







*The Sanskrit definition of 'Aheli' is 'pure'.*

*Aheli provides you with the relaxing get away that you need offering an environment of calm, serenity and peace. It is the perfect weekend escape from today's urban scenario. It caters to all your needs with only natural and pure products.*

*Nestled in between its serene water bodies, Aheli spa is luxury in itself. Its relaxing treatment area is well equipped to ensure complete comfort and a positive mind while our trained therapists help you relax. With an emphasis on pampering and wellness, the therapies are inspired by the best health and beauty practices sourced from age-old Ayurveda treatments blended with modern techniques to pamper and revitalize you.*

**'escape to peace and purity'**



# AHELI EXPERIENCE

## The Classics

*The Classic massage is a proven method suitable for all ages. It has a rhythmic soothing stroke with medium pressure to improve blood circulation which induces relief from stress and tension.*

**60/90 Minutes experience | INR 4500/5500**

## Essential Ritual

*A holistic experience based on the selection of carefully blended essential oil using lymphatic and pressure points technique to promote physical and psychological balance.*

**60/90 Minutes experience | INR 4500/5500**

## Traditional Bali

*The traditional bali is a deep tissue holistic treatment uses a combination of gentle stretches, acupressure, reflexology & aromatherapy to stimulate the flow of blood, oxygen, "qi" (energy) and bring a sense of wellbeing, calm & deep relaxation.*

**60/90 Minutes experience | INR 4500/5500**

## Intense Strokes

*Intense strokes are also known as deep connective tissue massage, a massage technique that works on the deeper layers of muscle tissue, relieves chronic muscle tension throughout the body, and can also break down scar tissue and "knots" deep in the muscle belly.*

**60/90 Minutes experience | INR 4500/5500**

## Indian Ayurveda

*This Indian Ayurvedic detox and stress reduction therapy is performed by Ayurvedic herbal oils, beneficial for healing and detoxifying Body, enhances the health and assist in elimination of impurities from the body.*

**60/90 Minutes experience | INR 4500/5500**

## Reflexology

*Reflexology is gentle manipulation or pressing on certain parts of the foot to produce an effect elsewhere in the body, it's an alternative treatment which involves the reflexologist applying pressure to specific area in feet with the benefits of improving cognitive health*

**60/90 Minutes experience | INR 4500/5500**

## Yoga Therapy

*A healing massage without any use of oil/lotion which helps in reducing individual stress levels and improves overall circulation. The therapist may use hands, arms, elbows, knees or feet during the session to move your body into yoga-type stretching positions and the body will be energized & rejuvenate after the massage.*

**60/90 Minutes experience | INR 4500/5500**

**ALL THE PRICES ARE EXCLUSIVE OF TAXES.**

### Hot Stone Therapy

*A unique massage technique that uses heated basalt stones on parts of the body to maximize the therapeutic benefits, the heat from the stones helps to relax muscles, allowing the massage therapist to manipulate your deep tissues more effectively; hot stones provide extra relaxation to extremely tight or stiff muscles, beneficial in releasing tension and easing sore muscles*

90 Minutes experience | INR 6500

### Aheli Signature

*Exclusive to Aheli Spa, this unique therapy combines various massage techniques to create powerful therapeutic effect specific to an individual's personal requirements for the ultimate soothing and pampering experience*

90 Minutes experience | INR 6500

### Podikizhi

*Podikizhi is one popular treatment from the list of highly effective remedies offered by Ayurveda towards pain relief in which cotton bags filled with a hot mixture of herbs are used, helps in alleviating pain and reduces swelling occurred due to arthritis, muscular pain & rheumatism.*

90 Minutes experience | INR 6500

## AHELI REJUVENATION

### Body scrub

*"The skin is the largest organ in our body, and a body scrub is like giving a treat to it," A good scrub stimulates blood circulation, helps drain lymph nodes, and detoxifies your body internally, externally body scrub deeply cleanse & smooth the skin by removing layer of dead cells, helping moisturizer absorb better to hydrate the skin and make skin look fresh, rejuvenated & more youthful.*

45 Minutes rejuvenation | INR 4000

### Vanilla, milk & honey exfoliator

*A luxurious vanilla, honey and milk body scrub made with pure vanilla black grains and walnut scrub particles for younger looking, radiant & smooth skin.*

