

SUKHA LOMI

— Family Spa —



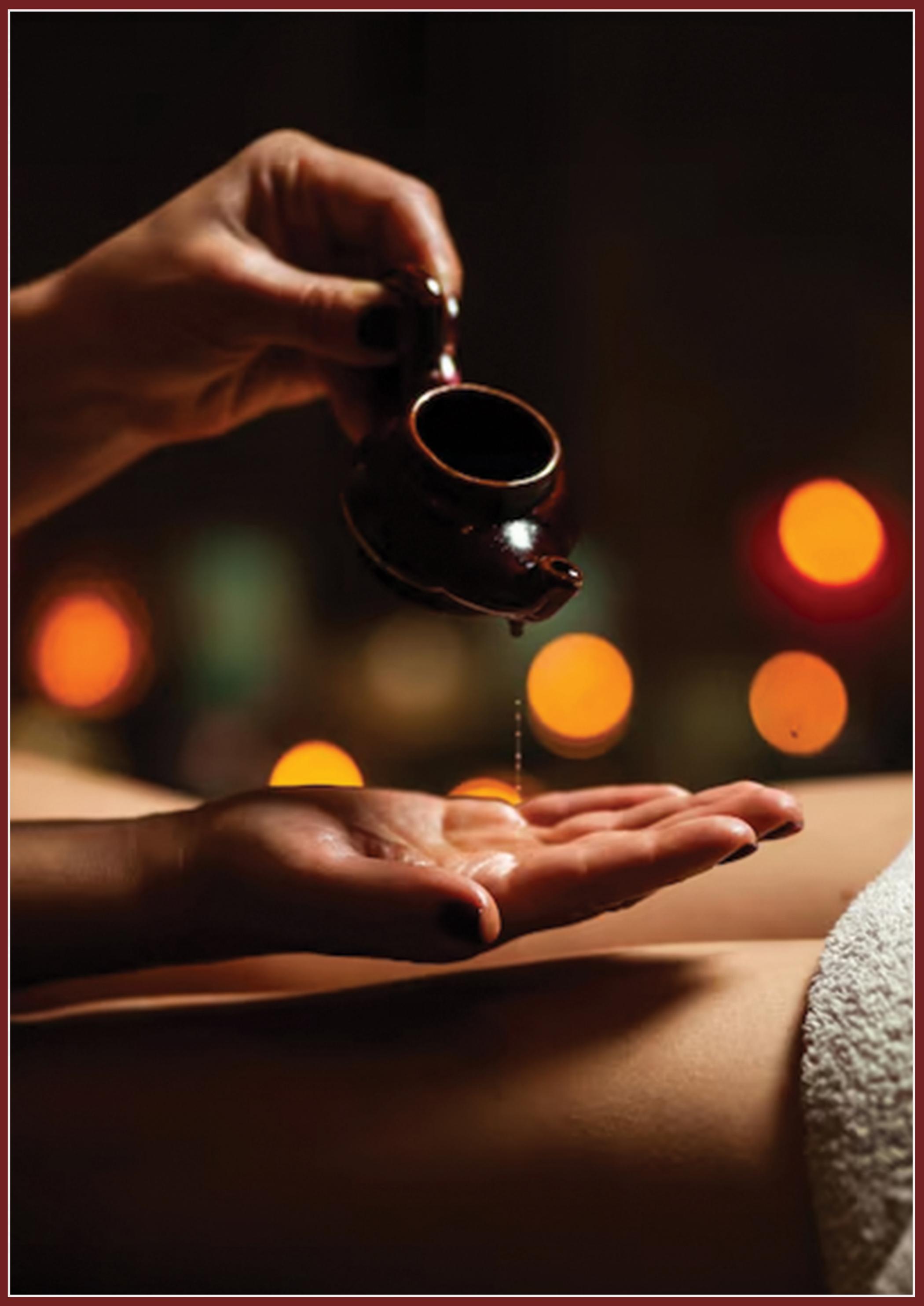




OUR TREATMENTS

FOR MEN AND WOMEN





AROMA THERAPY

An aroma therapy massage combines the benefits of traditional massage with the holistic benefits of scented essential oils, or concentrated oils that are derived from various plants. So an aroma therapy massage helps your body and your mind

HEALTH BENEFITS OF AROMA THERAPY MASSAGE

-  Reduce stress and anxiety
-  Ease symptoms of depression
-  Reduce headaches
-  Improve sleep
-  Boosts mood and emotional well-being

DURATION

60 MIN

90 MIN

120 MIN

2HANDS

₹2800/-

₹3600/-

₹4000/-

4HANDS

₹5600/-

₹7200/-

₹9200/-



DRY MASSAGE

This therapeutic massage can instantly energize and rejuvenate your body. Our trained therapists can help in making your day better and relaxed with necessary pressure application on your body through which you can easily get rid of your daily work stress.

