

Ayana Spa

SERVICES MENU

## **“Ayana Spa- Making a beautiful difference”**

Ayana began its journey as a spa and wellness brand in 2008 as a flag bearer for affordable luxury in the Indian Spa and Salon industry. Within a decade, Ayana has become synonymous with integrity and innovative wellness approach in an ever-changing scenario. With several awards and accolades that affirm our commitment to the cause, we have grown and evolved over time.

Here we bring our sense of innovation and the concept of sustainable wellness, to provide a wide range of wellness services. Today, Hibiscus is a brand spanning across several locations in diverse formats like day spas, corporate hotels, wedding destinations, resorts, luxury residences and cruise ships in India. It is our vision to create and help create a world of wellness where each of us can live better and meaningful lives with reasonable and sustainable lifestyle changes.

Your well-being is at the heart of every thought and action that has gone into creating therapies and services at Ayana. Each of the products we choose are tested to match our stringent standards whether they are market acknowledged brands or they are Ayurveda based therapies or our own hand blended Natural products. We are proud to consistently present to you, the power of choice- to choose as you deem necessary- whether you choose to use market leading brands for immediate results or the long term benefits of Natural products. We are with you at every step of well-being.

### **Services using completely natural products**

We believe every human body has the power to heal itself naturally. Nature might not provide instant quick fix solutions, but its results are long lasting. We always test products for their short-term and long-term effects before we bring it to you. Our natural range is in line with this principle. You can choose to go natural when you are at Ayana. The only thing you need is patience! We encourage you to live our belief and allow nature to work its magic on you.

### **Services using market leading products**

We have carefully chosen and selected only the best market leading products. We have been very selective while choosing these brands, as we want to provide you the best. We have stayed away from giving you too many brands to choose from; we have done that homework on your part. More products create more confusion and are difficult to manage operationally by therapists. Since each product has a unique philosophy, mixing and matching doesn't work. Consequently, when we say that we bring you the best market leading products, we mean it!

**We welcome ‘You’ to the World of true Wellness - Welcome to Ayana Spa.**

### **Cancellation Policy**

Cancellation or no shows within six hours will incur 100% charges. Please keep in mind that arriving late for a service may require us to shorten the length of the treatment, with full charges applied, so as not to inconvenience other guests.

### **Restriction on the use of facilities**

Guest under the influence of alcohol, high energy drugs and medications will not be allowed to use the spa and avail of treatments. No eatables will be allowed inside the spa. The spa is strictly a non smoking area.

### **Disclaimer**

Although we have taken utmost care in selecting and controlling ingredients, we cannot guarantee against allergic reactions. If you have any previous experience of any allergic reactions please inform the reception immediately. We shall not be liable for any accident or injury suffered by a member or guest. Please note that we cannot be held responsible for any loss or damage to personal articles. We urge you to keep all valuables in the locker and remember to take them all before leaving.

**All Prices are in INR(Indian Rupees).Government taxes as applicable.**

# AYANA - SPA MASSAGES

## BODY MASSAGES

PRICE (INR.)

**Ayana Touch ..... 2350**  
**30 Min.**

Ayana Touch is a stress relieving massage for the head, neck and shoulders/ full back/ full legs which improves blood circulation and revives your energy. (This is not a full body massage and does not include steam or shower.)

**Swedish Massage ..... 3250**  
**1 Hr. (45 Min. massage, 15 Min. steam)**

Swedish massage is a relaxing, medium pressure massage that works on the superficial layers of the muscles and eases tension. It uses long gliding strokes and is exceptionally beneficial for increasing the level of blood oxygen, decreasing muscle toxins and improving flexibility.

**Balinese Massage ..... 3550**  
**1 Hr. 15 Min. (1 Hr. massage, 15 Min. steam)**

Balinese massage is a full body, medium pressure, holistic treatment. It uses a combination of gentle stretches, acupressure, reflexology and aromatherapy to stimulate the flow of blood to bring a sense of well being, calm and deep relaxation.

