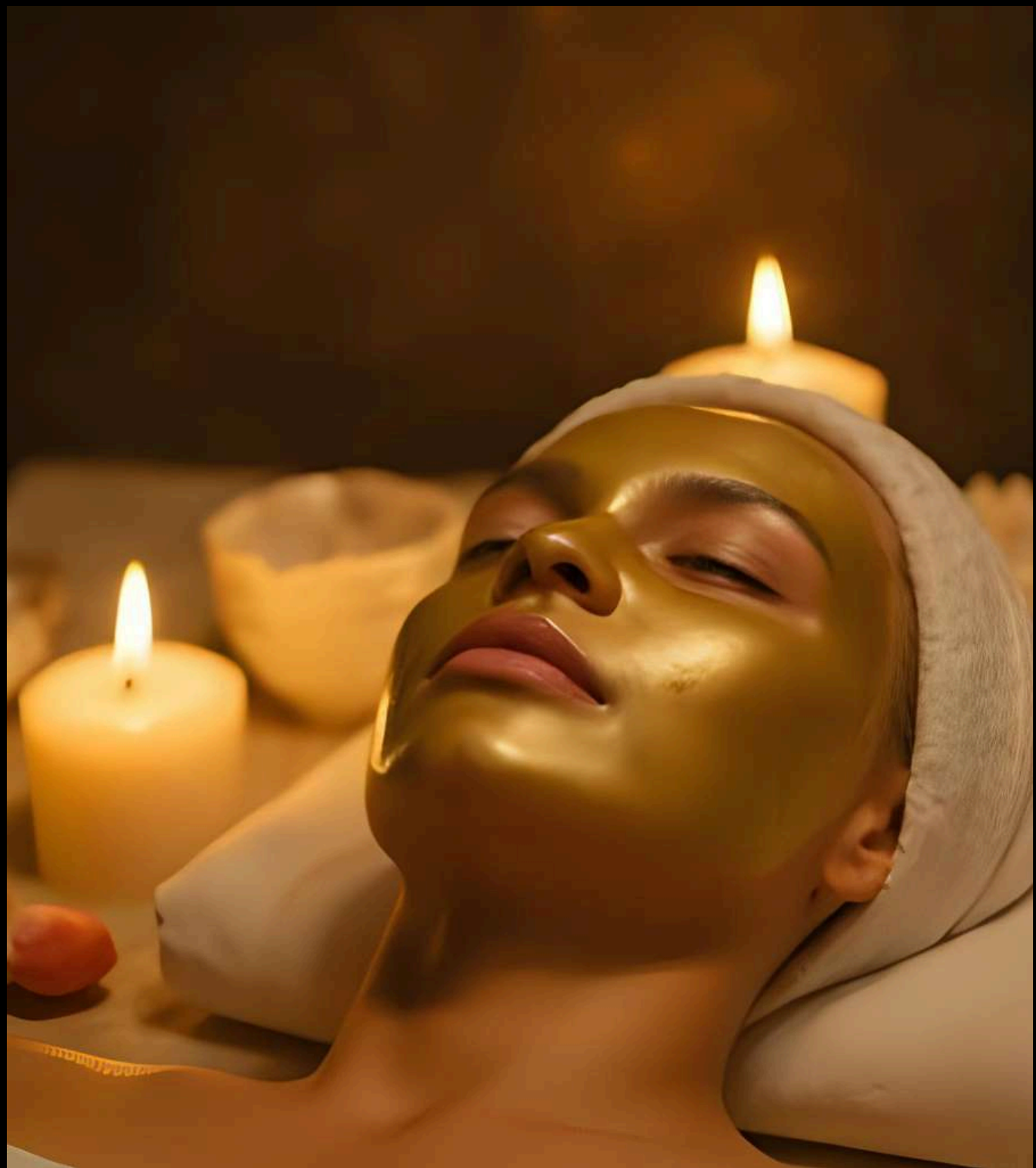


*The Sanctuary
at IF Villa*



FACIAL TREATMENTSS



Open Hours: 10:00 am-6:00 pm

Age Limit: Adults Only (18 years and above)

Cancellation policy: 48 hours in advance: No Charge. Same day cancellation: 50% ,4 hours or less: 75% , No Show 100%

Jewelry and Valuables: It is advised to leave these valuables in the safety lock in your villa.

