



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

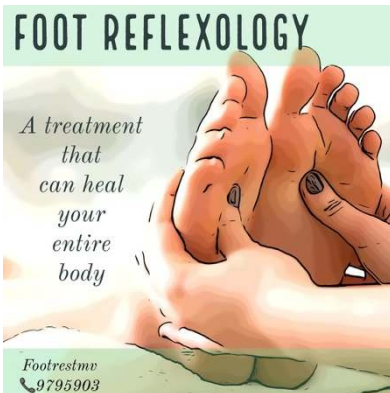
30 minutes Add On MVR 75

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 massaging a foot. The background is a soft, light green gradient. The text is arranged in a clean, modern layout.



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

Foot Massage

Footrestmvr 9795903

This advertisement is a collage of images showing feet being massaged. It includes a top image of a foot on a wooden surface, a middle image of hands massaging a foot, and a bottom image of hands massaging a foot. The text is overlaid on the images in a mix of bold and regular fonts.

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



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 ;

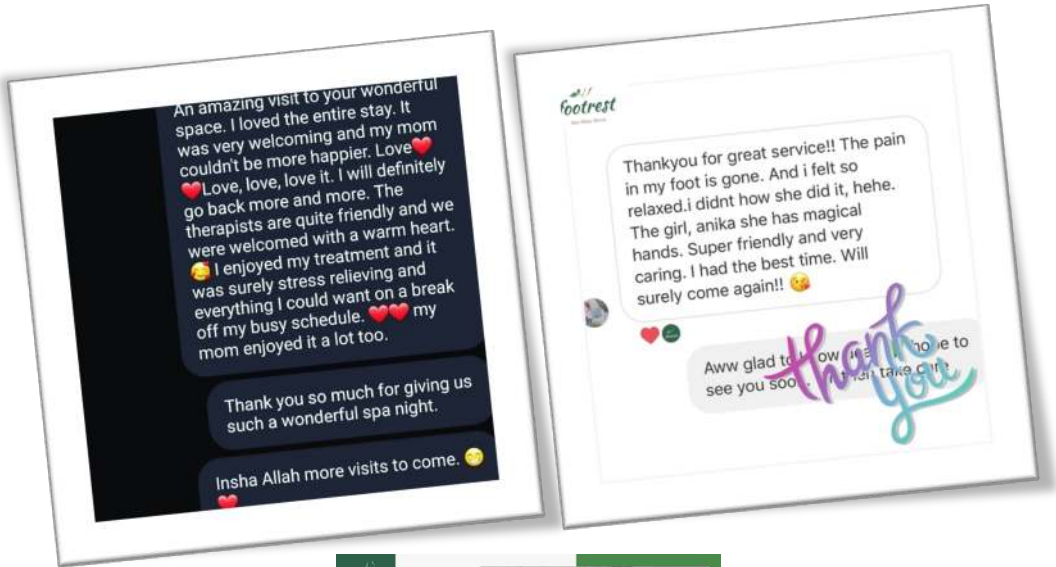
♦Head, Neck , Shoulder & Back

♦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!