**Deep Tissue/ Sports Massage ..... 3850**  
**1 Hr. 15 Min. (1 Hr. massage, 15 Min. steam)**

Deep tissue massage therapy is similar to Swedish massage but applies deeper pressure on the muscles. The focus is on the deepest tissues, ligaments and tendons, and the therapy aims to remove stiffness of the muscles and releases chronic muscle tension.

**Abhyangam ..... 3850**  
**1 Hr. (45 Min. massage, 15 Min. steam)**

Abhyangam is an Indian Ayurvedic therapy to strengthen the bones and joints, regulate the flow of blood and also build the immunity of the body to fight against seasonal changes. In fact, it is recommended as the first treatment in Panchakarma, thanks to its ability to retune the energy cycles. The benefit of taking Abhyangam is that it improves blood circulation, longevity, better sleep and vitality.

**Ayana Signature Massage ..... 5000**  
**1 Hr. 45 Min. (45 Min. massage, 15 Min each Head & Face Massage, 15 Min Foot Reflexology & 15 Min. steam)**

Ayana signature massage combines strokes of Thai massage and Swedish massage to create a truly relaxing and rejuvenating massage ritual. The ritual includes a face massage, foot reflexology and a head massage and is designed to relax the body, mind and spirit.



# AYANA - SPA RITUALS

## BODY SCRUBS AND WRAPS

PRICE (INR.)

All our Scrubs and wraps are free of harsh chemicals like paraben, bleach and free from plastic beads.

**Rice Exfoliation..... 1950**  
**(30 Min.)**

This scrub uses brown unpolished rice powder mixed with fresh milk that gently exfoliates the skin and leaves it soft and radiant. It helps remove sun tan and mild blemishes. Good for all skin types.

**Orange Scrub ..... 1750**  
**(30 Min.)**

Completely natural body scrub that uses orange powder, sandal wood and other herbs that gently exfoliate and nourish the skin leaving it fresh, smooth, moisturised and soft. It is particularly beneficial for oily skin.

**Orange Wrap..... 1950**  
**(30 Min.)**

A natural body pack that uses orange peel powder and other herbs which help in toxin removal. This wrap nourishes and tightens the skin and is specially beneficial for oily skin.

**Neem Healing..... 1950**  
**(30 Min.)**

Help your skin heal with the benefits of time tested Neem. A hydrating wrap with the medicinal value of Neem and natural clays formulated to reduce excess oil and counter the effects of dirt and dust. This wrap detoxifies, invigorates and reduces blemishes, leaving the skin clear and silky smooth. This is specially beneficial for sensitive or allergy prone skin.

**Brightening Body Polishing ..... 4550**  
**(1 Hr. 45 Min.)**

Body polishing is like a facial for the body that completely exfoliates and hydrates the skin and gives the perfect shine and smoothness. The procedure includes full body exfoliation followed by a gentle massage, and finally a nourishing body wrap.

**Aroma Steam Bath ..... 750**  
**(20 Min.)**

20 minutes of an aromatic steam using eucalyptus oil. This is beneficial for coughs and colds and detoxifies the body and increases immunity.

**Foot Reflexology..... 2050**  
**(30 Min.)**

Reflexology helps restore and maintain the body's natural equilibrium. In this ritual pressure is applied on the reflex zones of your feet which stimulate the central nervous system and induce a deep state of relaxation by eliminating toxins. This gentle therapy using acupressure; encourages the body to work naturally and restore its own healthy balance.



# AYURVEDIC RITUALS

PRICE (INR.)

**Shiro Abhyangam ..... 1550**  
**(30 Min.)**

Shiro Abhyangam (Ayurvedic head massage) focuses on your head, neck & shoulder. It is a deep oil massage which uses a variety of pressure and Marma techniques that tap into your path of energy and encourages healing and balance in the whole body.

