



PRANA SPA

Services Menu



amritara
private hideaways



Svetasvatara Upanisad mentions, "When Earth, Water, Fire, Air and Akasa arise, when the five attributes of the elements, mentioned in the books on yoga, become manifest, then the yogi's body becomes purified by the fire of yoga and he is free from illness, old age and death." (Verse 2.12)

Each of the pancha tatvas, makes us who we are. AAKASH- the Space, around us and within us. PRITHVI the Earth, our shape and body, JAL - the Water of which we are made, VAYU - the Air, we breathe to live, AGNI - the Fire of energy which we need to exist. We require every Tatva to be "Us" and we at the Prana Spa, pamper and nurture each tatva as it needs to be. When every tatva within us is balanced, our body will glow, it will shed unnecessary weight and will feel lighter. We will feel one with ourselves and will experience true peace and wellness.

Let us take you on the journey to centre of your being - tatva by tatva.

Prithvi - Gandha / Smell: - Use of aromatic blends of natural oils such as lavender, rose, sandalwood, patchouli and Rosemary to calm & relax.

Jala - Rasa / Taste: - Freshly brewed Hibiscus green tea based on your Ayurvedic constitution completes the five element journey.

Agni - Roopa / Sight: - The eyes, treated to soft lighting, beautiful flowers in urlis and the greenery of the valley to bring peace

Vayu - Sparsha / Touch: - The gentle strokes used in the massage envelope you from head to toe and physically detoxify & relax the body

Aakash - Shabda / Sound: - Soft music to soothe your mind and transport you to a world of serenity.

At Prana spa at Yog Wellness Resort, the treatments and food incorporate the "Panch Tatva" philosophy so that you can be ONE with NATURE. Allow us to take you on this magical journey.... it is time to let go of worries, anxieties and doubts. BREATHE.

Time to embrace your tatvas. Be one with your own self.

Welcome to Prana Spa - "Breathe in Life!"

Mardana Kriya – Massage Therapy

Sukhasneha Mardana (Similar to Swedish Massage)..... **2450**

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)..... **2750**

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)..... **2950**

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.

Sarvasukha Mardana (Prana Signature Massage)..... **3250**

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.

Phalakaasha (30 Min, Full Body Scrub)..... **1450**

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) **1450**

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)..... **1450**

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) **1650**

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.



Saundarya Kriya – Beauty Therapy

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..... 3250

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 min1150

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..... 1150

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 min1550

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.

Kesharaaga (Natural Hair Colour) 1 hr..... 1500

This colour uses Indigo(Neel) and beetroot pigments and combines them with Henna to give a hair colour of your choice. Like all things natural, there is no guarantee that you will get 100% grey coverage. However, if you are tired of using chemicals and have the patience to give natural products a chance, this is your best bet.



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 2750

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..... 2950

(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) 3250

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..... 3250

30 Mins

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.



Swastyia 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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