



# SPA HIBISCUS

*Making a beautiful difference*

## SERVICES MENU

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

Hibiscus 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, Hibiscus 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 Hibiscus. 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 Spa Hibiscus. 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 Hibiscus.**

#### **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 Indian Rupees and are EXCLUSIVE of all applicable government taxes.**

# HIBISCUS - SPA MASSAGES

## BODY MASSAGES

PRICE (INR.)

**Hibiscus Touch ..... 2050**  
**30 Min.**

Hibiscus 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 in not a full body massage and does not include steam or shower.)

**Swedish Massage ..... 3050**  
**1 Hr. (45 Min. massage, 15 Min. shower)**

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 ..... 3250**  
**1 Hr. 15 Min. (1 Hr. massage, 15 Min. shower)**

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 ..... 3450**  
**1 Hr. 15 Min. (1 Hr. massage, 15 Min. shower)**

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 ..... 3450**  
**1 Hr. (45 Min. massage, 15 Min. 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.

**Hibiscus Signature Massage ..... 4550**  
**1 Hr. 45 Min. (45 Min. massage, 15 Min each Head & Face Massage, 15 Min Foot Reflexology & 15 Min. shower)**

Hibiscus 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.

**Couple Retreat ..... 7550**  
**1 Hr.30 Min. (30 Min. Scrub, 45 Min. Massage & 15 Min. Shower for two people)**

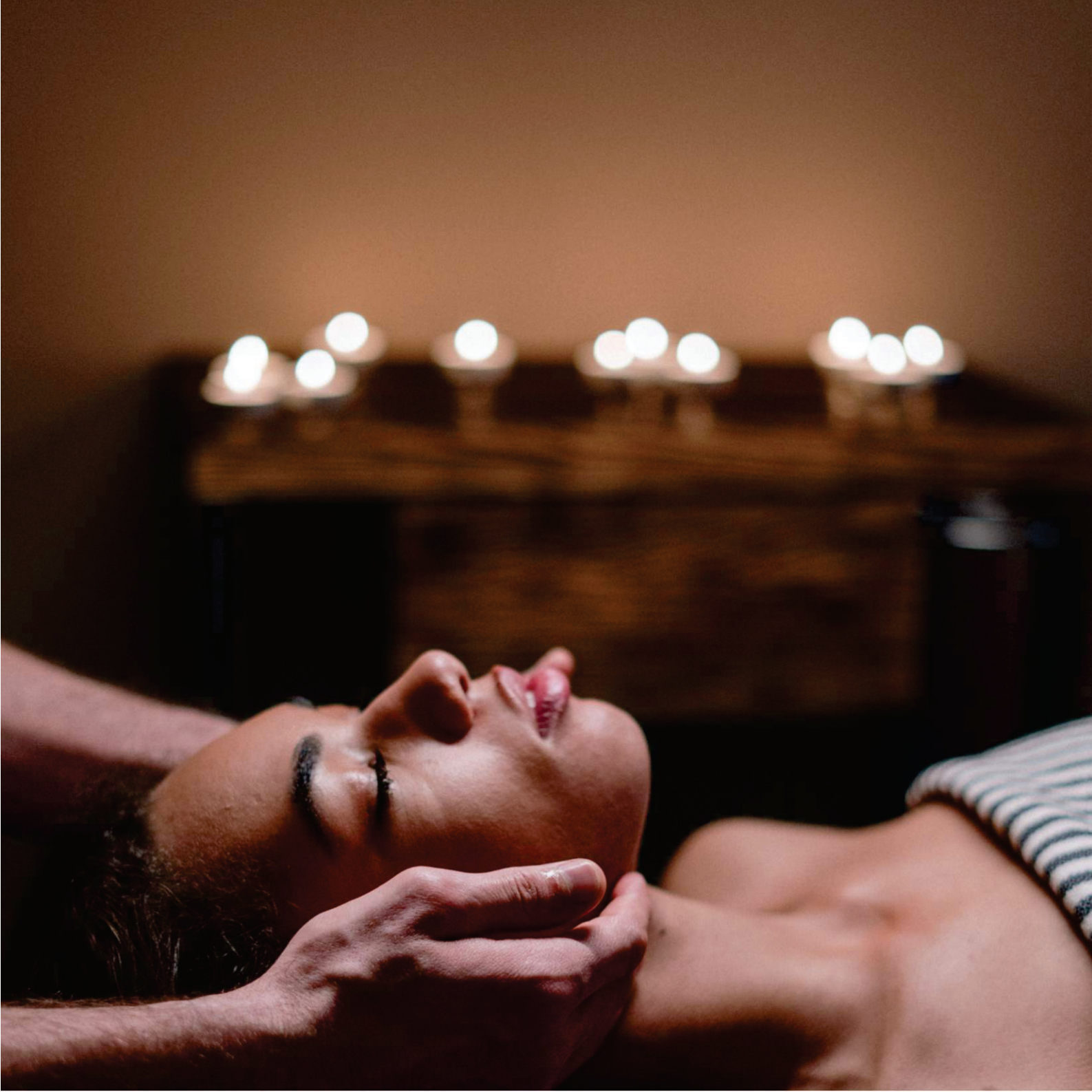
A relaxing ritual for the precious moments of togetherness where a couple can relax with the healing touch of a Swedish massage and an invigorating scrub. A tender and relaxing treatment which detoxifies and nourishes the skin. You can ask for a Jacuzzi post the treatment to complete the experience !

