



RADISSON COLLECTION
RESORT GALLE



WHITE LOTUS
SPA & WELLNESS

Treatment
MENU



DAILY
9am to 9pm

Welcome to White Lotus Spa & Wellness at Radisson Collection Resort Galle where the Indian Ocean's rhythm softens into the stillness of your soul and ancient Sri Lankan Ayurveda and classic massages meet the science of modern wellness.

Our spa menu features a variety of options, from total-body massages and focused treatments to Signature Therapies for a complete spa and wellness experience.

Customised treatments, from extended sessions to full-day experiences, are available. Please enquire at the spa reception, where our certified therapists will be happy to assist you.

The Wisdom of Tradition
The Science of Wellbeing



ADVANCE BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

CANCELLATION POLICY

Should you need to reschedule, we appreciate at least 12 hours' notice. To ensure all guests enjoy their preferred time, cancellations made within 12 hours will incur a 100% fee. A credit card number is required at the time of booking.

GIFT CERTIFICATES

An ideal gift for spa enthusiasts, gift certificates are available at the White Lotus Spa & Wellness Galle.

SPA BOUTIQUE

To continue your spa regimen at home, all Spa products used in the treatments and services are available next to Spa reception.

SPA ETIQUETTE

Our Spa environment is one of tranquility and relaxation. To preserve serenity for all, we kindly request devices remain silent during your visit. Cameras are strictly not permitted

SPA ARRIVAL

We recommend that you check in at Spa Reception at least 45 minutes prior to your first scheduled appointment if you wish to use our steam room, Jacuzzi, Ice Bath and Pool. If you do not wish to use them, please check in 15 minutes prior to your appointment. This allows us to have a consultation about your treatment expectations and gives you ample time to change and relax into the treatments that await you. Please understand that late arrivals will not receive an extension of scheduled treatments.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies, or conditions at the time of reservation. Please consult your doctor before using heat and water equipment if you are under medical supervision, medication therapy and post-operation. Use of heat and water is not recommended for pregnant ladies.

AGE REQUIREMENT

The minimum age requirement for Spa access is 16.

CLEANLINESS

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilised and sanitised after every service and treatment.

LOSS OR DAMAGE

We regret to inform that we cannot be held responsible for any loss or damage of personal articles. Please keep all valuables in your guest room or in the safe deposit box at Spa Reception during your visit. For the protection of your clothing, we also ask that you to wear the robe provided.

ACCIDENTS OR INJURIES

White Lotus Spa & Wellness Galle shall not be liable for any accident or injury suffered by guests or members.

RESTRICTIONS ON THE USE OF FACILITIES

The use of tobacco on spa premises is strictly prohibited.

REFUND AND EXCHANGE POLICY

Unopened retail products can be exchanged within seven (7) days of purchase, if presented with the original receipt. No cash or credit card refunds will be accepted.



SIGNATURE THERAPIES

SYMPHONY OF TOUCH - 4 HANDS MASSAGE

60 minutes | \$115

90 minutes | \$145

120 minutes | \$175

Four hands move in perfect harmony, orchestrating a rhythm that transcends time and tension with our Signature White Lotus Massage Oil.

This synchronized ritual restores balance, melts away fatigue, and leaves the body floating in serene equilibrium. We recommend scheduling a consultation with our Ayurvedic Doctor to personalise your treatment to your individual needs.

TRAVELER RECOVERY RITUAL

60 minutes | \$65

90 minutes | \$95

120 minutes | \$115

A restorative full-body ritual designed to release travel fatigue, ease muscle tension and support deep relaxation after long journeys or time zone changes.

AROMATHERAPY FOR TWO — THE ART OF SHARED SERENITY

60 minutes | \$115

90 minutes | \$145

120 minutes | \$175

Drift into a world where time slows and senses awaken. As the fragrances of our signature selection of White Lotus Aromatherapy Oils unfold and tension dissolves into connection, this ritual leaves you both restored, radiant and deeply aligned.



All prices are in USD and subject to service charge and prevailing government taxes.





