



SPA HIBISCUS

Making a beautiful difference

SPA MENU





Introduction

Spa Hibiscus invites you to experience the rich mystic fusion of ancient India philosophy with the latest contemporary wellness methods. Our specialised spa therapies are based on the balance of five universal elements – Prithvi (Earth), Vayu (air), Agni (fire), Jal (water) and Aakash (sky).

Our holistic mission is to give you idyllic moments of relaxation and replenishment in our well-designed, serene ambience. Transform and heal yourself with our comprehensive spa therapies ranging from select Indian and international massages, express therapies and beauty elixirs, to our traditional spa baths with salt therapy and signature spa rituals.

Welcome to Serenity,
Welcome to Spa Hibiscus

MASSAGE SELECTION



SWEDISH MASSAGE

60 | 90 Minutes

INR 2800 | 3700

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

60 | 90 Minutes

INR 3050 | 3950

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 MASSAGE

60 | 90 Minutes

INR 3250 | 4200

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 muscle stiffness and release chronic muscle tension.

JET LAG THERAPY

45 | 75 Minutes

INR 2800 | 3750

This 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. It is especially beneficial to reducing muscle stress and curing jet lag.



HIBISCUS SIGNATURE MASSAGE

75 Minutes

INR 4250

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.

**Government taxes extra as applicable. We levy service charge.*

AYURVEDA MASSAGE SELECTION



INDIAN HEAD MASSAGE / SHIRO ABHYANGAM

30 Minutes

INR 1550

Shiro Abhyangam (Indian head massage) focuses on your head, neck & shoulders. It is an oil massage which uses a variety of deep pressure and Marma techniques that tap into your energy pathways and encourage healing and balance in the whole body.

ANCIENT INDIAN MASSAGE

60 | 90 Minutes

INR 3050 | 4250

Ancient Indian Massage is an Ayurvedic therapy to regulate the flow of blood and builds the immunity of the body to fight against seasonal changes. The benefits of taking this massage is that it improves blood circulation, enhanced longevity, better sleep and vitality.



HOT HERBAL COMPRESS / POTLI

60 | 90 Minutes

INR 3250 | 4550

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 gently pressed onto the affected areas. This therapy is effective for back pain, soreness and other soft-tissue inflammations especially joint pain.

INDIAN HEALING MASSAGE / ABHYANGAM

60 | 90 Minutes

INR 3550 | 4750

Abhyangam is an Indian Ayurvedic therapy to strengthen the bones and joints, regulates the flow of blood and also builds 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 benefits of receiving Abhyangam is that it improves blood circulation, enhanced longevity, better sleep and increased vitality.



UDWARTHANAM

60 Minutes

INR 3250

Udwarthanam is a combination of exfoliation, massage therapy and is administered using a specially-prepared dry powder to improve blood circulation and treat numbness in 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. It is commonly known as the slimming massage.

**Government taxes extra as applicable. We levy service charge.*

BODY SCRUB & BODY WRAP



RICE EXFOLIATION

30 Minutes

INR 2250

This scrub uses brown unpolished rice powder mixed with fresh milk, which gently exfoliates the skin and leaves it soft and radiant. It helps remove sun tan and mild blemishes. It is good for all skin types.

ORANGE SCRUB

30 Minutes

INR 2250

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



COFFEE SCRUB

30 Minutes

INR 2650

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, so and supple.

NEEM HEALING WRAP

30 Minutes

INR 2550

Help your skin heal with the benefits of time tested neem. A hydrating wrap with the medicinal value of neem and natural clays is 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. It is especially beneficial for sensitive or allergy- prone skin.



ORANGE WRAP

30 Minutes

INR 2550

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 especially beneficial for oily skin.

BRIGHTENING BODY POLISH

105 Minutes

INR 5750

Body polishing is like a facial for the body that completely exfoliates and hydrates the skin, giving it the perfect shine and smoothness. The procedure includes full body exfoliation followed by a gentle massage, and finally a nourishing body wrap.

**Government taxes extra as applicable. We levy service charge.*

EXPRESS MASSAGES



HIBISCUS TOUCH

30 Minutes

INR 2250

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

HEAD MASSAGE

30 Minutes

INR 1550

It releases stress as 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.



FOOT REFLEXOLOGY

45 Minutes

INR 2250

Reflexology helps restore and maintain the body's natural equilibrium. In this ritual, pressure is applied to 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.

PADVEKSHA / NATURAL FOOT SPA

60 Minutes

INR 2550

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.



HASTAVEKSHA / NATURAL HAND SPA

45 Minutes

INR 2250

This Natural Hand spa is an excellent substitute for a 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 are ready to face the world.

