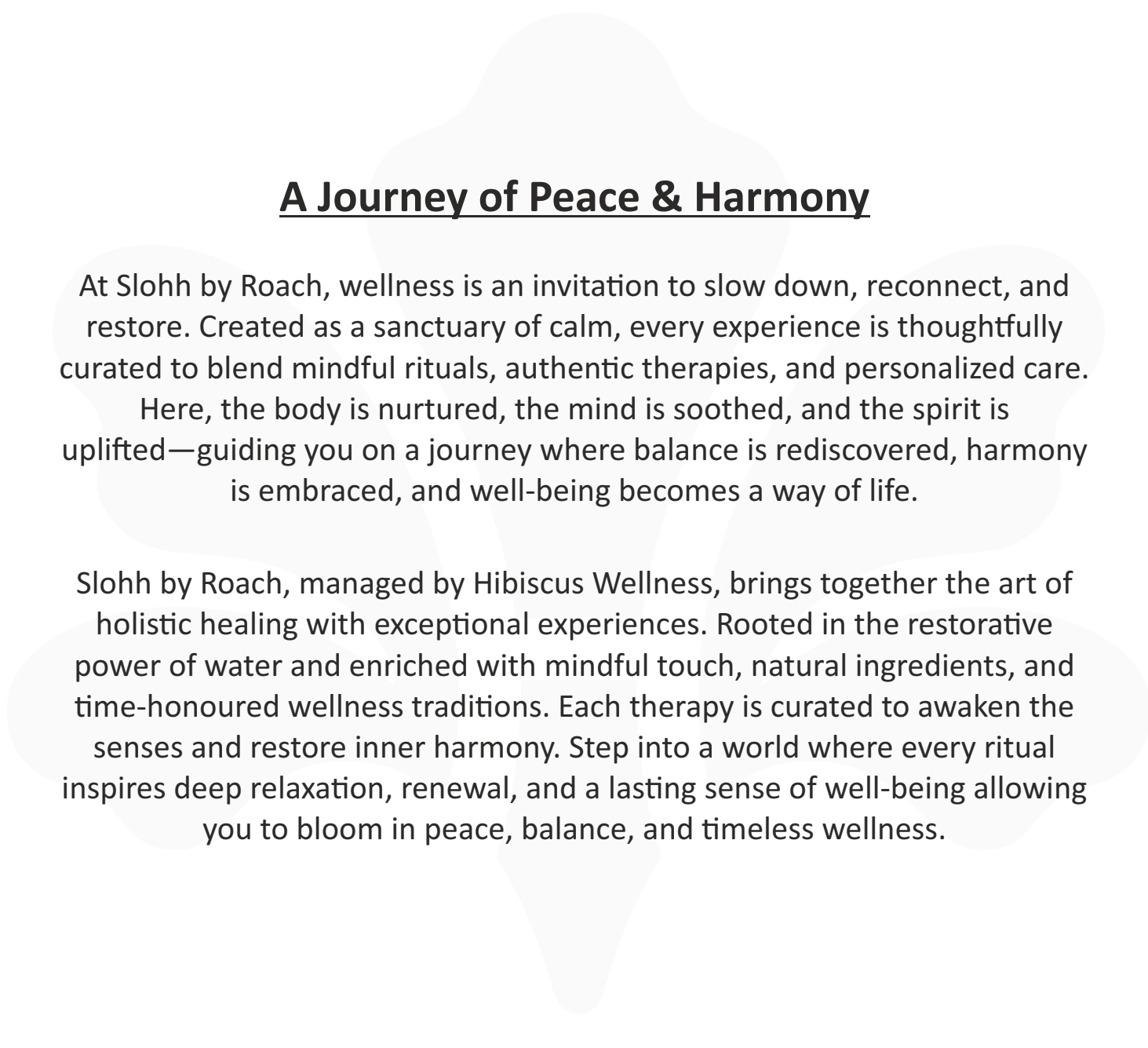




SLOHH BY ROACH

SPA & SALON MENU



A Journey of Peace & Harmony

At Slohh by Roach, wellness is an invitation to slow down, reconnect, and restore. Created as a sanctuary of calm, every experience is thoughtfully curated to blend mindful rituals, authentic therapies, and personalized care.

