

# THE SPA

## AYURVEDA

### ABHYANGA

It is a whole body rejuvenative massage using ayurvedic oil. It enhances blood circulation, stimulates lymphatic flow, relieves body fatigue, nourishes the skin, relaxes the body and removes stress.

**Duration: 60 mins**

**Price: 4,200**

### SYNCHRONIZED ABHYANGA

A whole body traditional massage using ayurvedic oils by two therapists, which is also popularly known as the “four hands massage”. The synchronized movement balances the energy flow of the body.

**Duration: 60 mins**

**Price: 6,200**

### CHAVITTITHIRUMMU – PADA ABHYANGA

A traditional body massage from Kerala, done with the feet concentrating on the back followed by a short full body massage. It tones and strengthens the muscles and makes body flexible and firm. Recommended for males without any serious spinal problems.

**Duration: 60 mins**

**Price: 4,800**

### SUGANDHA – AROMA OF AYURVEDA

It is a whole body Ayurveda massage using aromatic oils. It pampers you with the pleasant smell, soothes and conditions the skin and relaxes you in the traditional way.

**Duration: 60 mins**

**Price: 4,200**

### SHIRODHARA

Warm medicated oil is poured slowly in an oscillating stream on the forehead after an oil massage. It relaxes the mind, awakens the senses, and stimulates the nervous system. It also improves the quality of sleep, relieves general headaches, strengthens hair roots and prevents premature graying of hair.

**Duration: 60 mins**

**Price: 6,200**

### THE DUO – ABHYANGA & SHIRODHARA

Experience a complete Ayurveda revival by indulging in a blissful combination of both general Abhyanga and Shirodhara.

**Duration: 80 mins**

**Price: 7,500**



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## BACK MASSAGE

A therapeutic massage using special oil enhances the blood circulation, eases muscular pain and relaxes the back muscles.

**Duration: 30 mins**

**Price: 2,400**

## NECK & SHOULDER MASSAGE

Massage focusing on the neck and shoulder to ease muscular pain and tension induced by stress and incorrect sitting posture.

**Duration: 30 mins**

**Price: 2,400**

## FEET ABHYANGA

It is an oil massage for feet and lower legs to deal with fatigue, improper circulation and dryness of the feet and soles.

**Duration: 30 mins**

**Price: 2,400**

## PIZHICHL

Pizhichil is an intensive ancient oil therapy where two therapists in a rhythmic pattern squeeze medicated oil all over the body with a synchronized gentle massage. It is recommended for degenerative diseases.

**Duration: 60 mins**

**Price: 7,500**

## PODIKKIZHY

Warm herbal bundles are soaked in medicated oils and applied on the entire body, focusing joints and muscles. It is advisable for rheumatoid arthritis, stiff joints, backaches etc. It is recommended to experience as a course of treatment suggested by our health specialist for the considerable relief of symptoms.

**Duration: 60 mins**

**Price: 6,200**

## KATEEVASTHI

Specially prepared warm medicated oil is accumulated over the lower back with a herbal paste embankment. It relieves lower back pain related to the spine. It is recommended to experience as a course of treatment suggested by our health specialist for the considerable relief of symptoms.

**Duration: 30 mins**

**Price: 2,700**



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## NASYA

A few drops of herbal extracts are introduced into the nostrils after a head and face massage concentrating on the sinus areas followed by a steam fomentation. Good for relieving nasal congestion related to sinus problems.

**Duration: 30 mins**

**Price: 2,200**

## UDWARTHANAM

Dry herbal powder is vigorously scrubbed on to the skin. Helps in relieving improper blood circulation, numbness in the limbs and it exfoliates the skin to give a toned and firm outlook. Long term therapy helps to get rid of excess fat from the body.

**Duration: 45 mins**

**Price: 4,000**

## NJAVARAKKIZHY

Warm bundles of cooked medicinal rice soaked in a milk decoction of nutritive herbs are applied over the entire body. It is highly rejuvenating and invigorating for the body and skin. Good for neuralgic weakness and to improve vitality. It is recommended for degenerative diseases and certain conditions of rheumatism. This treatment requires 24 hours advance booking.

**Duration: 60 mins**

**Price: 7,500**

## PACKAGES

### BASIC REJUVENATION

Experience the basics of Ayurveda rejuvenation. It includes one full body traditional Ayurvedic massage (60 mins), a specially made combination of two treatments The Duo - Abhyanga & Shirodhara (80 mins) & a four hand massage (60 mins) on the third day along with your choice of a personalized session in Yoga or Meditation.

Day-1 Abhyanga - Rejuvenating Body Massage (60 mins)

Day-2 'The Duo' - A Combination of Abhyanga & Shirodhara (80 mins)

Day-3 Synchronized Abhyanga (60 mins)

\* One Personalized Yoga (60 mins) or Meditation (30 mins).

**Duration: 3 Days**

**Price: Rs: 16,000/-**



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## ESSENCE OF WELLNESS

It is an ultimate experience of traditional Ayurvedic therapies which helps to revitalize your body & mind. It includes a relaxing Head & back massage, feet Abhyanga, three rejuvenative massages, & also one Shirodhara treatment along with your choice of a personalized session in Yoga or Meditation.