**Abhyangam ..... 3850**  
**1 Hr. (45 Min. massage, 15 Min. steam)**

Abhyangam is an Indian Ayurvedic therapy to strengthen the bones and joints, regulate the flow of blood and also build the immunity of the body to fight against seasonal changes. In fact, it is recommended as the first treatment in Panchakarma, thanks to its ability to retune the energy cycles. The benefit of taking Abhyangam is that it improves blood circulation, longevity, better sleep and vitality.

**Udwarthanam ..... 3950**  
**1 Hr. (45 Min. massage, 15 Min. steam)**

Udwarthanam is a combination of an exfoliation, massage therapy and is administered using a specially-prepared dry powder to improve blood circulation and treat numbness of the limbs. In Udwarthanam, dry herbal powder is applied as a scrub all over the body. This treatment also exfoliates the skin to give a toned and firm look, and is effective in reducing body fat. This is commonly known as the slimming massage.

**Shirodhara ..... 3950**  
**(60 Min.)**

This Ayurvedic treatment involves gentle pouring of herbal liquids onto the forehead from a hanging pot. This process is said to cure many diseases, relieves tension and improves general well-being.

**Kizhi / Potli ( Hot Herbal Compress) ..... 3950**  
**1 Hr. 15 Min. (1 Hr. massage, 15 Min. steam)**

This nourishing technique alleviates the pain in strained body parts and targets sore muscles and joints. A heated cloth bolus containing Ayurvedic Herbs is dipped in medicated oils and softly pressed onto the affected areas. This therapy is effective for back pain, soreness and other soft inflammation especially joint pain.

## Ayurvedic Packages

**Ayurvedic Retreat..... 6550**  
**1 Hr. 45 Min. (1Hr. 30 Min. massage, 15 Min. steam)**

Abhyangam + Udwarthanam + steam

A complete retreat to rejuvenate your body mind and soul. The package consists of 45 minutes of Udwarthanam followed by Abhyangam.

**Ayurvedic Bliss..... 6950**  
**1 Hr. .30 Min. (45 Min. Abhyangam massage + 30 Min Shirodhara + 15 Min. Steam)**

A complete ritual to rejuvenate the body. The ritual starts with Shirodhara and is followed by a relaxing Abhyangam.

Weight loss and detoxification packages, customised as per individuals needs, according to the PRAKRATI and physical, medical conditions are available. Please consult the reception for details.





# NATURAL RITUALS

PRICE (INR.)

## NATURAL FACIALS

**Kumkumadi Facial**..... 3950

(1 Hr.)

Gift yourself the luxury of nature. A detoxifying and lightening facial using specially formulated scrub and magical Kumkumadi oil to provide complete care. The facial oil is made with twenty five Ayurvedic herbs that were used to improve skin tone, lighten the skin, minimise blemishes and hydrate the skin.

**Mukh Lavanya Facial**..... 3950

(1 Hr.)

This facial is for sensitive and acne prone skin. It is based on the ancient Indian philosophy of using medicated Ayurvedic oils for healing and balancing the skin, and it makes for a magical and nourishing experience.

## NATURAL HAIR SPA

**Kesh Abha** ..... 2350

(55 Min.)

This natural hair treatment starts with a scalp massage using hair strengthening oil to stimulate your roots followed by a hair mask rich with herbs, thereby nourishing your scalp and hair. From roots to tips, your hair will thank you for this treat from nature.

## HANDS & FEET

**Padaveksha (Natural Foot Spa)** ..... 2250

(1 Hr.)

Neem Padaveksha is a unique, completely natural Ayana Ayurvedic treatment for feet. It not only deep cleanses, but also cures and helps fight fungal infections and allergies. It removes dead skin and increases blood circulation. This therapeutic procedure is free from chemicals and a soothing treat for your feet.