Here, the body is nurtured, the mind is soothed, and the spirit is uplifted—guiding you on a journey where balance is rediscovered, harmony is embraced, and well-being becomes a way of life.

Slohh by Roach, managed by Hibiscus Wellness, brings together the art of holistic healing with exceptional experiences. Rooted in the restorative power of water and enriched with mindful touch, natural ingredients, and time-honoured wellness traditions. Each therapy is curated to awaken the senses and restore inner harmony. Step into a world where every ritual inspires deep relaxation, renewal, and a lasting sense of well-being allowing you to bloom in peace, balance, and timeless wellness.

**SLOHH
EXPERIENCES**



Slohh Signature Massage

90 Min 9500

Slohh Signature Massage is an exquisite fusion of traditional Thai techniques and classic Swedish strokes, thoughtfully curated to deliver a deeply relaxing and rejuvenating wellness ritual. This luxurious experience harmonizes the body, mind, and spirit, while incorporating a soothing face massage, revitalizing foot reflexology, and a calming head massage to complete the journey of total relaxation.

Slohh Chakra Balancing Ritual

60 | 90 Min. 8500 | 11500

Inspired by the ancient wisdom of the chakra system, the Slohh Chakra Balancing Ritual is an immersive wellness experience that invites you to reconnect with your inner self through the harmonious integration of mindful touch and holistic relaxation. Your journey begins with a calming breathing ritual and a personalized wellness consultation, allowing our skilled therapist to tailor the experience to your individual needs. The ritual focuses on healing and balancing all seven chakras using warm therapeutic oils, gently infused into the skin through long, flowing massage techniques, rhythmic pressure, and intuitive touch designed to ease muscular tension, restore energy flow, and promote profound relaxation. Emerging from the ritual, guests experience a heightened sense of calm, lightness, and emotional well-being—restored, centred, and beautifully aligned.

Jet Lag Recovery Massage

60 | 90 Minutes 4500 | 6750

A soothing medium-pressure massage designed to relax the body, calm the mind, and restore overall well-being. Using long, flowing strokes and rhythmic techniques, this therapy helps relieve muscle tension, improve blood circulation, and enhance oxygen flow throughout the body. It supports the body's natural detoxification process, reduces fatigue, improves flexibility, and promotes a deep sense of relaxation. Ideal for relieving everyday stress, muscle stiffness, and the effects of jet lag, this rejuvenating treatment leaves you feeling refreshed, re-energized, and completely revitalized.

Lymphatic Drainage Massage

60 | 90 Min. 6500 | 9000

Experience a gentle, rhythmic therapy designed to activate your body's natural detox system. This treatment stimulates lymphatic circulation to help reduce fluid retention, ease bloating, and improve overall circulation and immunity. The session includes a calming Face Massage with Gua Sha technique to de-puff, sculpt, and restore facial radiance by boosting lymphatic flow and glow. Walk out feeling lighter, de-stressed, and deeply revitalized. Perfect for detox, post-travel recovery, and complete mind-body wellness.



**SLOHH
BLISS**



Couple Royal Relaxation

60 Min. 9500

A refined celebration of togetherness, Couple Royal Relaxation is thoughtfully designed to elevate special occasions into unforgettable moments of shared bliss. This indulgent experience features a luxurious couple's Balinese massage for two and also includes a relaxing dry head massage, creating a deeply soothing journey of relaxation, harmony, and connection. Inclusive of a 60-minute couple massage.

Couple Retreat

90 Min. 14500

A sublime ritual of togetherness, thoughtfully curated for couples seeking an indulgent escape into serenity. This luxurious experience begins with your choice of a Swedish or Balinese massage, allowing each guest to embrace the therapy best suited to their personal preference, followed by an invigorating full-body scrub. Together, these exquisite treatments gently exfoliate, deeply nourish, and beautifully rejuvenate the skin while melting away tension, leaving you both feeling exquisitely relaxed, radiant, and completely restored.

Ayurvedic Bliss

90 Min. 9500

A complete, luxurious ritual designed to rejuvenate the body, restore inner balance, and elevate overall well-being. The experience begins with the deeply calming flow of Shirodhara, gently soothing the mind and releasing accumulated stress, followed by a deeply relaxing Abhyangam, where warm herbal oils are rhythmically massaged into the body to nourish the skin, ease muscular tension, and revive vitality.

