



MY SPA WELIGAMA

SPA MENU

YOUR SANCTUARY OF HEALING & RENEWAL





FULL BODY MASSAGE

DURATION: 60 MINUTES & 90 MINUTES



DEEP TISSUE MASSAGE

A powerful therapeutic treatment targeting chronic muscle tightness hidden deep beneath the surface. Utilizing slow, deliberate strokes and intense, focused pressure across the muscle grain, this massage effectively breaks down stubborn knots, releases deep-seated tension, and restores full mobility.

STRESS RELEASE SPECIAL

The ultimate antidote to a hectic lifestyle. This specialized treatment combines rhythmic, soothing strokes with targeted firm pressure to melt away accumulated stress, improve blood flow, and release muscular adhesions. Designed to calm your nervous system and instantly lighten your mind and body.

PREMIUM AROMATHERAPY

A deeply relaxing sensory journey that blends the healing power of touch with pure, aromatic essential oils. Alternating between gentle and medium pressure, this customized massage allows premium therapeutic oils to absorb into your skin, enhancing mood, reducing anxiety, and leaving your whole body beautifully refreshed.

SWEDISH RELAXING MASSAGE

A classic, gentle full-body therapy designed to promote absolute relaxation. Using long, flowing gliding strokes (effleurage) and soft kneading in the direction of blood flow toward the heart, this treatment eases everyday muscle tension, boosts oxygen levels, and induces a state of pure serenity.

AFTER SURF SPECIAL (SURFERS RECOVERY)

An intensive, specialized recovery therapy crafted specifically for the active surfer. Focusing heavily on the over-worked shoulders, upper back, lower spine, and hamstrings, this treatment releases deep tension, flushes out lactic acid, and restores vital energy to tired muscles, getting you ready for your next big wave.



CONTACT. FOR MORE
DETAILS





FULL BODY MASSAGE

DURATION: 60 MINUTES & 90 MINUTES



SPORTS MASSAGE

A deep tissue mobilization therapy designed for both athletes and active individuals. This treatment utilizes a dynamic range of advanced techniques—including effleurage, kneading, wringing, hacking, and precise trigger point therapy—to relieve muscle tension and accelerate recovery.

YOGA MASSAGE (POST-YOGA RECOVERY)

The perfect complement to your yoga practice. By targeting deep connective tissue and fascia, this therapy enhances flexibility, elongates freshly stretched muscles, and profoundly compounds the holistic benefits of your yoga session.

THE MIND RELAXING MASSAGE

Achieve ultimate serenity with a gentle, flowing full-body therapy. Following the natural contours of your muscles, the therapist uses soothing hand strokes to calm the nervous system, melt away mental stress, and restore inner peace.

PRE & POST-FLIGHT AROMA SPECIAL

Designed specifically to combat jet lag and travel fatigue. Infused with a premium aromatherapy blend of peppermint, eucalyptus, or geranium essential oils, this treatment revitalizes the body, boosts circulation, and minimizes the physical strains of long journeys.

MASSAGE THERAPY FOR INFANTS AND CHILDREN

A gentle and highly beneficial therapy to support your child's emotional and physical well-being. Backed by scientific research from the Touch Research Institute, Miami, regular gentle massage promotes healthy brain development, improves sleep quality, and eases everyday stress in children.



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EXPRESS BODY THERAPIES

(FOCUS: BACK, LEGS & FEET)

DURATION: 45 MINUTES



INTENSE BODY MASSAGE

A fast-acting, powerful treatment engineered to target the underlying causes of deep muscle pain. By using focused techniques on high-tension areas, this massage lengthens tight muscle fibers, accelerates blood circulation, and delivers rapid physical relief.

STRESS RELEASE BODY MASSAGE

The perfect quick escape to melt away daily exhaustion. Your therapist combines fluid, rhythmic strokes with strategic firm pressure to warm up muscle tissue, dissolve stubborn tension knots, and deeply calm your nervous system.

MY SPA BODY MASSAGE

Our signature fusion therapy designed to restore your inner balance. Merging expert kneading and rolling of the fascia with gentle rhythmic side-to-side rocking, this unique session releases blocked energy, leaving you with an incredible feeling of lightness.

AFTER SURF BODY MASSAGE

A My Spa specialty crafted for a quick post-surf recovery. This concentrated treatment zeroes in on your hard-worked upper body—shoulders, shoulder blades, arms, and neck. Combining assisted stretching with medium-to-strong pressure, it instantly flushes out paddling fatigue.

DEEP TISSUE EXPRESS

A focused session dedicated to realigning the deeper layers of muscle and connective tissue. Highly effective for chronically tight zones like the neck, lower back, and hamstrings, this treatment breaks down painful adhesions to quickly restore your range of motion.



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QUICK RECOVERY THERAPIES

(TARGETED FOCUS AREAS)

DURATION: 30 MINUTES



DEEP TISSUE BACK MASSAGE

A highly concentrated therapy that zeroes in on the deeper layers of muscle tissue along your entire spine. Using firm pressure, elbows, and forearms, this treatment effectively breaks down stubborn tension knots in the neck, shoulders, and lower back to restore flexibility.

FEET & LEGS RECOVERY

The perfect relief for tired, aching limbs after a long day of traveling or surfing. This targeted treatment combines deep strokes and precise pressure point therapy to improve blood circulation, reduce inflammation, and instantly revitalize your feet and legs.

INTENSIVE BACK MASSAGE

Designed specifically to combat severe muscle soreness and spasms. By significantly increasing blood and oxygen flow to affected areas, this focused back massage delivers essential nutrients to overworked muscles, accelerating your body's natural recovery from physical strain.

AFTER SURF BACK MASSAGE

A My Spa specialty crafted for a rapid post-surf reset. This session focuses entirely on the high-fatigue upper body zones—shoulders, shoulder blades, arms, and neck—using dynamic pressure to release the heavy tension caused by hours of paddling.

BACK, NECK & SHOULDERS MASSAGE

The ultimate quick fix for everyday stress and posture tension. This soothing yet deep treatment encourages localized blood flow to ease chronic muscle stiffness, relieve tension headaches, and bring an immediate sense of lightness to your upper body.



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THE SIGNATURE EXPERIENCE

DURATION: 90 MINUTES



SIGNATURE SWEDISH SPECIAL

Our ultimate master-level fusion therapy. This premium treatment seamlessly blends the flowing relaxation of Swedish massage with the targeted intensity of Deep Tissue, the precision of Acupressure, and dynamic Sports stretches. Crafted to open up the body, melt away deep knots, and completely renew your physical energy.

To elevate your experience, customized organic essential oils and comforting warm heat packs are strategically placed on high-tension zones to deeply soothe aching muscles.

THIS TREATMENT IS HIGHLY RECOMMENDED FOR:

SLEEP OPTIMIZATION: PERFECT FOR THOSE EXPERIENCING INSOMNIA OR TRAVEL JET LAG.

CHRONIC PAIN RELIEF: TARGETS DEEP MUSCULAR ISSUES SUCH AS LOWER BACK PAIN, SCIATICA, AND STIFF NECK/SHOULDERS.

THE PERFECT BALANCE: IDEAL IF YOU NEED SOMETHING MUCH DEEPER THAN A BASIC SWEDISH MASSAGE, BUT PREFER A SMOOTHER, MORE RELAXING FLOW THAN A TRADITIONAL DEEP TISSUE SESSION.

TOTAL MIND & BODY RESET: DESIGNED FOR DEEP MENTAL RELAXATION AND PHYSICAL RECOVERY.



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