



**BODY & MIND**

— SPA —

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## **BODY MASSAGES**

***Aroma Therapy Relaxing Body Massage:  
(60/90/120 minutes)                      INR 1,200/-***



*Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Sometimes it's called essential oil therapy. Aromatherapy uses aromatic essential oils medicinally to improve the health of the body, mind, and spirit. It enhances both physical and emotional health.*

***Swedish Massage:  
(60/90/120 minutes)                      INR 1,200/-***



*Swedish massage is ideal for relieving muscle tension, like the kind that builds up from hunching over a computer all day. This tension can sometimes result in knots: trigger points of extremely tense muscle fibers that form tiny nodules. Massage therapists are trained to feel for these knots, and Swedish-massage techniques are ideal for gently coaxing them away.*



**Olive Oil Massage:  
(60/90/120 minutes)**

**INR 1,300/-**



**Combating Dry Or Flaky Skin - Olive Oil Is Good For Dry Skin Massage. Most Of The Massage Therapists Recommend Olive Oil Massage For Skin. Olive Oil Is Beneficial For Skin Because It Is Rich In Healthy Fats, Phenolic Antioxidant, Vitamin E, Squalence And Oleic Acids**

**Ayurvedic Oil Massage:  
(60/90/120 minutes)**

**INR 1,500/-**



**Ayurvedic Oil Helps In Reducing The Stress, Heart Rate And Blood Pressure.**

**Reduction In Skin Roughness And Dryness.**

**Reduction Of Burning Sensations In Diabetic Neuropathy Patients, Reduction In Systolic Blood Pressure, Diastolic Blood Pressure, Pulse Rate And Respiratory Rate.**

**Reduction In Knee Pain In Osteoarthritis Patients, Improvement In Muscular Dystrophy.**

**Helps Reduces Migraine Frequency.**

**Reduction Of Inflammation In Exercise-induced Muscle Damage.**

**Relief Of Chronic Back Pain.**



## ***Deep Tissue Massage: (60/90/120 minutes)***

***INR 1,500/-***



***Deep Tissue Massage Therapy Is The Deep Pressure Massage Which Is Beneficial In Releasing Chronic Muscle Tension. The Focus Is On The Deepest Layers Of Muscle Tissue, Tendons And Fascia (The Protective Layer Surrounding Muscles, Bones And Joints).***

- 1) Offers Stress Relief***
- 2) Eases Pain***
- 3) Makes Muscle Movement Easier***
- 4) Can Help Lower Heart Rate And Blood Pressure***

## ***Four Hand Massage (40/80/120 minutes)***

***INR 1,500/-***



***As The Name Implies, A Four Handed Massage Is Performed With Four Hands Or Two Massage Therapists... During A Typical Four Hands Massage Session The Therapists Use Relaxing, Slow Movements Along With Harder, Warmer, And Deeper Movements To Target Specific Areas All Around The Body.***

### ***Why Get A Four-hands Massage?***

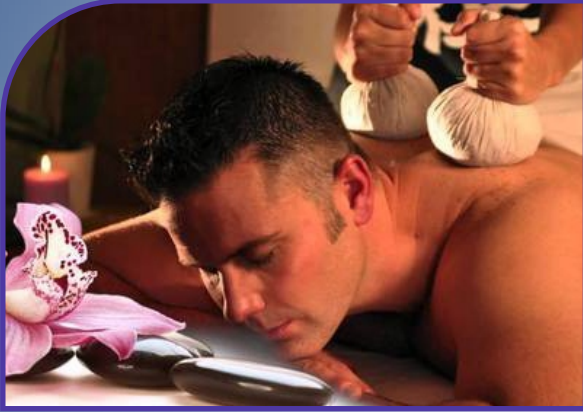
***When Two Therapists And Four Hands Hit Your Body, Your Mind Reacts Differently. This Is A Powerful Treatment For Anyone Who Has A Hard Time Letting Go During Treatments.***

- 1) The Intensity Of Massage Movements Used Realigns Muscles.***
- 2) Engages Both Hemispheres Of The Brain, Encouraging More Relaxation.***
- 3) Improves Blood Circulation So That More Blood Is Sent To The Muscles And Tendons, Reducing Pain.***



**Potli Massage:  
(60/90/120 minutes)**

**INR 1,500/-**

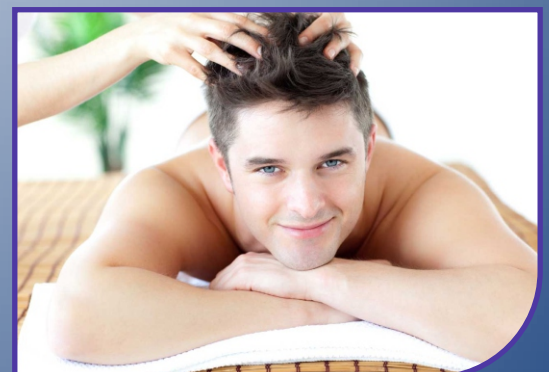


*Ayurveda is known to be one of the oldest medicinal traditions in India and potli massage therapy finds its roots in this science. Potlis contain a selection of Ayurvedic herbs, both, fresh and dried, that are carefully chosen based on your Ayurvedic constitution and the issue that you're being treated for. The Potli massage is often recommended for illnesses such as rheumatoid arthritis, spondylitis, frozen shoulders, osteoarthritis and so on. The content of the potli is specific to the illness and the person's body and is hence it is best that one visits an ayurvedic practitioner or therapist to decide on which one suits your requirement. Potlis are used to Rejuvenate, Relax and Nourish the affected area. When these potlis are placed on the body, they have a therapeutic effect. The treatment helps to relieve pain and inflammation, improve blood circulation and flexibility.*