Ayurvedic Retreat

90 Min. 10500

A complete retreat designed to rejuvenate the body, mind, and soul in perfect harmony. This indulgent Ayurvedic ritual combines 45 minutes of traditional Abhyangam, a warm herbal oil massage that deeply nourishes and restores balance, with 45 minutes of invigorating Udwarthanam, a revitalizing herbal powder therapy that gently exfoliates, detoxifies, and stimulates circulation. This luxurious journey is crafted to promote deep relaxation, enhance vitality, and leave you feeling refreshed, renewed, and beautifully restored.

**AUTHENTIC
AYURVEDA**



Shiro Abhyangam

30 Min. 2500

Shiro Abhyangam (Ayurvedic Head Massage) is a deeply restorative ritual that focuses on the head, neck, and shoulders. Performed with warm, medicated Ayurvedic oils, this therapeutic massage combines soothing pressure with traditional Marma techniques to stimulate the body's vital energy pathways. The experience promotes profound relaxation, relieves stress and tension, enhances mental clarity, and restores harmony, leaving you feeling balanced, rejuvenated, and completely refreshed.

Udwarthanam

60 Min. 5250

Experience the revitalizing benefits of Udwarthanam, a luxurious Ayurvedic exfoliation and massage therapy performed with a carefully curated blend of herbal powders. Applied using invigorating upward strokes, this traditional treatment stimulates blood circulation, enhances lymphatic drainage, and helps relieve numbness and stiffness in the limbs. The gentle herbal exfoliation removes dead skin cells, leaving the skin smooth, toned, and naturally radiant. Renowned as Ayurveda's signature slimming therapy, Udwarthanam also supports body contouring by helping reduce the appearance of excess body fat while promoting detoxification and overall wellness.

Kizhi / Potli (Hot Herbal Compress)

60 Min. 6000

A deeply nourishing Ayurvedic therapy designed to ease discomfort in strained muscles and aching joints. Warm herbal poultices (boluses), infused with premium Ayurvedic herbs and dipped in medicated oils, are gently pressed over the affected areas using soothing rhythmic techniques. The penetrating warmth helps relieve back pain, muscle soreness, soft tissue inflammation, and joint stiffness while promoting deep relaxation, enhanced circulation, and overall rejuvenation.

Shirodhara

60 Min. 5250

Experience the profound tranquility of Shirodhara, one of Ayurveda's most cherished therapies. Warm medicated herbal oils or herbal infusions are gently and continuously poured onto the forehead from a suspended vessel in a soothing, rhythmic stream. This deeply calming ritual helps quiet the mind, relieve stress and tension, promote mental clarity, and restore inner balance. Revered for its therapeutic benefits, Shirodhara enhances overall well-being while leaving you feeling profoundly relaxed, refreshed, and rejuvenated.

Abhyangam

60 Min. 5500

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.

Shodhan Kriya

90 min 7500

A deeply relaxing Ayurvedic therapy combining a traditional Abhyangam massage with a Pichu treatment applied to the concerned area using warm medicated oils. This therapeutic ritual is designed to relieve stiffness, improve circulation, deeply nourish the body, and promote profound relaxation. Ideal for stress relief, muscle recovery, joint and back pain, neck stiffness, poor circulation, and overall wellness, it restores balance while encouraging the body's natural healing process.

**INTERNATIONAL
THERAPIES**



Slohh Touch

30 Min. 3750

Slohh Touch is a deeply stress-relieving massage focused on the head, neck, shoulders, upper back, or full legs, designed to enhance blood circulation and restore natural energy flow. This is not a full-body massage and does not include steam or shower facilities.

Swedish Massage

60 | 90Min. 4550 | 6250

Swedish massage is a deeply relaxing, medium-pressure therapy that works on the superficial layers of the muscles to gently release tension. It employs long, flowing, gliding strokes and is exceptionally beneficial in enhancing blood oxygen levels, reducing muscle toxins, and improving overall flexibility.

Balinese Massage

60 | 90 Min. 4750 | 6500

Balinese Massage is a full-body, medium-pressure holistic therapy that combines gentle stretches, acupressure, reflexology, and soothing massage techniques to stimulate circulation, ease muscular tension, and promote a profound sense of well-being, calm, and deep relaxation. The experience also includes a relaxing dry head massage, enhancing the therapeutic benefits and leaving you feeling completely refreshed, balanced, and restored.