- Day-1 Abhyanga - Rejuvenating Body Massage (60 mins)
- Day-2 Synchronized Abhyanga (60 mins)
- Day-3 Sugandha - Aroma of Ayurveda (60 mins)
- Day-4 Shirodhara - Body massage and Oil treatment for the head (60 mins)
- Day-5 Head & Back Massage + Feet Abhyanga (60 mins)

\* One Personalized Yoga (60 mins) or Meditation (30 mins).

**Duration: 5 Days**

**Price: Rs: 22,500/-**

## HEALING TOUCH

It is a rejuvenative program to revitalize your body and mind. Under the guidance of able health specialist and personalized sessions, this program helps to increase and heal the inner balance of the mind, body & soul. It includes four rejuvenative massages & also Shirodhara along with your choice of a personalized session in Yoga or Meditation.

- Day-1 Wellness Consultation with Ayurvedic Specialist (30 mins)  
Abhyanga - Rejuvenating Body Massage (60 mins)
- Day-2 Abhyanga - Rejuvenating Body Massage (60 mins)
- Day-3 Abhyanga - Rejuvenating Body Massage (60 mins)  
Herbal bundle massage Kizhi for back (20 mins)
- Day-4 Shirodhara - Body massage and Oil treatment for the head (60 mins)
- Day-5 Synchronized Abhyanga - Four hands massage (60 mins)

\* One Personalized Yoga (60 mins) or Meditation (30 mins).

**Duration: 5 Days**

**Price: Rs: 23,500/-**



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## DE-STRESS PACKAGE

This program helps to overcome mental stress with specially planned treatments & personalized sessions. Three sessions of Shirodhara is one of the main highlight of this program along with two rejuvenative massages with your choice of one personalized session in Yoga or Meditation.

- Day-1 Wellness Consultation with Ayurvedic Specialist (30 mins)  
Abhyanga - Rejuvenating Body massage (60 mins)
- Day-2 Shirodhara - Body massage & Oil treatment for the head (60 mins)
- Day-3 Shirodhara - Body massage & Oil treatment for the head (60 mins)
- Day-4 Shirodhara - Body massage & Oil treatment for the head (60 mins)
- Day-5 Synchronized Abhyanga (60 mins)

\* One Personalized Yoga (60 mins) or Meditation (30 mins).

**Duration: 5 Days**

**Price: Rs: 26,500/-**

## Ayurvedic Wellness Retreat

It is a unique and very specialized program, inspired by the healing concepts of Ayurveda, Yoga and Meditation. This Wellness program also helps to manage stress, enhancing health & body resistance to bring harmony to the body, mind & also spirit. The benefits include improved skin & muscle tone, healthy joints, mental clarity & vitality leading to an overall feeling of well being.

- Day-1 Wellness Consultation with Ayurvedic Specialist (30 mins)  
Abhyanga - Rejuvenating Body Massage (60 mins)
- Day-2 Abhyanga - Rejuvenating Body Massage (60 mins)
- Day-3 Synchronized Abhyanga - Four hands massage (60 mins)
- Day-4 Podikkizhy – Full body Herbal Bundle Treatment (60 mins)
- Day-5 ‘The Duo’ – A Combination of Abhyanga & Shirodhara (80 mins)
- Day-6 Ayurvedic Diet & Lifestyle Recommendation (30 mins)  
Abhyanga - Rejuvenating Body Massage (60 mins)

\* One Personalized Yoga (60 mins) or Meditation (30 mins).

**Duration: 6 Days**

**Price: Rs: 32,900/-**

Note: All prices are quoted in Indian rupees & are subjected to prevailing government taxes.  
Prices are subject to change without prior notice.



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## HOW TO SPA

### ARRIVAL TIME

You are encouraged to arrive 15 minutes prior to your appointment in order to change, relax and enjoy the facilities at The Spa. Please be advised that late arrivals may result in a reduction of your treatment time. We would like to invite hotel guests to arrive at the Spa wearing the robe and slippers provided in their hotel room and would advise that valuables are left in the safe in your room.

### SPA TREATMENTS

All treatments are available to both in-house guests and non-hotel guests. A minimum booking of two hours treatment time is required for non-hotel guests, guaranteed with a credit card.

### SCHEDULING AN APPOINTMENT

To schedule an appointment for the perfect treatment, please speak with our Spa reception team or the Health specialists who will guide you to the right choice. Hotel guests can press the Spa button on your room telephone or use extension 61. From outside the hotel please call (91 832) 6621234. We recommend advanced booking to secure your preferential time and service.

### SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquility. Please respect all Spa guest's right to privacy and serenity. In light of this the spa is a mobile phone, Blackberry, pager and smoke free zone. The Spa will provide the towels, slippers, shower caps and all amenities required for use during your visit. The minimum age of 16 is required for access and treatment in The Spa.

### HEALTH CONDITION

Kindly advise us of any health conditions, allergies or injuries, which could affect your service when making your Spa reservation.

### PREGNANCY

Please contact our Spa Manager or Ayurveda Doctor for advice on treatments that are safe during pregnancy.

### CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment not cancelled at least 6 hours prior to the appointment time. No show will incur a 100% charge.