**Hastaveksha (Natural Hand Spa)** ..... 1750

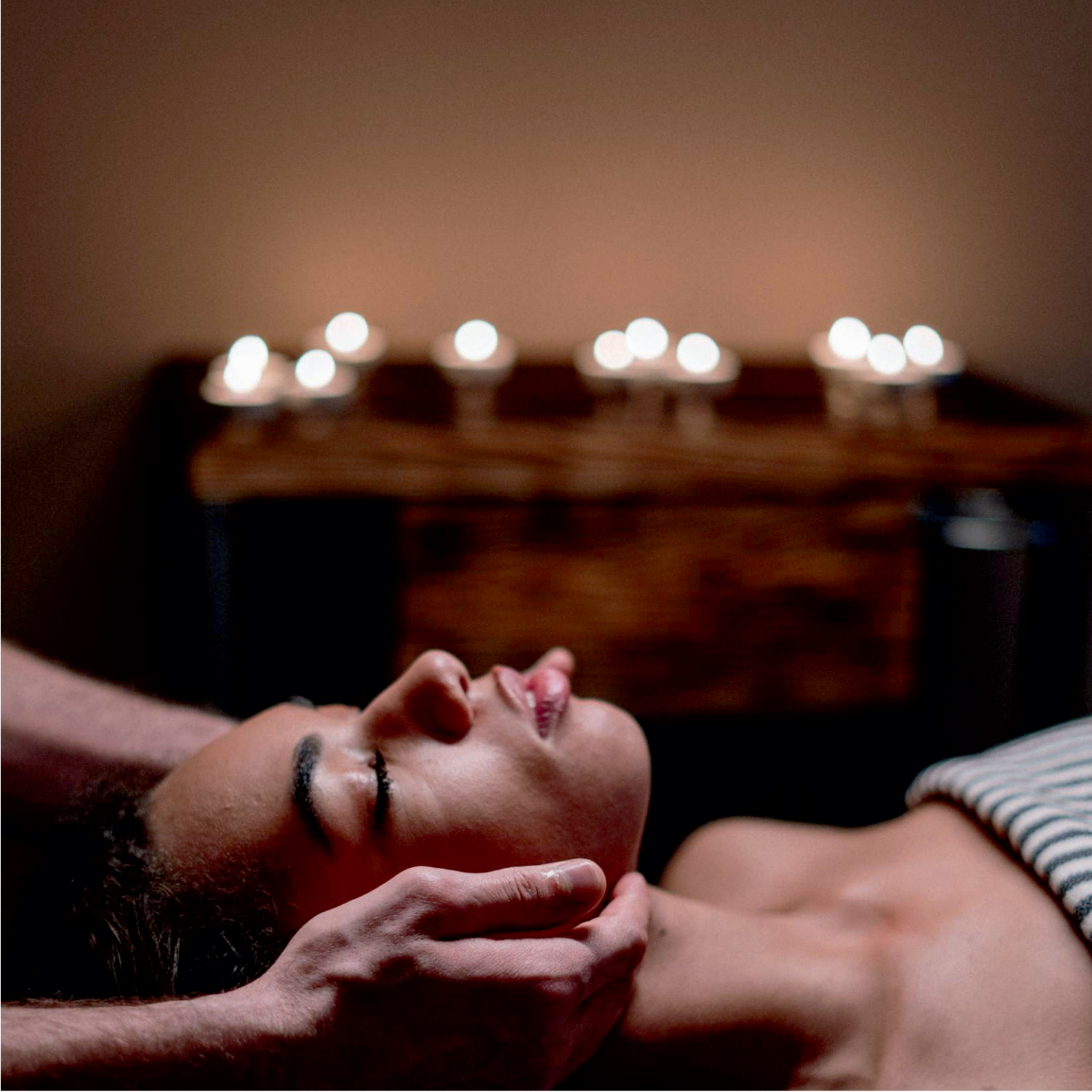
(45 Min.)

Neem Hastaveksha is a natural hand spa from Ayana Ayurveda. This Ayurvedic remedy uses salt scrub to gently exfoliate and also helps in removal of toxins. The neem oil nourishes the hands and also acts as a good anti fungal agent.