Deep Tissue/ Sports Massage

60 | 90 Min. 5250 | 6500

Deep tissue massage therapy is an advanced, more intensive variation of Swedish massage, performed with firm, precise pressure. It works deeply into the muscles, ligaments, and tendons to effectively release chronic tension, ease stiffness, and restore natural mobility, leaving the body feeling realigned, relieved, and renewed.



HAMMAM RITUALS



Hamмам Therapy Ritual

Experience the timeless tradition of the Hammam, an ancient ritual of cleansing and purification. Performed in a soothing warm steam environment, this indulgent therapy deeply cleanses the body, detoxifies the skin, and promotes profound physical and mental relaxation.

The ritual begins with a gentle steam session to open the pores and prepare the body for deep cleansing. This is followed by the luxurious application of traditional neem soap, which softens and nourishes the skin. A vigorous exfoliation with a natural loofah gently removes dead skin cells while stimulating circulation and restoring vitality. The experience continues with a rich, velvety foam massage that envelops the body in clouds of silky lather, melting away muscular tension and calming the senses. To conclude this exquisite journey, a nourishing body mask or hydrating body lotion is applied, followed by a soothing massage with warm therapeutic oils, leaving the skin silky smooth, deeply hydrated, and radiantly rejuvenated.

Hibiscus Signature Hammam Ritual is available in following scale.

Steam, Cleanse, Exfoliation -	60mins	6000
Steam, Cleanse, Exfoliation, Wrap -	90mins	9000
Steam, Cleanse, Exfoliation, Wrap and Body massage - Recommended for Brides-to-Be, this exclusive ritual enhances natural radiance and prepares the skin for your most special day.	120mins	12000



Orange Scrub

30 Min. 3000

A completely natural body scrub crafted with orange powder, sandalwood, and a blend of other precious herbs, designed to gently exfoliate and deeply nourish the skin. It leaves the skin feeling fresh, smooth, moisturized, and exquisitely soft. This treatment is especially beneficial for oily skin, helping to refine and balance its natural texture.

Orange Wrap

45 Min. 3250

A natural body wrap infused with orange peel powder and a blend of herbal ingredients, designed to aid in the removal of toxins from the body. This indulgent treatment nourishes and gently tones the skin, leaving it feeling firmer and revitalized. It is especially beneficial for oily skin, helping to purify and balance its natural texture.

Coffee Scrub

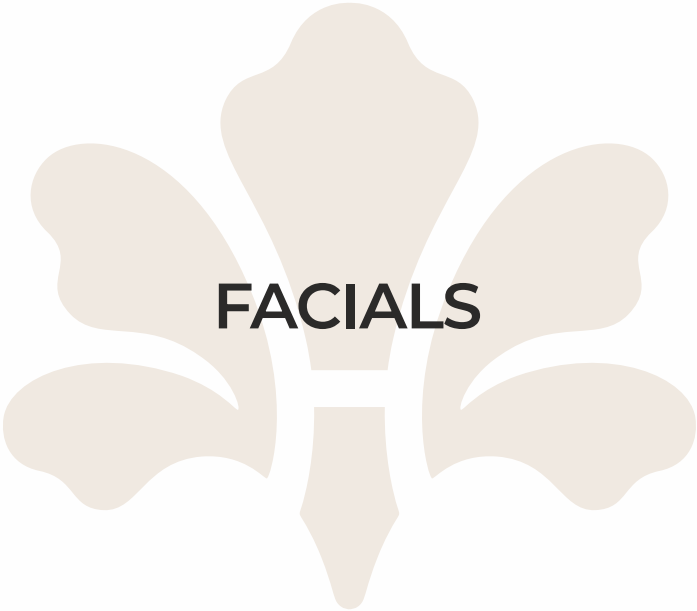
30 Min. 3000

This natural body scrub is designed to promote healthy skin and a radiant complexion. Enriched with brown rice and coffee, it gently exfoliates away dead skin cells, revealing skin that feels smooth, soft, and beautifully supple.