HEALTH BENEFITS OF **DRY MASSAGE**

-  Your lymphatic system will be detoxified
-  Removes toxins from the body
-  Stimulates blood flow and increases blood circulation
-  Warms up the body and relaxes the muscles
-  Improves mental alertness

DURATION

60 MIN

90 MIN

120 MIN

2HANDS

₹2200/-

₹2800/-

₹3600/-

4HANDS

₹4400/-

₹5600/-

₹7200/-

ADDITIONAL ₹1000/- FOR VIP ROOM



DEEP TISSUE THERAPY (OIL THERAPY)

Deep tissue therapy is an advanced form of massage therapy which targets the deep connective tissues and nourishes the muscles. It is especially beneficial for those struggling with back pain, neck pain, shoulder pain, and muscle tightness. Get a deep tissue massage in Visakhapatnam and experience the therapeutic benefits for recovery. Expert masseuses use kneading, rolling, and stroking movements and apply pressure on the body's muscles and tissues during the deep tissue massage. The benefits of this massage are many and you can truly feel its value. Let's have a thorough understanding of this massage.

HEALTH BENEFITS OF DEEP TISSUE MASSAGE

-  Relieves stress and anxiety
-  Lowers blood pressure
-  Reduces chronic back pain
-  Helps manage labor pain & delivery
-  Breaks down scar tissue

DURATION

60 MIN

90 MIN

120 MIN

2HANDS

₹3500/-

₹4500/-

₹5900/-

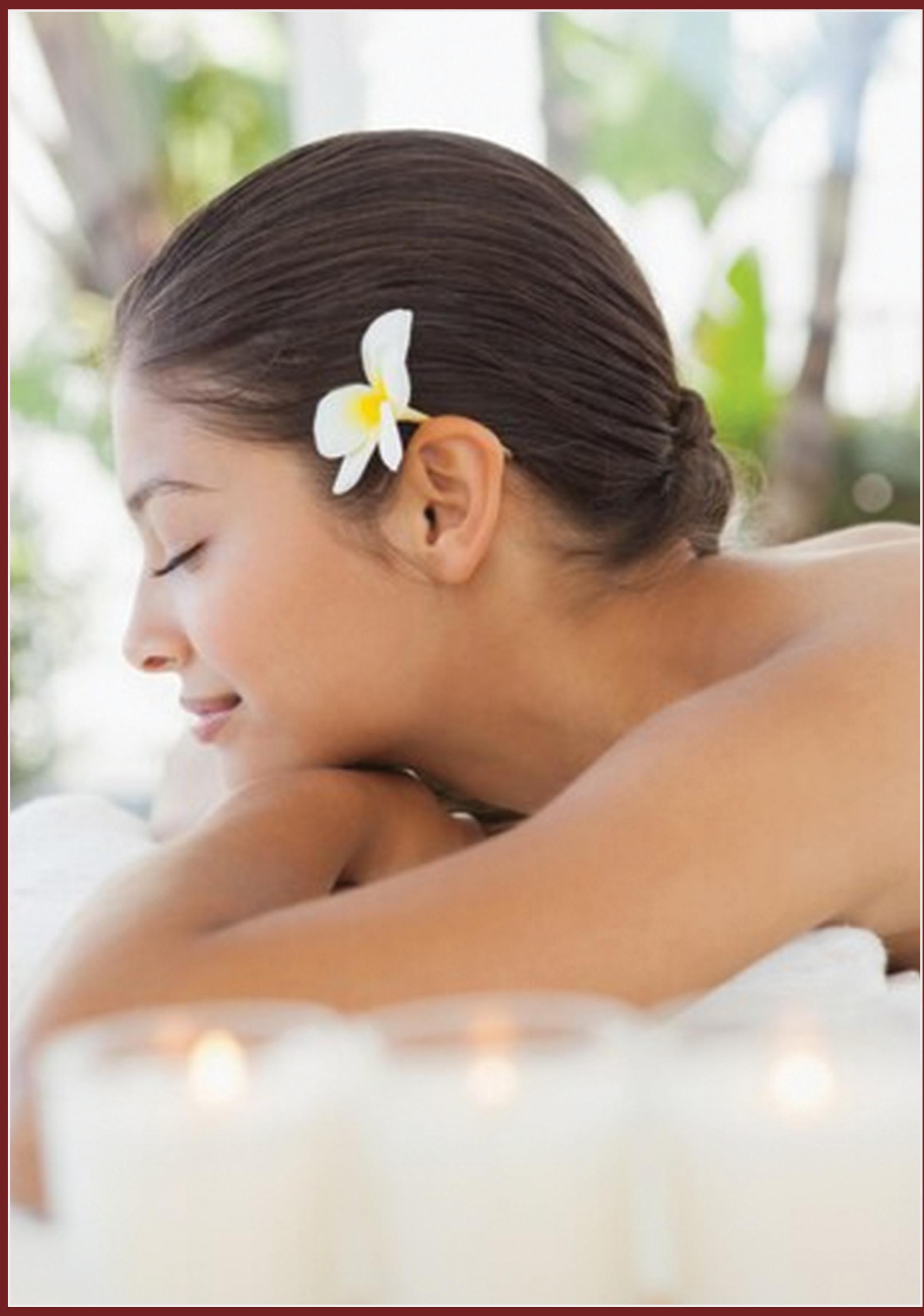
4HANDS

₹7000/-

₹9000/-

₹11,800/-

ADDITIONAL ₹1000/- FOR VIP ROOM



BALINESE MASSAGE

Balinese massage is one of the most special types of therapy developed in the Indonesian province of Bali. It is a beautiful blend of traditional medicine systems from India, China, and Southeast Asia. It combines Manual Therapy and Aroma Therapy for a truly holistic experience. This massage technique includes acupressure, skin rolling and flicking, firm and gentle stroking, percussion, and the application of essential oils.