## Add on with foot & hand spa

**Potli (Hot Herbal Compress)**..... 700

**Heel & Peel Treatment** ..... 1550



# FACIALS

## For Normal / Dull / Dehydrated skin

PRICE (INR.)

**Deep Cleansing** ..... 3250  
40 Min.

Deep cleansing is an exfoliating treatment that help you go free from dead skin cells and impurities. The process include cleansing, exfoliation followed by a pack, leaving the skin completely fresh. Recommended for normal and non-problematic skin.

**Kumkumadi Facial**..... 3950  
1 Hr.

Gift yourself the luxury of nature. A detoxifying and lightening facial using specially formulated scrub and magical Kumkumadi oil to provide complete care. The facial oil is made with twenty five Ayurvedic herbs that were used to improve skin tone, lighten the skin, minimise blemishes and hydrate the skin.

**Mukh Lavanya Facial**..... 3950  
1 Hr.

This facial is for sensitive and acne prone skin. It is based on the ancient Indian philosophy of using medicated Ayurvedic oils for healing and balancing the skin, and it makes for a magical and nourishing experience.

## For Pigmented/Tanned skin

**Whitening Facial**.....3950  
1 Hr.

Whitening brings back uniform skin radiance working against dark and irregular pigmentation. Recommended for uneven tone, sun damaged and pigmented skin.

## For Matured skin / Fine lines

**Lifting Treatment** ..... 3950  
1 Hr.

This specialized treatment uses lifting serums to visibly reduce fine lines, and works on the lower layers of the skin. Also has the additional effect of skin lightening.

## For Sensitive or Acne prone Skin

**Trouble Care Facial** ..... 3950  
1 Hr.

Trouble Care Facial improves complexion, reduces inflammation and boosts the skin's immunity and helps prevent future irritation. It keeps the skin clean for longer duration. Recommended for shiny, oily, acne skin and specific problems. Balances sensitive skin and makes it healthier.



# SALON RITUALS

	Ladies	Gentlemen
Hair Wash / Conditioning	650	350
Straight Dry	550	250
Blow Dry	1050	350
Blow Dry with setting	1250	-
Hair Cut	1050	550
Hair Cut with Wash & Conditioning	1550	750
Henna	2250	1550
Shave	-	350
Baby Cut (Below 7 years)	750	
Hair Dressing/Styling	1750	350
Hair Ironing/ Tongs	1750	-

## HEAD MESSAGES

Coconut Oil	1050	1050
Olive Oil	1250	1250
Shiro Abhyangam	1550	1550

## HAIR COLOURING/TEXTURING

Natural Henna based hair colour	2950	2250
Root Touch Up ( Majirel)	2250	2050
Root Touch Up ( INOA )/RUSK	2650	2250
Global Hair Coloring ( Majirel)	7000+	-
Global Hair Coloring (INOA)	9500+	-
Streaking ( Majirel)	1500+	-
Rebonding	9000+	-
Smoothening	7500+	-
Keratin Treatment	9000+	-

## HAIR SPA

	Ladies	Gentlemen
<b>Kesh Abha.</b> 55 Min.	2350	2050
<b>L'Oreal Hair Spa .</b> 45 Min.	2250	1850
A simple deep conditioning procedure done to smoothen dry hair & add lustre.		

<b>Hair Spa Treatments</b> 60 Min.	3250+	2250+
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A special ampoule/serum is used to treat a specific scalp or hair problem like, dandruff, hair fall or dry damaged hair.

## PEDICURE/MANICURE

Cut and File hands / feet	350
Cut, File and Polish hands/ feet	550
Change of Polish hands / feet	350
Regular Manicure	1450
Regular Pedicure	1750
Hand Spa	1750
Foot Spa	2250
Foot Reflexology	2050

### Add On:

Potli / Hot Herbal Compress	700
Heel Peel Treatment	1550

## BLEACHING

	Ladies	Gentlemen
D-Tan	1550	1250
Bleach Face and Neck	700	700
Face, Neck and Blouse line	800	-
Upper lip	250	-
Sides	350	-
Underarms	300	-
Half arms	600	750
Full arms / Half Legs	850	1000
Full legs	1050	1400
Feet	400	550
Full Back/ Front	850	1200
Body	2750	3500

### (+ Onwards)

Cost will vary with hair length and thickness. Please consult reception before the service to know your exact cost.