### Ubtan

*A traditional mixture of finely powdered herbs, cereals, pulses and nuts with no harmfullauryl sulfates.*

### Coconut scrub

*A wonderful mixture of dried coconut and essential oil, to deeply cleanse your skin without drying or removing the skin's natural moisture.*

## Body Wraps

*Body Wrap is a pleasant treatment for healthy & glowing body skin, involves applying apaste all over the body made from fruits, plants & herbs designed to improve skin's healthy glow & texture.*

**60 Minutes rejuvenation | INR 4500**

## Kayalepam

*A complete herbal based body wraps to revive skin texture contains turmeric, sandal and various herbal ingredients that cools the skin and protects from after effects of extreme climatic conditions.*

## Navara Wrap

*A luxurious wrap with special rice (Navara), milk & herbal decoction which leave the skin nourish and revive along with soothing & calming properties for over sensitive skin.*

## Tropical fruit Wrap

*Pamper your skin with Aheli designed body wraps loaded with the goodness of fruits.*

## AHELI COUPLED UP

### Time to reconnect

*Nothing says love like the gift of relaxation. What better way to give that gift than share that gift in our inviting Couples suite. It's a beautiful way for the two of you to relax, escape, and revive together.*

**120 Minutes | INR 15000**

### Invigorate

*Time out from your busy schedule to be alone without worrying and bond with your partner in our exclusive Couple suite, indulge your senses in our tropical range of body scrub specially designed for your skin needs, followed by the relaxing and stimulating aromatherapy experience.*

**150 Minutes | INR 18000**

## AHELI JOURNEY

### Wellbeing escape

*Luxuriously designed to give you an ultimate relaxing experience. Start with a detox bath, body scrub to deep clean, 60 minutes relaxing massage followed by customized Facial then head massage and concludes with manicure & pedicure.*

**300 Minutes of Wellbeing | INR15000**

**300 Minutes for Couple | INR25000**

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### Aheli Signature

*Experience Aheli Signature therapy with specially customized body scrub to best suit your skin & body needs.*

**135 Minutes | INR 8500**

### Touch of Heaven

*A heavenly relaxing combination of 60mins customized body massage with specially designed facial for your skin needs, provides a sense of renewal to your body & face.*

**120 Minutes | INR 8500**

### Ayur Shanta

*The goal of Ayur Shanta is to re-establish calm and harmony to the mind and body. This program also provide guest with a relaxing benefits of Ayurveda for betterment of sleep. The Ayur Shanta program includes Shiroabhyanga head massage with herbal oil and Indian Ayurvedic body massage.*

**90 Minutes | INR 6500**

### Traditional Hammam

*The hammam , also known as the Turkish hamam or Turkish bath, is the Middle Eastern variant of a steam bath, which can be categorized as a wet relative of the sauna. Although the first hammams originated in Arabia, and bath culture was a central part of Roman life, Turkey popularized the tradition (and is most often associated with it) by making hammams available to people of all statuses.*

**75 Minutes | INR 6500**

## AHELI TOUCH

*Head, neck & Shoulder 30 Minutes | INR 2000*

*Back relax 30 Minutes | INR 2000*

*Foot massages 30 Minutes | INR 2000*

*Face refresher 30 Minutes | INR 2000*

## AHELI FACE RITUALS

### Refined

*This facial clarifies the skin, refines the pores and reduces excessive shine to prevent blemishes.*

**60 Minutes | INR 4500**

### Recover

*Tired? Dehydrated? This facial is for you.*

*The fluid used in this facial gives a pure surge of fresh moisture to mineralize and revitalize the skin. Alleviate all exhaustion and dehydration from the skin.*

*This facial includes a refreshing Eye Treatment.*

**60 Minutes | INR 4500**

### Illuminating

*Using the Dr. Babor Whitening Cellular range, this facial is the ideal treatment for sun damaged and pigmented skin. Extensive exfoliation and application of brightening products ensures that your face regains its clarity and radiating transparency.*

