

**Experience Luxury Body Massage at Lotus Spa Bidar Perfect for  
Relaxation 8422813144  
Lotus Spa Bidar 8422813144**



Welcome to Crystal Spa, a premier wellness destination nestled in the heart of Vijayapura, a city renowned for its rich cultural heritage and architectural marvels. Our spa is not just a place to unwind but a sanctuary designed to rejuvenate your mind, body, and soul. At Crystal Spa, we aim to redefine luxury, combining ancient therapeutic practices with modern wellness techniques to offer an experience like no other.

At Crystal Spa, we understand the importance of self-care in today's fast-paced world. Our vision is to create an environment that allows our guests to escape the stresses of daily life and embark on a journey of self-discovery and relaxation. We believe in the power of touch, the healing benefits of natural products, and the importance of a peaceful atmosphere. Our goal is to provide each guest with an exceptional experience, leaving them refreshed, rejuvenated, and ready to take on the world with renewed energy.

**Shop No 101, 2nd Floor, Hotel Blue Star, Naubad Rd, Shiva Nagar, Bidar, Karnataka – 585401.**

## **SOCIAL LINK :**

<https://www.facebook.com/profile.php?id=61570393288679>

<https://www.instagram.com/lotusspa.bidar/>

[https://x.com/LotusSpa\\_Bidar](https://x.com/LotusSpa_Bidar)

<https://www.linkedin.com/in/lotus-spa-bidar-2b780b340/>

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

<https://pin.it/7oazhdZRX>

<https://lotusspabidar1.blogspot.com/2024/12/experience-luxury-body-massage-at-lotus.html>

# **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.