THE ROYAL ABHYANGA - SAMVAHĀNA TOUCH

60 minutes | \$65
90 minutes | \$95
120 minutes | \$115

A time-honored full-body ritual using our warm medicated Dosha Oils to restore doshic harmony and revitalize the body. This rhythmic therapy dissolves fatigue and muscular strain while nurturing the nervous system into complete serenity.

THE WHITE LOTUS FLOW - SHIRODHARA RITUAL

90 minutes | \$95
120 minutes | \$115

A time-honored Ayurvedic classic: A meditative cascade of our Signature warm White Lotus Ayurveda Oil flows gently over the forehead after a full-body Abhyanga, aligning body and mind in serene stillness.

THE HERBAL VITALITY - PINDA SWEDA

60 minutes | \$65
90 minutes | \$95
120 minutes | \$115

Steamed herbal boluses infused with our signature indigenous White Lotus Botanical Mixture glide rhythmically across the body, easing muscular tension and awakening circulation. The heat and herbal synergy penetrate deeply, restoring your natural vitality and sense of balance.



THE VITAL ENERGY RITUAL - MARMA ABYANGA

60 minutes | \$65

90 minutes | \$95

120 minutes | \$115

A masterful fusion of our warm White Lotus Massage Oil and precise touch stimulates the body's vital points (marmas), awakening inner pathways of energy. Designed to rebalance flow, dissolve fatigue, and leave you enveloped in quiet strength and luminous serenity.

THE HERBAL AWAKENING - UDVARTHANA

60 minutes | \$65

90 minutes | \$115

An invigorating dry massage using herbal powders blended with ancient botanicals. Stimulates lymphatic flow, refines skin texture, and supports metabolic balance - a clarifying experience that leaves the skin smooth, firm, and radiant.

HERBAL INHALATION - ENHANCEMENT

20 minutes | \$20

A traditional Ayurvedic steam therapy using our signature medicinal Herbal Mixture to decongest the sinus passages, support respiratory health and calm mental tension. This enhancement promotes clarity, improved breathing and a deeper sense of relaxation when paired with any treatment.



All prices are in USD and subject to service charge and prevailing government taxes.





WHITE LOTUS SPACATION

FULL DAY WHITE LOTUS SPA INDULGENCE

Full Day Spacation Single | \$195
Full Day Spacation Couple | \$345

Enjoy a day of full relaxation in Sri Lanka's most exclusive Spa by the Indian Ocean. We curate the perfect Spa-Day for you merging ancient Sri Lankan ayurvedic wisdom with targeted treatments and tailored nutrition.

Sit back, relax and let our wellness experts take care of you. Lockers are available for the storage of your personal belongings during your stay.

SUNRISE OPTION:

07:30 - 08:30	Sunrise Yoga by the Ocean
08:30 - 09:30	À la carte Wellness Breakfast
09:30 - 10:00	Consultation by Ayurvedic Doctor & Blood Pressure Measurement
10:00 - 11:00	Spa Wellness Facilities (Steam Room, Relaxation Area, Health Bar)
11:00 - 12:00	First Personalised Treatment
12:00 - 13:00	À la Carte Wellness Lunch
13:00 - 14:00	Spa & Resort Wellness Facilities (Infinity Pools, Jaccuzzis)
14:30 - 15:30	Second Personalised Treatment
15:30 - 16:30	Spa Wellness Facilities
16:30 - 17:00	Relaxation Area & Shower

SUNSET OPTION:

10:30 - 11:00	Consultation by Ayurvedic Doctor & Blood Pressure Measurement
11:00 - 12:00	Spa Wellness Facilities (Steam Room, Relaxation Area, Health Bar)
12:00 - 13:00	First Personalised Treatment
13:00 - 14:00	À la Carte Wellness Lunch
14:00 - 15:00	Spa & Resort Wellness Facilities (Infinity Pools, Jaccuzzis)
15:00 - 16:00	Second Personalized Treatment
16:00 - 17:00	Spa Wellness Facilities
17:00 - 18:00	Sunset Yoga by the Ocean
18:00 - 18:30	Shower & Change
18:30 - 19:30	À la Carte Wellness Dinner



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MINDFUL MOVEMENT & BREAKFAST

Per Person | \$25

Flow into the morning with guided yoga or pilates by the Indian Ocean, followed by our exclusive á la carte wellness breakfast.