**Government taxes extra as applicable. We levy service charge.*

FACIALS



DEEP CLEANSING FACIAL

30 Minutes

INR 2950

Deep cleansing is an exfoliating treatment that helps you get rid of dead skin cells and impurities. The process includes cleansing, exfoliation, followed by a pack, leaving the skin completely fresh. It is recommended for normal and non-problematic skin.

KUMKUMADI FACIAL

60 Minutes

INR 3750

Gift yourself the luxury of nature. A detoxifying and lightening facial uses a specially formulated scrub and magical Kumkumadi oil to provide complete care. The facial oil is made with twenty- five Ayurvedic herbs that are used to improve skin tone, lighten the skin, minimize blemishes and hydrate the skin.

MUKHALAVANYA FACIAL

60 Minutes

INR 3750

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 making it a magical and nourishing experience.

GLOW BRIGHT FACIAL

60 Minute

INR 4250

Whitening brings back uniform skin radiance, working against dark and irregular pigmentation. Recommended for uneven tone, sun- damaged and pigmented skin.

YOUTH RESTORE FACIAL

60 Minutes

INR 4250

This specialized treatment uses lifting serums to visibly reduce fine lines and works on the lower layers of the skin. It also has the additional effect of skin lightening.

SKIN PURIFY

60 Minutes

INR 4250

Trouble Care Facial improves complexion, reduces inflammation, boosts the skin's immunity, and helps prevent future irritation. It keeps the skin clean for a longer duration. Recommended for shiny, oily, and acne-prone skin, as well as specific problems. It balances sensitive skin and makes it healthier.

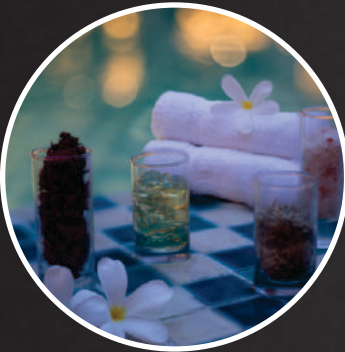
MEN'S EXECUTIVE FACIAL

60 Minutes

INR 4250

An excellent facial for men's skin. It gently cleans the skin, removing the pollutants and free radicals, and a special oxygen mask brings the skin back to life, leaving it clearer, smoother, and more supple. Recommended for sensitive skin.

**Government taxes extra as applicable. We levy service charge.*



COUPLE'S THERAPY



COUPLE ROYAL RELAXATION

90 Minutes

INR 7250

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

COUPLE RETREAT

105 Minutes

INR 8550

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 that detoxifies and nourishes the skin.



**Government taxes extra as applicable. We levy service charge.*

MEMBERSHIPS



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Roselle Membership*

INR 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*

INR 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.



Family Membership*

INR 100000

Rs. 150000/- worth of services from the salon/ spa menu, (Minimum Rs. 75,000/- worth of Spa Services). Can be availed by a maximum of two people.

**Validity-One year.



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Please Note

We provide internationally authenticated therapeutic services. These treatments are availed at your own behest. The hotel and spa operator will not be held responsible for any mishap. It is important to inform the staff about any medical conditions you have, prior to availing yourself of any treatment.

Kindly follow the laid down guidelines and rules. Non-adherence to instructions from the spa-in-charge or any inappropriate remarks and gestures towards any therapist will result in the treatment being stopped immediately, followed by appropriate legal action by the spa / hotel management.

General Information

Reservation and Cancellation

- It is recommended that you arrive 15 minutes prior to the scheduled spa session.
- For the convenience of other guests, please intimate us about any cancellation a minimum of 4 working hours prior to your appointment. Late cancellations will attract incur a 50% cancellation fee.

Spa Etiquette

- Help us maintain the serene environment of the spa by keeping your mobile phones silent and speaking softly.
- Guests under the age of 16 are not permitted within the spa, unless accompanied by an adult.
- Smoking and consumption of alcohol are prohibited within the spa area. The spa management has the discretion to not serve guests under the influence of alcohol.
- Gentlemen are advised to shave at least 3 hours prior to a facial session.
- What should guests wear during a treatment? Guests will be provided with disposable undergarments. You are required to wear these for your comfort. Our therapists will always use draping techniques to respect your privacy.

Considerations

- Pregnant lady guests and other guests with any medical conditions are advised to consult their doctors before signing up for any services and inform the spa therapist about the condition.
- The spa treatments are for general purposes only and are not a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. Its employees and representatives will not be held liable for any incident experienced by the guest during or after the spa service.
- The spa treatments are professional in nature. Any illicit or inappropriate behavior, remarks, or advances made by the guest will result in the immediate termination of the session and may result in legal action. The guest will also be liable to pay for the complete charges of the scheduled service.



**Relaxation is the
stepping stone to
Tranquility**



**Health is a state of
body, wellness is a state
of being.**

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Managed by



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