

**EXTRA SERVICE FEMALE TO MALE BODY MASSAGE IN
BANDRA 7506359379**



At our spa, relaxation becomes an experience, not just a service. We blend expert techniques with a calming atmosphere to restore your body, ease your mind, and renew your energy. Every session is designed to melt away stress and leave you feeling balanced, refreshed, and truly revitalized.

Our spa offers a peaceful and relaxing environment where you can escape from daily stress and refresh your body and mind. With professional therapists and soothing massage therapies, we focus on providing complete relaxation and wellness. Step in feeling tired and walk out feeling calm, refreshed, and fully rejuvenated.

SOCIAL LINK :

<https://www.facebook.com/spanest.bandra/>

<https://www.instagram.com/spanest.bandra/?hl=en>

<https://twitter.com/SpaNest9653>

<https://www.linkedin.com/in/spa-nest-bandra/>

ADDRESS :

SHOP NO. 101, 1ST FLOOR, ASRA 182, ABOVE JAMMU & KASHMIR BANK, 182 WATERFIELD ROAD, BANDRA (WEST), 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.