HALF DAY

WHITE LOTUS SPA INDULGENCE

Half Day Spacation Single | \$125

Half Day Spacation Couple | \$215

Enjoy half a day of full relaxation in Sri Lanka's most exclusive Spa by the Indian Ocean. We curate the perfect Spa-Day for you merging ancient Sri Lankan ayurvedic wisdom with targeted treatments and tailored nutrition.

Sit back, relax and let our wellness experts take care of you. Lockers are available for the storage of your personal belongings during your stay.

HALF DAY OPTION SUNRISE:

07:30 - 08:30	Sunrise Yoga by the Ocean
08:30 - 09:30	Á la carte Wellness Breakfast
09:30 - 10:00	Consultation by Ayurvedic Doctor
10:00 - 11:30	Spa Wellness Facilities (Steam Room, Relaxation Area, Health Bar)
11:30 - 12:30	Personalized Treatment
12:30 - 14:00	Spa & Resort Wellness Facilities (Infinity Pools, Jaccuzzis)

HALF DAY OPTION SUNSET:

13:00 - 13:30	Consultation by Ayurvedic Doctor
13:30 - 14:30	Spa Wellness Facilities (Steam Room, Relaxation Area, Health Bar)
14:30 - 15:30	Personalized Treatment
15:30 - 17:00	Spa & Resort Wellness Facilities (Infinity Pools, Jaccuzzis)
17:00 - 18:00	Sunset Yoga by the Ocean
18:00 - 18:30	Shower & Change
18:30 - 19:30	Á la Carte Wellness Dinner

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MASSAGE

THE ART OF MASSAGE

All our massage treatments are customised for each guest. Your therapist will perform a thorough consultation to understand your needs before designing a treatment. Drawing from several massage techniques, your therapist will help deploy massage techniques to increase muscle relaxation, improve circulation and overall wellbeing.

Tranquilising

Enjoy deep relaxation and aromatic scents in massages aimed at reducing stress and restoring body balance.

Light to medium pressure.

Result-driven

Feeling worn out or tired? Suffering from muscle tension or swelling? These treatments are designed to work wonders on a tired body.

Light, medium or strong pressure, based on the desired result.

Targeted

Concentrates on one several key parts of the body to specifically treat and release them.

Light, medium or strong pressure.



TRANQUILISING

AROMATHERAPY

60 minutes | \$65

90 minutes | \$95

120 minutes | \$115

Choose from our Calming, Relaxing, or Energizing oil blends — a rhythmic massage that awakens the senses and restores deep relaxation.

BALINESE

60 minutes | \$65

90 minutes | \$95

120 minutes | \$115

A serene ritual weaving acupressure with long, flowing strokes using our Signature White Lotus Massage Oil. The body softens under gentle rhythm, tension unravels layer by layer, and the mind settles into a quiet, effortless calm. A treatment that restores harmony, breath and inner stillness.