HEALTH BENEFITS OF **BALINESE MASSAGE**

-  Aids in deep relaxation
-  Loosens fascial restrictions
-  Stimulates the lymphatic system
-  Promotes healthy blood flow
-  Relieves muscle stiffness and tension

DURATION

60 MIN

90 MIN

120 MIN

2HANDS

₹3300/-

₹4200/-

₹5400/-

4HANDS

₹6600/-

₹8400/-

₹10,800/-

ADDITIONAL ₹1000/- FOR VIP ROOM



HOT OIL THERAPY

Want to experience the ultimate relaxation? Then you must try Hot Oil Therapy. It helps open the pores and deeply relaxes the body. It has innumerable health benefits for both the body and mind.

HEALTH BENEFITS OF **HOT OIL THERAPY**

-  Relieves muscle pain and joint pain
-  Improves skin appearance with just a few sessions
-  Enhances mood and reduces stress
-  Boosts blood circulation
-  Helps in detoxification of the body

DURATION

60 MIN

90 MIN

120 MIN

2HANDS

₹3300/-

₹4200/-

₹5400/-

4HANDS

₹6600/-

₹8400/-

₹10,800/-

ADDITIONAL ₹1000/- FOR VIP ROOM



HOT CANDLE MASSAGE

This is the best solution to awaken your senses. It will relax and calm your body in a warm and intimate room, softly lit by the flame of a soothing aromatic candle. This can give you a great experience—just like a deep and peaceful meditation session.

HEALTH BENEFITS OF HOT CANDLE MASSAGE

-  Rejuvenates your skin and body
-  Makes you feel tension-free and calm
-  Aids in anti-aging
-  Enhances skin hydration
-  Promotes emotional well-being

DURATION

60 MIN

90 MIN

120 MIN

2HANDS

₹3800/-

₹4900/-

₹6300/-

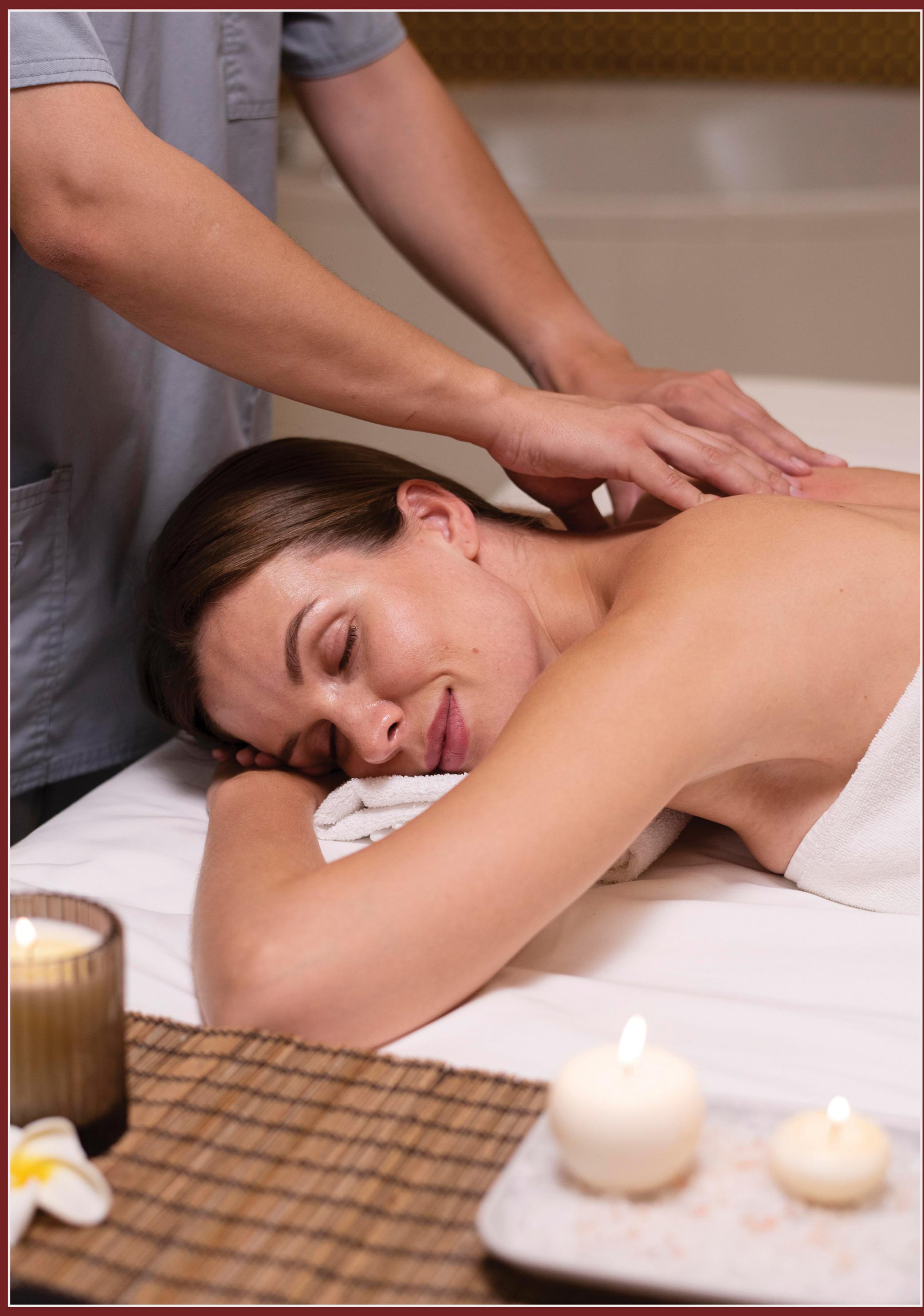
4HANDS

₹7600/-

₹9800/-

₹12,600/-

ADDITIONAL ₹1000/- FOR VIP ROOM



SWEDISH MASSAGE (OIL THERAPY)

