

The background of the entire page is a light beige color with a subtle, repeating pattern of large, pale pink hibiscus flowers and green leaves. Overlaid on this is a dark green rectangular border that frames the central text. The text is centered within this border. The main title 'HIBISCUS' is in a large, dark green, serif font. Below it, 'SPA AND SALON SERVICES' and 'MENU' are in a smaller, dark green, sans-serif font. At the bottom of the page, outside the green border, the text 'HIBISCUS WELLNESS' is written in a small, dark green, sans-serif font.

# HIBISCUS

SPA AND SALON SERVICES  
MENU

HIBISCUS WELLNESS

# HIBISCUS - SPA MASSAGES

## **Hibiscus Touch .....1750** **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 ..... 2500** **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 .....2800** **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 .....3050** **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 .....3550** **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.

## **Hibiscus Signature Massage .....3550** **1 Hr. 45 Min. (45 Min. massage, 15 Min each Head & Face Massage, 15 Min Foot Reflexology & 15 Min. steam)**

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 .....6550** **1 Hr.30 Min. (30 Min. Scrub, 45 Min. Massage & 15 Min. Steam and 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.

## **Couple Royal Relaxation..... 4950** **1 Hr. 15 Min. (60 Min. Massage & 15 Min. Steam/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.

### **“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 all are EXCLUSIVE of all applicable government taxes.**





# HIBISCUS - SPA RITUALS

## BODY SCRUBS AND WRAPS

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

**Papaya Exfoliation.....1550**  
**(30 Min.)**

A gentle scrubbing process helps promote healthy skin with radiant complexion. A cream base scrub enriched with botanical extract of Papaya gently removes dead skin cells to make it smooth, soft and supple.

**Turmeric Glow Scrub .....1550**  
**(30 Min.)**

Turmeric scrub with active Curcumins, using gentle scrubbing strokes, promotes flawless skin for an even skin tone and glow. A cream base scrub with Turmeric that is known for its skin lightening properties and is traditionally used in Ayurveda for Indian brides.

**Hibiscus Indulgence Exfoliation..... 1950**  
**(30 Min.)**

Indulge yourself in the luxury of a chocolate scrub that exfoliates and polishes, to promote healthy smooth skin and pampers your senses. A cream base scrub with the power of Cocoa works as a gentle exfoliator along with anti-ageing benefits, maintaining moisture levels.

**Neem Healing..... 1550**  
**(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.

**Chocolate Ecstasy ..... 1950**  
**(30 Min)**

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 moisturiser and soften the skin leaving a luminous glow. Excellent for dry skin.

**Brightening Body Polishing .....3750**  
**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.

**Aromatic Steam Bath .....550**

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..... 1550**  
**(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.





# AYURVEDIC RITUALS

## **Shiro Abhyangam ..... 1750** **(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 .....3550** **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 .....4250** **(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 inflammations especially joint pain.

## **Ayurvedic Packages**

### **Ayurvedic Retreat..... 6050** **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.....6550** **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

## NATURAL FACIALS

**Kumkumadi Facial.....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 twenty five Ayurvedic herbs that were used to improve skin tone, lighten the skin, minimise blemishes and hydrate the skin.

**Panchagavya Facial .....3950**

Panchagavya is widely used in Ayurveda 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 the skin.

## NATURAL HAIR SPA

**Kesh Abha .....1950**  
**(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.

## NATURAL HAIR COLOUR

**Ayurvedic Hair Colour .....1550**

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.

## HANDS & FEET

**Natural Foot Spa..... 2000**  
**(1 Hr.)**

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.

**Natural Hand Spa.....1450**  
**(45 Min.)**

This Natural Hand spa 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 and ready to face the world!

**Add on with Foot & hand spa**  
**(20Min. )**

**Potli (Hot Herbal Compress) .....750**

**Heel Peel Treatment .....1250**



# FACIALS

## For Normal / Dull / Dehydrated skin

**Deep Cleansing ..... 2250**  
**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..... 3250**  
**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.

**Panchagavya Facial .....3950**  
**75 Min.**  
Panchagavya is widely used in Ayurveda 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 the skin.

## 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	450	350
Straight Dry	450	250
Blow Dry	950	350
Blow Dry with setting	600	-
Wash & Conditioning with Plain Dry	850	550
Wash & Conditioning with Blow Dry	1250	750
Hair Cut	800	450
Hair Cut with Wash & Conditioning	1250	750
Henna	950	450
Shave	-	250
Baby Cut (Below 7 years)	450	
Hair Dressing/Styling	1500+	550+
Hair Ironing/ Tongs	1550+	-

## HEAD MASSAGES

Coconut Oil	950	750
Olive Oil	1050	900
Hibiscus Ayurvedic Oil	1150	1050
Shiro Abhyangam	1750	1750

## HAIR COLOURING/TEXTURING

Natural Henna based hair colour	1550	1250
Root Touch Up ( Majirel)	2250	2050
Root Touch Up ( INOA )	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>	1950	1850
55 Min.		
<b>L'Oreal Hair Spa .</b>	2050	1750
45 Min.		
A simple deep conditioning procedure done to smoothen dry hair & add lustre.		

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

## PEDICURE/MANICURE

	Ladies	Gentlemen
Cut and File hands / feet	250	
Cut, File and Polish hands/ feet	450	
Change of Polish hands / feet	250	
Regular Pedicure	1500	
Foot Spa	2000	
Foot Reflexology	1550	
Regular Manicure	950	
Hand Spa	1450	
<b>Add On:</b>		
Potli (Hot Herbal Compress)	400	

## BLEACHING

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.  
Extra ampule/spa cream chargeable @ 250 per ampule/scoop.





# SALON RITUALS AND MEMBERSHIPS

## SKIN CARE

### THREADING

	Ladies	Gentlemen
Eyebrows / Sides	150	200
Upper lip /Forehead/Chin/Cheek	100	150
Full Face	450	-

### WAXING

Upper lip / Chin	250	-
Sides	250	-
Face	650	650
Underarms	250	350
Half arms	450	600
Full arms / Half Legs	750	900
Full legs	1050	1200
Back/ Front (till blouse line)	800	900
Abdomen	800	900
Brazilian	1550	-
Full Waxing (Arms, legs & Underarms)	1550	1800
Body Waxing	2550	3200

(does not include Brazilian & Face waxing)

### WAXING (CHOCOLATE/ OIL BASED WAX)

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	2050	-
Full Waxing (Arms, legs & Underarms)	2550	3200
Body Waxing	3550	3850

(does not include Brazilian & Face waxing)

### Luxury Make over Package.....6250

#### Choose any four services

(Haircut, Chocolate Full Waxing, Head Massage, Face Bleach, Deluxe Facial (upto Rs. 2500), Hand Spa & Foot Spa, Henna) Complimentary Eyebrows & Upper lip Threading.  
Validity-One visit.

## BRIDAL SERVICES

### Pre Bridal Package.....12250

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 consultation on hair and bridal makeup trial.

### Grooms Package .....9000

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.

### Bridal Make Up .....19500

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

### Engagement / Reception Make Up .....11000

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

### Light Party Make Up .....6500

Includes light Make-Up with Hair-Do.

## ADD ON

### Airbrush/HD makeup.....3500

### Eye Make Up / Base .....2000

### Saree/Dress Draping .....1500

## 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.**

### Hibiscus 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.**

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**HIBISCUS**

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