



# footrest

*caters to the working crowd who want  
to take a break from the busy city life.*

Quick Facts[]

## FOOT TREATMENTS BENEFITS FOR YOU

- REMOVAL OF BODY TOXINS

A foot treatment mixed with adequate spa salt helps to remove body toxins and improves well being.

- ELIMINATES THE PROBLEM OF SLEEPLESSNESS

Foot Treatment helps in relieving stress, fatigue and tension, and thus promote a better sleep.

- RELIEVES COLD AND FLU SYMPTOMS

Foot treatments allow blood vessels to loosen and activate nerve endings, relieving discomfort from cold.

- WEIGHT LOSS BENEFITS

Elimination of body toxins helps in removing the barriers to weight loss.

- TAKES GOOD CARE OF FEET

Foot Treatments keep your feet healthy and beautiful.

**Book your appointment now!**

**Call/Viber: 979-5903**

**footrestmv@gmail.com**

# footrest Treatments

## *FR REGULAR FOOT TREATMENT*

*A complete relief for your tired feet. This treatment will increase circulation, reduce tension and bring a revival feeling of lightness on the legs and feet.*

*35 mins- MVR 250*

*45 mins- MVR 300*

*60 mins- MVR 350*

## *HEAD, NECK, SHOULDER & BACK TREATMENT*

*Feel yourself unwind. Starting from your back, neck shoulders and focusing on the head, this gentle and mindful therapy will relieve your muscular pain away.*

*35 mins- MVR 250*

*45 mins- MVR 300*

*60 mins- MVR 350*

## *FOOT REFLEXOLOGY TREATMENT*

*Treat your feet with whole body benefits. Gentle pressure and massage on your foot reflex points to restore, improve physical balance and support the body's own healing.*

*45 mins- MVR 300*

*60 mins- MVR 350*

### **SINUS RELIEF TREATMENT**

*Herbal Steam Inhalation and massage focus on special points on face and head.*

45 mins- MVR 400

### **PRENATAL FOOT TREATMENT**

*Specially designed for mother-to be, this prenatal foot soak and nurturing massage is the perfect way to reduce stress and relieve discomforts during pregnancy.*

45 mins- MVR 400

### **SAKEENA'S HEALING BALM TREATMENT**

*This organic local made healing balm is 100% natural, gentle and soothing and it is perfect for all skin types. This wonderful balm helps to relieve pain and relax muscles.*

45 mins- MVR 400

### **RAPID SPA PEDI**

*If your short on time but are desperate for a tidy up and polish , a rapid pedicure is ideal. Our RAPID SPA PEDI covers the essentials with foot cleansing, file, shape, buff and polish and 15 mins relaxing foot massage.*

45 mins- MVR 350

## INDIAN HEAD TREATMENT

*A gentle and stimulating technique. This treatment focuses on your back, neck and shoulders to ease muscle tension, followed by a nourishing scalp treatment, which heals and conditions sun damaged hair for a healthy and shiny look.*

60mins - MVR 450

## ADD ONS

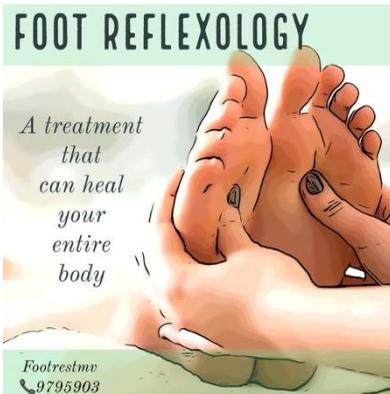
30 minutes Add On MVR 75

Thai Balm Massage MVR 75

Hot Oil Scalp Massage MVR 100

Sakeena's Balm Treatment MVR 100

Foot Cleansing (Foot Bath & Foot Scrub) MVR 150



**FOOT REFLEXOLOGY**

*A treatment that can heal your entire body*

Footrestmvr  
9795903

This advertisement features a central illustration of a hand performing a reflexology massage on a foot. The background is a soft, light green. The text is arranged around the illustration, with the title at the top, a descriptive quote on the left, and contact information at the bottom.



Stress, Headache, Anxiety, Toxins, Pain, Depression, Muscle Aches....  
**Let it all go!**

**Foot Massage**

Footrestmvr 9795903

This advertisement is a collage of images related to foot massage. It includes a top image of a foot being massaged, a middle image of a hand massaging a foot, and a bottom image of a foot being massaged. The text is overlaid on the images, with a list of ailments at the top, a call to action in the middle, and the title and contact information at the bottom.

# footrest Specials

## FOOTREST REGULAR COMBO TREATMENT

- ◆ Head, Neck, Shoulder & Back Treatment
- ◆ Regular Foot Treatment

60mins - MVR 450

## DELUXE FOOTREST TREATMENT

Head, Neck, Shoulder & Back Treatment + Foot Reflexology

70 mins - MVR 550

## LUXURY FOOTREST TREATMENT

Floral Foot-bath infused with essential oils + Pedicure & Foot Reflexology + Head, Neck, Shoulder & Back Treatment.