Swedish massage is one of the most well-known and popular forms of massage therapy in the world. The therapy primarily involves the use of elbows, forearms, and hands to massage and stimulate the different muscular layers of the body, which in turn leads to muscular healing and recovery. During the course of the massage, you may also notice that the massage therapist induces movements in the joints as a part of the massage process.

HEALTH BENEFITS OF SWEDISH MASSAGE (OIL THERAPY)

-  Enhances blood circulation
-  Relieves muscle tension
-  Reduces stress and anxiety
-  Improves joint flexibility
-  Boosts mental and emotional well-being

DURATION

60 MIN

90 MIN

120 MIN

2HANDS

₹3100/-

₹4000/-

₹5200/-

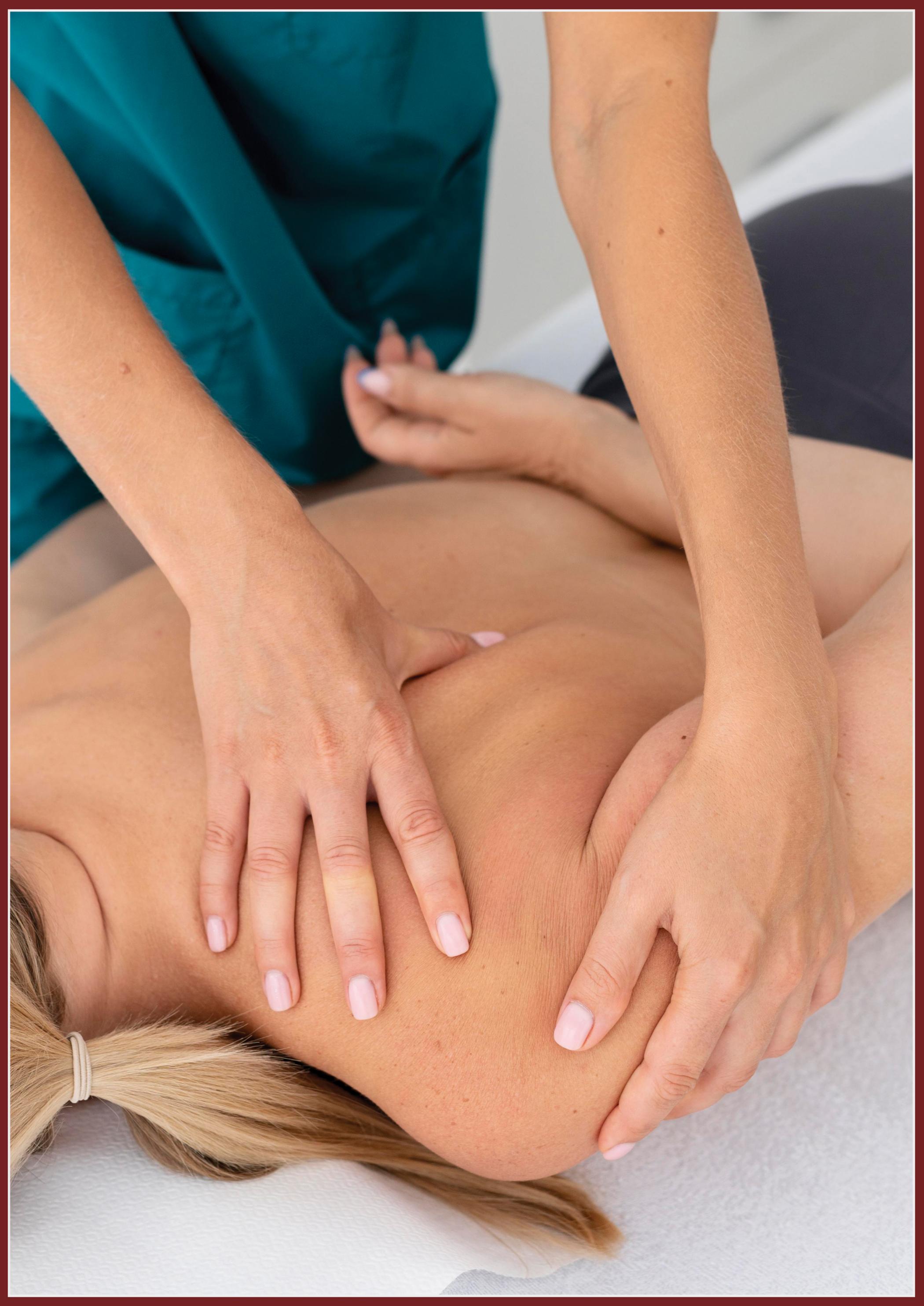
4HANDS

₹6200/-

₹8000/-

₹10,400/-

ADDITIONAL ₹1000/- FOR VIP ROOM



SPORTS MASSAGE

Sports massage is a specialized form of massage therapy designed to enhance athletic performance, aid in recovery, and address specific issues related to physical activity. It involves techniques that focus on areas of the body used most during sports, promoting flexibility, reducing muscle tension, and preventing or treating injuries.

