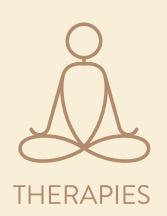


SPA SERVICES



### **SELEQTIONS**

REPOSE 120 Minutes
DETOX 120 Minutes
POWERFUL 90 Minutes

### **INDIAN THERAPIES**

RELAXATION MASSAGE 60 Minutes DEEP TISSUE MASSAGE 60 Minutes FOOT MASSAGE 45 Minutes HEAD MASSAGE 45 Minutes EYE THERAPY 30 Minutes

### **SCRUBS & WRAPSS**

COCONUT SCRUB 45 Minutes EARTH'S NECTAR 45 Minutes

### **BEAUTY**

SPA FACIAL 60 Minutes

### **FOR TWO**

**COUPLE EXPERIENCE** 90 Minutes

## SeleQtions

Repose 120 mins

Inspired to give you a captivating night's sleep, this experience begins with a head massage to relax and improve circulation and ease sore tired neck muscles. Let the gentle rhythm of our therapists hands soothe your back with strokes and stretches harnessed with rich essential oils, to de-stress and calm your body, allowing cares and tensions to dissolve. Succumb to a sublime massage on the soles of your feet to create a profoundly relaxing experience.

Detox 120 mins

A unique combination of therapies used to purify the system. A lymphatic drainage massage, a wholesome cleansing scrub and a plantain leaf wrap will leave you with a feeling of lightness.

Powerful 90 mins

For centuries, Indian wrestlers have taken powerful massages. Experience this traditional vigorous massage with either our signature aromatherapy oil or mustard oil, which is extremely good for the skin, and relieves aching, sore and tense muscles.

# Indian Therapies

Relaxation Massage 60 mins

A full-body relaxing massage to melt away your stress. Alternating palm and thumb strokes, skilled hands gently work on your tired and sore muscles. Fragrant blends with the richness of Kewda, Frankincense and Brahmi, infused in Sandalwood and Sesame are used for this massage to release tension, bringing ease and tranquillity.

Deep Tissue Massage 60 mins

A customised technique of muscle massage performed by specially trained hands, which works on your deep-sea ed stress. Experience enhanced mobility of joints and let a deep sense of relief fill you.

Foot Massage 45 mins

A sublime massage performed on the soles of your feet for a profoundly relaxing experience. This treatment benefits the entire body by stimulating the reflex zones of the feet.

Head Massage 45 mins

This luxuriant hair invigorating treatment is believed to promote hair growth, restore the natural sheen and glossiness of the hair fibre. This massage releases muscular tension from the head, neck and shoulders, creating a deep sense of relaxation and joy as well as clarity of thought.

Eye Therapy 30 mins

The eyes are the window to your soul. Relax your eye muscles, ease eye strain, increase circulation and reduce dark circles. Relief for tired and puffy eyes.

# Scrubs & Wraps

Coconut Scrub 45 mins

Coconut, a household ingredient in India, has many uses to its name. As a natural skin softener, it has been used for centuries. We will gently exfoliate and moisturise your body with a mix of ingredients. This all-over treatment has a cooling effect on the body.

Earth's Nectar 45 mins

This rich detoxifying and firming wrap is made from 22 exotic Indian herbs and clay. Its therapeutic properties tighten the skin and leave it with a radiant, youthful glow. Excellent for all skin types.

# Beauty

Spa Facial 60 mins

Many Indian women use homemade recipes passed down from mother to daughter to nourish their families and their skin. Following this custom, we use fresh all natural ingredients straight from the kitchen. Our facial will also include a face massage that tones and nourishes the skin, making it healthier and leaving it with a natural glow.

### For Two

Couple Experience 90 mins

Relax with a one-hour Indian Aromatherapy massage of your choice. Then take a dip in our soak tub to romance your senses. Stimulate your taste buds with the freshly prepared aromatic hors d'oeuvre. Lastly, quench your thirst with a wholesome fresh juice.

### Spa Information

#### Spa Facilities

The spa consists of one couple treatment room with steam, shower & soak tub, one single treatment room with steam, shower & two ayurveda treatment rooms with steam, shower. The spa also boasts of Ayurveda consultation room, an unisex relaxation area, gymnasium and dedicated wet areas with steam, sauna, chill shower & separate change areas for men and women with lockers and shower facilities and outdoor swimming pool. We provide robes, towels, slippers and personal amenities.

#### Reservation & Treatments

Advanced bookings for spa treatments are highly recommended to avoid disappointment.

We encourage you to arrive 30 Minutes prior to the scheduled appointment to benefit from the wet and heat areas. We strongly recommend a relaxing session in the wet areas before your treatment. This enhances the effect of your treatment by warming muscles, opening pores, encouraging detoxification and allowing you deeper rest during your treatment. You are requested to wear swimwear in the wet areas.

Should you arrive late for your scheduled appointment, we endeavour to accommodate you to the best of our abilities. Your treatment time may be shortened or rescheduled to avoid any inconvenience to the next guest appointment.

### Timings

The Spa is open daily from 8 am to 8 pm

### **Parking**

Valet parking available for members, in-house guests and spa visitors.

We urge you to leave your valuables in the spa locker.

### **Valuables**

While we endeavour to look after your belongings, the spa will not be liable for the loss of your valuables.

#### Cancellation

A 24-hour cancellation notice is required to help us reschedule your appointment, subject to availability at the spa. Any cancellation / rescheduling with less than 3 hours notice will incur a 50% cancellation fee.

The entire charge of the treatment booked will be levied in case of a "No Show" without any prior cancellation as specified above.

