

**Welcome to Regal Spa - Bangalore: Your Sanctuary for Relaxation and Rejuvenation 9980877738**



Nestled in the heart of Bangalore, Regal Spa offers a tranquil escape where you can unwind, de-stress, and focus on your well-being. We are dedicated to providing you with a sanctuary that promotes relaxation and rejuvenation. Our spa combines luxury, comfort, and expert therapies to deliver an unparalleled wellness experience. Whether you are looking for a calming massage, a revitalizing facial, or a complete wellness treatment, Regal Spa is the ultimate destination for holistic care.

## **SOCIAL LINK :**

<https://www.instagram.com/regalspa.bangalore/>

[https://x.com/regalspa\\_11](https://x.com/regalspa_11)

<https://www.youtube.com/@RegalSpaBangalore>

<https://in.pinterest.com/regalspabangalore/>

**701/703, 1st Floor, Ram Murthy Nagar, Main Rd OMBR Layout, OPP. Bharath Petrol Pumb, Banaswadi, Bangalore – 560043.**

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# **OIL MASSAGE**

**ESSENTIAL OILS ARE DILUTED BEFORE BEING APPLIED TO THE SKIN. DURING THE MASSAGE, YOU WILL RECEIVE A FULL BODY MASSAGE WHILE INHALING ESSENTIAL OILS THROUGH THE DIFFUSER AND ABSORBING THEM THROUGH THE SKIN**





# COUPLE MASSAGE

A COUPLES MASSAGE IS LIKE ANY OTHER MASSAGE, BUT YOU AND YOUR PARTNER ARE MASSAGED AT THE SAME TIME, ON SEPARATE TABLES, BY TWO DIFFERENT MASSEUSES. MASSAGES ARE USUALLY GIVEN IN PRIVATE ROOMS ON MASSAGE TABLES PLACED SIDE BY SIDE



# FOUR HAND MASSAGE

FOUR HAND MASSAGE FOCUSES ON THE MUSCLES OF THE HAND. VARIOUS TECHNIQUES ARE USED DURING HAND MASSAGE, SUCH AS RUBBING, TRIGGER POINT SKIN ROLLERS AND ACUPRESSURE. VARIOUS TECHNIQUES ARE USED TO HELP RELIEVE ACUTE PAIN, REDUCE SURGICAL OUTCOMES, INCREASE RELAXATION, AND REDUCE SCARRING.



**SWEDISH MASSAGE**  
SWEDISH MASSAGE  
INVOLVES PROLONGED  
KNEADING  
MOVEMENTS  
COMBINED WITH  
RHYTHMIC TAPPING  
MOVEMENTS AND JOINT  
MOVEMENTS. THIS  
TYPE OF MASSAGE  
TARGETS THE TOP  
LAYERS OF THE  
MUSCLES AND IS  
DESIGNED TO RELEASE





# NURU MASSAGE

NURU MASSAGE IS ONE OF THE BEST MASSAGE SPAS IN INDIA, SPECIALIZING IN A VARIETY OF BODY MASSAGES, FROM BLUNT BACK AND OIL MASSAGES TO EROTIC AND EXOTIC MASSAGES. EACH MASSAGE IS A UNIQUE BLEND OF SENSES, REST, HEALING AND RELAXATION.



# DEEP TISSUE MASSAGE

DEEP TISSUE MASSAGE IS A MASSAGE TECHNIQUE THAT USES DEEP PRESSURE. A COMBINATION OF SLOW STROKING MOVEMENTS AND PRONOUNCED FINGER PRESSURE IS DESIGNED TO RELEASE TENSION AND TENSION DEEP WITHIN THE MUSCLES AND CONNECTIVE TISSUE. DEEP TISSUE MASSAGE USUALLY FOCUSES ON YOUR MAIN DISCOMFORT AREAS.





# **AROMATHERAPY MASSAGE**

AROMATHERAPY MASSAGE IS A TYPE OF MASSAGE THAT USES ESSENTIAL OILS, HERBS, AND OTHER NATURAL INGREDIENTS TO CREATE AN AROMATIC EXPERIENCE. AROMATHERAPY MASSAGE IS A GENTLE, HEALING FORM OF TOUCH THAT CAN RELIEVE STRESS AND TENSION, IMPROVE MOOD, AND STIMULATE THE BODY'S NATURAL HEALING PROCESS.