HEALTH BENEFITS OF **SPORTS MASSAGE**

-  Improved flexibility
-  Reduced muscle tension
-  Enhanced circulation
-  Faster recovery
-  Injury prevention

DURATION

60 MIN

90 MIN

120 MIN

2HANDS

₹3900/-

₹5100/-

₹6600/-

4HANDS

₹7800/-

₹10,200/-

₹13,200/-

ADDITIONAL ₹1000/- FOR VIP ROOM



HOT POTLI MASSAGE

An ancient method used for soothing the muscles. Potli means a tiny bag wherein customized herbal products are inserted, and then the heated potli is used for this massage. Mostly Ashwagandha, turmeric, neem, lemon, mint, and similar herbs are used in the potli. It is different from person to person based on their problems because different herbs are used to treat different issues.

HEALTH BENEFITS OF **HOT POTLI MASSAGE**

-  Relieves migraine pain and frozen shoulders.
-  Promotes good flexibility in the body.
-  Provides relief from rheumatoid arthritis.
-  Beneficial for osteoarthritis and spondylitis patients.
-  Detoxifies the Body

DURATION

60 MIN

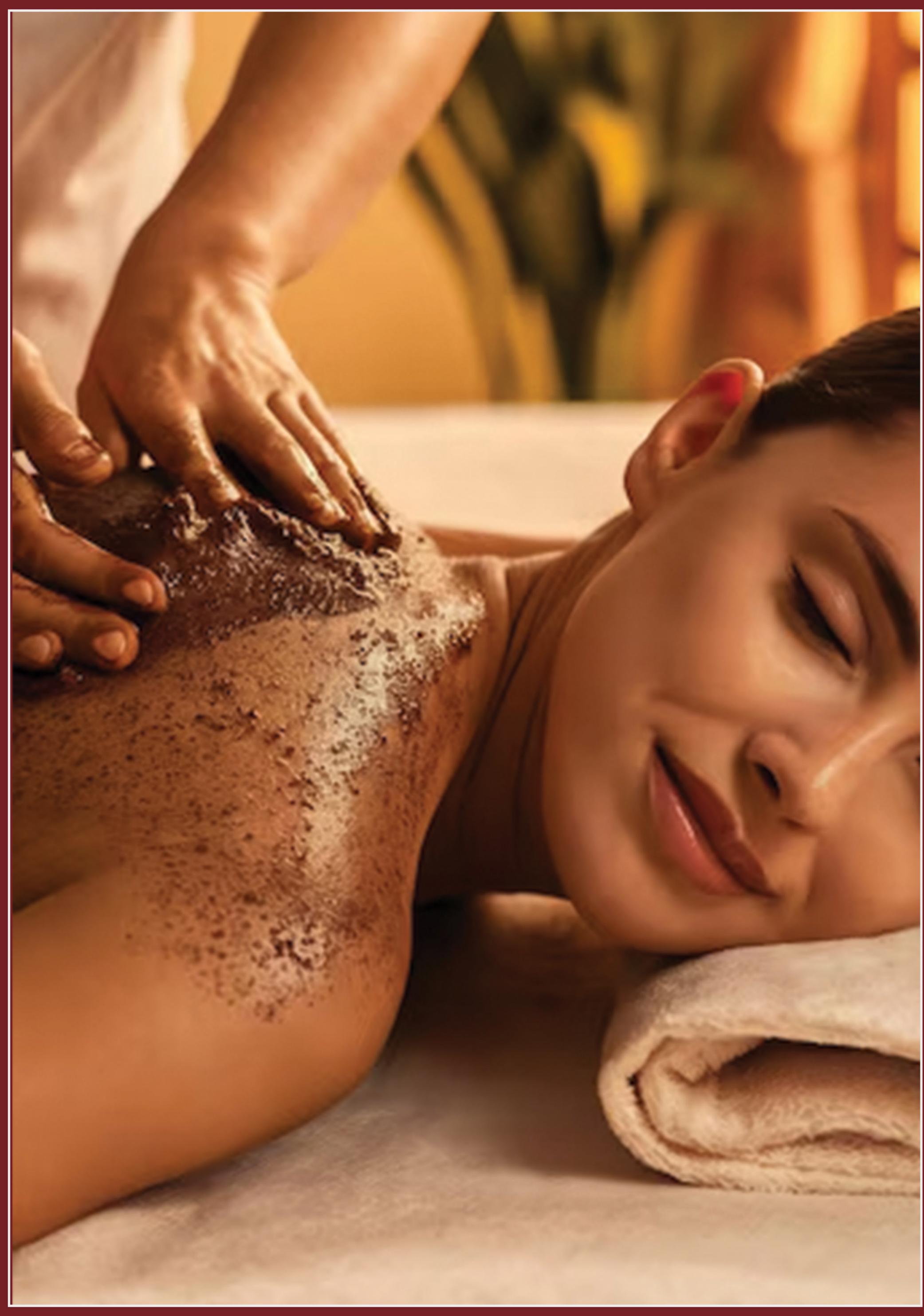
90 MIN

2HANDS

₹3600/-

₹4600/-

ADDITIONAL ₹1000/- FOR VIP ROOM



BODY SCRUB

Body scrubs are a great way to exfoliate, nourish, and hydrate your skin. They not only remove dirt and dead skin cells to reveal a younger, fresher layer but also boost blood circulation in the body and help drain the lymph nodes. This leaves the skin supple, vibrant, and nourished.