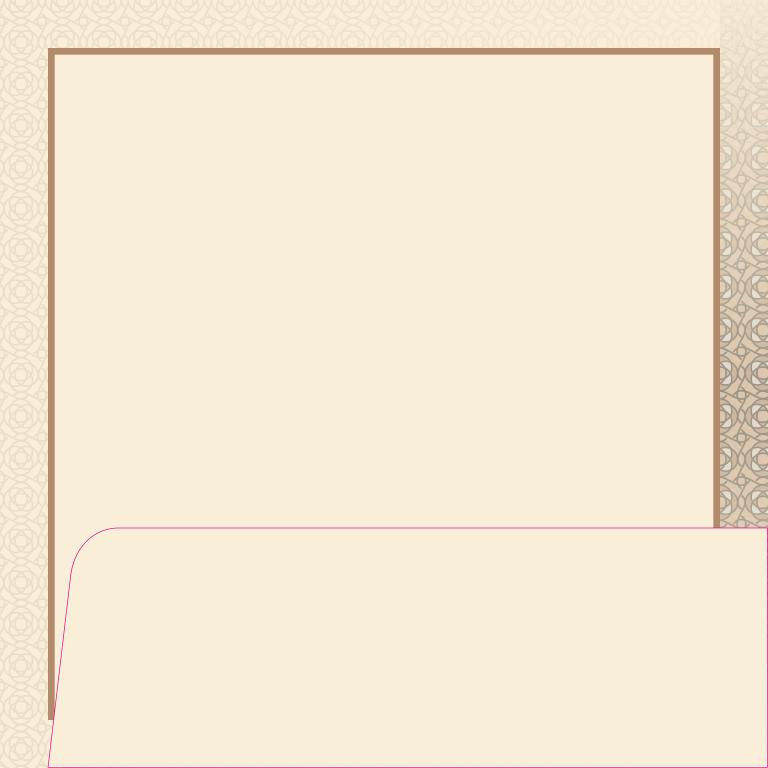
Entire charge will also be levied for cancellation of a 30 minute treatment.

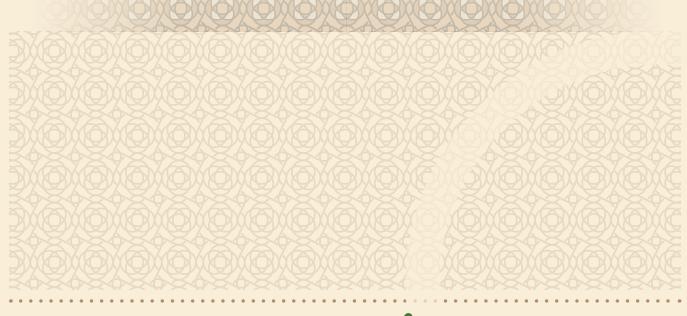
### Spa Etiquette

- To preserve the tranquil environment of the spa, we respectfully request you to switch off your mobile phones. and electronic devices at all times. We also request you to use a lowered speaking volume in the spa.
- Guests under the age of 16 years cannot avail of the spa wet area facilities.
- The Spa is an alcohol and smoke free environment. Guests under the influence of alcohol, high energy
  drugs and medication will not be allowed to use the wet areas, gym or treatment facility.
- Appropriate swimwear is to be worn in the wet areas. Underwear / disposable underwear (which is
  provided by the spa), must be worn for all body treatments.
- The Spa Management has the discretion to ask a guest to leave the premises in case of non adherence to the spa etiquette.

### **Special Considerations**

- We recommend that men shave a few hours prior to a facial treatment.
- Avoid shaving or waxing one day prior to body scrubs.
- For greater comfort during spa treatments, you may prefer to remove hearing aids, spectacles or contact lenses.
- Please note certain muds/oils used during some treatments may stain the skin or clothing.
- Rest and avoid vigorous activity for at least one hour after treatments.
- Drink water before and after all treatments.
- Guests with high blood pressure, heart conditions or who have any medical complications, are advised to
  consult their doctors before signing up for any spa treatments/services. Please inform your spa therapist
  of any medical conditions.
- As a policy, we do not offer spa body treatments to pregnant women.
- Entry to The Spa is at guests' own risk and although strict policies and procedures are implemented to
  maximise safety, The Spa, its employees and representatives, will not be held liable or accountable for
  any incident.







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Repose	120 Minutes	₹9000
Detox	120 Minutes	₹ 9000
Powerful	90 Minutes	₹ 6750
Indian Therapies		
Relaxation Massage	60 Minutes	₹ 4500
Deep Tissue Massage	60 Minutes	₹ 4500
Foot Massage	45 Minutes	₹ 3375
Head Massage	45 Minutes	₹ 3375
Eye Therapy	30 Minutes	₹ 2700
Scrubs & Wraps		
Coconut Scrub	45 Minutes	₹ 3375
Earth's Nectar	45 Minutes	₹ 3375
Beauty		
Spa Facial	60 Minutes	₹ 4500
Spa i aciai	00 Millutes	( 4300
For Two		
Couple Experience	90 Minutes	₹ 12000

- Prices are in Indian Rupees, subject to applicable government taxes.
- Body Treatments can also be offered in the spa, two hours prior and two hours beyond the spa operational hours with prior intimation as mentioned below, at an additional charge of Rs. 1200/- per treatment.
- For Early morning appointments i.e. before 8 am intimation is required by 6 pm the prior evening.
- For Late evening appointments i.e. after 8 pm intimation is required by 6 pm the same day.

