

Welcome to Absolute Spa - Bangalore: Your Sanctuary for Relaxation and Rejuvenation 9980877738

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Nestled in the heart of Bangalore, **Absolute Spa** offers a tranquil escape where you can unwind, de-stress, and focus on your well-being. We are dedicated to providing you with a sanctuary that promotes relaxation and rejuvenation. Our spa combines luxury, comfort, and expert therapies to deliver an unparalleled wellness experience. Whether you are looking for a calming massage, a revitalizing facial, or a complete wellness treatment, Absolute Spa is the ultimate destination for holistic care.

Visit Absolute Spa Today

Whether you're a first-time visitor or a loyal guest, we invite you to experience the serenity and healing touch of Absolute Spa in Bangalore. Let us provide you with an unforgettable spa experience that will leave you feeling rejuvenated, refreshed, and ready to take on the world. Indulge in the luxury of self-care and make Absolute Spa your go-to destination for ultimate relaxation.

701/703, 1st Floor, Ram Murthy Nagar, Main Rd OMBR Layout, OPP. Bharath Petrol Pumb, Banaswadi, Bangalore – 560043.

SOCIAL LINK :

<https://www.instagram.com/absolutespa.bangalore/>

https://x.com/absolutespa_11

<https://www.linkedin.com/in/absolute-spa-bangalore-764b3833a/>

<https://www.youtube.com/channel/UCqIsV9yXozZId9pv1B5jNIQ>

<https://www.pinterest.com/absolutespabangalore/>

<https://www.blogger.com/blog/post/edit/preview/7990741156908744371/5884234316397547743>

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.