HOT STONE

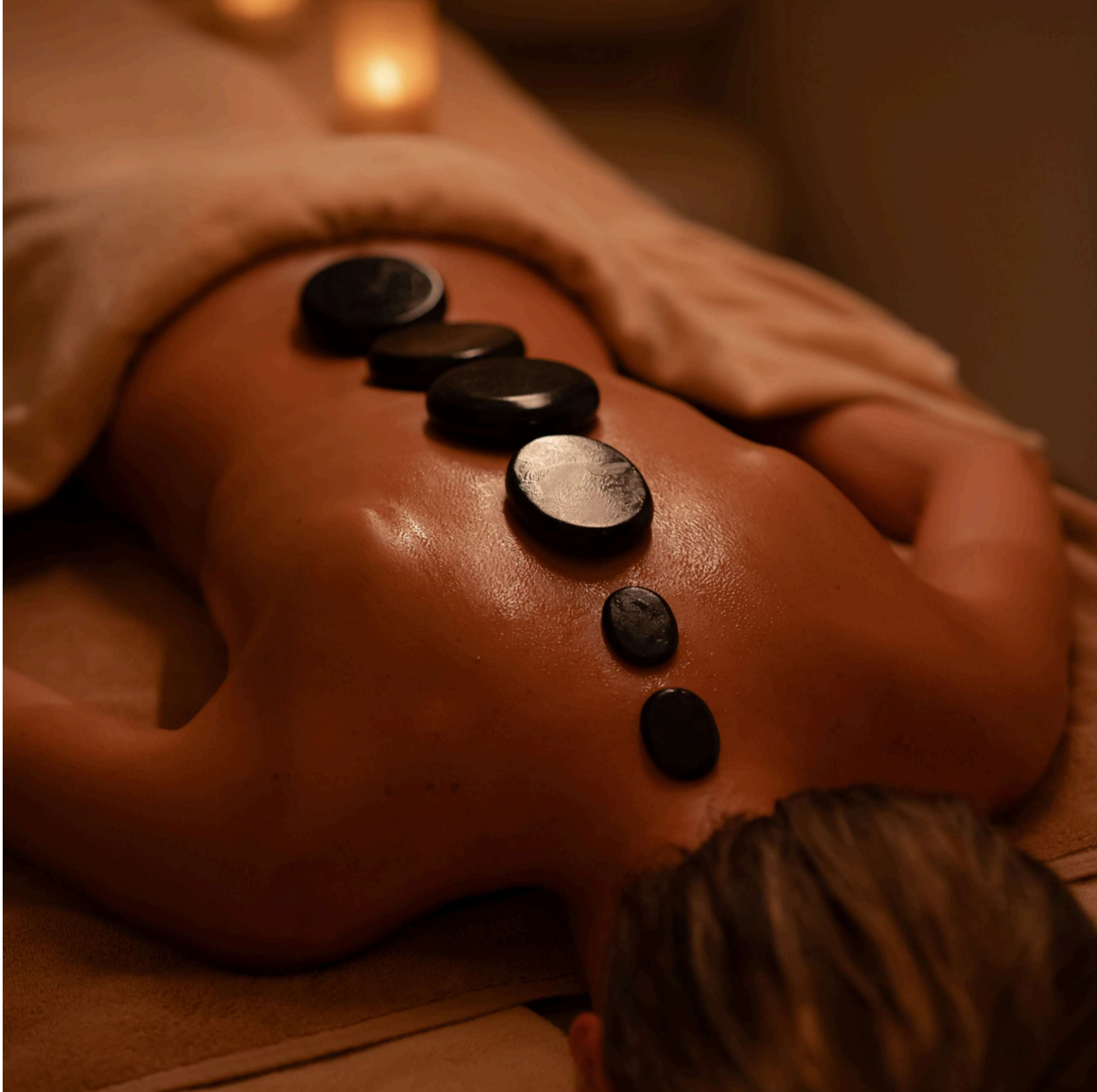
90 minutes | \$95

120 minutes | \$115

Sri Lankan hot stones and flowing movements using our White Lotus Massage Oil melt away heaviness, allowing the body to unwind into deep, quiet ease.



All prices are in USD and subject to service charge and prevailing government taxes.



RESULT DRIVEN

DEEP TISSUE

60 minutes | \$65

90 minutes | \$95

120 minutes | \$115

A slow, grounding massage that journeys deep into the layers of muscle and fascia using our Signature White Lotus Massage Oil. With intentional pressure and thoughtfully guided strokes, tension dissolves and the body begins to open. This treatment restores quiet strength, unravels long-held tightness, and leaves you feeling aligned, spacious and renewed from within.

THAI

60 minutes | \$65

90 minutes | \$115

A grounding, oil-free ritual inspired by ancient healing arts. Through mindful stretches, deep pressure, and gentle rocking, the body opens and expands. Energy begins to flow with ease, restoring alignment, flexibility, and a profound sense of lightness.



All prices are in USD and subject to service charge and prevailing government taxes.



TARGETED

FOOT REFLEXOLOGY

30 minutes | \$40

60 minutes | \$65

A soothing warm-oil massage with our Signature White Lotus Massage Cream that activates the reflex zones of the feet, grounding the body and soothing the mind. Encourages deep relaxation while improving energy flow and stability throughout the entire system.