**Head Massage:**

**INR 200/-**

- Helps Prevent Migraines & Headaches...*
- Promotes Hair Growth...*
- Detoxifies The Body By Stimulating Lymphatic...*
- Relieves Sleeplessness, Restlessness & Insomnia*
- Relieves Symptoms Of Anxiety And Depression...*
- Renews Energy Levels...*
- Boosts Memory Capabilities*





**Foot Reflexology:  
(60/90/120 minutes)**

**INR 999/-**



***Our Feet Do A Lot For Us. They Carry Us Around All Day, Bear The Brunt Of Our Morning Jog And Endure Countless Evenings In Uncomfortable And Restrictive Shoes. Despite All This, They Are Usually Sorely Neglected! A Healing Foot Massage Is One Way We Can Treat Our Feet (or If We Are Lucky, Get Someone Else To Treat Our Feet!) While Benefitting Our Whole Body.***

***Benefits Of Foot Massage:***

***Relaxation And Stress Relief***

***Better Sleep***

***Improved Circulation***

***Lower Blood Pressure***

***Injury Prevention And Faster Recovery***

***Alleviation Of Headaches And Migraines***

***Decreased Feelings Of Anxiety***

***Natural Pain Relief***

***Nail And Skin Health***

***Cure For Swelling Of The Legs***

***Cure Chronic Sinus Infections***

***Relieve Symptoms Of Cancer, Diabetes And Multiple Sclerosis***

**Body Scrubbing:**

**INR 1,500/-**



***A Body Scrub Is A Skin Treatment Whose Primary Function Is To Remove Dead Skin Cells Through Exfoliation As Well As Cleanse The Skin And Increase The Body's Blood Circulation.***

***#1 - Makes Skin Look Fresh And Rejuvenated***

***Essentially The Benefits Of Using A Body Scrub Are The Removal Of Dead Skin Cells From The Body And Impurities, Leaving You Feel Fresh And Your Skin Looking Rejuvenated And Revitalized.***

***#2 - Makes Skin Look More Youthful***

***Exfoliating Dead Skin Cells Leads To Remove The Dull And Lacklustre Appearance Of The Skin. Humans Shed Skin Cells Daily (anywhere From 11,000-23,000 Skin Cells An Hour) And It Usually Takes About 27 To 30 Days Before New Skin Cells Reach The Top Layer Of The Skin (stratum Corneum). Using A Body Scrub Regularly Will Help Make Your Skin Look More Vibrant And Youthful.***

***#3 - Moisturizing Benefits***

***Benefits Of Body Scrubs Through The Removal Of Dead Skin Cells As A Result Of Exfoliation With A Mild Body Scrub Extend To Moisturizing As It Allows For The Easy Absorbtion Of A Skin Moisturizer Into The Healthy Skin. Ideally, The Best Body Scrub Is One That Not Only Acts As A Gentle Enfoliant But Moisturizes At The Same Time! All Of The Volcanic Earth Body Scrubs Do Both.***

**Body Polishing:**

**INR 3,000/-**



***Body Polishing Is A Delicious Way To Pamper Your Skin To Make It Shine With Health. This Is A Form Of Exfoliation, A Sort Of Facial For The Body, Where Scrubs, Creams, And Lotions Are Used To Slough Off Dead Cells And Moisturise The Skin.***

***What Are The Benefits Of Body Polishing?***

***Body Polishing Helps Exfoliate Your Skin And Remove Dead Cells. This Brings Up The Fresh Healthy Cells And Makes You Look Young And Attractive.***

***Body Polishing Also Promotes New Cell Growth.***

***You Can Luxuriate In The Feeling Of Soft, Supple Skin.***

***Gone Is The Dryness. With Body Polish Your Skin Feels Moisturised And hydrated.***

***Body Polishing Also Acts Like A Cleanser, Helping Remove Oil And Dirt From Your Skin.***

***Besides The Physical Benefits, Body Polishing Offers Some Therapeutic Advantages. The Time You Spend In Pampering Yourself Can Be Used To Reflect And Think, Or Just To Relax And Give In To The Pleasure Of The Therapy.***

***Body Polishing Scrubs Promote Blood Flow.***





## **Body Hair Treatment**

**Full Body Waxing:  
INR 2,500/-**



**Full Body Hair  
Trimming:  
INR 1,500/-**



*Waxing Makes The Hair Grow Slower And Finer. Waxing Produces Smoother Results As The Hair Is Pulled From The Root. Shaving Can Result To Stubbles... Waxing Will Make Your Skin Feel Smoother Longer Without Feeling Itchy, Because Of Slower Hair Regrowth.*

**D-Tan (Tan Removal - Face)**

**INR 500/-**

**D-Tan (Face & Hands)**

**INR 1,000/-**