Brightening Body Polishing

105 Min. 7500

Body polishing is a luxurious, facial-like treatment for the body that deeply exfoliates, hydrates, and restores the skin's natural radiance, leaving it exquisitely smooth and luminous. The ritual includes full-body exfoliation, followed by a gentle, relaxing massage, and concludes with a deeply nourishing body wrap for complete skin rejuvenation.

A stylized, light beige flower logo with five petals, centered on the left side of the image. The word "FACIALS" is written in a bold, black, sans-serif font across the center of the flower.

FACIALS



Deep Cleansing

40 Min. 3250

Deep cleansing is an exfoliating treatment designed to gently remove dead skin cells and impurities, revealing a clearer and more refined complexion. The ritual includes thorough cleansing, followed by gentle exfoliation and a nourishing face pack, leaving the skin feeling fresh, pure, and revitalized. It is recommended for normal, non-problematic skin types.

Mukh Lavanya Facial

60 Min. 4950

This facial is specially designed for sensitive and acne-prone skin. Rooted in the ancient Indian philosophy of healing, it incorporates medicated Ayurvedic oils to restore balance and nurture the skin. The treatment offers a truly soothing, restorative, and luxurious experience, leaving the skin calm, nourished, and harmoniously renewed.

Radiance Facial

75 Min 5500

This brightening treatment restores a luminous, even-toned complexion by helping to reduce the appearance of dark spots and irregular pigmentation. It is specially recommended for uneven skin tone, sun-damaged skin, and areas of hyperpigmentation, revealing a more radiant and refined glow.

Kumkumadi Facial

60 Min. 4950

Gift yourself the luxury of nature with this indulgent detoxifying and brightening facial, crafted with specially formulated scrubs and the exquisite Kumkumadi oil for complete skin nourishment. This precious facial oil, enriched with twenty-five Ayurvedic herbs, is traditionally known to enhance skin tone, promote a natural radiance, reduce blemishes, and deeply hydrate the skin for a smooth, luminous glow.

Trouble Care Facial

75 Min 4950

Trouble Care Facial is designed to refine the complexion, reduce inflammation, and strengthen the skin's natural immunity, helping to prevent future irritation. It keeps the skin feeling fresh and purified for an extended duration. Recommended for oily, acne-prone, and problematic skin, it gently balances sensitivity and promotes a healthier, more harmonious complexion.

Lifting Treatment

75 Min. 5500

This specialized treatment utilizes advanced lifting serums to visibly reduce fine lines while working deep within the skin's lower layers. It also offers an added brightening effect, enhancing the complexion's natural radiance and leaving the skin smoother, firmer, and more luminous.



HANDS & FEET



Hastaveksha (Natural Hand Spa)

45 Min.

2500

Neem Hastaveksha is a luxurious, all-natural hand spa treatment from Ayana Ayurveda. This Ayurvedic ritual utilizes a gentle salt scrub to exfoliate the skin and aid in the removal of toxins. Enriched with nourishing neem oil, it deeply conditions the hands while also serving as a natural antifungal agent, leaving the skin soft, purified, and beautifully rejuvenated.

Padaveksha (Natural Foot Spa)

60 Min.

3250

Neem Padaveksha is a unique, all-natural Ayurvedic foot therapy rooted in the principles of Ayurveda. This therapeutic treatment not only deeply cleanses the feet but also helps address and prevent fungal infections and allergies. It gently removes dead skin while enhancing blood circulation, promoting overall foot health and vitality. Free from chemicals, this soothing ritual offers a truly restorative and luxurious experience for tired feet.

**MOMENTS OF
TOGETHERNESS**





Couple Wellness Escape

Price 27500

Escape into a world of relaxation, harmony, and togetherness with our exclusive Couple Wellness Escape. Thoughtfully designed to rejuvenate the body, calm the mind, and deepen your bond, this indulgent journey is perfect for shared moments of pure bliss.

Experience Includes:

Slohh Signature Massage — 90 Minutes

Revitalizing Facial Therapy — 60 Minutes

Curated Lunch for Two

One-Night Luxury Hotel Stay

Couple Wellness Retreat

Price 22500

A perfect escape for couples seeking relaxation. Reconnect, rejuvenate, and indulge in a day of wellness and serenity designed to refresh both body and mind.