HEAD, NECK & SHOULDERS MASSAGE

30 minutes | \$40

60 minutes | \$65

A targeted head, neck, and shoulder massage using our White Lotus Massage Oil that nourishes the scalp, relieves deep-seated tension, and calms the senses. Enhances sleep, promotes mental clarity, and uplifts the spirit.

BACK MASSAGE

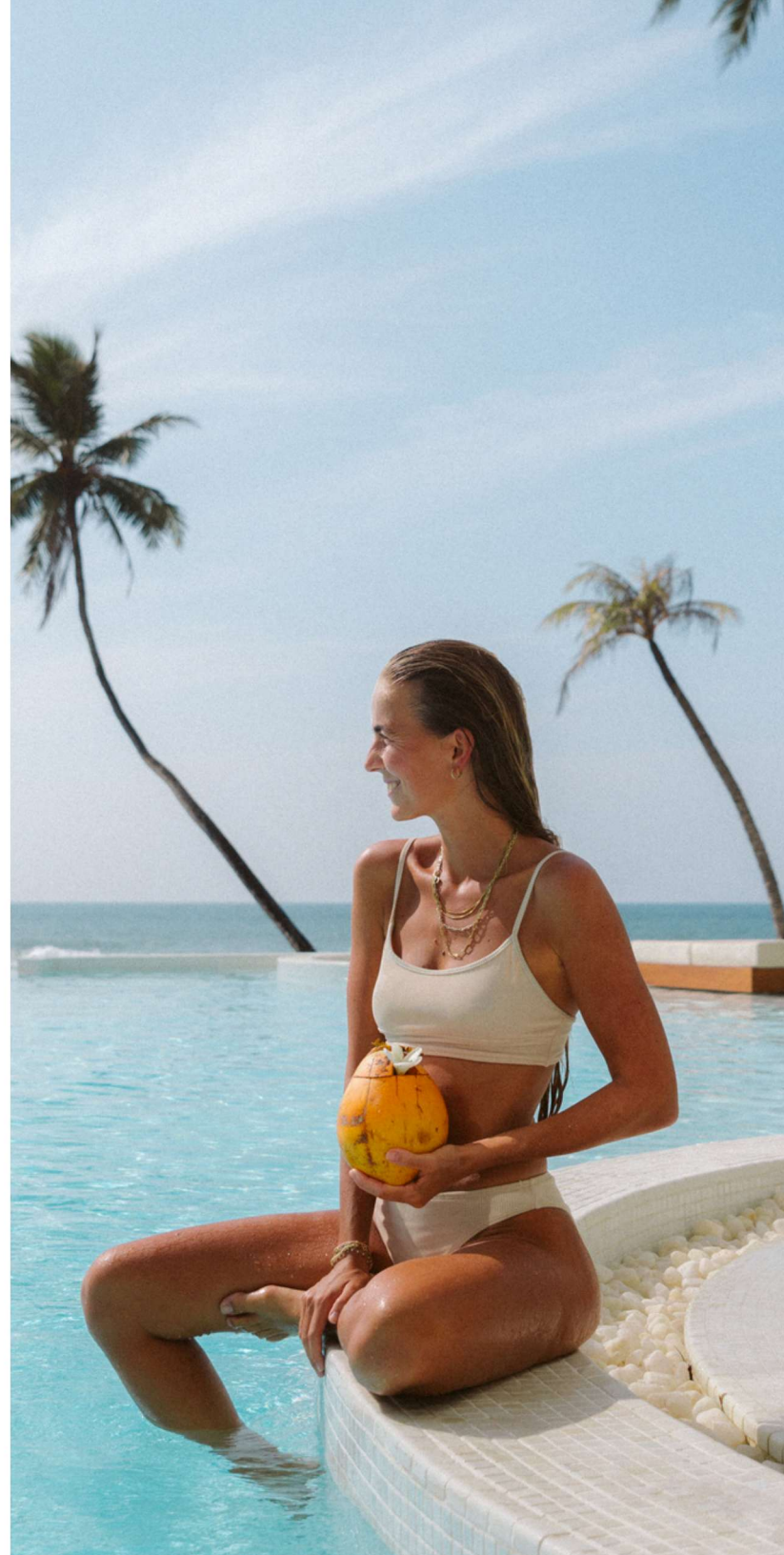
30 minutes | \$40

60 minutes | \$65

A focused back massage using our White Lotus Massage Oil to relieve deep-seated tension.



