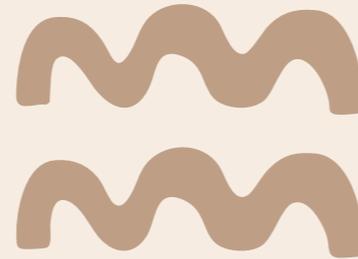




# SOLA



## WHERE THE OCEAN BREATHES, THE BODY REMEMBERS.

Each treatment is guided by intuition, anatomy, and presence. We move slowly, listen deeply, and meet your body exactly as it is – tired, tense, or ready to unfold.

The rhythm of the waves outside finds its echo in our therapist hands: firm yet fluid, restoring flow where life has tightened its grip.

This is not just a massage - it's a return.

You don't just leave relaxed  
- you leave reconnected.

MASSAGE

## CHOOSE YOUR JOURNEY

**DEEP RELEASE & LENGTHEN** 23 000 RS  
Deep Tissue + Assisted Stretch | 60 min  
Slow, sustained deep-tissue work releases tight fascia, followed by assisted stretches to restore length and mobility.

**PRECISION DEEP RELEASE** 23 000 RS  
Targeted Deep Tissue | 60 min  
Focused deep-tissue pressure, trigger-point work and targeted mobilization to relieve your chosen tension areas.

**ISLAND REJUVENATE** 23 000 RS  
Relax & Replenish | 60 min  
Long, flowing strokes calm the nervous system, with warm oils and cooling aloe to soften and soothe the whole body.

**AYURVEDIC FULL BODY** 18 000 RS  
Warm herbal oil massage | 60 min  
Flowing, rhythmic strokes with warm ayurvedic oils to balance energy, nourish tissues and calm the nervous system.

**PINDASWEDA** 18 000 RS  
Herbal pouch therapy | 60 min  
Warm herbal compresses gently pressed along the body to ease stiffness, improve circulation and support deep relaxation.

**RELAXING FULL BODY** 18 000 RS  
Soft flow massage | 60 min  
Gentle, continuous strokes and light pressure calm the body and steady the breath - a simple, soothing unwind.

BOOK YOUR TREATMENT ONLINE OR SEND  
US A MESSAGE: +94 72 751 4797...



SOLA

## THE EXPERIENCE

**Arrival**  
Cool aromatherapy towel  
(Lavender for calm | Eucalyptus for refresh).

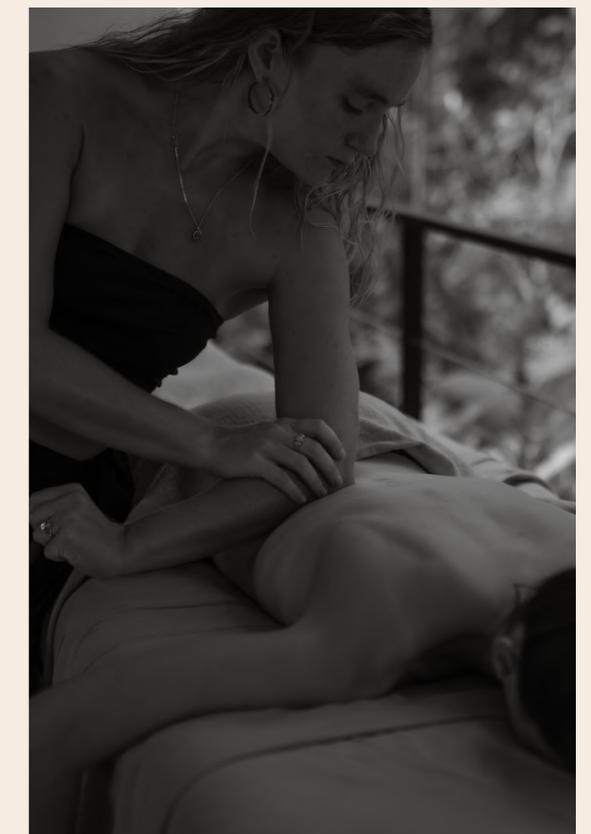
A shared grounding breath sets your intention for the session. Soft instrumental tones and the scent of natural oils prepare your senses.

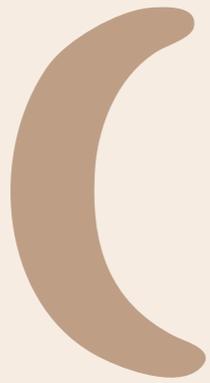
**Body Reading & Intuitive  
Massage (60 min)**  
Our therapists works with organic oils and intuitive touch - listening to your body's patterns and energy.

Each stroke responds to what they feel, guiding you toward release and renewal.

**Reflection**  
A short consultation follows - gentle insights, small self-care tips and your body note card.

You receive a personalized post-treatment botanical drink to harmonize from within.





### DEEP RELEASE & LENGTHEN

Deep Tissue + Assisted Stretch

Slow, steady deep tissue techniques melt long-held tension, followed by yoga-in-spired stretches.

**Best for** tightness, post-travel stiffness, surfing or heavy training.

**You leave** lighter, looser, more space in your body.

#### Post-Treatment Drink

Golden Root Reset – coconut water + turmeric + ginger + bee honey

→ Anti-inflammatory, grounding, and deeply restorative.



### PRECISION DEEP RELEASE

Targeted Deep Tissue

A focused, communicative session for your chosen tension areas. Freya works deeply and precisely, always adjusting to your feedback.

**Best for** knots, asymmetry, shoulder/neck stiffness.

**You leave** balanced, lighter, and clearly aligned.

#### Post-Treatment Drink

Ruby-Orange Replenisher – beet + carrot + cinnamon

→ Revitalizing and circulation-boosting, with steady energy.



### ISLAND REJUVENATE

Relax & Replenish

Long, flowing, unhurried strokes invite your breath to slow. Ayurvedic botanicals and cooling aloe nourish skin and senses.

**Best for** stress release, nervous system reset, skin comfort.

**You leave** rested, grounded, softly radiant.

#### Post-Treatment Drink:

Butterfly Pea Recovery Cooler – coconut water + citrus + bee honey

→ Cooling, hydrating, and beautifully calming.

