



# THE SPA

SERVICES MENU

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

The Spa 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, The Spa 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 overtime.

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 destination 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 The Spa. 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 The Spa. 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 operational 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 The Spa.**

### **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.

# SIGNATURE PACKAGES

| SIGNATURE PACKAGES                                                                                                                                                                                                                                                                                                                                                                    | PRICE (INR.) |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <b>Ultimate Relaxation.....</b><br><b>1 Hr. 30 Min. (60 Min. Balinese Massage + 30 Min. Express Facial)</b><br>This package offer a comprehensive relaxation and rejuvenation experience combining the benefits of massage and cleansing facial. This mini facial is designed to stimulate and tighter skin.                                                                          | <b>12500</b> |
| <b>Spiritual Sojourn.....</b><br><b>1 Hr. 30 Min. (60 Min. Abhyangam + 30 Min. Herbal Potli Compress)</b><br>A holistic ritual for couples curated to invigorate the body and spirit. Commencing with an opulent 60mins Ancient indian massage transitions into deep relaxation with a soothing 30mins hot herbal potli compress massage ensuring an experience of pure rejuvenation. | <b>10500</b> |
| <b>Relaxation Bliss.....</b><br><b>1 Hr. 30 Min. (60 Min. Swedish Massage + 30 Min. Scrub)*</b><br>Enjoy a 60min swedish massage to melt away tension and leave you feeling relaxed and rejuvenated followed by 30min scrub. This scrub nourish your skin with our luxurious body scrub, leaving your skin feeling soft, smooth and radiant.                                          | <b>9200</b>  |
| <b>Spa Sojourn.....</b><br><b>1 Hr. 15 Min. (60 Min. Balinese Massage + 15 Min. Head Massage)</b><br>An enchanting retreat for couples that goes 'beyond the unusual'. Experience a soothing 60mins Balinese massage for couples, enhanced by a blissful fifteen-minute dry head massage.                                                                                             | <b>7500</b>  |



# THE SPA MASSAGES

## BODY MASSAGES

PRICE (INR.)

**The Spa Touch.....2250**  
**30 Min.**

The Spa 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.....3750 | 5250**  
**60 | 90 Min.**

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.....4000**  
**60 Min.**

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.....4500 | 6000**  
**60 | 90 Min.**

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.

**The Spa Signature Massage.....5750**  
**90 Min.**

The Spa 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.



# AYURVEDIC RITUALS

PRICE (INR.)

**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..... 4500 | 6250**  
**60 | 90 Min.**

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.....4500**  
**60 Min.**

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..... 4500**  
**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) .....4500**  
**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.....7500**  
**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..... 8000**  
**1 Hr. .30 Min. (45 Min. Abhyangam massage + 30 Min Potli Massage + 15 Min. Steam)**

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

Weight loss and detoxification packages, customized as per individuals needs, according to the PRAKRATI and physical, medical conditions are available. Please consult the reception for details



# THE 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.....2000**

**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.....2000**

**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, moisturized and soft. It is particularly beneficial for oily skin.

**Coffee Scrub..... 2400**

**30 Min.**

This natural body scrub helps promote healthy skin with radiant complexion. This scrub enriched with Brown Rice and Coffee gently removes dead skin cells to make smooth, soft and supple.

**Orange Wrap..... 2500**

**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.....2500**

**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.....5250**

**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..... 750**

**20 Min.**

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..... 2500 | 2875**

**30 | 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.

All Prices are in INR (Indian Rupees).Government taxes as applicable.

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# NATURAL RITUALS

| NATURAL HAIR SPA                                                                                                                                                                                                                                                                                                                                                                       | PRICE (INR.) |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <b>Kesh Abha .....2350</b><br><b>55 Min.</b><br>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.                                                                 |              |
| <b>Head Massage..... 1250   1750</b><br><b>30   60 Min.</b><br>It releases stress and tension is eased out of tight muscles in the head and upper back. Our signature brew of hair nourishing herbal oil will invigorate the body balance the chakras and infuse deep calm and relaxation.                                                                                             |              |
| <b>HANDS &amp; FEET</b>                                                                                                                                                                                                                                                                                                                                                                |              |
| <b>Padaveksha (Natural Foot Spa).....2250</b><br><b>1 Hr.</b><br>Neem Padaveksha is a unique, completely natural Ayana Ayurvedic treatment for feet. It not only deep cleanses, but also cures and helps fights fungal infection and allergies. It removes dead skin and increases blood circulation This therapy procedure is free from chemicals and a soothing treat for your feet. |              |
| <b>Hastaveksha (Natural Hand Spa)..... 1750</b><br><b>45 Min.</b><br>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 a good anti fungal agent.                                                                               |              |
| <b>Add on with foot &amp; hand spa Potli (Hot Herbal Compress).....700</b><br><b>Heel &amp; Peel Treatment .....1550</b>                                                                                                                                                                                                                                                               |              |



# FACIALS

## For Normal / Dull / Dehydrated skin

PRICE (INR.)

**Express Facial..... 3750**  
**40 Min.**

Express facial 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..... 4550**  
**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.....4550**  
**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.

## For Pigmented/Tanned skin

**Glow Bright Facial..... 4550**  
**1 Hr.**

Glow bright back uniform skin radiance working against dark and irregular pigmentation. Recommended for uneven tone, sun damaged and pigmented skin.

## For Matured skin / Fine lines

**Youth Restore Facial.....4550**  
**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

**Skin Purify..... 4550**  
**1 Hr.**

Skin purify 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.



# BRIDAL & MAKE UP SERVICES

## Bridal / Make Up Services

PRICE (INR.)

### GROOMS SERVICES

**Grooms Package..... 12,000**

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.

**Groom Make Up..... 3,500**

### BRIDAL SERVICES

**Pre Bridal Package.....14,000**

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 hair and bridal make up

### MAKE UP

**Bridal Make Up..... 22,500**

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

**Engagement/Reception Make Up..... 15,000**

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

**Haldi / Cocktail Makeup..... 8,500**

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

**Light Party Make Up.....5,500**

Includes light Make-Up with Hair-Do.

**Eye Make Up / Base..... 3,000**

**Saree/Dress Draping.....1,000**

# THE SPA

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