

*spa*  
menu

Araya, the serene spa, blends ancient Indian wisdom with a contemporary approach. It promises to pamper you with authentic Indian and relaxing international therapies. The dedicated therapists offer treatments that integrate an experience which leaves your body, mind, and soul rejuvenated at a deeper level.



# signature packages

## Couple's Retreat

Indulge in togetherness: Unwind with a Swedish massage and rejuvenating scrub, a tender, detoxifying, and nourishing experience for you both.

90 minutes

₹8,290

## Spa Sojourn

An enchanting retreat for couples that goes 'beyond the unusual'. Experience a soothing Balinese massage for couples, enhanced by a blissful ten-minute dry head massage.

60 minutes

₹5,390

## Spiritual Sojourn

A holistic ritual curated to invigorate the body and spirit. Commencing with an opulent Ancient Indian massage, transitions into deep relaxation with a soothing hot herbal compress, ensuring an experience of pure rejuvenation.

90 minutes

₹6,390

## Royal Indian Retreat

Experience a holistic retreat to revitalise your body, mind, and soul. This comprehensive package offers 45 minutes of Udwarthanam massage therapy, seamlessly followed by the serenity of an Ancient Indian massage, creating a harmonious journey of rejuvenation.

105 minutes

₹5,990

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



### Deep Tissue Massage

This massage targets deep layers of tissues, ligaments, and tendons to release muscle stiffness and ease chronic tension, restoring optimal muscle function.

60 | 90 minutes ₹4,290 | 5,390

### Balinese Massage

The Balinese massage works at a deeper level to soothe damaged tissues and relieve strained muscles and joint pain. The boost to your circulation will reduce stress and rebalance your body. This massage also incorporates acupressure and reflexology techniques along with the use of calming oils.

60 | 90 minutes ₹3,890 | 4,990

### Jet Lag Therapy

A soothing medium-pressure massage which targets surface muscles to relieve tension. Through gentle, sweeping motions, this treatment enhances blood oxygen levels, detoxifies muscles, and enhances flexibility. It's particularly effective in reducing muscle stress and relieving jet lag, offering a revitalising escape.

45 | 75 minutes ₹2,790 | 4,290

### Swedish-Thai Signature Massage

A fusion of Swedish and Thai techniques for ultimate relaxation and rejuvenation. It encompasses face, foot, and head massages, crafting a holistic journey that unwinds the body, mind, and spirit.

75 minutes ₹4,490

### Ancient Indian Massage

A nurturing massage that balances the doshas (problem spots) alleviates fatigue, boosts stamina, and promotes restful sleep. This treatment also enriches skin complexion and imparts a radiant, luminous glow.

60 minutes ₹4,290

### Indian Healing Massage

Experience the timeless Ayurvedic practice of Shirodhara, where medicated oil/decoctions are delicately poured on the forehead. This therapy alleviates pain, aids in various ailments, enhances concentration, stimulates hair growth, and is particularly effective for combating jet lag.

60 minutes ₹4,290

### Hot Herbal Compress

Immerse in the warmth of our hot herbal compress, invigorating the nervous system and offering relief from muscular ailments and insomnia. A remarkable remedy for pain management.

60 minutes ₹4,290



## express massages



### Kesh Abha

This natural hair treatment starts with a scalp massage using a hair-strengthening Ayurvedic oil to stimulate the roots followed by hair mask rich with herbs. This treatment nourishes the hair and gives strength.

60 minutes ₹2,770

### Soothing Back Massage

Experience the luxury of a quick-fix therapy. Our expert therapist helps to remove the strain from your most stressed body parts i.e. neck and shoulder by working on the pressure points and knots.

30 minutes ₹2,590

### Heel Peel Treatment

A foot care treatment to soften and heal dry and cracked feet as well as heels while rejuvenating tired feet.