Electronic devices are not permitted.

Attire: Guests are most welcome to arrive for spa and wellness services, with minimal clothing. Guests who intend to use sauna, steam and pool are required to wear swim attire.

Arrival: Please arrive 15 minutes prior to your appointment to fill out health assessment forms.

Health Considerations: For your benefit, a personal consultation is offered to determine your specific needs and allow us to design your therapy experience.

Late Arrivals: Out of respect for each guest, we are unable to provide therapy for late arrivals: Full charges still apply.

The TASAKI Med Spa at IF VILLA invites you to experience curated wellness offerings that inspire and renew, whether your plans include a social celebration or of a moment of solitary escape. We are featuring a personalized approach and delivery with the highest standards. Your spa experience will be flawless in the hands of our experts.

AGE-LESS FACIAL

Experience a youthful glow with our anti-aging facial. This revitalizing treatment uses a combination of enzyme exfoliation, traditional massage, and targeted skincare to address signs of aging, leaving your skin refreshed and rejuvenated.

60 MINUTES SERVICE USD 198

DETOX FACIAL

A purifying treatment for oily and combination skin. Cleansing and exfoliation is followed by steaming and hot towel compression to refine the pores. This uses drainage technique to improve circulation and help to eliminate toxins. Therapeutic strokes on pressure points ease tension and stress. A detox face mask is applied to draw out harmful impurities, which refreshes and balances the skin for fresh complexion.

60 MINUTES SERVICE USD 168

THE ESSENTIAL LIVING BEAUTY FACIAL

Immerse yourself in our wellness centered facial of skin longevity. Our skilled therapist utilizes whole plant botanicals infused with active biotics to tailor an experience that aligns with your unique requirements. The treatment includes two bespoke masks.

60 MINUTES SERVICE USD 198

DIAMOND MICRODERMABRASION

Amicrodermabrasion facial is a non-invasive skin resurfacing treatment that gently exfoliates the top layer of dead skin cells using a fine spray of crystals or a diamond-tipped wand. This process helps to smooth skin texture, minimize fine lines, reduce mild acne scarring, fade hyperpigmentation, and improve overall radiance. By stimulating cell turnover and boosting circulation, it leaves the skin looking fresh, brighter, and more even-toned, with no downtime required.

60 MINUTES SERVICE USD 198

MESOTHERAPY

We are offering innovative solutions that harness the body's natural healing processes. Specialized in advanced skincare treatments and medical products designed to promote cellular regeneration, improve skin health, and enhance overall well-being. Through cutting-edge research and technology, Using Salmon DNA we aim to provide care rejuvenate and repair tissues.

Radiant/ Hyperpigmentation treatment:

Corrects uneven skin tone, evens the tone and brightens dull skin
Targets: dull skin, hyperpigmentation, irregular pigmentation, blemishes; USD 209

Anti-Aging treatment:

Delays skin aging, and restore the skin.
Targets: sagging skin; advanced, deep wrinkles, dermal elasticity and tightens skin by balancing elastin and collagen levels.
Contents: Lumicen, NCPR, PRO-AGE
USD 209

Acne/ Acne Scarring treatment:

Targets: oily, acne-prone skin; reduce blemishes associated with acne. Contents: Lumicen, RCPR, Pure Skin USD 209

Superficial Wrinkles:

Anti-aging, tightening effect, corrects fine lines and expression wrinkles
Targets: wrinkles (especially eyes & lips), dry, opaque skins
Contents: Myotec, Lumicen USD 209

Mind, Body and Spirit



AYURVEDIE TREATMENT

ABHYANGAM

This is a tradition ayurvedic massage. Different oils are used for different individuals depending upon their body constitutions, seasons and ailments. Numerous benefits of Abhyangam include prevention of aging, relief from fatigue, strengthening immunity, improving ones capacity to tolerate strain and exertion

60 MINUTE TREATMENT USD 144

DEEP TISSUE MASSAGE

Deep Tissue massage uses a blend of essential oils.

