



THREE HILLS
Coorg

Soukhya Spa
ENRICH YOURSELF



- **BODY BEAUTY CARE THERAPIES**
- **MASSAGES**
- **KERALA AYURVEDA**
- **HEAD & SHOULDER CARE**

Mystical and magical, 'Soukhya' means 'happiness or well-being' of physical, mental, and spiritual health. When body, mind, and spirit function in harmony, you are in a state of dynamic equilibrium of health and wellness. 'Soukhya' helps you enrich yourself at all levels.

Address : Hobli, Betathur, Bhagamandala, Madikeri, Karnataka 571201

Body Beauty Care Therapies

Coffee Scrub

This slimming and toning scrub stimulates your body's ability to break down fat, increase metabolism, eliminate water retention, and remove dead cells.

Time-45 minutes. 2500/- INR

De-aging Salt Scrub

The salt scrub with sea minerals and aromatic essential oils removes dead skin cells, resulting in a more radiant appearance. Suitable for all skin types.

Time-45 minutes. 2500/- INR

Chocolate Body Wrap

Chocolate is very moisturizing and softens the skin, leaving a luminous glow. Cocoa contains glycerides that deliver moisturizing lipids and fats, which help reduce wrinkles.

Time-45 minutes. 2500/- INR

Fruit Body Wrap

Rich in antioxidants, fresh fruits refresh and hydrate the skin, leaving it nourished and radiant. Suitable for all skin types.

Time-45 minutes. 2500/- INR



Neem Facial

Neem, combined with the benefits of green tea, nourishes and tones the skin. Suitable for normal to oily skin.

Time-60 minutes. 2500/- INR

Sandalwood Facial

Sandalwood, combined with honey, helps maintain moisture balance, improves microcirculation, and deeply cleanses the skin, leaving it healthy and radiant. Suitable for dry to normal skin.

Time-60 minutes. 2500/- INR

Massages

Classical Swedish Massage

A firm yet gentle European massage that improves circulation and eases muscle aches and tension.

Time-60 minutes. 3000/- INR

Balinese Massage

A unique blend of acupressure, reflexology, and aromatic essential oils. This massage uses a variety of holistic techniques to calm the nervous system and heal the body.

Time-60 minutes. 3000/- INR



Deep Tissue Massage

This massage releases chronic muscle tension from the deeper layers of muscle tissue, greatly enhancing blood circulation.

Time-60 minutes. 3000/- INR

Aroma Therapy

A unique therapy that combines plant-derived aromatic essential oils with a soft, relaxing massage for a calming and energizing effect.

Time-60 minutes. 3000/- INR

Chocolate Massage

Chocolate naturally contains a high amount of caffeine, which helps stimulate circulation and allows better blood flow throughout the body.

Time-60 minutes. 3000/- INR

Soukhya Traditional Massage

A full-body massage using 'Soukhya' warm traditional medicated oil that improves circulation, relieves fatigue and body aches, and stimulates vital energy points, releasing blocked energy flow.

Time-60 minutes. 3500/- INR



Kerala Ayurveda

Kerala Ayurveda Massage

A traditional Kerala Ayurvedic massage using warm medicated herbal oil with long movements, effective for overall rejuvenation, detoxification, and pain relief.

Time-60 minutes. 3000/- INR

Shirodhara

This therapy begins with a relaxing head massage, followed by pouring warm medicated oil across the forehead, along with a gentle scalp massage. It helps relax the body and mind.

Time-45 minutes. 3500/- INR

Kizhi (Potli Massage)

This therapy uses heated herbal pouches (potlis) to rejuvenate, relax, and nourish the affected areas.

Time-60 minutes. 3000/- INR

Snehana Udwarthanam

A therapeutic deep tissue massage performed using herbal powders applied in upward strokes to improve circulation and detoxify the body.

Time-60 minutes. 3000/- INR

Sarvanga Dhara (Aroma Herbal Water)

A therapy that involves pouring warm medicated liquids over the body. It helps relieve pain and muscle spasms, supports healing, and improves immunity.

Time-60 minutes. 3000/- INR





Head and Shoulder Care

Kerala Ayurveda Massage

A traditional Kerala Ayurvedic massage using warm medicated herbal oil with long movements, effective for overall rejuvenation, detoxification, and pain relief.

Time-60 minutes. 3000/- INR



SPA mini session.

Time-30 Minutes

Reflex Foot Massage	1500/- INR
Reflex Hand Massage	1500/- INR
Head & Shoulder Relax	1500/- INR
Men's Face Cleansing + Massage	1500/- INR
Women's Face Cleansing + Massage	1500/- INR
Steam Bath (20 min)	800/- INR

*5% GST Applicable