Walk into our beauty spa for a rejuvenating body scrub — you're sure to love the results and enjoy glowing skin on all holidays.

HEALTH BENEFITS OF **BODY SCRUB**

-  Exfoliation
-  Skin Hydration
-  Nourishment
-  Cleansing Action
-  Removes Tanning and Blemishes

60 MIN

90 MIN



₹2200/-

₹2800/-

ADDITIONAL ₹1000/- FOR VIP ROOM



FOOT MASSAGE

Foot Massage gives you immense relaxation as it relaxes every part of your body. Get a finest session of foot massage and experience some magical changes in you in no time.

HEALTH BENEFITS OF **FOOT MASSAGE**

-  Improves circulation
-  Stimulates muscles
-  Reduces tension
-  Eases pain
-  Relaxes the entire body

30 MIN

60 MIN



₹1800/-

₹2100/-

ADDITIONAL ₹1000/- FOR VIP ROOM



HEAD MASSAGE

Head Massage is one of the best solutions to get rid of daily stress and tension naturally. Instead of spending thousands of bucks on steroids and other pills, head massage serves as the best natural medicine for headaches and other stress problems.

HEALTH BENEFITS OF **HEAD MASSAGE**

-  Improves brain function
-  Reduces stress levels
-  Depression and anxiety can be brought under control
-  Improves blood flow within the head
-  Eases headache and supports hair growth

30 MIN

60 MIN



₹1800/-

₹2400/-

ADDITIONAL ₹1000/- FOR VIP ROOM



STEAM BATH

This is a one stop solution for all body cramps. Experience the heat, sweat and the release of toxins from your body. Steam bath not only makes us toxin-free and relaxed, but it also helps to burn all that extra body fat when it is taken at regular times.

HEALTH BENEFITS OF **STEAM BATH**

-  Clears congestion
-  Improves skin health
-  Lowers blood pressure
-  Makes you feel relaxed and enjoy a deep sleep
-  Helps to recover from workout pains

15 MIN

30 MIN



₹1200/-

₹1600/-



JACUZZI BATH THERAPY

This is one of the hydrotherapy methods. Usually, the water is filled in the hot tub. When the bodies are placed in the giant tub, the heat helps in relieving the blood vessels and the good blood is flowed through the body. This is one of the most preferred massages as it relieves with less pain and can be enjoyed at every step as the water helps to boost the energy levels in the body.

HEALTH BENEFITS OF JACUZZI BATH THERAPY

-  Relieves painful joints
-  Improves mental state
-  Promotes good cardiovascular activity
-  Helps you sleep better.
-  Soothes and relaxes tight muscles.

DURATION

60 MIN

90 MIN

120 MIN

2HANDS

₹4500/-

₹6000/-

₹10000/-

4HANDS

₹9000/-

₹12000/-

₹20,000/-

ADDITIONAL ₹1000/- FOR VIP ROOM



SHIATSU MASSAGE

A Japanese therapeutic massage that uses finger, thumb, and palm pressure on specific acupressure points to promote energy flow (Qi) and restore body balance.

HEALTH BENEFITS OF **SHIATSU MASSAGE**

-  Reduces Muscle Tension & Pain
-  Enhances Blood & Lymph Flow
-  Supports Emotional Well-being
-  Improves Sleep Quality
-  Boosts Immune Function

DURATION

60 MIN

90 MIN

120 MIN

2HANDS

₹3500/-

₹4500/-

₹5900/-

4HANDS

₹7000/-

₹9000/-

₹11,800/-

ADDITIONAL ₹1000/- FOR VIP ROOM



THAI MASSAGE

A traditional therapy from Thailand that blends assisted yoga stretches, acupressure, and rhythmic pressing to enhance flexibility, circulation, and relaxation.

HEALTH BENEFITS OF **THAI MASSAGE**

-  Improves Flexibility & Range of Motion
-  Boosts Circulation
-  Relieves Muscle & Joint Tension
-  Enhances Energy Flow
-  Promotes Relaxation & Reduces Stress

DURATION

60 MIN

90 MIN

120 MIN

2HANDS

₹2800/-

₹4300/-

₹6800/-

4HANDS

₹5600/-

₹8500/-

₹11500/-

ADDITIONAL ₹1000/- FOR VIP ROOM



LOMI LOMI MASSAGE

A traditional Hawaiian massage that uses long, rhythmic, flowing strokes (often with forearms and hands) to mimic the movement of ocean waves, promoting deep relaxation and harmony between body, mind, and spirit.

HEALTH BENEFITS OF **LOMI LOMI MASSAGE**

-  Deep Relaxation
-  Improved Circulation
-  Muscle Tension Relief
-  Emotional Healing
-  Enhanced Lymphatic Flow

DURATION

60 MIN

90 MIN

120 MIN

2HANDS

₹3300/-

₹4200/-

₹5400/-

4HANDS

₹6600/-

₹8400/-

₹10,800/-

ADDITIONAL ₹1000/- FOR VIP ROOM



BAMBOO MASSAGE

A therapeutic technique that uses heated bamboo sticks of various sizes to knead, roll, and apply pressure to muscles, releasing deep tension and enhancing relaxation.

