





ABHYANGA

60 minutes | INR 3,700

This detoxifying treatment is delivered by choice of one or two therapist using warm medicated oil to stimulate circulation & relieve tension on the physical & mental levels. This treatment commences with a head massage.

SHIRODHARA

60 minutes | INR 5,000

Customarily used to treat stress related disorders, shirodhara is the method of pouring warm medicated oil on the forehead. This is said to open the third eye, to absorb cosmic energy. On a physical level it is said to aid the healing of headache, migraine, insomnia & sinusitis, leaving you relaxed.



SPICE POULTICE MASSAGE

45 minutes | INR 4,500

Inspired by the centuries old Ayurveda tradition, this massage is performed by two therapists, one to assist and the other to gently apply the spice poultice. This poultice helps in relieving pain when applied to the body & is prepared using wild spices & hand-picked forest herbs infused with medicated oil. Experience improved mobility & increase flexibility post the massage.



SHIRO-ABHYANGA

30 minutes | INR 2,500

A quick stress buster –the trigger points on the head are stimulated to induce relaxation. This treatment uses the finest Ksheerabala.

PIZHICHIL

60 minutes | INR 4,500

In this therapy about 4 to 5 liters of lukewarm medicated oil s elected according to body constitution is poured onto your body and light massage is administered. It tones up the skin, nourishes the muscles and nervous tissues and eliminates metabolic waste through skin. It relieves rheumatic and joint pains. It also detoxifies and purifies the body

KATI VASTI

45 minutes | INR 3,500

Specially prepared warm herbal oil is poured over the lower back and retained inside an herbal paste boundary. The healing properties of herbal oils used for this massage deeply cleanses and enrich the blood, build and maintain strong muscle and connective tissues and lubricate the joints keeping them flexible and pain free. Kati vasti alleviates lower back pain and spinal disorders.

NASYAM

45 minutes | INR 3,500

Special therapy which clears all channels overhead. Relieves from stress and headaches. Improves sleep and provide proper relaxation.





ABHYANGA PACKAGES

SHAREE SUDHI

1hr. 15 minutes | INR 3,750

Ayurveda Detoxification Programme

This package includes 'Sneha karma', full body massage followed by massage with roasted Ayurvedic herbs packaged into a muslin bag (Elakizhi). Relieves joint pain, back pain, stiffness, eliminates the toxins through perspiration and provides nourishment to deeper cells.

UDWARTHANAM

1hr. 15 minutes | INR 3,750

Ayurveda Powder Massage

This package starts with foot ritual followed by gentle head massage accompanied by deep pressurized massage with roasted, medicated and powdered Ayurvedic drugs. Improves deep circulation, reduces water retention, fat deposition, skin sagging and makes the body firm and fit.

AYUR KANTHI

1hr. 30 minutes | INR 3,750

Skin & Body Care

This package starts with whole body massage with special skin care Ayurvedic oil and followed by massage cereal Njavara rice cooked milk and Ayurvedic decoction (Njavara Kizhi). Improves muscle strength, complexion, tones skin, improves metabolism, vitality and overall vigor.





EXPRESS WELLNESS

PUNAR JEEVANA

1hr. 30 minutes | INR 4,500

Ayurvedic Rejuvenation Programme

This package starts with foot ritual followed by full body medicated oil massage and then accompanied by herbal massage with roasted medicated herbs bag massage and ends with Shirodhara. Gives complete rejuvenation of mind and body, removes toxins through perspiration, improves blood circulation, reduces joint pains, back ache.

SUNDARI

1hr. 30 minutes | INR 4,500

Ayurvedic Beauty Care Programme

This package includes a full body scrubbing with herbal scrubbers which peel out the dead skin, and the accompanied body massage and an Herbal face pack. Helps to improve blood circulation, complexion, and special herbal pack tones the skin and reduces the ageing process.

SHU SANTHI

1hr. 15 minutes | INR 3,750

Ayurveda De-stress Programme

This unique package comprises traditional whole body massage with 'shiro dhara' –dripping of Lukewarm fluid on the forehead in a rhythmic manner accompanied by gentle head massage. Improves blood circulation to brain, soothes neurons, reduces tension, insomnia(sleeplessness), blood pressure and calms mind and body.





AYURVEDIC FACIALS

PUSHPA

60 minutes | INR 2,500

Floral

The aroma oil blended flower powders are used for this facial. Relaxation of facial muscle and helps in glowing skin.

DHOOLI

60 minutes | INR 2,500

Herbal

Ayurvedic Medicinal powders are used for this facial. Reduces wrinkles, dark spots and sun tan.



