



PRANA SPA

Services Menu



amritara
Hotels and Resorts

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લાનાલ ત્હા થાવત્તે પાથરોત્તેત્તહાલ યુરવેદા ઇ પ્ત્થેપ્ત્થે..!

*Ayurveda is a Veda that provide the knowledge of Good, Bad, happy and unhappy life,
it's promoters and non-promoters, measurement and nature*

Aura is Latin for “breeze” “breath of air” or “the air” itself. In English, it refers to the distinctive atmosphere that defines a person or thing. To us, it is everything; energy, life force and breath itself....it is Prana!

At Prana Spa, we have taken special care in curating the best treatments for you. All our treatments start with Aura Scanning, a practice to identify the energy field that surrounds you, cleanse energy blocks, and determine the right therapies for you. We use special oils, coloured stones and aromas to create a truly unique experience. Our range of treatments include but are not limited to authentic Ayurvedic therapies, Chakra balancing massages, magnetic therapies and massages, Acupressure and Acupuncture therapies. We recognise that each individual's requirements are unique, and we ensure our treatments are customised to your distinctive 'aura'.

Welcome to Prana Spa -“Breathe in Life!”

Mardana Kriya – Massage Therapy

Sukhasneha Mardana (Similar to Swedish Massage)..... **2750**

1 Hr. (45 min. Massage & 15 Min. steam/shower)

This is a massage using relaxing, medium pressure strokes which 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. Warm therapeutic oil is used for the massage as per your body constitution.

Punarjaat Mardana (Similar to Balinese Massage)..... **3250**

1 Hr. 15 Min. (1 Hr. massage, 15 Min. steam/shower)

This is a full body, medium pressure massage which 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.

Snehamardana (Similar to Deep Tissue massage)..... **3450**

1 Hr. 15 Min. (1 Hr. massage, 15 Min. steam/shower)

This massage therapy is similar to sukhasneha therapy 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. Beneficial in pain relief & for stiff muscles.

Chakra Thula Mardana (Chakra Balancing Hot Stone Massage)..... **3550**

1Hr.15Min. (20 Min. massage, 40Min Hot Stone Therapy & 15 Min. steam/shower)

In this massage Hot Stones clubbed with Massage which energise the seven chakras of body, melt away the tension, ease muscle stiffness and improves the metabolism. This massage is designed to relax the body, mind and spirit.

Marma Pada Mardana (Kalari Marma Massage by Feet)..... **3550**

1Hr.15Min. (60min Massage & 15 Min. steam/shower)

Kalari Marma Massage is a therapeutic system that aims to treat and prevent injuries and pain-related conditions by stimulating blood circulation and thereby, rejuvenating the nervous and muscular system of the body. This massage system is originated from Kalari Payyattu, The ancient Martial art of India. Where Therapist will be performing massage with Feet.

Sarvasukha Mardana (Prana Signature Massage)..... **3750**

1Hr.45Min. (45 Min. massage, 15Min each Head& Face Massage, 15Min Foot Reflexology & 15 Min. steam/shower)

This massage combines strokes of dry Thai yoga massage and full body oil 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.

Aura Yugma Mardana (Aura Couple Retreat)..... **5950**

1Hr.15Min. (60 Min. massage & 15 Min. steam/shower for a couple / two people)

This retreat includes Balinese Massages for two people.



Saundarya Kriya – Beauty Therapy

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|---|-------------|
| Phalakaasha (30 Min, Full Body Scrub) | 1750 |
| A gentle scrubbing process using Papaya or fruit scrub helps promote healthy skin with radiant complexion. A cream base scrub enriched with botanical extract of fruit gently removes dead skin cells to make it smooth, soft and supple. (Suitable for dry, thick skin) | |
| Haridra Gharshana: (30 Min.Full Body Scrub) | 1750 |
| A cream base scrub with Turmeric that is known for its skin lightening properties and is traditionally used in Ayurveda for Indian brides and used to gently exfoliate the body with mild scrubbing strokes. (Suitable for almost all skins, especially for dull skin or dark spots. Excellent for brides-to-be.) | |
| Nimba Siddha: (30 Min. Full Body Wrap) | 1750 |
| 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. | |
| Sugandhalepa: (30 Min.Full Body Wrap) | 1950 |
| Wrap yourself in the cocoon of luxurious Chocolate wrap and reap the benefits of clays and the caring cocoa. Step out with firmer, smooth skin along with excellent oil balance. Chocolate acts as a good moisturizer and softens the skin leaving a luminous glow. Excellent for dry skin. | |
| Kumkumadi (Facial) 1 hr. | 3250 |
| 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 twentyfive Ayurvedic herbs that were used to improve skintone, lighten the skin, minimize blemishes and hydrate the skin. | |
| Shobhanam (Facial) 1 hr. | 3550 |
| We have used ancient wisdom coupled with modern scientific knowledge to create this unique facial. We use pure coconut oil, green gram powder and aloe vera gel in this facial, which help in tatwa balance of the skin | |
| Hasta Bhushana – (Hand Spa) 45 min | 1150 |
| This natural handspa is an excellent substitute for regular manicure. Let nature work on your hands–detoxify them with a warm salt soak, and then gently exfoliate them with our natural hand scrub. Follow this with our nourishing oil massage and finally a herbal pack to finish in style. You now have soft glowing hands naturally ready to face the world! | |
| Padaalankara – (Foot Spa) 1 hr. | 1550 |
| Treat your tired feet to our all Natural Foot Spa. Although this ritual has all the ingredients of a pedicure, it combines the natural touch of a spa leaving your feet light, clean & beautiful. It uses a salt soak to detoxify your feet our natural brown rice scrub to gently exfoliate, and finally a massage with Neem oil followed by Neem pack to nourish and pamper your pedestals. | |
| Pada Mardana (Foot Reflexology) 45 min. | 1250 |
| This is a Feet and lower leg massage with reflexology technique helps restore and maintain body's natural equilibrium. This gentle therapy using acupressure, encourages the body to work naturally and restore its own healthy balance. | |
| Add-on Potli (Hot Herbal Compress) | 750 |
| Kesh Abha (Hair Spa) 55 min | 1750 |
| 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. | |