HEALTH BENEFITS OF **BAMBOO MASSAGE**

-  Deep Muscle Relaxation
-  Improved Circulation
-  Reduced Muscle Pain & Stiffness
-  Enhanced Flexibility
-  Stress Relief

DURATION

60 MIN

90 MIN

120 MIN

2HANDS

₹3900/-

₹5100/-

₹6600/-

4HANDS

₹7800/-

₹10,200/-

₹13,200/-

ADDITIONAL ₹1000/- FOR VIP ROOM

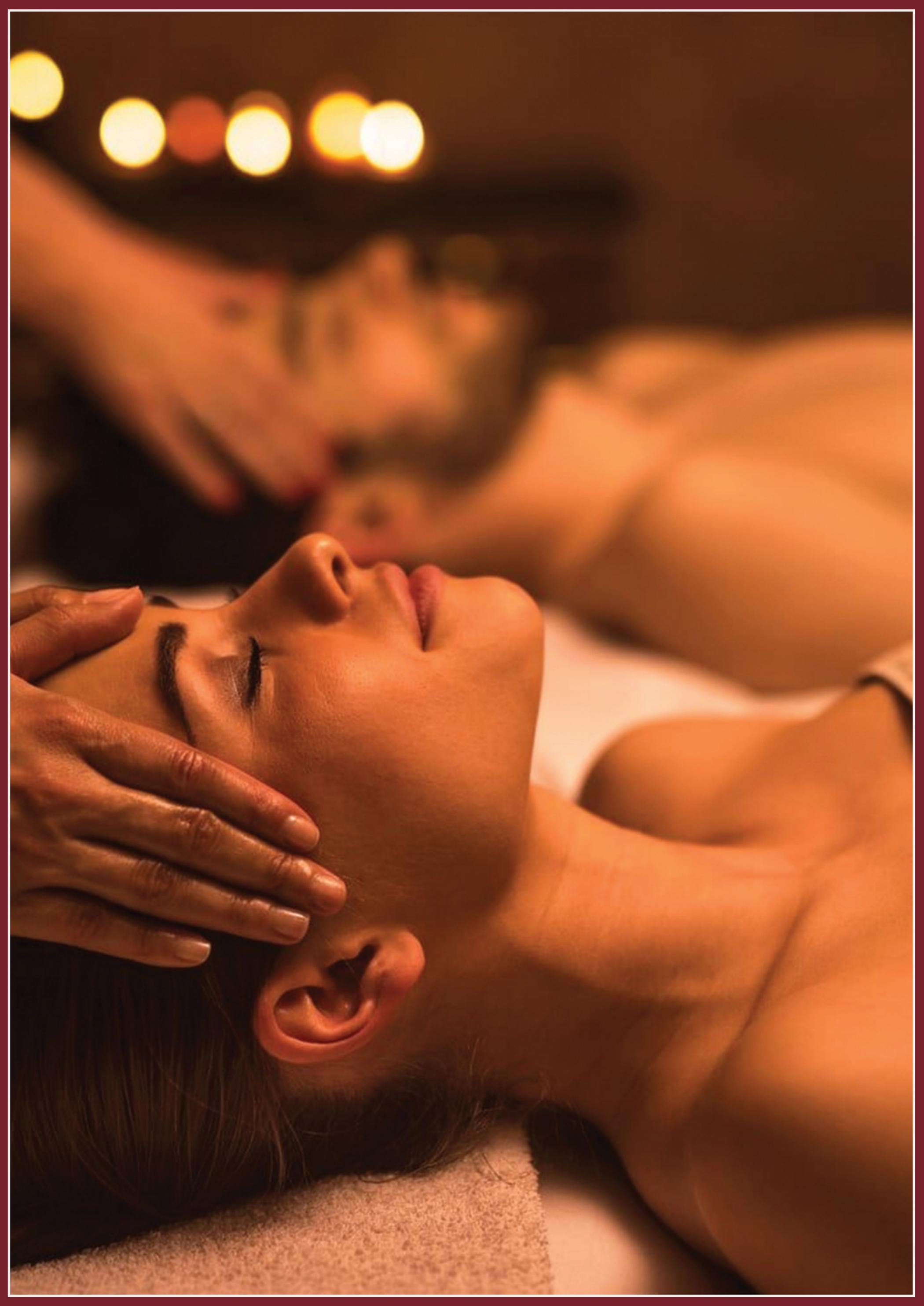




PREMIUM
MASSAGES

FOR MEN AND WOMEN





COUPLES MASSAGE

A spa or wellness treatment where two people receive massages at the same time in the same room, typically from two different therapists. This can be any massage style (e.g., Swedish, deep tissue, hot stone) chosen individually by each person.

It's designed to offer shared relaxation and bonding, making it popular for romantic partners, close friends, or family members.

HEALTH BENEFITS OF **COUPLES MASSAGE**

-  Reduces Stress Together
-  Promotes Emotional Bonding
-  Improves Circulation
-  Relieves Muscle Tension & Pain
-  Enhances Mental Well-being

60 MIN

90 MIN



₹5500/-

₹9500/-

ADDITIONAL ₹1000/- FOR VIP ROOM



CHAMPAGNE AND MASSAGE

A luxury spa experience that combines a relaxing massage session (often Swedish, deep tissue, or aromatherapy) with a glass of champagne before or after the treatment.

