

A close-up, high-speed photograph of water splashing, creating a dynamic and refreshing background. The water is captured in mid-air, with numerous droplets and bubbles visible, set against a soft, light blue background. The overall effect is one of purity and relaxation.

# *Club Oasis*

menu of spa services

Inspired by our rich Nepali culture and the beauty of our mountains, rivers and forests, nature lies at the heart of every spa treatment at Club Oasis.

Offering an opulent sensory experience of the Himalayan natural resources, your path to wellness at Club Oasis begins with a healing journey illuminated by the land, Nepali tradition and your wellness needs.

Seeking energy, renewal or balance, you will enjoy authentic engagement with our natural resources and healing touch, immersing in the fresh harvest of indigenous herbs, leaves, flowers, roots and minerals.

Empowering you to achieve and maintain your personal well being with our expert knowledge and care, it is our greatest pleasure to see you achieve the balance in body, mind and soul so vital to great health.

Join us and be immersed in the natural beauty of a green garden oasis and enjoy pure, authentic spa treatment in true Nepali tradition.

### [paths to wellness](#) [guide to spa treatment](#)

At Club Oasis, choose your path to inner tranquility by electing nature as your guide. Allow the Himalayan landscape to lead you to your desired results.

### [mountain](#) [treatments for renewal](#)

Herbs gathered from Himalayan foothills and jungles nourish and relax.

### [river](#) [treatments for energy](#)

Mineral resources drawn from rushing riverbeds revitalise and activate.

### [forest](#) [treatments for balance](#)

The organic wealth of our forests purifies to cleanse and restore harmony.

Following a professional, personal consultation, we use our vast knowledge of this region to bring balance back to your body, mind and soul with holistic, natural Nepali spa treatment.



## spa packages

### mountain path

The path to wellness begins here. A cleansing massage relaxation evolves into a balancing, traditional Ayurvedic treatment.

- ◆ Aromatherapy Massage
- ◆ Shirodhara

### river path

Inspire the spirit with energy-opening elements. Body scrub and energized deep tissue massage restore vital energy to encourage natural healing.

- ◆ Herbal Salt Scrub
- ◆ Deep Tissue

### forest path

Retreat to a remote place, quiet and mysterious. Engage the senses and experience truest Nepali relaxation and nourishing refreshment.

- ◆ Indian Head Massage
- ◆ Abhyanga
- ◆ Herbal Salt Scrub





## natural facial care

### mountain renewal himalayan herbal

Many Nepali women use homemade recipes passed down from mother to daughter to nourish their families and their skin. In this tradition, we use fresh, all-natural ingredients straight from our kitchen to heal, soothe and brighten your complexion. Toning and nourishing with fresh elements and revitalising massage, you'll emerge with a natural, healthy glow.

### herbal refresh

An express facial perfect for combination or sensitive skin, this essential treatment offers exfoliation, calming massage and a soothing mask to rebalance, rehydrate and purify.

### river energy oxygen facial

Great for dry skin, pure oxygen restores vitality and your natural glow. With active exfoliation, steam, extraction, a calming massage, soothing eye mask, face mask, ampoule treatment and care to meet your skin's needs, relax and emerge with a smooth, toned and truly refreshed complexion.

### forest balance pure cleanse

Purifying congested and acne-prone skin with a deep-pore cleansing, intensive exfoliation, steam, extraction, calming massage, toning face mask and ampoules treatment leave skin refreshed and balanced.





## advanced marmalade facials

for glowing and radiant skin

advanced vino grapes marmalade facial

Re-hydrates the skin and restores balance to lackluster skin. Removes dark patches and blotchiness caused by sun damage.

for whiter and brighter skin

advanced bearberry marmalade facial

These powerful detoxifiers rehydrate the skin and restore balance to a lacklustre skin. They are excellent for skin whitening and a radiant-looking skin.



## ultimo facials

(platinum, 24 karat gold and oyster pearl)

### for anti-ageing skin (platinum)

Experience the epitome of luxury with Absolute Platinum Anti-Ageing Treatment — ULTIMO PLATINUM. This revolutionary skin-transforming treatment penetrates Platinum till the skin's deepest layer that minimizes wrinkles, firms' facial contour and helps to revive the skin's youthfulness and wellness by promoting collagen & elastin protein bonds. Absolute Platinum decelerates pre-mature ageing by maintaining skin's electrical balance to magnify hydration and protects the cellular DNA restorative mechanism.