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BODY TREATMENTS

SACRED SRI LANKAN REJUVENATION RITUAL

90 minutes | \$95

Designed to replenish and rejuvenate dry and out-of-conditioned skin, this treatment begins with an intensive body exfoliation followed by our signature White Lotus Body Wrap. A scalp massage using calming blends of our White Lotus Scalp Oil dissolves tension and stress. The White Lotus Body Oil leaves the skin in a luxurious condition and helps to lock in hydration and protect the skin from the elements.

BODY TREATMENT OF THE MONTH

90 minutes | \$95

Each month, our Ayurvedic Doctor curates a signature wrap inspired by seasonal ingredients and ancient healing traditions. This bespoke treatment deeply nourishes the skin, boosts circulation, and restores total body comfort. Enjoy a unique sensorial experience crafted to leave you hydrated, renewed, and beautifully radiant.

KUMARI SKIN SOOTHER

60 minutes | \$65

Soothe and restore sun-exposed skin with our ultimate sunburn relief ritual. Our signature aloe-vera wrap calms heat and irritation and hydrates the skin, replenishing moisture and supporting natural repair. Leave feeling comforted, refreshed and beautifully restored.



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BODY SCRUBS

Elevate your massage experience by adding one of our signature body scrubs:

BALINESE LULUR - HIMALAYAN PINK SALT & LAVENDER

20 minutes | \$25

Experience our White Lotus Pink Salt & Lavender Body Scrub which helps gently exfoliate dead, dry cells to leave skin feeling silky soft and renewed.

CEYLON RITUAL - SEA SALT & GREEN TEA

20 minutes | \$25

Reveal softer, glowing skin with our gently-exfoliating traditional White Lotus Sea Salt & Ceylon Green Tea Body Scrub.

SCRUB OF THE MONTH

20 minutes | \$25

Each month, our Ayurvedic Doctor curates a bespoke body scrub inspired by seasonal needs and Sri Lankan healing wisdom.



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THE SKIN COLLECTION



ADVOCATES OF NATURAL BEAUTY

Powered by science, perfected by nature - exclusive facials crafted with Sothys Paris and our signature White Lotus formulas.



THE SKIN
by WHITE LOTUS

HOLISTIC FACIALS

Rooted in the philosophy of fusion and balance, The Skin by White Lotus unites the wisdom of Eastern healing traditions with the precision of Western medical science. Each treatment is crafted to restore harmony, enhance natural beauty and deliver visible, lasting results through modern skincare innovation and ancient wellness rituals.

ADVANCED FACIALS

Founded in 1946, Sothys is a renowned French skincare house known for its scientific expertise and luxurious sensorial treatments. Using advanced formulations inspired by nature and developed in its own laboratories, Sothys delivers visible results and exceptional skin comfort - available exclusively in professional spas worldwide.





WHITE LOTUS **SIGNATURE** FACIAL

60 minutes | \$65

90 minutes | \$95

This signature facial includes our signature White Lotus Skin Care Range which gently cleanses and tones delicate skin. The face massage and herbal face pack enhance the texture of the skin. A relaxing foot massage during the face pack helps release tension from your whole body.

SOTHYS x WHITE LOTUS **CLASSIC** FACIAL

60 minutes | \$65

90 minutes | \$95

A customized facial adapted to the needs of your skin featuring the international Sothys Skin care brand. Ideal for all skin types including sensitive skin. Includes cleansing and exfoliation of dead skin, steaming and extraction of comedones followed by a relaxing massage and face pack to end.

SOTHYS x WHITE LOTUS **ANTI-AGING** FACIAL

60 minutes | \$75

90 minutes | \$105

A high-performance facial featuring Sothys Anti-Aging Skin Care Range that smoothes fine lines, firms the skin, and restores radiance. Concentrated anti-aging actives and lifting massage techniques leave the complexion refined and youthfully luminous.

All prices are in USD and subject to service charge and prevailing government taxes.