Firm and steady pressure is applied to release muscles stiffness in the body which will give you increased range of motion and provide pain relief.

60 MINUTES SERVICE USD 161

DE-STRESS MASSAGE

Experience deep relaxation with our de-stress massage designed to stimulate the vagus nerve for enhanced stress relief. Targeted techniques calm the nervous system, while a soothing blend of chamomile, juniper and lavender essential oil promotes a feeling of calm. Restore balance and reduce tension, and leave feeling recharged with this scientifically grounded approach to relaxation and well-being.

60 MINUTES SERVICE USD 208

RELAXATION MASSAGE

Indulge in our calming and restorative massage, designed to alleviate stress and promote relaxation, enhanced by a soothing lavender oil.

This gentle treatment uses light, flowing strokes to soothe your muscles and calm your mind, surrounding you with tranquil energy.

60 MINUTES SERVICE USD 168

HOT STONES MASSAGE

A full body aromatherapy relaxation massage, accompanied by warm volcanic stones placed on specific areas of the body. The heat from the stones penetrates deeply into the muscles nourishing and restoring the nervous system in a calming, balanced manner.

60 MINUTE SERVICE USD168

Cupping Therapy

A bespoke therapeutic ritual utilizing refined suction techniques to release deep-seated tension, enhance circulation, and support the body's natural restorative processes.

60 minutes service USD 208

Lymphatic Drainage Massage

An exquisite, delicately performed treatment that stimulates lymphatic flow, reduces fluid retention, refines contours, and promotes profound detoxification and renewal.

60 minutes service USD 208

TENS Unit Massage

A sophisticated wellness experience combining precision massage with gentle electrical stimulation to alleviate muscular stress, enhance circulation, and induce a state of deep relaxation and balance

30-minute service USD108

Wellness & Soul Experiences

A curated collection of grounding, heart-opening, and soul-enriching experiences

designed for guests seeking presence, clarity, healing, and renewal. Facilitated by Sala Yogic Guide, Artist, and Soul Mentor, these offerings honor the mind, body, and spirit, held with warmth, inclusivity, integrity, and deep care in the sacred landscapes of Sri Lanka.

Intuitive Yoga Session

Yoga in its truest essence 4 mindfulness, breath, movement, and inner balance. This is not merely physical practice, but a journey inward, guided with presence, sensitivity, and warmth. Sala creates a trusting and supportive space for real connection to the self, where each posture becomes a meditation and each breath a homecoming. The practice adapts intuitively to what guest's need in the moment, whether gentle restoration, energizing flow, or deep stretching. Guests leave feeling relaxed, grounded, and replenished with renewed energy, carrying the essence of their practice into the rest of their day

75 Minutes guided practice

1-3 guests USD100, additional guests USD 45/each

Tibetan Bowl Sound Healing

A Vibrational Journey

Experience the ancient healing power of Tibetan singing bowls in this deeply restorative session. The rich, harmonic tones create waves of sound that wash through the body, soothing the nervous system and supporting profound emotional release. Perfect for: Those experiencing stress, anxiety, emotional blockages, or seeking deep relaxation and energetic recalibration.