60 minutes ₹2,590

### Muscle Fuel Foot Massage

If you have been dragging your feet around, it is time to jump on the healthy muscles and skin bandwagon. This therapy helps to alleviate muscle tension, increases blood circulation and aids metabolism. This results in happier, pampered feet and a rejuvenated mind.

30 minutes ₹1,990

### Foot Reflexology

Pressure point stress relieving massage, creating a state of deep relaxation. This treatment works well on the pressure points in the feet that correspond to the glands and organs of the body. These pressure points are stimulated to achieve balance and harmony in the functioning of the entire system.

45 minutes ₹1,990

### Indian Head Massage

This massage is a traditional form of healing and relaxing widely used in Asia to combat daily stress and balance the chakra. It uses several pressure and marma techniques that tap into your energy path and encourage healing and balance in the whole body.

30 minutes ₹1,690

### Whitening Facial

This is perfect for lightening the skin before a special occasion. The extract in this facial has a regenerating effect that improves skin texture, firmness and tone while repairing sun damage.

60 minutes ₹3,690

### Skin Solution Facial

The intensive anti-ageing clinical facial safely and rapidly resurfaces the skin, reduces fine lines and wrinkles, smoothens and softens the skin, and encourages cellular renewal.

60 minutes ₹3,690

### Men's Executive Facial

This anti-ageing facial renews skin tone and texture while reducing fine lines with an intense deep pore cleaning, wrinkle-reducing mask, ultra-hydrating under-eye therapy, and vitamin-rich skin renewal serum.

60 minutes ₹3,690

### Anti-Aging Facial

This specialised treatment uses lifting serums and creams to visibly reduce fine lines while targeting the deeper layers of the skin. It also imparts an additional skin-lightening effect, promoting a more radiant complexion.

60 minutes ₹3,690

### Kumkumadi Facial

A detoxifying and brightening facial treatment that uses a special scrub and magical Kumkumadi oil. This oil, with 25 Ayurvedic herbs, lightens skin tone, minimises blemishes, and provides deep hydration.

60 minutes ₹3,490

### Mukh Lavanya Facial

A curative therapy 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.

60 minutes ₹3,490



## scrubs, wraps & polishes



### Brightening Body Polishing

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.

105 minutes ₹4,890

### Udhwarthanam

It is a combination of exfoliation & massage therapy, administered using a specially prepared dry powder to improve blood circulation and treat numbness of the limbs. In Udhwarthanam, 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 while effectively reducing body fat. This is commonly known as the slimming massage.

60 minutes ₹3,390

### Rice Exfoliation

This scrub uses brown unpolished rice powder mixed with natural herbs that gently exfoliate the skin and leaves it soft and radiant. It helps remove sun tan and mild blemishes. Good for all skin types.

45 minutes ₹1,990

### Orange Scrub

This natural body scrub uses orange powder, sandalwood and other herbs that gently exfoliate and nourish the skin, leaving it fresh, smooth, moisturised and soft.

45 minutes ₹1,990

### Detoxifying Orange Wrap

This natural body wrap 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.

45 minutes ₹1,990

### Neem Healing Wrap

Help your skin heal with the benefits of time-tested Neem. A hydrating wrap with the medicinal values of Neem and natural clay formulated to reduce excess oil and counter the effect of dirt and dust. This wrap detoxifies, invigorates and reduces blemishes while leaving the skin clear and silky smooth. It is especially beneficial for sensitive and allergy-prone skin.

45 minutes ₹1,990

### Spa Ayurvedic Pedicure - Padveksha

Padveksha is a unique, completely natural "Ayana" ayurvedic treatment for feet. It deep cleanses, cures and helps fight fungal infections and allergies. It removes dead skin and increases blood circulation. This therapeutic procedure is chemical-free and a soothing treat for your feet.

105 minutes

₹1,990

### Spa Ayurvedic Manicure - Hastaveksha

Neem Hastaveksha is a natural hand spa from Ayana Ayurveda. This Ayurvedic remedy uses salt scrub to gently exfoliate and remove toxins. The neem oil nourishes the hands and also acts as a good fungal agent.