**60 Minutes | INR 5000**

### Anti-aging Facial

*The fluid used in this facial, 3D Lifting fluid, contains a triple action formula which works to reduce wrinkles, tightens the skin, and strengthen its natural contours. It gives the skin a firmer and more youthful.*

**60 Minutes | INR 5500**

## HAIR

	Ladies	Gents
<i>Hair cut</i>	900	600
<i>Shampoo with Conditioner</i>	500	500
<i>Root touch up</i>	1800	1500
<i>Global color</i>	3000 onwards	1800 onwards
<i>Highlights</i>	4000 onwards	2000 onwards

## STYLING

<i>Blow dry</i>	1000
<i>Ironing</i>	1000
<i>Roller setting</i>	1500
<i>Hair-do</i>	1000 onwards

## SCALP CARE

<i>Oil massage</i>	2000
<i>Hair Spa</i>	2500

*\*Scalp care include Hair wash & dry*

## HANDS & FEET

<i>Manicure</i>	1000
<i>Pedicure</i>	1000
<i>Luxury Manicure</i>	1800
<i>Luxury Pedicure</i>	1800

Waxing	Sugar Wax	Rica Wax
<i>Full body</i>	1500	3000
<i>Full arms</i>	350	700
<i>Under arms</i>	100	200
<i>Full legs</i>	450	900
<i>Stomach</i>	450	900
<i>Back</i>	500	1000
<i>Full face</i>	350	700
<i>Upper lips</i>	100	200

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## THREADING

*Eyebrows* 100  
*Upper lip/Chin/Forehead* 75each  
*Full Face* 500

## BLEACHING

*Full face* 500  
*Arms* 1000  
*Legs* 1500  
*Front* 1000  
*Back* 1000  
*Full Body* 3000

## MAKE UP

*Eye Make up* 2000  
*Light Make up* 5000  
*Evening / Engagement Make up* 8000  
*Bridal / Reception Make up* 15000  
*Saree Draping* 500

*\*Make up includes hair-do & draping*

## EXTRAS

*Child hair cut* 400  
*Shave* 500  
*Beard trim* 400  
*Head Shave* 500  
*Nails cut & file* 250  
*Polish* 250

## FOR THE COMPLETE SPA EXPERIENCE

To ensure your spa experience is a relaxing journey into the 'Aheli' world, we recommend the following:

- Schedule your therapy 24 hours in advance in order to ensure availability. Bookings made day of service and walk-in appointments are always welcome, based upon availability.
- To schedule your appointment(s), for Roseate House please call our Spa service desk at 011 71558838.  
Guests staying in the Roseate House may dial extension #8838 from your guest room.
- To schedule your appointment(s), for The Roseate please call our Spa service desk at 011 33552211.  
Guests staying in The Roseate may dial extension #8580 from your guest room.
- Consult our therapists who will be pleased to advise you on a therapy that suits your individual needs.
  - Guests at the Aheli spa must be at least 16 years of age for the use of the locker rooms, fitness facilities, and spa treatments. Salon treatments are available for guests under 16 with parental supervision.
  - Cellular phones and electronic devices must be switched off for a complete Aheli experience.
    - Arrive at the spa reception 30 minutes prior to your therapy in order to change and prepare yourself and enjoy a relaxing shower before your therapy.
  - Arriving late will limit the time of your treatment, thus lessening its effects, and your pleasure. Your treatment will end on time so the next guest is not delayed.
    - We request that you do not bring any jewelry and valuables to your spa experience. The Aheli Spa, Roseate Hotels & Resorts shall not be responsible for lost, stolen or misplaced items.
  - Gentlemen who are having a facial are advised to shave at least 3 hours before their therapy.
  - Guests with high blood pressure, heart condition or other medical complications and ladies who are pregnant should consult their doctor before scheduling an appointment for spa therapies.
    - Home spa - Most of the body and skin care products that we use in our therapies are available for purchase.

### RESERVATIONS AND CANCELLATIONS

- All spa therapies and salon services may be re-scheduled by calling the spa service desk.
- We understand that unavoidable circumstances may arise and cancelling your appointment might be necessary. If you find yourself unable to keep your appointment, please contact the spa or salon 4 hours prior to your appointment to avoid full charge of the service.
  - In case of no shows we will be holding your appointment for 30 minutes before releasing.



