



SPA &
WELLNESS
SERVICES





AYURVEDIC
TREATMENTS



ABHYANGAM

60/90 minutes | USD 125/175

Abhyangam is a traditional Ayurvedic massage. Different oils are used for different individuals depending upon their body constitutions, seasons and ailments. Numerous benefits of Abhyangam include prevention of ageing, relief from fatigue, strengthening immunity, improving one's capacity to tolerating strain and exertion.

UDWARTHANAM

60 minutes | USD 140

This is a deep herbal powder massage that stimulates hair follicles and subcutaneous fat tissue to break down subcutaneous fat storage. This reduces blood cholesterol, obesity, skin problems, imparts mobility to the joints, strengthens muscles and refreshes the body. The most promising effect is the slimming of the body.

PATRA PINDA SWEDANA

60/90 minutes | USD 140/195

The body is subject to profusely release pain through the application of chopped, dried, bolus medicinal leaves; after dipping in advised medicated oils. This therapy is effective for various kinds of arthritis, spondylitis, back pain, sports injuries, sciatica, joint pains and soft tissue inflammations.

(Advance notice of 24 hrs is required for this treatment)

CHOORNA SWEDANA

60/90 minutes | USD 145/200

A full-body massage with oil will be performed, followed by full body application of a paste made of warmed herbal powder to induce therapeutic sweating. It is highly effective in relieving muscle pain and joint stiffness. It improves blood circulation, helps to eliminate toxins; alleviates rheumatism, arthritis and sports injuries.

SHASHTIKA PINDA SWEDANA

60/90 minutes | USD 180/245

Traditional medicinal rice (Navara) is boiled in a decoction of sida root and milk and is made into a bundle (kizhi). The bundle is dipped in a mixture of milk and medicinal decoction. It is then applied all over the body (below the neck). It is used in recovery period of injury and trauma, muscular waste, arthritis, general weakness, paralysis, pains related to joints and sore muscles.

SHIRO DHARA

60/90 minutes | USD 170/250

This unique treatment is done following a head, neck and shoulder massage. After the massage, the lukewarm oil is poured in a continuous stream on the forehead for 30 minutes. It slows down the ageing process, improves memory and is known to have a curative effect in insomnia, depression, anxiety, stress, hypertension and other neurological issues.

(For 90 minutes treatments, full body massage would be given).

THAKRADHARA

60/90 minutes | USD 140/195

This treatment is done following a head, neck and shoulder massage. In Thakradhara treatment, buttermilk processed with medicinal herbs is continuously streamed over the forehead for 30 minutes. It is effective in managing hypertension and sleeplessness. In addition, it treats issues such as premature graying of hair, migraine headaches, Alzheimer's, paralysis and depression.

(For 90 minutes treatments, full body massage would be given).

PIZHICHIL

60/90 minutes | USD 195/270

Warm medicated herbal oil is continuously poured all over the body (below the neck) after a body massage. Pizhichil is soothing and relaxing; relieving the body from pain and muscle spasms. This increases immunity and prolongs lifespan with its anti-aging properties. Rheumatic diseases, sexual weakness, toxins and nervous disorders are alleviated during Pizhichil.

DHANYAMLA DHARA

90 minutes | USD 130

Specially fermented medicinal preparation is warmed and poured over the body as a continuous stream, after a body massage. It is kept warm during the full course of the treatment procedure. The therapy is very effective in treating obesity, reducing inflammation, muscular pain and activating nerves. It is a remedy for paralysis and rheumatic complaints.

(Advance notice of 48 hrs is required for this treatment.)

PICHU

30 minutes | USD 60

This is a soothing treatment for relieving pain. A long, thick layer of cotton- wool soaked with warm medicated oil is applied over the affected area. The oil is replaced periodically to keep it warm and therapeutic. This is beneficial for combating chronic headaches, reducing insomnia, curing degenerative injuries, relieving spondylitis and alleviating back pain.

NASYAM

30 minutes | USD 60

This is one of the panchakarma treatments, in which medicated oil is instilled through both the nostrils. The procedure is preceded by a facial massage and fomentation. This is useful in the healing of cervical spondylitis, frozen shoulder, premature graying and loss of hair; headaches, migraine, rhinitis, and other nasal infections.

KATI VASTHI

60 minutes | USD 130

A dough ring is made with flour then placed on the lumbar, sacral spinal areas. The center of the ring is filled and continuously replenished with heated medicated oil. It allows for deeper penetration and relaxation of stiff muscles, spinal cord compressions, slipped disc and degenerative issues. The herbal oil serves to open channels and releases physical tension.

TANLEPANAM

90 minutes | USD 190

A treatment procedure similar to a body pack; in which medicated powder and medicated oil is mixed to make a paste. This herbal paste is applied all over the body after a gentle body massage. This is ideal for toning and pampering the skin to enhance complexion and radiance.

