

Safeway Wellness Salon & Spa

RELAX AND REJUVENATE

THE SAFEWAY COLLECTION

Spa *Menu*

MASSAGE · JACUZZI · STEAM · SIGNATURE RITUAL

+91 7349 210777 · safewayspa.com

WELCOME

Discover the art of *well-being.*

Safeway Wellness Salon & Spa is a sanctuary of relaxation, healing and rejuvenation in Kothanur, Bengaluru. Step away from the rush of Hennur Bagalur Main Road into warm light, soft music and caring hands. Whether you have an hour for a massage or an evening in the jacuzzi, every visit is shaped around you.

01 Private Rooms

Calm, candlelit private rooms where time is entirely yours.

02 Hygiene First

Fresh towels for every guest and spotless, freshly prepared rooms.

03 Healing Traditions

Therapies from Thailand, Hawaii, Bali, Sweden and beyond.

04 Jacuzzi & Steam

Warm water, gentle steam and the time to truly unwind.

05 Salon & Spa

A unisex salon and spa together under one roof.

Relax and Rejuvenate.

THE MENU

Explore the *Safeway Collection.*



Five chapters of care, from our signature traditions to deep therapeutic relief, the complete Safeway ritual and our private jacuzzi.

01 **Signature Massage** — *Rooted in healing tradition* — IV

02 **Relaxation Therapies** — *Slow down, breathe out* — V

03 **Therapeutic Massages** — *Focused relief, deeply felt* — VI

04 **The Safeway Signature** — *Our ultimate ritual* — VII

05 **Luxury Jacuzzi** — *Unwind. Soak. Refresh.* — VIII



01 · SIGNATURE MASSAGE

Rooted in *tradition.*

Two time-honoured techniques at the heart of our menu, one from Thailand and one from Hawaii, each performed in a private, candlelit room.

TRADITIONAL THAI DRY MASSAGE

A traditional technique combining acupressure, stretching and assisted yoga to improve flexibility, energy flow and overall well-being.

45 MIN	60 MIN	90 MIN
₹1,499	₹1,999	₹2,499

LOMI LOMI MASSAGE

A flowing, rhythmic massage using forearms and palms with long, graceful strokes to release tension and promote deep relaxation.

60 MIN	90 MIN
₹1,999	₹2,499

> *Thai Dry Massage is performed without oil, over comfortable loose clothing.*



02 · RELAXATION THERAPIES

Slow down, *breathe out.*

Gentle, flowing therapies for a quiet mind, easier breathing and a body completely at ease.

SWEDISH MASSAGE

Gentle, long strokes to relax your body, improve circulation and promote overall well-being.

60 MIN	90 MIN
₹2,499	₹2,999

AROMA THERAPY MASSAGE

Therapeutic essential oils combined with soothing massage to balance mind, body and spirit.

60 MIN	90 MIN
₹2,499	₹2,999

> *Tell your therapist the pressure you enjoy, lighter or firmer, at any time during your session.*



03 · THERAPEUTIC MASSAGES

Focused relief, *deeply felt.*

Firmer pressure and skilled technique for stubborn knots, long workdays and active lifestyles.

DEEP TISSUE MASSAGE

Targets deep layers of muscle and connective tissue to relieve chronic tension and muscle stiffness.

60 MIN	90 MIN
₹2,999	₹3,999

SPORTS MASSAGE

Designed to enhance performance, prevent injuries and aid recovery for active lifestyles.

60 MIN	90 MIN
₹2,999	₹3,999

BALINESE MASSAGE

A blend of gentle stretches, acupressure and aromatherapy to restore harmony of body and mind.

60 MIN	90 MIN
₹2,999	₹3,999



04 · THE SAFEWAY SIGNATURE

Our ultimate *ritual.*

Three treatments, one unhurried journey. Indulge in the ultimate Signature ritual with luxury and privacy.

SAFEWAY SIGNATURE

MOST POPULAR

A complete head-to-toe ritual: a full massage, an exfoliating body scrub and a warm steam session, in complete privacy.

90 MIN

₹4,999

60	15	15
MINUTES	MINUTES	MINUTES
Signature massage	Exfoliating body scrub	Warm steam session



05 · LUXURY JACUZZI EXPERIENCE

Unwind. Soak. *Refresh.*

Warm water, soothing bubbles, complete relaxation. Relax and unwind in our classic private jacuzzi experience.

LUXURY JACUZZI EXPERIENCE

A private jacuzzi with warm water, soothing bubbles, candlelight and fresh towels, and all the time you need to let the day dissolve.

60 MIN	90 MIN
₹4,999	₹6,999

> *A private, hygienic and relaxing experience.*

GOOD TO KNOW

A few notes for a *perfect visit.*

01 Arrive a little early

Please arrive 10–15 minutes before your appointment to relax and settle in.

02 Tell us about you

Let your therapist know about any injuries, allergies, pregnancy or health concerns before your session.

03 A quiet space

Please keep phones on silent so every guest can enjoy the calm.

04 Valuables

We recommend leaving jewellery and valuables at home.

05 Booking & changes

Book ahead to get your preferred time, and let us know early if you need to reschedule.

06 Professional care only

All our services are professional wellness therapies. We maintain a respectful environment for every guest.

BOOK YOUR VISIT

Your time to *relax and rejuvenate.*

CALL OR WHATSAPP

+91 7349 210777

VISIT US ONLINE

safewayspa.com

VISIT US

4th Floor, No.953, Hennur Bagalur Main Road, 28/1,
K Narayanapura Main Rd, BDS Nagar, Kothanur,
Bengaluru, Karnataka 560077

Opposite Trayam Vegetarian Creations

OPEN DAILY · 10 AM – 10 PM

Safeway Wellness Salon & Spa

RELAX AND REJUVENATE

MASSAGE · JACUZZI · STEAM · UNISEX SALON