AYURVEDA ROYAL FACIAL

1 hr. 15 minutes | INR 4,500

A 'Kunkuma Eladhi' Oil face massage followed by a 'Nalpamaradhi' oil massage and steam. A cleanser using 'Njavara' is done before scrub with 'star anise' and 'red sandal' mix which is followed by another scrub using oats and honey mix and a honey mix pack for 10mts. Finally, an Ayurveda pack prepared using 'red sandal' mix and 'eladhi' mix is applied.



BODY MESSAGES

SIGNATURE MASSAGE

90 minutes | INR 5,500

An uplifting oil blend, incorporated with Parijat (A floral extract from the Himalaya's) to provide a soothing experience. This as an integration of sports massage and Thai acupressure techniques that are very effective in working on deep tissue. Recommended only for those who require deep bodywork to undo muscles knots and dissolve fibrous tissue.

SWEDISH SOJOURN

60minutes | INR 3,500

Boost your energy levels and re-energize your body with the classic Swedish massage that uses rejuvenating seasonal blend of oils to provide a firm and deeply relaxing and healing experience. We recommend it for its effectiveness in relieving muscle soreness and stimulating overall blood circulation.

FRENCH AROMA RITUAL

60 minutes | INR 4,000

This ritual is a light relaxing massage using fragrant plant extracts to work softly on the skin and nerve endings with special concentration on stress nodes, back and shoulders.





JAVANESE ROYAL BODYWORK

60 minutes | INR 4,000

A combination of Dry and Oil Massage, Includes gentle stretching, skin rolling, compressions, Palm and Thumb pressure on the energy lines. It stimulates the blood, lymph flow and also induces deep relaxation.

EGYPTIAN FOOT REFLEXOLOGY

45 minutes | INR 3,000

One of the fastest ways to relieve your fatigue. It works on the foot reflex point which helps to induce relaxation, stimulate all the internal organs and glands.



MERU

30 minutes | INR 2,500

This therapy based on ancient Indian healing science uses the knowledge that a flexible and tension free back is the back bone for bodily alignment. Melt into total relaxation as our expert therapists dissolve the tension stored in the muscles of the back and leave you feeling energized and refreshed.



BODY POLISHES

SANDALWOOD BODY POLISH

30 minutes | INR 2,500

A gentle and natural moisturizing body polish made from Sandalwood, is both anti-septic and cooling. Sandalwood is combined with high mineral organic cane sugar to create this unique body polish.

COFFEE BODY POLISH

30 minutes | INR 2,500

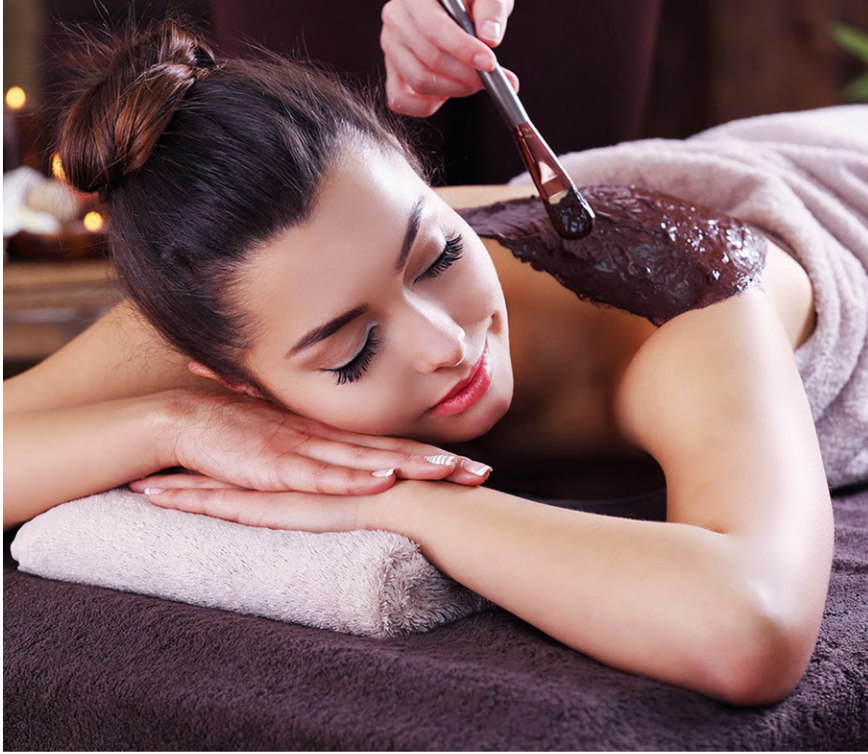
Re-invigorate the senses with this exfoliation ritual. This therapy captures the mystery of the ancient Arabic coffee where cooling lentil powder is used to temper the heat of handpicked finely ground aromatic coffee. You will instantly feel the increased circulation and the smoothness of the skin.