Ayurveda Therapy

Shiro Abhyangam 950

30 Min

Shiro Abhyangam 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 3250

1 Hr. (45 Min. massage, 15 Min. steam/shower)

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..... 3250

(45 Min. powder massage, 15 Min. steam)

(Means upward strokes meant to create heat and friction using dry herbal powders.)

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.

Kizhi / Potli (Hot herbal compress) 3450

1 Hr. (45 Min. massage, 15 Min. steam/shower)

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 skin inflammation, especially joint pain.

Shirodhara..... 3750

1 Hr. (10 min Shiro Abhyangam, 20min Abhyangam & 30min Dhara - No Steam)

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.



Sugathy Sampat - Wellness Packages

Every rejuvenation ritual at Prana Spa is designed step by step, for each of the tatvas, to achieve perfect balance in the body and mind. There are various packages available and all are customised as per individual needs. Some of the packages are given below. The inclusions change as per the package.

Prana Rejuvenation

This package is meant for people looking for relaxation / rejuvenation and stress relief. You can choose from 2 nights to 5 nights. Package inclusions are as follows;

Prana Detoxification

This package is meant for people looking for detoxify the body and deep cleanse the system and improve the digestion and immunity. You can choose 3 nights or 5 nights. Package inclusions are as follows:

Prana Rajanya Upasama

This package is a Royal relaxation package to relieve stress and detoxify the mind. This also helps in Insomnia. You can choose 3 nights / 5 nights.

Packages Includes

3 Nights Pkg

3 Night stay
Doctor Consultation
Customised Wellness Meals
5 Spa /Ayurveda Treatments
Daily Yoga Sessions
Daily Meditation Classes

5 Nights Pkg

5 Night stay
Doctor Consultation
Customised Wellness Meals
7 Spa /Ayurveda Treatments
3 Naturopathy Treatments
Daily Yoga Sessions
Daily Meditation Classes
Healthy Lifestyle Training

7 Nights Pkg

7 Night stay
Doctor Consultation
Customised Wellness Meals
10 Spa /Ayurveda Treatments
5 Naturopathy Treatments
Daily Yoga Sessions
Daily Meditation Classes
Healthy Lifestyle Training
Healthy Cooking Classes

Treatments in the above packages may vary according to the doctor's recommendation, and prices may vary.



Swastya Sampat – Wellness Packages

Every rejuvenation ritual at Prana Spa is designed step by step, for each of the Tatvas to achieve perfect balance in the body and mind. There are various packages available and all are customised as per individual needs. Some of the packages are given below. The inclusions change as per the package.

Prana Pida Mukti

This package is a Pain management program meant for people suffering from body ache, muscle pain or joint pain, etc. This is highly recommended for people having a very active lifestyle or sports people. You can choose from 3 nights to 7 nights.

Prana Laghu Karoti

This package is a weight loss package meant for people who are over weight or have excess abdominal fat. It is good for body toning and gets you back in shape. This helps in giving you a nourished shiny skin too. You can choose from 7 nights to 21 nights.

Prana Punarjanma

This package is a Rejuvenation program meant for people wish to fully unwind and rewire their body. It is a great way to purification, relaxation, pampering the skin, boosting functions of internal organs, etc. This program will rejuvenate your body and will leave you feeling atleast 5 years younger. You can choose from 14 nights to 21 nights.

Packages Includes

10 Nights Pkg

10 Night stay
Doctor Consultation
Customised Wellness Meals
12 Spa /Ayurveda Treatments
6 Naturopathy Therapy
Daily Yoga Sessions
Daily Meditation Classes
Healthy Lifestyle Training
Healthy Cooking Classes

14 Nights Pkg

14 Night stay
Doctor Consultation
Customised Wellness Meals
18 Spa /Ayurveda Treatments
10 Naturopathy Treatments
Daily Yoga Sessions
Daily Meditation Classes
Healthy Lifestyle Training
Healthy Cooking Classes

21 Nights Pkg

21 Night stay
Doctor Consultation
Customised Wellness Meals
27 Spa /Ayurveda Treatments
15 Naturopathy Treatments
Daily Yoga Sessions
Daily Meditation Classes
Healthy Lifestyle Training
Healthy Cooking Classes

Treatments in the above packages may vary according to the doctor's recommendation, and prices may vary.





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. For packages, no refund will be given for a treatment which has been missed by the client.

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. Spa is 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. We regret that we cannot be held responsible for any loss or damage to personal articles. Keep all valuables in the locker and remember to take all of them before leaving.

All Prices are in Indian Rupees and are exclusive of applicable taxes.

All Prices are EXCLUSIVE of all applicable government taxes.

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