### for brightening, glowing and healthy complexion (24 karat gold)

Experience the epitome of luxury with 24 Karat Gold Facial Treatment — ULTIMO GOLD. This revolutionary skin-transforming treatment penetrates 24 Karat Gold till the skin's deepest layer that accelerate cell renewal, stimulate lymphatic drainage and promotes the clearance of stagnant melanin to brighten the skin. The energy inherent in pure gold, eremites and revives the skin, giving it a fresh, glowing and healthy complexion.

### for ultimate brightening (oyster pearl)

Experience the epitome of luxury with Pure Pearl Skin Whitening Facial Treatment — ULTIMO OYSTER PEARL. This revolutionary skin-transforming treatment penetrates calcium, minerals, albumin and amino acids enriched Oyster Pearl till the skin's deepest layer to speed up the skin's natural metabolism, tone and rejuvenate pale complexion, rebuilding worn-down cells and reconstructing skin, making it smoother and more supple. Oyster Pearls calms, detoxifies, protects from environmental radicals and regulates skin discoloration.





## dermo spa facials

### [japanese sakura skin whitening & lightening facial](#)

The Japanese Sakura Skin Whitening & Lightening Facial combines Japanese cherry blossoms with White mulberry extract which is believed to promote melanin synthesis and keep the skin bright & clear. This facial aims to reduce inflammation, skin roughness and enhances the Whitening effect.

### [bulgarian rosa damascena](#)

The 'Bulgarian Rosa Damascena' or Damask Rose is recognised as the finest rose in the world, with widespread health and beauty applications. It has been known as the best oil-bearing rose worldwide for more than 330 years. Bulgarian Rose has properties that effectively moisturise all skin types against environmental drying effects and help smoothen skin thus giving glowing and bright skin. The facial helps in unclogging and hydrating skin as well as calming sensitivity and tiredness. It is widely accepted as an herbal skin toner and a conditioning agent.

### [brazilian anti-ageing facial](#)

The key ingredients of the Brazilian Anti-Ageing Facial are Murumuru butter and Shea butter which have anti-ageing and skin firming properties. Murumuru butter has high content of lauric, myristic and oleic acid that regulates the balance of lipid replacement of the skin. Shea butter is an excellent emollient for people suffering from dry skin. They also help in skin regeneration and stimulate collagen production. This facial is enriched with powerful Anti-oxidants, improves skin moisture levels and provides natural sun protection.



## body treatment

### mountain renewal

#### herbal salt scrub

Prepared with the natural herbal bounty of the mountain and crystal rock salt, this healing skin-revitalising scrub cleanses, moisturises and heals.

### river energy

#### buku cleanse

After a trek, relax muscles with a scrub exfoliation and nourishing Newari skin treatment to cleanse, mineralise and restore a natural, healthy glow.