# SALON RITUALS AND MEMBERSHIPS

## SKIN CARE

	Ladies	Gentlemen
<b>THREADING</b>	<b>PRICE (INR.)</b>	
Eyebrows / Sides	200	250
Upper lip /Forehead/Chin/Cheek	150	200
Full Face	550	-
<b>WAXING</b>		
Upper lip / Chin	350	-
Sides	350	-
Face	750	750
Underarms	350	450
Half arms	550	700
Full arms / Half Legs	850	1000
Full legs	1150	1300
Back/ Front (till blouse line)	900	1000
Abdomen	900	1000
Brazilian	1650	-
Full Waxing (Arms, legs & Underarms)	1650	1900
Body Waxing	2650	3300
(does not include Brazilian & Face waxing)		
<b>WAXING (CHOCOLATE/OIL BASED WAX)</b>		
Upper lip / Chin	250	-
Sides	250	-
Face	900	1200
Underarms	400	550
Half arms	600	750
Full arms / Half Legs	1050	1250
Full legs	1550	2000
Back / Front (till blouse line)	1050	1250
Abdomen	1050	1250
Brazilian	2250	-
Full Waxing (Arms, legs & Underarms)	2550	3200
Body Waxing	3750	3850
(does not include Brazilian & Face waxing)		

## GROOMS SERVICES

PRICE (INR.)

**Grooms Package .....11000**

Includes one sitting of the following - D tan bleach face and neck, Whitening Facial, Foot Spa, Hand Spa, Hibiscus Body Exfoliation, Hair Cut and Styling and consultation on hair and skin.

**Groom Make Up .....3500**

## BRIDAL SERVICES

PRICE (INR.)

**Pre Bridal Package.....15000**

Includes - Threading (Eyebrows, Upperlip), Waxing (Full Body chocolate), Bleach (Face, Neck & Blouse Line), Hand Spa ,Foot Spa, L'Oreal hair spa, Whitening Facial, Hibiscus Body Exfoliation, expert hair and bridal make up

### MAKE UP

**Bridal Make Up.....22500**

Includes complete Bridal Make-Up with Hair-Do, Saree/Dress Draping & Change of polish.

**Engagement/Reception Make Up .....15000**

Includes complete engagement Make-Up with Hair-Do, Saree/Dress Draping & Change of polish

**Haldi / Cocktail Makeup.....8500**

Includes complete Make-Up with Hair-Do, Saree/Dress Draping & Change of polish

**Light Party Make Up .....5500**

Includes light Make-Up with Hair-Do.

**Eye Make Up / Base .....3000**

**Saree/Dress Draping .....1000**

## MEMBERSHIPS

**Roselle Membership .....20000**

Rs. 25000/- worth of services from the Salon/ Spa menu. Can be availed by a maximum of two people.

\*\*Validity - Six months.

**Ayana Membership .....55000**

Rs. 75000/- worth of services from the Salon/ Spa menu, (Minimum Rs. 40,000/- worth of Spa Services). Can be availed by a maximum of two people.

\*\* Validity-One year.

**Ayurveda Membership\* .....55000**

Rs. 75000/- worth of Ayurveda therapies mentioned in the menu and two consultations worth Rs 5000 complimentary. Can be availed by a maximum of two people.

Validity-6 months.

**Ayana Family Membership .....1,00,000**

Rs. 1,50,000/- worth of services from the Salon/ Spa menu, (Minimum Rs. 1,00,000/- worth of Spa Services). Can be availed by a maximum of four people.

\*\* Validity-One year.



**Ayana Spa**

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