



LONGVITY WELLBEING

HOLISTIC HEALING FOR BODY & MIND

Discover a sanctuary of relaxation, rejuvenation and healing at Longvity Wellbeing, where we specialised in therapeutic massage therapies designed to heal both body and mind. Nestled in Mandavi Trade Centre, Kadiyali, Udupi, our centre offers a tranquil escape from the hustle and bustle of everyday life.

☎ +91-8904235506 ✉ longvitywellbeing@outlook.com
📍 Mandavi Trade Centre, Shop No.7, Kadiyali, Udupi
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OUR SERVICES

• Therapeutic Massage (60min / 90min): (1900.00 / 2300.00)

Release tension and target muscle knots with firm pressure to restore mobility and ease chronic pain. Enhance performance and prevent injury with techniques tailored for anyone involved in sports, fitness or heavy physical work.

• Therapeutic Massage with Steam (110min): (2800.00)

• Foot Reflexology massage (60 min): (1600.00)

Inspired by traditional Chinese Reflexology, this treatment works on various acupressure points and helps promote healthy organs, and overall wellbeing. These points correspond to internal organs and systems of the body which react to manual stimulation. Pressure is applied by thumbs, fingers, and palms.

• Back & Neck Saver (30 min): (800.00)

Purely focused on the back of the body, Ideal for tensions in upper body, break down knots and improve your flexibility.

• Divine Head & Scalp Massage (30 min): (800.00)

A quick and effective stress reliever for head, neck and shoulder tension, the trigger points on the head and neck are stimulated followed by Reiki to induce a wonderful sense of relaxation.



• Steam room Experience (20 min): (750.00)

Indulge in the ultimate relaxation with our state-of-the-art steam room. The gentle warmth and enveloping steam work together to open your pores, detoxify your skin and ease muscle tension. This ancient practice promotes deep relaxation and rejuvenation, enhancing your overall well-being. Whether you are looking to unwind after a workout or simply escape the stresses of daily life, our steam room offers a serene oasis for renewal and tranquility. Enjoy the soothing ambiance and let the steam revitalize your body and mind.

Infrared Sauna Therapy (20 to 30 min /1500.00)

Step into deep relaxation and holistic healing with our Infrared Sauna. Unlike traditional saunas, infrared heat penetrates the body at a cellular level, gently raising core temperature to encourage natural detoxification and rejuvenation.

Benefits include:

- Relieves muscle tension, soreness and joint stiffness
- Improves blood circulation and boosts metabolism
- Supports detoxification and weight management
- Promotes healthier, glowing skin
- Reduces stress and enhances relaxation
- Strengthens the immune system

Emerge feeling lighter, renewed, and deeply refreshed from the inside out.



SPA POLICIES

- For comfort and safety, all massages are provided by therapists of the same gender as the client. Cross-gender massages are not offered.
- All services are strictly professional. Any inappropriate behavior will not be tolerated, and staff have the right to refuse service to anyone violating this rule.
- To help you fully relax and reconnect with yourself, we kindly request you to keep your mobile phones on silent and maintain a **शांत** (silent) atmosphere during your treatment."
- We kindly ask all clients to respect these guidelines to ensure a safe and relaxing experience for everyone

About

Venkatesh Nayak

With over 21 years of international experience in the spa and wellness industry, Venkatesh has successfully managed and launched luxury wellness programs across India, Turkey, Jordan, and Seychelles. Trained in Ayurveda, Yoga, and holistic healing, he brings a unique blend of traditional therapies and modern wellness practices. His expertise in delivering exceptional guest experiences and guiding personalized wellness journeys. Passionate about holistic living, Venkatesh ensures every guest leaves feeling renewed, balanced, and deeply cared for.

Book Your Session Today

Take the first step towards relaxation and rejuvenation. Call: 8904235506 to schedule your appointment. Whether you seek relief from chronic pain or simply want to unwind, our team is here to serve you.

Indulge in the healing power of touch at Longvity Wellbeing—where wellness meets tranquility.

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