75 Minute Practice

USD 200 (133 guests) USD 50 per additional guest

Rumassala Guided Walk & Meditation

A Sacred Nature Experience

Journey to Rumassala, one of Sri Lanka's most potent energetic mountains, steeped in legend and natural beauty. This sacred site is believed to be a piece of the Himalayas, dropped by Hanuman during his search for healing herbs, making it a powerful place for personal transformation and renewal. The experience begins with a gentle guided walk through lush forest paths, incorporating grounding practices that connect you deeply with the earth beneath your feet. Upon reaching a breathtaking ocean-view clearing, settle into guided meditation, allowing the mountain's ancient energy and the rhythm of the waves to support your inner journey. Sacred Mountain Trek/Sacred Mountain Trek/Storytelling & Reflection

Approximately 2 hours including transport and experience/USD 60 per guest (minimum 2 guests)

Guided Meditation Session

A grounding, nurturing meditation experience thoughtfully tailored to your emotional and energetic needs. Whether you're seeking relaxation, clarity, nervous system regulation, emotional release, or spiritual connection, this practice meets you exactly where you are.

60 minutes, USD 80 Private " USD 120 Couple "

USD 50 per additional guest

Reiki & Energy Balancing

A gentle yet profound energetic treatment that works on subtle levels to support emotional release, soothe the nervous system, clear heaviness, and restore inner balance and flow. This ancient Japanese healing modality channels universal life force energy to where it's most needed in your body and energy field. Many guests experience deep relaxation, emotional clarity, physical relief, and a renewed sense of vitality. Some describe feeling lighter, more centered, and reconnected to their innate wholeness. The session is conducted with utmost care and respect for your personal boundaries and healing journey.

60-75 minutes of hands-on healing USD 120 per guest

One-on-One Soul Coaching

A powerful personal session for those navigating change, healing, identity awakening, burnout, grief, or purpose-seeking. This is a truthful, compassionate space where you can explore your inner landscape with complete safety and support.

75-90 minutes, USD 150

Introduction to Ayurveda

Discover the timeless wisdom of Ayurveda through this beautifully accessible introduction to one of the world's oldest holistic healing systems. This isn't a clinical consultation 4 it's an invitation to understand yourself more deeply through the lens of ancient wisdom. Sala guides you through the fundamental concepts of Ayurveda, including the three Doshas (Vata, Pitta, and Kapha), helping you recognize your unique constitutional type and current state of balance. You'll explore how this knowledge applies to your lifestyle, emotional patterns, and daily rhythms.

90 minutes of personalized guidance

USD 60 per person for groups

Mandala Meditation 3 Art Therapy

Where Meditation Meets Creative Expression

This soulful practice beautifully combines the stillness of meditation with the expressive freedom of artmaking. No artistic experience is needed & in fact, letting go of perfectionism is part of the healing journey. The session begins with guided grounding practices to quiet the mind and open the heart. Then, you'll create your own mandala & a circular sacred art form used across cultures for meditation and healing. Working with colors, patterns, and intuitive marks, you'll allow your inner world to express itself on paper. This process becomes a moving meditation, a form of active mindfulness where creation and contemplation merge. The mandala you create is both a beautiful artwork to take home and a mirror reflecting your inner landscape at this moment in time. Guests describe this experience as deeply therapeutic, surprisingly insightful, and wonderfully freeing. It's particularly powerful for those who find traditional sitting meditation challenging or who wish to access their wisdom through creative channels. All Materials Included

Quality art supplies provided, 90 minutes, USD 150 (1-3 guests) USD 45 per additional guests)

Begin Your Wellness Journey

Creating Space for Transformation Each of these experiences has been thoughtfully designed to support your journey towards presence, clarity, healing, and renewal. Whether you're drawn to movement, stillness, creative expression, or energetic healing, there's a pathway here for you. These offerings can be experienced individually or combined to create a personalized wellness retreat tailored to your unique needs and intentions. Sala is available to help you design the perfect combination of practices to support your goals

Bespoke Experiences

Custom combinations and private group sessions are available. Share your intentions and we'll create something perfect for you

A Note of Care

Please communicate any physical limitations, emotional sensitivities, or specific needs beforehand so each session can be adapted to serve you best

Booking & Enquiries

All sessions can be arranged through IF Villa reception. Advanced booking is recommended to secure your preferred times