Experience Includes:

Slohh Signature Massage — 90 Minutes

Revitalizing Facial Therapy — 60 Minutes

Curated Lunch for Two

**PRIVILEGE
MEMBERSHIPS**



Slohh Roselle Membership

3 Months. 30000

Rs. 40,000/- worth of services from the Salon/ Spa menu. Can be availed by a maximum of two people

****Validity- Three months.**

Slohh Ayurveda Membership

6 Months. 50000

Rs. 65,000/- worth of services from the Salon/ Spa menu, (Minimum Rs. 40,000/- worth of Ayurveda Services). Can be availed by a maximum of two people.

**** Validity- Six months.**

Slohh Membership

9 Months. 75000

Rs. 1,00,000/- worth of services from the Salon/ Spa menu, (Minimum Rs. 65,000/- worth of Spa Services). Can be availed by a maximum of two people.

**** Validity- Nine months.**

Slohh Family Membership

1 year 125000

Rs. 1,75,000/- worth of services from the Salon/ Spa menu, (Minimum Rs. 1,00,000/- worth of Spa Services). Can be availed by a maximum of four people.

**** Validity-One year.**

“Think Wellness, Think Hibiscus”

Founded in 2008, Hibiscus Wellness Global embarked on its journey as a premium spa and wellness brand, setting new benchmarks for luxury and excellence in the Indian wellness industry. Over the years, Hibiscus has evolved into a trusted name synonymous with integrity, innovation, and sustainable wellness practices. Our commitment to delivering exceptional wellness experiences has been recognized through numerous awards and accolades, reaffirming our position as a leading wellness management company.

At Hibiscus Wellness Global, we believe that wellness is not merely a service but a way of life. Through a strong culture of innovation and a holistic approach to well-being, we offer a comprehensive range of wellness solutions designed to nurture the mind, body, and spirit.

Today, Hibiscus Wellness operates across 18 locations throughout India in diverse formats, including luxury hotel spas, destination wedding resorts, corporate hotels, day spas, premium residential communities, and cruise ships. Our vision is to create and inspire a world of wellness where individuals can lead healthier, more meaningful lives through balanced and sustainable lifestyle choices.

Our Philosophy

Your well-being is at the heart of every decision we make. Every therapy, treatment, and product offered at Hibiscus is carefully curated to meet the highest standards of quality, safety, and effectiveness. Whether we work with internationally acclaimed wellness brands, traditional Ayurvedic therapies, or our own handcrafted natural formulations, our commitment remains unchanged—to provide authentic wellness experiences that deliver lasting results.

We take pride in empowering our guests with the freedom of choice. Whether you seek the immediate benefits of globally recognized wellness products or prefer the long-term advantages of natural and holistic therapies, Hibiscus supports your wellness journey every step of the way.

Natural Wellness Solutions

We believe that the human body possesses an extraordinary ability to heal itself when supported by nature. While natural therapies may not offer instant solutions, they provide sustainable and long-lasting benefits.

Our range of natural wellness treatments and products is developed around this philosophy. Every formulation undergoes rigorous evaluation for both its short-term effectiveness and long-term impact before becoming part of our wellness portfolio. We encourage our guests to embrace the healing power of nature and experience wellness in its purest form.

Hibiscus Wellness Global

Services Using Market-Leading Products

To complement our natural wellness offerings, Hibiscus Wellness has carefully selected a portfolio of internationally recognized and market-leading wellness brands. Our selection process is highly rigorous, ensuring that only products that align with our quality standards and wellness philosophy become part of the Hibiscus experience.

Rather than overwhelming guests with countless options, we focus on offering a curated selection of the very best products available. This approach enables our therapists to deliver consistent, effective treatments while ensuring that each product's unique philosophy and benefits are preserved.

When we say, we bring you the best, we truly mean it.

Our Commitment

At Hibiscus Wellness Global, wellness is more than a treatment—it is a lifelong journey. Through innovation, authenticity, and a passion for excellence, we continue to redefine wellness experiences across India and beyond.

We warmly welcome you to the world of true wellness.

Welcome to the World of Hibiscus Wellness Global.

“Think Wellness, Think 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.

100/6, Varthur Main Rd, Siddapura, Whitefield, Bengaluru, Karnataka 560066

Phone : 1800 843 8430/ +91 80 6934 5500 / Spa Extn : 5064

SLOHH
BY
ROACH


— SPA —
HIBISCUS