MUKHALEPANAM

60 minutes | USD 145

A facial treatment with natural herbal products is followed by a soothing head massage with medicated oil. Whilst the pack is on, you can choose to have a palm or foot massage instead of head massage. Removal of dead skin cells will provide a soothing and relaxing effect on your skin. It will help to restore the lost shine and glowing skin in a short span of time. This will also assist in the prevention of premature aging of skin.

WESTERN
TREATMENTS



SPORTS

60/90 minutes | USD 140/180

This deep tissue full pressure treatment focuses on the areas of injury or tension if you are recovering from an injury or the overuse of body muscles. It can improve muscle tone and release muscle spasms. This massage will keep you primed for your sport.

DEEP TISSUE

60/90 minutes | USD 140/180

Deep Tissue massage uses a blend of essential oils. Firm and steady pressure is applied to release muscles stiffness in the body which will give you increased range of motion and provide pain relief.

SWEDISH

60/90 minutes | USD 120/160

A deeply relaxing full-body oil massage using gentle flowing strokes. This massage improves blood circulation, deep relaxation and also improves sleep. Choose your personal favourite aromatherapy oils from the aroma bar.

THAI MASSAGE

60/90 minutes | USD 150/220

This is an authentic healing art and a unique form of body therapy, which includes yogic movements, stretching and acupressure. This technique helps effectively to release tension, increase flexibility and boost vitality.

HOT STONE

60/90 minutes | USD 130/180

A full-body aromatherapy relaxation massage, accompanied by warm volcanic stones placed on specific areas of the body. The heat from the stones penetrates deeply into the muscles nourishing and restoring the nervous system in a calming, balanced manner.

REFLEXOLOGY

60 minutes | USD 100

This treatment is focused on the feet, but addresses the entire body through the nerve connections on the soles of the feet. The treatment reduces anxiety, increases relaxation and improves organ function.

DETOX FACIAL

60 minutes | USD 145

A purifying treatment for oily and combination skins. Cleansing and exfoliation are followed by steaming and hot towel compressed to refine the pores. This uses drainage technique to improve circulation and help to eliminate toxins. Therapeutic strokes on pressure points ease tension and stress. A detox face pack is then applied to draw out harmful impurities, which refreshes and balances the skin for a fresh complexion.

BODY SCRUB

60 minutes | USD 170

A full-body exfoliation scrub; and a layering of richly nourishing products used in this treatment will leave the skin looking radiant and wonderfully smooth. Options of scrubs are available according to your liking.

BODY WRAP

60 minutes | USD 180

A finely reformed wrap to refine the pores and reveal fresh new skin. It eliminates toxins.

SPA & WELLNESS CENTRE ETIQUETTE

OPEN HOURS

10.00 am to 8.00 pm, the last appointment is at 6.30pm.

AGE LIMIT

Spa & Wellness Centre provides therapies and treatments for adults (18 years of age and above).

RESERVATION

Reservation for spa and wellness services can be made by contacting spa /resort reception.

CANCELLATION POLICY

Please note that cancellation charges apply as follows:

24 hours in advance: No charge

On same day: 50%

4 hours or less: 75%

No show: 100%

CONSUMPTION OF FOOD AND DRINKS

Please avoid consuming food at least an hour before a treatment. Avoid any consumption of alcohol on the day of your treatment. Drink plenty of water, especially in the event warm therapies such as the steam, sauna or thermal salt pool are preferred.

JEWELLERY AND VALUABLES

It is advised to leave these valuables in the safety locker in your villa or keep them in private locker located at the Spa and Wellness Centre.

ELECTRONIC DEVICES

Ensuring serenity and tranquility of healing therapies for all guests, electronic devices are not permitted in Spa and Wellness Centre.

SPA & WELLNESS CENTRE ETIQUETTE

PRIOR TO ARRIVAL

Guests are advised to take a shower to wash-off any sunscreen lotion applied previously. Male guests are advised to shave prior to any facial treatments to ensure maximum benefits.

ATTIRE

Guests are most welcome to avail spa and wellness services with minimal clothing; We do also provide disposable undergarments, bathrobes and bath towels. Guests who intend to use sauna, steam and thermal salt pool are requested to be in swim attire.

ARRIVAL

Please arrive 30 minutes prior to your therapy appointment time in order to fill your health assessment form, consult with in-house wellness expert to fine-tune your personalised therapy. Take a few minutes to soak yourself in thermal salt pool to avail maximum benefit of therapies that are to follow.

HEALTH CONSIDERATIONS

For your benefit, please fill the wellness consultation form and notify your specific health concerns. Personal consultations are offered to determine your specific needs and allow us to design your therapy experience. If you are wear contact lenses, please inform therapist before commencement of therapy.

LATE ARRIVALS

Out of respect for each guest's reservations, we are unable to provide therapy for late arrivals; full charges still apply.

