



WALK IN

FLOAT OUT

Spa Menu

All prices are in Indian Rupees and are exclusive applicable government taxes which are extra.  
All treatments will be charged to your onboard account.

Instagram: [antara.cruises](#) | Facebook: [Antara Cruises](#) | Website: [www.antaracruises.com](http://www.antaracruises.com)



Spa Hibiscus on Antara's ships brings conscious luxury and sustainable wellness to provide a wide range of therapeutic spa services. Your well-being is at the heart of our thought and action.

We offer a range of sumptuous and specialized traditional Indian ayurvedic and international treatments and therapies. They have been designed to suit individual guest requirements.

We use the highest quality products that blend the potency and power of natural ingredients, ensuring our treatments ease, soothe and relax you.

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### **MASSAGE THERAPY**

Duration: 1 hr. 30 min. (75 min. massage, 15 min. shower)

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

***INR 4550***

### **BALINESE MASSAGE**

Duration: 1 hr. 15 min. (1 hr. massage, 15 min. shower)

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

***INR 4050***

### **SWEDISH MASSAGE**

Duration: 1 hr. (45 min. massage, 15 min. shower)

A relaxing, medium-pressure massage that works on the superficial layers of muscles and eases tension. The long, gliding strokes are exceptionally beneficial for increasing the level of blood oxygen, decreasing muscle toxins and improving flexibility.

***INR 3750***

### **DEEP TISSUE MASSAGE**

Duration: 1 hr. 15 min. (1 hr. massage, 15 min. shower)

Similar to a Swedish massage but with 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 release chronic muscle tension.

***INR 4250***

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### **COUPLE'S RETREAT**

Duration: 90 min. (45 min. massage, 30 min. scrub, 15 min. shower)

A relaxing ritual for the precious moments of togetherness to relax with the healing touch of a Swedish massage and an invigorating scrub. A tender treatment that detoxifies and nourishes the skin.

***INR 10500***

### **COUPLE'S ROYAL RELAXATION**

Duration: 75 min. (60 min. massage, 15 mins. shower)

Balinese massage for two people followed by 10 minutes of dry head massage, make for a truly relaxing time together.

***INR 7050***

### **BODY SCRUBS**

#### **ORANGE PEEL**

Duration: 30 min.

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

***INR 2250***

#### **RICE EXFOLIATION**

Duration: 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.

***INR 2250***

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## **BODY WRAPS**

### **CITRUS WRAP**

Duration: 30 min.

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

**INR 2250**

### **NEEM HEALING**

Duration: 30 min.

Neem leaves have therapeutic properties and are a major ingredient in this pack. This wrap detoxifies, invigorates and reduces blemishes, leaving the skin clear and silky smooth. This is especially beneficial for sensitive or allergy-prone skin.

**INR 2250**

## **FACIALS**

### **KUMKUMADI FACIAL**

Duration: 45 min.

A detoxifying and lightening facial using specially formulated scrubs and the magical *kumkumadi* oil to give the skin complete care. This miraculous facial reduces uneven skin tone, and fine lines and enhances skin elasticity. It is especially beneficial for dry and mature skin.

**INR 4050**

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### **MUKH LAVANYA FACIAL**

Duration: 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.

**INR 4050**

### **ABHYANGAM INR 3950**

Duration: 1 hr. (45 min. massage, 15 min. shower)

A therapy to strengthen the bones and joints, regulate the flow of blood, and build immunity. It is recommended as the first step to any treatment because of its ability to retune energy cycles. The benefit of taking *abhyangam* is that it improves blood circulation and offers better sleep and vitality.

**INR 3950**

### **UDWARTHANAM**

Duration: 1 hr. (45 min. massage, 15 min. shower)

A combination of an exfoliation treatment, and a massage therapy, it 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 exfoliates the skin to give a toned and firm look and is effective in reducing body fat.

**INR 4250**

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### **KIZHI**

Duration: 1 hr. 15 min. (1hr. massage, 15 min. steam)

This nourishing technique alleviates stress and targets sore muscles and joints. A heated cloth bolus containing chopped herbal ayurvedic leaves is dipped in medicated oils and softly pressed onto the affected areas. This therapy is effective for back pain, soreness and other soft tissue inflammation, especially joint pains.

**INR 4550**

### **AYURVEDIC RETREAT**

Duration: 1 hr. 45 min. (90 min. massage, 15 min. shower) Abhyangam + Udwarthanam/Kizhi + Shower

A complete retreat to rejuvenate your body and mind 45 minutes of *udwarthanam/kizhi* followed by 45 minutes of *abhyangam* massage.

**IND 6550**

### **FOOT SPA**

Duration: 1 hr.

Treat your tired feet to our all-natural foot spa. This ritual has all the ingredients of a pedicure, yet combines the natural benefits of a spa, leaving your feet light, clean and beautiful. It is an organic and chemical-free treat for your feet. It uses a salt soak to detoxify, a natural salt scrub to gently exfoliate, and finally, a massage with neem oil, followed by a neem pack to nourish and pamper your feet.

**INR 2050**

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## **HAND SPA**

**Duration: 4S min.**

This is an excellent substitute for the regular manicure and lets nature work on your hands. We detoxify them with a warm salt soak, and then gently exfoliate them with our natural salt scrub. Followed by a massage with our nourishing oil and finally a pack to finish in style.

**INR 1750**

## **KESH ABHA**

Duration: 55 min.

A one-of-a-kind ayurvedic treatment for the hair that prevents problems like thinning and hair fall and cures dandruff. Regular use of Kesh Abha results in healthy, lustrous, silky hair. This is not just a hair spa; it is a treatment that nourishes and deeply conditions hair, prevents loss, boosts volume, and improves hair texture.

**INR 2950**

## **INDIAN HEAD MASSAGE**

Duration: 30 min.

Based on the ancient ayurvedic technique that reduces stress, fatigue, and eyestrain and increases mental clarity, this warm oil, relaxing massage uses various pressure techniques that work on the upper back, scalp, neck and shoulders to improve circulation.

**INR: 2050**

## **FOOT REFLEXOLOGY**

Duration: 4S min.

Reflexology helps restore and maintain the body's natural equilibrium. This gentle acupressure therapy encourages the body to work naturally and restore its healthy balance.

**INR: 2550**

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**To ensure your spa visit is a tranquil experience, we recommend the following:**

- Spa Hibiscus provides all the treatments and products on board Antara ships.
- Please consult our therapists who are equipped to advise you on a therapy that suits your individual needs.
- Please switch off all cellular phones and electronic devices.
- Please leave your valuables in your suite. Jewellery should not be worn during the treatment.
- Please inform our therapists of any medical conditions, aches or allergies before the treatment

**DISCLAIMER** All our products are 100% natural and chemical-free. However some may trigger allergies. If you have any previous allergic reaction experience, please inform the receptionist/therapist immediately.

**NOTICE** Smoking and consumption of alcohol within the spa premises is strictly prohibited.

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