

Mysa Spa Bangalore Body Therapy 8976846035



Mysa Spa Bangalore offers a calm and professional environment focused on complete relaxation and body care. The spa is designed to provide comfort, cleanliness, and a peaceful atmosphere for every guest. Each session is planned to help release stress and improve overall well-being. Experienced therapists follow proper techniques to ensure effective therapy. Attention is given to hygiene and service quality throughout the visit. The goal is to provide a balanced and refreshing spa experience. The spa provides a range of massage and wellness therapies suitable for different relaxation needs. Treatments are performed with care to support muscle relief and mental calmness. Therapists are trained to maintain professionalism and client comfort during every session.

ADDRESS:- 3RD FLOOR , ABOVE Bank of Baroda, Rd, ITPL Main Rd, near Hope Farm circle, Prasanth Extension, Whitefield, Bengaluru, Karnataka 560066.

SOCIAL LINK :

<https://www.facebook.com/profile.php?id=61585768852624>

https://www.instagram.com/mysaspa_bangalore/?hl=en

https://x.com/mysaspa_1

<https://www.linkedin.com/in/mysa-spa-bangalore-b470bb3a2/>

<https://www.youtube.com/@MysaSpaBangalore>

<https://in.pinterest.com/mysaspab/>

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.



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.

