

SPA | AYURVEDA | BEAUTY



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BODY MASSAGE THERAPIES

Tonning Swedish Massage

60 MINS: Rs. 1600/- | 90 MINS: Rs. 2200/-

A medium pressure massage uses strokes such as kneading, knuckling, circular movements, vibrations and topping which helps to relax and energize. It also helps to tone the body.

Relaxing Aroma Massage

60 MINS: Rs. 1700/- | 90 MINS: Rs. 2400/-

A massage technique to relax mind and body, elevates the mood, calm the nervous system. Aroma essential oils are used for optimum results.

Revitalising Thai Massage

60 MINS: Rs. 1800/- | 90 MINS: Rs. 2600/-

A Thai therapy involves stretching and deep massage. It improves health of joints and muscles and gives deep relaxation.

Rejuvenating Ayurveda Abhyangam

60 MINS: Rs. 2000/- | 90 MINS: Rs. 2800/-

A traditional massage done with medicated warm herbal oil in a synchronized rhythmic manner. Removes fatigue, boost the immune system, delays aging & improves mental





BODY MASSAGE THERAPIES

Pain Relief Deep Tissue Massage

60 MINS: Rs. 2200/- | 90 MINS: Rs. 3000/-

A deep pressure massage technique uses slower, more forceful strokes to target the deeper layers of muscle and connective tissues. Its also kown as SPORTS MASSAGE. Ease away the deep rooted pain and cellulite.

Energy Booster Balinese

60 MINS: Rs. 2400/- | 90 MINS: Rs. 3400/-

A combination of gentle stretches, Acupressure & deep pressure massage. It helps to stimulate blood circulation and energy. Also brings a sense of well-being & deep relaxation.

MySpa Signature Massage

90 MINS: Rs. 3800/-

A leisure massage therapy involves stretchings, deep tissue massage followed by Bamboo rollers massage on back and thighs with an uplifting face pack and steam. It reduce stress, relaxes the nerves, decrease pain and brings a vigor in overall body.



EXPRESS MASSAGE

Indian Head Massage (Champi)

30 MINS: Rs. 800/-

An Indian massage technique to relax head, neck and shoulders. Medicated/Aroma oils used on scalp aids sleep, improves blood circulation, relieves migraine, eliminates toxins and helps to reduce hair fall & dandruff.

Spa Foot Massage

30 MINS: Rs. 800/-

A massage therapy to reduce stiffness and pain in legs and feet. Balm/cream/oil is used for massage.

Spa Back Massage

30 MINS: Rs. 800/-

A therapy done with stretching back and then massaging it with hot oil to relax the upper ,middle and lower back giving pain relief and nourishment. It also improves postural problems.



EXPRESS MASSAGE

Asian Foot Reflexology

45 MINS: Rs. 1400/-

A great foot massage treatment involving acupressure points and a foot massage. It helps to improve overall health, induce sleep, open blocked channels and balances health.

Aroma Candle Moisturizing Massage

Back 30 MINS: Rs. 1200/- Full Body 60 MINS: Rs. 2500/- A smoothing and energizing massage done to nourish the skin and relax muscles at the same time. Corrects posture and gives flexibility to back.

Hot Stone Massage

Back 30 MINS: Rs. 1200/- Full Body 60 MINS: Rs. 2500/-Hot and cold lava stones are used to massage the deeper layers of muscles to relax and give pain relief for the body.



AYURVEDA TREATMENTS

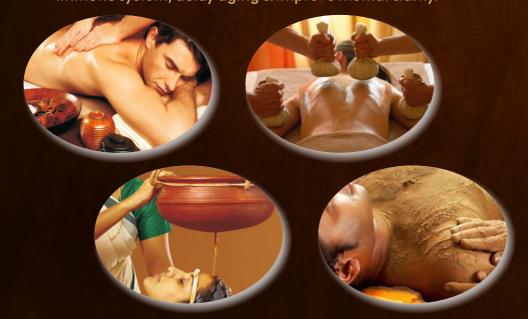
Medicinal boluses are heated in herbal oil and pounded on body to reduce inflammation and pain in joints and muscles.

Shirodhara
30 MINS: Rs. 1600/Warm oil is gently poured on the forehead in a continuous
stream. It helps to calm & relax the mind and nerves. Also
helpful in hair loss & lack of sleep.

A herbal powder massage to invigorate the whole body, reduce fats, improves skin complexion.

60 MINS: Rs. 2000/- | 90 MINS: Rs. 2800/A traditional massage done with medicated warm herbal oil in a synchronized rhythm manner. Removes fatigue, boost the immune system, delay aging & improve mental clarity.

Ayurveda Abhyangam Massage 45 MINS: Rs. 1600/-



BEAUTY TREATMENTS

Facials 60 MINS: Rs. 1800/-

Body Scrubs 45 MINS: Rs. 1800/-

Body Wraps 45 MINS: Rs. 1600/-

SPA THERAPY PACKAGES

Body Tonning 2 HRS 30 MINS : Rs. 3600/Scrub + Steam + Swedish Massage + Head Massage

Body Relaxing 2 HRS 30 MINS : Rs. 4000/Ayurvedic Abhyangam + Potalli / Shirodhara + Udvartana

Body De-Stress 2 HRS 30 MINS: Rs. 4200/-Head Massage+Deep Tissue Massage+Steam+Foot Reflexology

Body Polishing 2 HRS 30 MINS : Rs. 4500/Cleansing + Scrub + Steam + Massage + Wrap

MEMBERSHIP

MySpa Premium: Rs. 14000/-

(10 sessions of any 60 mins massages)

MySpa Royal: Rs. 20000/-

(10 sessions of any 90 mins massages)

♦ The membership plan carries 10 sessions valid for 12 months.

♦ The membership can be shared.

Prior appointment is mandatory.

• Membership fees will be taken in advance.

◆ The session will be deducted if the members don't turn up for the appointment on Saturday or Sunday.





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