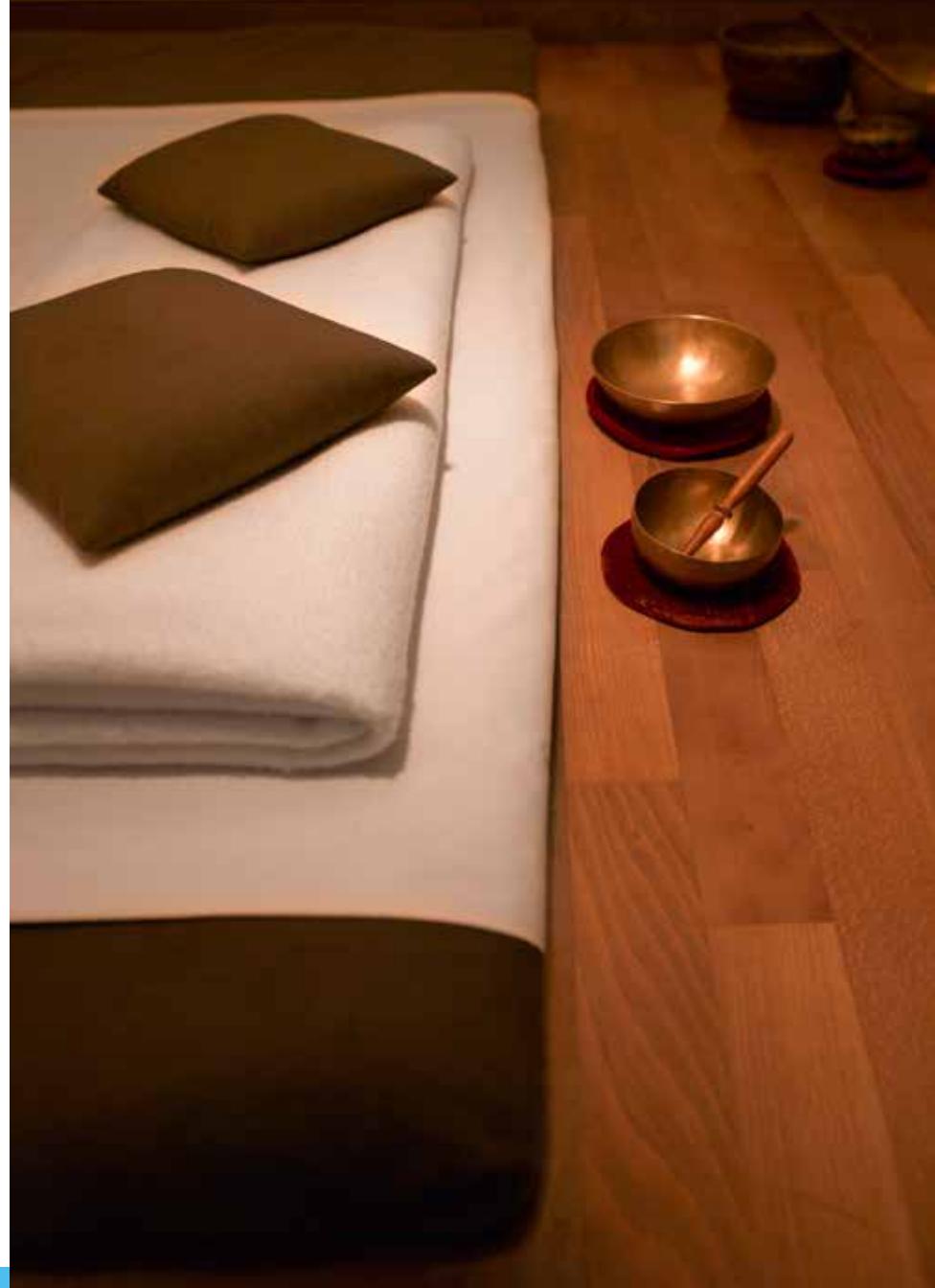
### forest balance

#### herbal infusion

Steaming Himalayan herbs release their potent healing nature on your marma energy points. Activating the body's metabolic activity, treatment combines with lymphatic massage to encourage natural healing.

### deep forest detox

Following our herbal salt scrub, the body is draped in mud from deep inside the Himalayan forest and cocooned in a thermal wrap for a soothing treatment to detoxify and remineralise the skin and body.



# massage therapy

## mountain renewal

### shirodhara

Awakening the third eye with a controlled flow of warm oil poured gently over the forehead, traditional Shirodhara lulls the body into a state of calm. With a scalp massage to aid in awakening, treatment works to address and heal your specific ailments. A divine way to reduce stress, Shirodhara rebalances body and mind while promoting longevity.

## aromatherapy

Renew body and mind with this luscious aromatic treatment combining energy point stimulation with gentle strokes to stimulate natural cleansing processes. Effective in combatting the challenges of rheumatism and stress, aromatherapy also reduces nervous tension and treats insomnia.

## river energy

### indian head massage

Invite revitalisation as warm herbal oil is ritually applied before a deeply stimulating back and neck massage. Moving to pressure point scalp therapy, treatment aids in preventing hair loss and premature greying while improving muscles and nerve connections. Bhringa raj flower oil and olive essence promote well being.

## deep tissue

Refreshing with lime, lemongrass and ginger, firm manipulation of deep muscle tissue aids in recovery from fatigue. Improving circulation, rhythmic manipulative movements indigenous to our region and passed down through the generations help relieve exhaustion and restore muscle tone.

