



TREATMENTS AT A GLANCE

MASSAGES

Marma Body, Mind & Spirit Ayurveda Massage	90 Min
Serenity Full Body Aroma Therapy Massage	50 Min
Anti Stress Head, Neck & Shoulder Massage	30 Min
Aromatherapy Back Massage	30 Min
Padabhyanga Foot & Leg Massage	30 Min
Adam & Eve Serenity	50 Min
Soothing Hot Stone	90 Min
Thai Yoga Massage	60 Min
Sport Massage	50 Min
Detox Body Massage	60 Min
Balinese Massage	50 Min
Serena Dhara	60 Min
Repeated Treatment	60 Min

BEAUTY TREATMENTS

Eyebrow Threading	20 Min
Mahendi Decoration (Small)	20 Min
Spa Manicure	45 Min
Spa Pedicure	60 Min

BODY WORKS

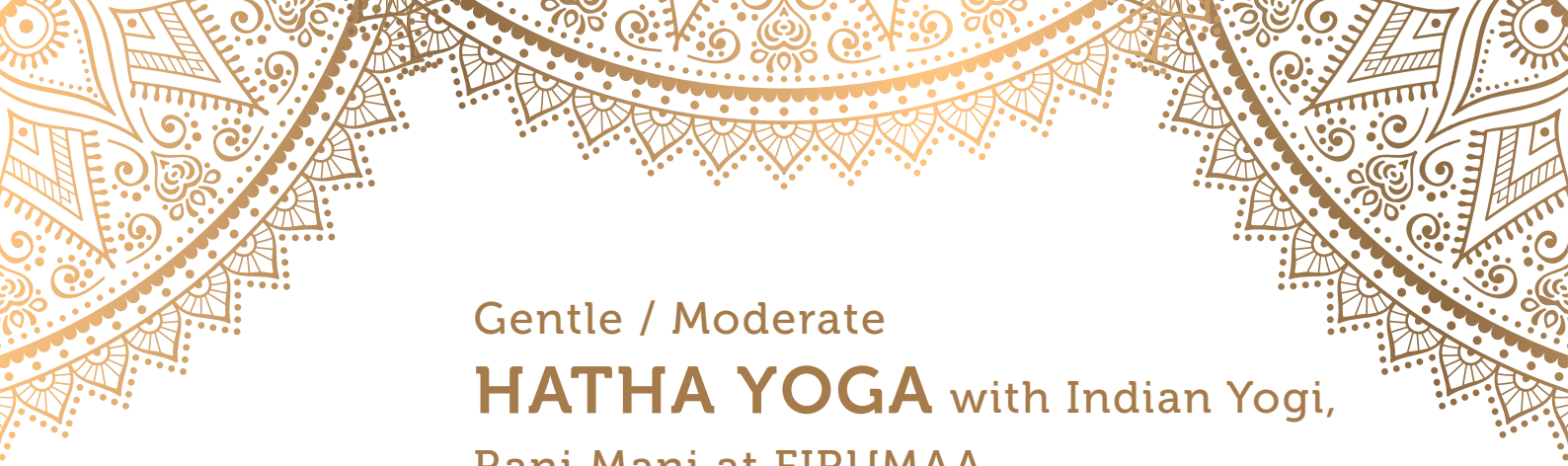
Udavarthina Herbal Body Scrub	40 Min
Serena Mud Rub	40 Min
Rich Coffee Orange Scrub	40 Min
After Sun Cucumber Wrap	40 Min
Re-Hydrating Coconut Delight	40 Min
Honey Sesame Body Glow	40 Min
Salt And Spice Body Glow	40 Min
Yoghurt Turmeric Skin Smoother	40 Min
Papaya Body Polish	40 Min
Bridal Body Polish	40 Min
Deshi Body Polish	40 Min
Slenderising Spirulina Wrap	60 Min

FACIALS

Pampering Facial For Women	60 Min
Skin Fitness Facial For Men	60 Min
Honey Cucumber Facial	60 Min

PACKAGES

Diver's Recovery	105 Min
Sun Lovers Package (3 Days)	120 Min
Honeymoon Special	130 Min
Travel Reviver	120 Min
Island Indulgence	150 Min
Ayurveda Healing	190 Min
Serena Dhara Package	190 Min



Gentle / Moderate **HATHA YOGA** with Indian Yogi, Rani Mani at FIRUMAA by Serena Spa



WHAT IS HATHA YOGA?

Most forms of yoga in the West can be classified as Hatha Yoga. Hatha Yoga simply refers to the practice of physical yoga postures, meaning your Ashtanga, vinyasa, Iyengar and Power Yoga classes are all Hatha Yoga. The word "hatha" can be translated two ways: as "willful" or "forceful", or the yoga of activity, and as "sun"(ha) and "moon" (tha), the yoga of balance. Hatha practices are designed to align and calm your body, mind, and spirit in preparation of meditation.

BENEFITS OF HATHA YOGA

- Maintaining a healthy body
- Hatha Yoga helps in losing weight
- Stress Reliever. It can be a great stress reliever and is helpful in detoxifying mind and body
- Flow of energy or Prana
- Improves flexibility
- Builds muscle strength & improves balance
- Helps you focus
- Increases blood flow
- Makes you happier
- Increase willpower
- Improve concentration
- Build strength
- Develop flexibility
- Add balance

30 minute Private Yoga Session per person
30 minute Private Yoga Session per couple

60 minute Private Yoga Session per person
60 minute Private Yoga Session per couple

30 minutes Group Yoga Session per person
60 minutes Group Yoga Session per person
(any session minimum 3 person or maximum 10 person)

Four sessions of 30 minute Private Yoga Session per person
Four session of 60 minute Private Yoga Session per person