90 mins - MVR 800



*Luxury Footrest Treatment*

## *DELUXE SPA PEDICURE*

*Unwind yourself through Our footrest Deluxe Spa Pedicure treatment. This relaxing treatment is a 75 mins complete foot ritual.*

- ◆ *Aromatic Foot Soak*
- ◆ *Scrub of your choice to exfoliate*
- ◆ *Foot Cleansing to remove dry skin & callouses*
- ◆ *Foot Mask of your choice to nourish your skin*

*Refreshing peppermint cream massage to leave your feet revitalized & hydrated.*

*Having nicely groomed and healthy toes will not only improve your appearance to a great level, but will also impart a striking touch to your overall personality.*

*75 mins - MVR 550*



## *WELLNESS RETREAT FOR SENIORS*

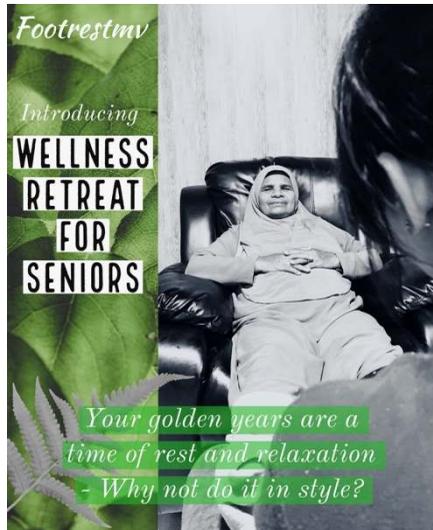
*Your golden years are a time of rest and relaxation- so why not do it in style?*

*Wellness Retreat Treatment focus on basic maintenance to pain relief, stress management and relaxation which are ideal for the seniors.*

*This treatment ensures pretty polished and trimmed nails and helps to relax and improve circulation to these extremities through the gentle hand and foot massages using our special SAKREENA'S Healing Balm.*

- ◆ *Rapid Pedi Treatment*
- ◆ *SAKREENA'S Healing Balm Treatment*
- ◆ *Aromatic Oil Blend Head Massage*

*80 mins - MVR 550*



# Grab our Exclusive offer's until September 2020!

*Couple Treatment (Deluxe Combo) 70 mins for MVR 1000!  
Head, Neck, Shoulder & Back Treatment + Foot Reflexology*

## *Solo Treatment*

*Avail one of our treatment below and **Get FREE Thai Balm Massage!***

♦Foot Reflexology Treatment

60 mins - MVR 350

♦FR Regular Treatment

60 mins - MVR 350

♦Head, Neck, Shoulder & Back Treatment

60 mins - MVR 350

*Refer a friend and get **FREE 30 minutes Treatment** on your next visit!*

*Choose one from below ;*

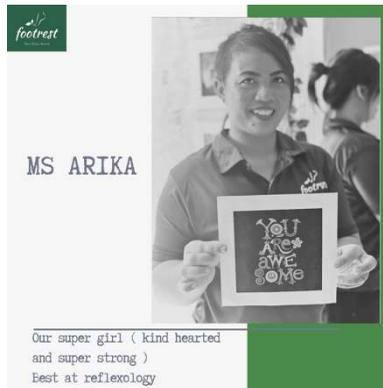
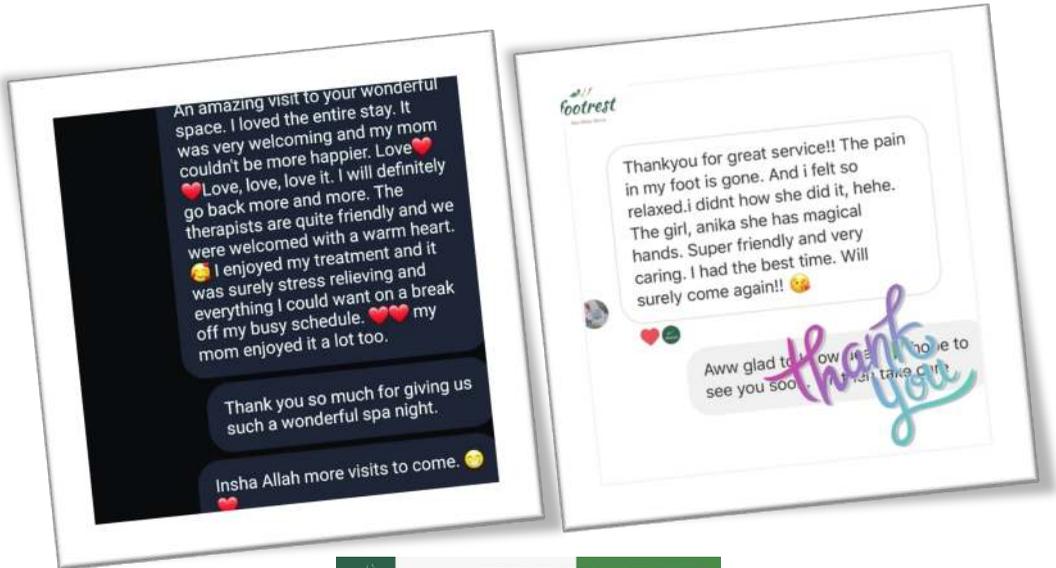
♦Head, Neck , Shoulder & Back

♦Foot Reflexology Treatment

♦FR Regular Foot Treatment

*(FREE Treatments are Applicable for one time used only!)*

## What our Customer's say's about us?



Viber us for appointments : +9795903

Visit our Facebook page : <https://m.facebook.com/footrestmy/>

Thank you!