**Couple Royal Relaxation..... 6050**  
**1 Hr. 15 Min. (60 Min. Massage & 15 Min. Shower for two people)**

Couple Royal Relaxation can be the perfect way to celebrate a special occasion and relish moments of togetherness. It includes a couple Balinese massage for two people, followed by ten minutes of dry head massage that make for a truly relaxing time together.

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# HIBISCUS - 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..... 2050**  
**(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 ..... 2050**  
**(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..... 2050**  
**(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..... 2050**  
**(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 ..... 4250**  
**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 ..... 950**

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..... 1750**  
**(45 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.



# INDIAN TRADITIONAL RITUALS

PRICE (INR.)

**Shiro Abhyangam ..... 1250**  
**(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 ..... 3450**  
**1 Hr. (45 Min. massage, 15 Min. 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 ..... 3650**  
**1 Hr. (45 Min. massage, 15 Min. shower)**

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) ..... 3650**  
**1 Hr. 15 Min. (1 Hr. massage, 15 Min. 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 soft inflammation especially joint pain.

## Ayurvedic Packages

**Ayurvedic Retreat..... 6250**  
**1 Hr. 45 Min. (1Hr. 30 Min. massage, 15 Min. shower)**

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..... 6750**  
**1 Hr. .30 Min. (45 Min. Abhyangam massage + 30 Min Shirodhara + 15 Min. Shower)**

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

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# 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.

**Panchagavya Facial** ..... **3950**  
(75 Min.)

Panchagavya is widely used in Ayurvedic medicines. It is a blend of five products including milk, curd, and ghee that have unique healing properties and aid in the complete detoxification and rejuvenation of skin.

## HANDS & FEET

**Padaveksha (Natural Foot Spa)** ..... **1950**  
(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)**..... **600**

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

## HEAD MASSAGES

	Ladies	Gentlemen
Coconut Oil	1050	950
Olive Oil	1150	1050
Shiro Abhyangam	1250	1250



# SALON RITUALS AND MEMBERSHIPS

## MAKE UP

PRICE (INR.)

<b>Bridal Make Up</b> .....	<b>25500</b>
Includes complete Bridal Make-Up with Hair-Do, Saree/Dress Draping & Change of polish.	
<b>Engagement/Reception Make Up</b> .....	<b>15000</b>
Includes complete engagement Make-Up with Hair-Do, Saree/Dress Draping & Change of polish	
<b>Light Party Make Up</b> .....	<b>7500</b>
Includes light Make-Up with Hair-Do.	
<b>ADD ON: Airbrush/HD Make up with any Makeup</b> .....	<b>5500</b>
<b>Eye Make Up / Base</b> .....	<b>3000</b>
<b>Saree/Dress Draping</b> .....	<b>2000</b>

## MEMBERSHIPS

<b>Roselle Membership</b> .....	<b>20000</b>
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Rs. 25000/- worth of services from the Salon/ Spa menu. Can be availed by a maximum of two people.

\*Validity - Six months.

<b>Hibiscus Membership</b> .....	<b>55000</b>
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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.

<b>Ayurveda Membership*</b> .....	<b>55000</b>
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Rs. 75000/- worth of Ayurveda therapies mentioned in the menu.

Can be availed by a maximum of two people.

Validity-6 months.

<b>Hibiscus Family Membership</b> .....	<b>1,00,000</b>
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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.

Make Up services available only on pre bookings and for group of minimum five or more people

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