

NORBU

THE MONTANNA

IHCI SELECTIONS

RELAX & UNWIND

Beginning with a warm welcome ritual, we offer a refreshing welcome drink while taking a moment to learn about your journey. To enhance the therapeutic benefits of our treatments, we suggest indulging in our sauna beforehand, allowing your muscles to unwind. It is advised to arrive 15 to 30 minutes before your scheduled treatment time. For a serene experience, we kindly request guests to set their mobile devices to silent or vibrating mode before entering our designated areas. Your well-being is our priority, so please inform our team of any health conditions or past injuries to ensure a tailored and safe spa experience.

COMMUNICATION

Unlock the full benefits of your spa experience through effective communication. Feel free to express how you're feeling to our therapist at any point during the treatment. Before the service begins, share your preferences and areas of focus or sensitivity with our therapist. If you ever feel discomfort during the treatment, please don't hesitate to let our therapist know promptly. Your comfort and satisfaction are our top priorities.

TREATMENT ATTIRE

For your spa treatment, we recommend wearing the bathrobe provided for a traditional and comfortable experience. You'll have a private moment to disrobe and cover yourself before the therapist enters the room. Throughout the treatment, your body will be draped with cozy linens to ensure your privacy and comfort. Rest assured that you will not be exposed at any point during the session. Your relaxation and tranquility are our top priorities.

REFRESH

Enhance your relaxation by indulging in a brief warm shower just before your treatment. This not only aids in relaxation but also helps cleanse your skin, removing any salts, minerals, or chemicals that may interfere when combined with oils or other treatment products. It ensures a fresh and rejuvenating experience, allowing you to fully immerse yourself in the benefits of our treatments.


GLOW

Close your eyes, let your mind wander freely, and take deep breaths. This moment is exclusively yours, dedicated to your well-being. Enjoy the tranquility.

THERAPIES

DEEP TISSUE MASSAGE

Indulge in our targeted massage, designed to address specific areas of concern by working through muscle layers. Our skilled therapists apply a blend of medium and firm pressure, targeting trigger points to alleviate stress, ease muscle tension, enhance circulation, and improve mobility, muscle, and skin tone. For a more intensive experience, consider booking our Deep Tissue Massage.

 90 Minutes: INR 8200

FOOT REFLEXOLOGY

Indulge in our healing Chinese massage, focused on specific reflex points on the foot. This treatment aims to stimulate foot muscles, reducing stiffness and relieving stress for a truly rejuvenating experience.

 30 Minutes: INR 3000

SAUNA THERAPY

Step into our sauna, where therapeutic heat promotes a sense of well-being, soothes muscles, and enhances overall relaxation.

 15 minutes: INR 1200

BALINESE BOREH

Experience the rejuvenating Balinese tradition, suitable for both men and women, aimed at restoring overall health, vitality, and a sense of freshness. A blend of ground spices and essential oils is gently applied to the skin, creating a stimulating surface experience. The warm and invigorating effect of the spices is designed to alleviate physical fatigue, leaving you revitalized and invigorated.

 75 Minutes: INR 5500


TENSION RELEASE MASSAGE

Immerse yourself in a personalized and deeply relaxing massage that combines deep thumb and palm pressure with long sweeping movements. This customized experience is designed to alleviate stress and address neck and shoulder aches, leaving you feeling thoroughly relaxed and rejuvenated.

 45 Minutes: INR 4000

STEAM INHALATION

Allow the enveloping steam to gently cleanse and rejuvenate your respiratory system, promoting a sense of clarity and relaxation.

 15 Minutes: INR 1000