## himalayan hot stone

Unleashing ancient energy, experience increased balance and energy flow in your body as you tap into previously blocked energy reserves. Warm river stones allow the body to connect with the rich nature found here, uplifted with the essences of lemongrass and ginger.

## forest balance

### abhyanga

Ayurvedic oil is draped on the body firm, rhythmic massage strokes. Rose and sandalwood aromatherapies reconnect you with nature, resetting sleep cycles and nourishing cells. This natural anti-ageing remedy promotes growth and stability. A truly harmonising, traditional technique.

## choornaswedam

A traditional Ayurvedic therapy, warm herbal poultices are applied to the body to induce sweat and encourage energetic detoxification. With complementary touch therapies, those suffering from arthritis, aches, sprains and rheumatism should experience welcome relief.

## foot reflexology

Allow yourself to drift into deep relaxation whilst your massage therapist stimulates specific reflex points on your feet, bringing relief to corresponding areas of your body. Encouraging natural healing processes, patchouli, sandalwood and nutmeg restore balance.

## himalayan bowl retreat

The Himalayan bowl Retreat is an ancient art of Chakras (centre of energy) healing which stimulates body, mind and soul and renews from the effects of daily stress and disturbed inner balance. Awakes with deep muscle relaxation, mental clarity, releases of toxins from the body, increases energy and strength to help in daily life. Makes us to feel a lifetime sensational experience.



## club yoga

Yoga and meditation are the best ways to complement your Spa treatment and heal your body, mind and soul.

After enjoying one of our spa treatments at Club Oasis, enhance your sense of self-fulfillment with hatha or pranayama.

### [hatha](#)

Your Club Oasis Yoga instructor will customise this one-hour session according to your needs, guiding you in techniques appropriate to your skill level and physical fitness. The goal of Hatha yoga is to help you release stress through breathing techniques and asana (yoga postures).

### [pranayama](#)

Proper breathing is essential to bringing more oxygen to the blood and to the brain. Pranayama, helps you gain control of Prana, the vital life energy through breathing technique. Combined with asana, this is the highest form of purification and self-discipline, covering mind and body.



## fitness centre

Dedicated to wellness enthusiasts in search of innovative ways to restore balance in their lives, our state-of-the-art fitness centre is equipped with cardio and strength training equipment, and is available 24 hours a day.

A range of classes and a personal training session are available in the fitness centre.



## how to spa

### reservations

To make your reservation at Club Oasis, please call 01-5171234 and dial extension 5162 from within the hotel. A valid credit card is required to guarantee your reservation.

### pre-arrival

Please arrive 20 – 30 minutes prior to appointment to take full advantage of our facilities. Appointments begin promptly at the time scheduled. If you arrive late, your appointment will be shortened so that the therapist can be on time for the next session.

### clothing

You will be provided with a robe and slippers and will be draped during your massage. Disposable undergarments will be provided or guest may wear their own undergarment. Undergarments are required to be worn during all services.

### communication

Please communicate with your therapist to ensure satisfaction and to customise our services to fit your needs.

### health considerations

Please advise us upon booking of any allergies, injuries and any health related concerns.

### spa policy

Please turn off your cell phones so that the tranquility of the Hyatt spa experience may be preserved. Please deposit all valuables in your room safe, as neither the Spa nor Hyatt Hotels can be held responsible for any loss of personal items.

### cancellation

Cancellations and changes of scheduled treatments are accepted up to 24-hours prior to appointment time without incurring a charge. For cancellations within 24 hours, a cancellation charge of 50% will apply. Without any notification, cancellation and a no-show recorded will incur full payment.

### gift certificates

Gift certificates are available for purchase and may be used for all Club Oasis treatments.

### age limitation

Children under age 16 are not permitted to use the spa services for safety reasons.

### spa concierge

If you have any additional questions or would like to further customise your spa experience, please do not hesitate to contact the spa concierge by calling 5160.

### tax and service charge

A 10% service charge and 13% VAT will be added to the cost of your service. Additional gratuities for your therapist are subject to your discretion.

### information privacy

Because we consider the privacy and confidentiality of your information to be important, we use your information in accordance with the Global Privacy Policy for Guests, which can be located at [privacy.hyatt.com](http://privacy.hyatt.com) or by request from the Club Oasis reception.



**HYATT**  
**REGENCY**

KATHMANDU

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