THREADING

FULL FACE | \$20

EYEBROWS | \$15

UPPER LIP | \$15

A precise hair-removal technique that shapes and defines the face while remaining gentle on the skin. Ideal for sensitive skin and refined grooming.

WAXING

FULL LEGS | \$25

FULL ARMS | \$20

BIKINI | \$20

Effective and smooth hair removal using high-quality waxes designed to leave the skin soft, clean and comfortably finished.

HEAD TO TOE | \$95

A complete grooming ritual combining selected threading and waxing services for a polished, well-groomed finish from head to toe.



All prices are in USD and subject to service charge and prevailing government taxes.



GENTLEMEN ESSENTIALS



A collection of treatments specially designed to address the needs of the modern man.

THE FACE

REFINED MAN

60 minutes | \$65

90 minutes | \$95

Balance and tone the skin with this deep cleansing facial treatment curated especially for men using our White Lotus Skin Care Range.

EXECUTIVE GROOMING

ESSENTIAL MANSCAPE

45 minutes | \$30 MANICURE

45 minutes | \$45 PEDICURE

Pamper your tired feet or hands with softening of cuticles and exfoliation to remove dead and dry skin. This regime will end up with a refreshing and uplifting foot or hand mask followed by a relaxing foot or hand massage featuring our Signature White Lotus Hand - Feet & Nail Care Range.

All prices are in USD and subject to service charge and prevailing government taxes.



BEAUTY COLLECTION

Pamper hands and feet in our private, luxurious nail studio. Using world leading brands, our nail treatments are designed to help achieve and maintain naturally beautiful nails.

WHITE LOTUS MANICURE

30 minutes | \$30

WHITE LOTUS PEDICURE

40 minutes | \$45

WHITE LOTUS MANICURE & PEDICURE

70 minutes | \$60

A complete treatment during which hands and feet are cleansed, exfoliated, treated and nourished. Treatment includes trimming, shaping, polishing, cuticle care, callus care (for feet), scrubbing and application of cuticle nourishment using our Signature White Lotus Hand - Feet & Nail Care Range.



All prices are in USD and subject to service charge and prevailing government taxes.

ENHANCEMENTS

Choose from a selection of add-ons to a nail treatment:

NAIL POLISH

20 minutes | \$25

Enhance your Pedicure or Manicure and add that extra touch of self-care.

MOISTURE MASK

15 minutes | \$20

Cure dry or flaky skin on hands or feet with our moisture-rich Signature White Lotus Hand & Nail Care Range for a lasting, smoothed and softened result.

ZEN EXPRESS

15 minutes | \$20

Feel enlivened yet relaxed with adding on Zen Express to your spa time. Your Spa therapist will provide a powerful therapeutic massage on either your hands or your feet using our Signature White Lotus Massage Cream.



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Designed for deep insight and renewal, these treatments blend modern diagnostics with ancient healing - revealing clarity from within.

All intravenous and diagnostic procedures are conducted by licensed medical professionals.

AYURVEDIC CONSULTATION & BLOOD PRESSURE MEASUREMENT

30 minutes | \$25

60 minutes | \$45

A holistic exploration of your Prakrti - the unique rhythm of body and mind. Through attentive observation, our Ayurvedic physician identifies subtle imbalances and recommends treatments aligned with your natural constitution and wellbeing goals.

AYURVEDIC CONSULTATION, BLOOD ANALYSIS & AYURVEDIC NUTRITIONAL PLAN

135 minutes | \$150

A personalised Ayurvedic consultation identifies your unique imbalances, supported by a blood pressure check. This is followed by a professional blood analysis conducted by licensed medical practitioners.

Results are available on the same day, with a follow-up consultation - either in person or online - providing a clear interpretation and tailored Ayurvedic nutritional guidance.



Severinity Meets ...

A serene landscape featuring two tall palm trees on a green lawn overlooking the ocean, with their reflections in a pool of water. The sky is a soft, hazy pink and blue, suggesting a sunset or sunrise. The water in the pool is calm and clear, reflecting the trees and the sky. The overall mood is peaceful and tranquil.

... The Science Of Wellness.



WHITE LOTUS
SPA & WELLNESS

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