



*Eternia*  
spa

**WESTEND HOTEL - MATHERAN**

R. C. Church Road, Next to Matheran Police ST.,

Matheran, Maharashtra - India

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*Eternia*  
spa

*a tranquil getaway from the hustle  
and bustle of the city life*





Come back to nature at Westend Hotel, Matheran and pamper yourself with one of our signature spa services.

Our extensive Spa Menu ensures that each of our guests enjoy something that is tailored to their preference.

For a quick rejuvenation, try the foot reflexology. It is a must do for every Matheran visit. Available is a choice of the 30 or 60 minute treatment to cater to exactly what your body and mind needs.

When in the mood for something a little more relaxed, try the aroma therapy massage. It promises to enhance all five senses and give you an eternal sense of well-being.

Set against the backdrop of a tranquil forest, all the therapies are sure to add that element of much needed relaxation to your weekend getaway.

Complete with our essential oils that will revive the mind, body and spirit, Eternia Spa takes you on a journey that brings to life the goodness of Mother Nature.

**Experience Zen.**

<b>SPA PACKAGES</b>	<b>3 Hours</b>	<b>₹5999/-</b>
<ul style="list-style-type: none"> <li>• <b>Body Scrub</b> It Hydrates your skin, leaving it smooth &amp; soft - scrub with salt, sugar, coffee grounds &amp; rice bran</li> <li>• <b>Wrap</b> It is helpful for losing weight &amp; rid your body of toxins. A thin layer of mud pack is applied to your skin. Not only are toxins removed from body, but dead skin is loosened as well.</li> <li>• <b>Massage (Deep Tissue)</b> This massage therapy helps to realign deeper layer of muscles in the body. It is recommended for chronic aches &amp; pain, and for contracted areas such as stiff neck &amp; upper back, lower back pain, leg muscles tightness and sore shoulder.</li> </ul>		

<b>SPA PACKAGES</b>	<b>2 Hours</b>	<b>₹3999/-</b>
<ul style="list-style-type: none"> <li>• <b>Body Polish or Body Wrap</b></li> <li>• <b>Massage (Aroma)</b> The purpose of this massage is to improve blood circulation and increase the level of oxygen in blood. It helps to remove body toxins, improves flexibility, and eases tension. It is a very soft and light pressure massage, designed to soothe the body.</li> </ul>		

<b>BODY POLISH</b>	<b>45 Minutes</b>	<b>₹2799/-</b>
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<b>BODY WRAP</b>	<b>45 Minutes</b>	<b>₹2799/-</b>
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<b>LUXURY FULL BODY MASSAGE (DEEP TISSUE)</b>		<b>₹2799/-</b>
<p>This massage therapy helps to realign deeper layer of muscles in the body. It is recommended for chronic aches &amp; pain, and for contracted areas such as stiff neck &amp; upper back, lower back pain, leg muscles tightness and sore shoulder.</p>		

**Experience Tranquility.**

<b>RELAXING FULL BODY MASSAGE (AROMA BODY MASSAGE)</b>		<b>₹2249/-</b>
<p>The purpose of this massage is to improve blood circulation and increase the level of oxygen in blood. It helps to remove body toxins, improves flexibility, and eases tension. It is a very soft and light pressure massage, designed to soothe the body.</p>		

<b>FOOT / HAND } REFLEXOLOGY</b>	<b>30 Minutes</b>	<b>₹849/-</b>
	<b>60 Minutes</b>	<b>₹1399/-</b>
<p>It is an alternative therapy involving application of pressure to specific reflex points or areas on your hands &amp; feet. These reflex points correspond to different organs in our body.</p>		

<b>NECK, BACK } &amp; SHOULDER</b>	<b>30 Minutes</b>	Dry	<b>₹849/-</b>
		Oil	<b>₹999/-</b>
	<b>60 Minutes</b>	Dry	<b>₹1399/-</b>
		Oil	<b>₹1699/-</b>
<p>It helps to relieve pain in the neck, shoulders &amp; lower back area that arises out of a strenuous workout or sitting at a desk all day. The muscles in these areas become stiff &amp; tensed from the routine. This massage helps to release this tension &amp; relieve the pain.</p>			

<b>HEAD MASSAGE</b>	<b>30 Minutes</b>	<b>₹849/-</b>
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<b>FACIAL</b>	<b>60 Minutes</b>	<b>₹1999/-</b>
<p>It relaxes you, relieves tension &amp; promotes good blood circulation of the face. It also helps to normalize the moisture balance of the skin, reduce impurities &amp; increase radiance</p>		

<b>STEAM BATH</b>	<b>15 Minutes</b>	<b>₹399/-</b>
<p>It increases the body metabolism, helps immunity &amp; is deeply cleansing</p>		

"Prices Inclusive of all Taxes"

**Experience Eternia.**