It blends physical relaxation from massage with the celebratory and mood-lifting aspects of enjoying champagne, making it a popular choice for special occasions like anniversaries, birthdays, or spa dates.

HEALTH BENEFITS OF CHAMPAGNE AND MASSAGE

-  Deep Relaxation
-  Improved Circulation
-  Mood Enhancement
-  Stress Relief
-  Enhanced Bonding

60 MIN

90 MIN



₹4500/-

₹8600/-

ADDITIONAL ₹1000/- FOR VIP ROOM

SUKHA LOMI

FAMILY SPA



MEMBERSHIP PACKS

SILVER

PAY 11,999/- & GET 8 HRS
(VALID FOR 3 MONTHS)

GOLD

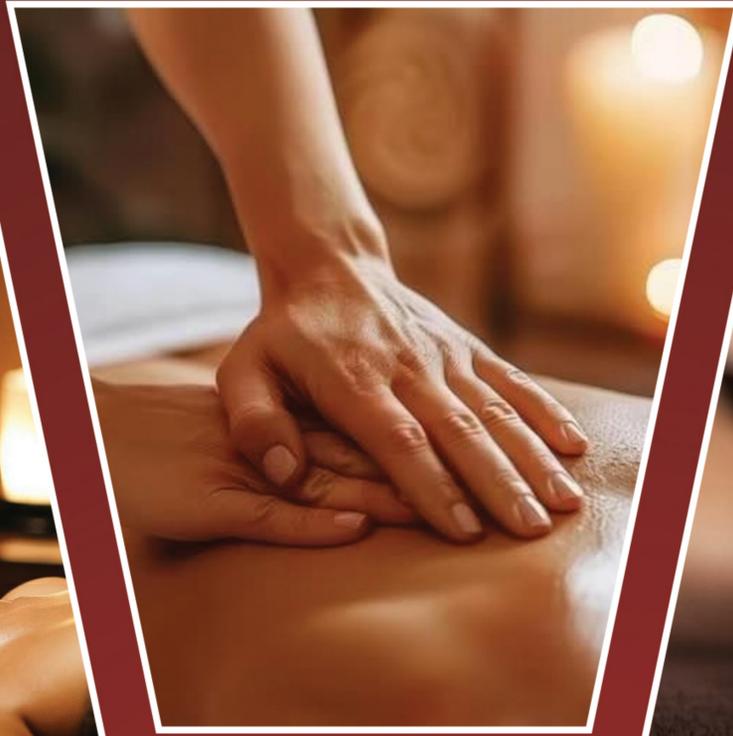
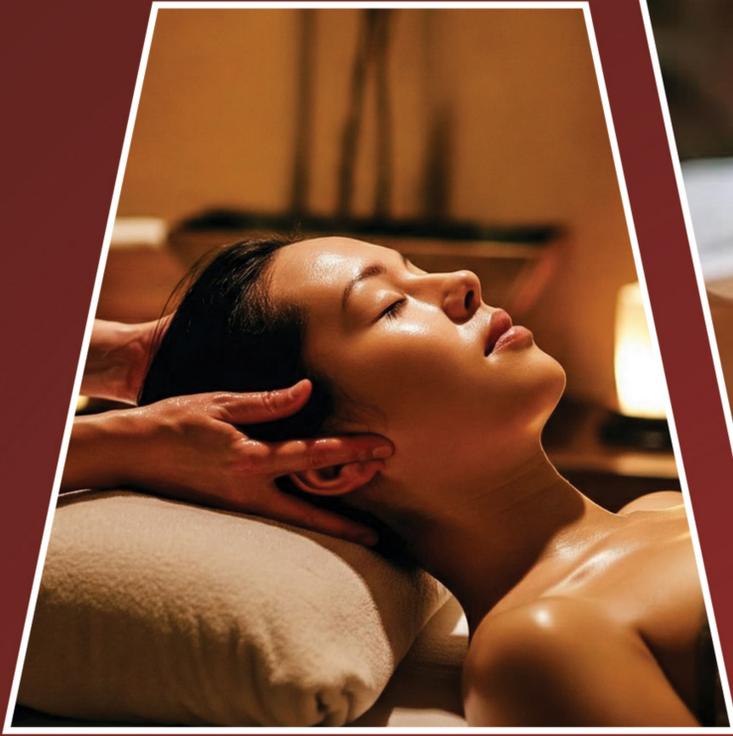
PAY 23,999/- & GET 15 HRS
(VALID FOR 6 MONTHS)

PLATINUM

PAY 35,999/- & GET 20 HRS
(VALID FOR 8 MONTHS)

RHODIUM

PAY 59,999/- & GET 40 HRS
(VALID FOR 12 MONTHS)



Experience the Art of Rejuvenation.

From traditional massages to modern spa therapies, Sukha Lomo is your sanctuary for holistic healing and wellness – for the whole family.

For Booking call:- +91 9502161660

 2nd Floor, Unlimited Building, Rama Talkies Rd, Dwaraka Nagar, Visakhapatnam - 530016

Step into a world of calm, comfort, and care.

Family-Friendly | Authentic Therapies | Pure Relaxation