

# TRANQUIL BLISS RELAX & REJUVENATE AT SPA PALM AMORE

8422812236



A body massage typically involves manipulating the soft tissues of the body to relieve tension, improve circulation, reduce stress, and promote relaxation. There are several types of body massages, each offering unique benefits.

Beauty spa salons aim to create a relaxing environment, combining both beauty and wellness treatments. If you're interested in visiting one, you can check their reviews and choose a spa that offers the services you're most interested in.

If you're considering a body massage, it's important to communicate with your therapist about any specific areas of tension or pain, and be open about the amount of pressure you're comfortable with.

### Social Link:

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&sk=about\\_contact\\_and\\_basic\\_info](https://www.facebook.com/profile.php?id=61571665141864&sk=about_contact_and_basic_info)

<https://www.instagram.com/spapalmamore.bandra/>

[https://x.com/PalmAmore\\_35](https://x.com/PalmAmore_35)

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

**HICONS CORPORATE LOUNGE, 4TH FLOOR, 24TH ROAD, KHAR WEST, BANDRA, MUMBAI, MAHARASHTRA 400050**

# **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 MUSCLE TENSION.



# **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.