45 minutes

₹1,790

## *spa* manicure and pedicure



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



# *salon* menu

The salon offers a bouquet of essential services and indulgent treatments, including luminous bridal rituals. Elevate your beauty and relaxation experience with our expert stylists and therapists.



## Hair Cut For Women

Hair Wash And Cut ₹1,390

## Hair Styling For Women

Hair Wash And Tong Setting ₹2,190

Hair Wash And Ironing ₹1,990

Hair Wash And Blow Dry ₹1,390

Blow Dry ₹1,090

## Hair Colour For Women

Global Colour (Long) ₹9,990

Global Colour (Below Shoulder) ₹7,990

Highlights (Full Length) ₹7,990

Global Colour (Shoulder-length) ₹5,690

Highlights (Crown) ₹4,590

Natural Hair Colour (Henna-based) ₹2,790

Root Touch-up (Up To 1 Inch) ₹2,190

Fashion Colour (Per Streak) ₹1,090

## Hair Spa For Women

Long ₹5,190

Below Shoulder ₹3,990

Shoulder-length ₹2,890

Ayurvedic Hair Spa – Kesh Abha ₹2,790

## Hair Cut For Men

Hair Cut ₹490

Shave ₹290

Beard Trim ₹290

## Hair Colour For Men

Global ₹1,690

Natural Hair Colour (Henna Based) ₹1,690

## Hair Spa For Men

Ayurvedic Hair Spa – Kesh Abha ₹2,790

Hair Spa ₹2,290

## Hair Rebonding/keratin

Long ₹10,990

Below Shoulder ₹9,990

Shoulder-length ₹7,990

## Hand And Foot Care

Natural Manicure ₹1,990

Natural Pedicure ₹1,990



## salon services



### Spa Waxing

Full Body	₹4,090
Bikini	₹3,390
B Line	₹2,290
Full Legs	₹1,690
Arms	₹1,390
Half Legs	₹1,390
Back	₹1,190
Face	₹990
Underarms	₹390

### Threading

Full Face Threading	₹490
Eyebrows	₹190
Upper Lip	₹90
Forehead Chin	₹90
Sides	₹90

### Bleach

Full Body	₹3,090
Full Legs	₹1,090
Stomach	₹890
Full Hand	₹790
Half Legs	₹790
Face & Neck	₹690
Face	₹490
Back	₹490

### Massage

Pool Massage 1	₹490
Pool Massage 2	₹790
Pool Massage 3	₹1,090
skinora facial 75 min	₹3,690
Jacuzzi 30mins ( per person )	₹1,690

FOOT Massage 15min	₹990
Thai Massage - 60	₹5,390
Thai Massage - 75	₹5,690
Thai Massage - 90	₹5,990
Deep Muscle Therapy - 105	₹5,990
Vedic Lepam Kriya (Sun Soother) - 105	₹5,690
Instant Radiance Boost Facial - 30	₹2,190
Ultimate Relaxaton - 105	₹5,990

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

## *spa and salon etiquettes*

### **Reservations**

- Reservations are strongly recommended
- Please get in touch with the spa operator or Front Desk to schedule an appointment
- Rates are subject to change without any prior notification

### **Check-in**

- Please arrive 15 minutes before appointment to utilise the services effectively
- All appointments begin at the scheduled time
- If you arrive late, the session will be shortened accordingly to allow the therapist to be on time for the next appointment

### **Policies**

- In consideration of other guests, we request to keep your mobile(s) switched off
- Consumption of alcohol and smoking are not permitted in the premises

### **Special Needs**

At the time of making the reservation, please let the consultant know if you are pregnant, unwell, have high blood pressure, undergoing a medical treatment, or suffering from any allergies.

### **Clothing**

We provide you with a robe, disposable undergarments and slippers, and you shall be draped in a towel during the service.

