30 minutes

Feet

Nail & cuticle repair
Buff & polish
\$59.00

Hands

Nail & cuticle repair
Buff & polish
\$59.00



Element of Spa

"a touch of serenity....."

Be spoilt on the spa express with a selection of effective therapies
Choose from the list below:

Back Massage

A deep tissue massage focusing on the tension areas of the back.

Refresher Facial

A skin boost with nature's nectars to Cleanse and revive.

Reflexology

Pressure point foot massage to stimulate body balance.

Indian Head Massage

Pressure point therapy to reduce tension in the scalp, head & shoulders.

Manicure file & polish.

Pedicure file & polish.

2 x 30 minute treatments	\$99.00
3 x 30 minute treatments	\$129.00
4 x 30 minute treatments	\$159.00



The Artist*

"a person whose creative work shows sensitivity and imagination"

The Zitahli Spa encourages you to create your own spa experience.
Our spa host will assist you to tailor make a unique journey specific to your instruction.

Glow

Body Polish *30 minutes*

Infuse

Body Cocoon
30 minutes

Immerse

Herbal Bath *30 minutes*

Rejuvenate

Facial
60 or 90 minutes

Relax

Massage
30, 60 or 90 minutes

Hair Spa

Hair Treatment *60
or 90 minutes*

Beautify

Hand & Feet Therapy *30, 60 or 90 minutes*

3 hours
\$285.00

4 hours
\$370.00

5 hours
\$446.00



Romantic Rendezvous*

Love for a lifetime ...

Relax

This sensory massage focuses on Swedish techniques promising to ease you gently into your spa journey with a choice of aromatic oils to relax, stimulate or balance.

Purity Ritual for Sensitive Skin

A basic Thalgo clean-up for skins in search of moisture i.e. dehydrated skins, Dry Skin, Sensitive Skin and Oily Skin, it incorporates active, cell-energizing algae extracts and grapefruit extract to provide the skin with all it needs to be intensely restored and refreshed and to maintain optimum hydration. The skin is purified and re-energized. It prepares the skin for the further specific skin concern treatments of Thalgo.

Immerse

In tranquil waters with aromatic lavender & rose.

Indulge

in a glass of sparkling wine

3 hours

\$240.00

per person

two person minimum



Goddess of Fertility*

specialised therapies united together to protect, relax and nurture the mother to be

Relax

Earth mother.

A specialised massage enhanced with warmed oil to relieve tension.

Hair Spa

A traditional scalp & hair treatment used herbalised oils and therapeutic touch.

Renew

Refine tired hands and feet with an express manicure & pedicure.

Refresh nails & cuticles and add a vibrant splash of colour.

3 hours \$285.00

only available for ladies in their second and third trimester.

The Gentleman*

.... the modern mans spa journey

Glow

Buff away impurities and brighten the skin with Balinese coffee body scrub.

Herbal Heat

"enhancing movement"

Highly effective in enhancing strength, vitality and muscular aches. This treatment has been used for thousands of years combining medicated rice poultices and warmed herbal oils before being applied to the body.

Immerse

Soak in warm waters and revive the tired soul as cinnamon and orange lighten the air.

Relax

A deep tissue massage focusing on the tension areas of the body including back, neck and shoulders to dissipate any muscular tension.

3 hours \$250.00



Natural Order*

Raw ingredients to enhance the spa journey

Glow

Gently smooth skin with hand refined local coconut to exfoliate and nourish

Relax

A blend of five massage techniques to promote good health by stimulating the body's energy flow.

Rejuvenate

A facial treatment that takes you back to nature. Drawing on a selection of fresh ingredients including tomatoes, carrots, cucumber, green tea, pineapples and limes customized to your skins needs.

3 hours \$250.00

Sunburn Soother*

"cool, heal and relieve"

Calm

With a healing lavender body wash.

Infuse

While you are enveloped in an active & cooling mask rich in soothing aloe vera & mineral laden seaweed and cucumber.

Immerse

In a cool bath with repairing rose and lavender Bubble Bath.

Relax

With a Swedish Techniques massage applied with a choice of aromatic oil to stimulate and relax the sting of sunburn.

2 hours \$169.00



Purify*

"uplift, stimulate & detoxify"

Glow

Polish away impurities with coconut, lime body scrub.

Infuse

Detoxify as you are enveloped in milk and honey brimming with green tea extracts.

Immerse

Steep in herbal waters infused with floral bath

Relax

Balinese Massage

A rhythmic massage combining long strokes and palm pressure to relieve tension, improve blood flow, ease stress and calm the mind. A deeply relaxing path to health and harmony.

2.5 hours

\$210.00

Nourish*

"relax, hydrate & renew"

Glow

Reveal silky skin with coconut, carrot & Jasmine.

Infuse

Hydrate and relax as you are encompassed in rose honey and milk.

Immerse

Plunge into a deluxe combination of lavender, patchouli & bubble.

Rejuvenate

A truly hydrating moisture treatment featuring marine ingredients and vegetal milks combined with a unique peel-off mask to combat dehydration, improve skin texture and leaving the skin feel soft and radiant. An ideal treatment for dehydrated skin thirsty for moisture

3 hours

\$285.00



Rasayanam*

"Rejuvenation"

"the act of restoring equilibrium"

Yoga

Salute to the sun

Morning Tea

Seasonal fruits & herbal tea

Ayurveda Consultation & Diagnosis

Determine dosha & lifestyle analysis

Thalgo Facial

Signature Thalgo facial

light lunch

Seasonal spa cuisine

Marma Point Massage

Warmed Ayurvedic oils to balance your dosha

Herbal Heat

Essential for detoxification

Shirodhara

A therapeutic flow of warm sesame oil for wellbeing

Herbal Bath

An aromatic infusion to complete your ritual

Meditation

Reflect & celebrate your inspirations

1 day retreat

8 hours

\$575.00

includes light meals & refreshments



Spa Information

Reservations

Advance bookings are highly recommended to secure your preferred date and time of treatment avoiding disappointment.

Spa Operation Hours

10am – 8pm

Cancellation Policy

A 24 hour cancellation policy is in place to assist us in rescheduling your appointment. Any cancellation with less than 4 hours notice will incur a 50% cancellation fee and full charges will be imposed should you not attend your scheduled appointment.

Special Consideration

Guests who have high blood pressure, heart conditions, allergies, are pregnant or have any other medical complications that may prevent them having a treatment in the spa are advised to consult their doctors before requesting any treatments. Kindly inform your spa host of any existing medical conditions.

Check In

Please arrive at the spa at least 15 minutes prior to your scheduled appointment to avoid any decreased treatment time.

Etiquette

To ensure the serenity of the Zitahli Spa we respectfully request that all visitors keep noise to a minimum. Electronic devices are also discouraged.

Attire

While the spa provide a robe, slippers and disposable underwear it is suggested that for guest comfort you wear loose casual clothing during your visit.

Smoking & Alcohol

Please refrain from smoking and the excessive consumption of alcohol within the spa.

Valuables

While a jewelry box is provided in the treatment room we recommend that no jewelry be worn to the spa and accept no responsibility for the loss of money or valuables of any kind brought onto the premises.