DETOXIFYING AYURVEDA BODY POLISH

30 minutes | INR 2,500

This traditional Ayurvedic detoxifying body scrub activates your body's nature of healing mechanism, its work to improve the appearance of cellulite by reducing water retention & improving the elimination process.





BODY WRAPS

COFFEE BODY WRAPS

60 minutes | INR 4,000

Protein rich lentil mixture with coffee flavor is applied on the body after skin polishing that removes surface pollutants. Effective in firming and toning sluggish, sallow skin.

MARINE ALGAE BODY WRAP

60 minutes | INR 4,000

A body wrap using marine algae, marine minerals, vitamins and micro-nutrients. This treatment stimulates circulation, increases the metabolism & relieves aches and pains. Excellent for general well-being & total relaxation.

SANDALWOOD BODY WRAP

60 minutes | INR 4,000

A body wrap using organic sandalwood, that effective in soften, soothe and repairer mature or sun-damaged skin.





FACIALS

REBALANCING FACIAL FOR OILY SKIN

60 minutes | INR 4,500

The deep cleansing facial with anti-bacterial properties helps in stabilizing oily skin types and thus makes your skin rebalanced.

HYDRATING FACIAL FOR DRY SKIN

60 minutes | INR 4,500

A revitalizing facial which helps to hydrate your skin. This facial uses special skin revitalizing complex, comprising of mango seed butter, rosemary extracts, coconut water and Vitamin E.

REJUVENATING FACIAL FOR COMBINATION SKIN

60 minutes | INR 4,500

A pampering facial suitable for combination skin helps soften expression lines and gives you a feeling of relaxation.

CALMING FACIAL FOR SENSITIVE SKIN

60 minutes | INR 4,500

Particularly for sensitive skin, this treatment incorporates Chamomile known for its skin soothing properties along with cucumber and honey suckle which stimulates a cooling sensation and aids relaxation.





FACIALS

HEALING FACIAL FOR ACNE SKIN

60 minutes | INR 4,500

This facial reduced inflammation and controls excess oil for acne prone skin. The targeted facial is non-comedogenic and helps you to repair damaged skin by fastening the cell regeneration process and reducing the scars.

ANTI-AGEING FACIAL

60 minutes | INR 4,500

Enjoy this unique facial, which will help to revitalizes your skin and recuperate from daily stresses. The active ingredients of these facial combat fine lines, ageing at the cellular level.

WHITENING FACIAL

60 minutes | INR 4,500

This intensive facial incorporates black cohosh, asparagus extracts, as well as vitamin C derivatives for a gentle smoothing and brightening effect. Ideal for tired looking skin and pigmentation marks.





FIVE EXCITING RITUAL PACKAGES

PRITHVI

1 hr. 45 minutes | INR 5,000

Foot Ritual, Sandalwood Body Polish, Abhyanga Massage

Nourishing and sustaining like Mother Earth, this energy grounds the senses and balances the mind, beginning with a sweet sandalwood body polish, your body and mind are then prepared for a profound relaxation experience followed by Abhyanga massage and Shirodhara.

TEJAS

3 hr. 30 minutes | INR 12,000

Foot Ritual, Indian Head Massage, Signature therapy & Customize Facial

A detoxifying massage which incorporates the use of plant extracts, followed by a one-hour facial, it ensures you present your best to the world.

AAKASH

3 hr. 30 minutes | INR 12,000

Foot Ritual, Abhyanga Massage, De-toxifying Ayurvedic Body Polish & Shirodhara

A meditative and contemplative package of life enhancement therapy and a massage to impart whole mind and body relaxation. The treatment will ensure complete muscles relaxation and help you the unlimited reservoir of energy stored in the subconscious mind. Leaving you in a state of pure bliss.





JAL

1 hr. 45 minutes | INR 7,500

Foot Ritual, Aroma Massage, Marine Algae body wrap

A calming combination of water treatments using marine based ingredients. The revitalizing marine body wrap and hydrating facial ensure holistic wellbeing, to leave your body feeling hydrated.

VAYU

2 hr. 30 minutes | INR 9,000

Foot ritual, choice of body wrap, Javanese royal bodywork, head massage

Aromatic jasmine, used in Indian temples complements the Javanese royal body work and choice of body wrap which stimulate energy flow throughout the body, thereby positively impacting your full body wellness.





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