

# SPA VILLA

MIND.BODY.SOUL

TWIST & CURLS EXT: 1427 | THE SPA VILLA EXT: 1304

# Pamper Yourself

At Spa Villa, our goal is to help bring you back into balance naturally with treatments personalised to your needs. Through the heartfelt touch of our experienced therapists, our naturally active products and maximum guests input, we create a new dimension in nurturing and divine pampering rituals.

Surrender to the blissful Spa Villa experience and you'll see and feel the benefits in your appearance, your spirit and your over sense of well-being.



# Adding You In Yourself

Indulge in head-to-toe pampering with our luxurious spa treatments, specially created to promote the cleansing and rejuvenation of your body while inducing total mental and physical relaxation.

Choose from our selection of treatments that include: Massage, Reflexology, Facial masks

You may refer to our treatment menu for details or consult with our spa hosts.



# Spa Villa Massages

Spa villa offers Ayurveda and western - ancient healing techniques to rejuvenate, relax and harmonize the body and mind...

## Ayurveda Massages

### ABHYANGAM

*Experience the classical Ayurveda massage which balances the body elements with long relaxing strokes giving a feeling of lightness and relaxation.*

**Duration:** 60 mins | 90 mins

**Price:** INR 3500 | 4500

### REJUVENATION

*Rejuvenate your body with warm herbal oils all blended together to rejuvenate and nourish the mind, body and soul. A complete feeling of relaxation from head to toe.*

**Duration:** 60 mins | 90 mins

**Price:** INR 4000 | 5000

### SAMABHYANGAM

*A four hands massage. Two therapists will massage your body at the same time thereby giving you an experience to cherish. A complete balance of mind body and soul with the healing effect of warm herbal oils.*

**Duration:** 60 mins

**Price:** INR 6000

### MARMA MASSAGE

*Pressure point massage which invigorates the full body, promotes vitality and reduces muscle pain and stress.*

**Duration:** 60 mins | 90 mins

**Price:** INR 4500 | 5500



# Ayurveda Therapeutic Procedures

## SHIRODHARA + ABHYANGAM

*A traditional way to destress the mind and body with a warm continuous stream of oil dripping on the forehead, prior to which a full body massage is given.*

**Duration:** 60 mins

**Price:** INR 5000

## ONLY DHARA

**Duration:** 30 mins

**Price:** INR 3000

## KIZHI (SPICE POULTICE)

*A classical ayurvedic pain relief treatment for muscular and skeletal pain. A massage with ayurvedic herbal oils followed by a full body steam, which continues with a warm spice poultice massage to make you feel lighter and ease you from pain and stiffness.*

**Duration:** 60 mins

**Price:** INR 5000

## NAVRA KIZHI

*This is a highly effective anti ageing rejuvenation massage using a special type cooked rice in the form of poultice ties in muslin bags, and dipped into herbal warm milk, then skillfully massage by therapists all over the body.*

**Duration:** 60 mins

**Price:** INR 6000

## UDVARTANA

### (Weight Loss Massage)

*This is a specialized herbal treatment for weight reduction/cellulite reduction.*

**Duration:** 60 mins

**Price:** INR 4000

## KATI VASTI (BACK TREATMENT)

*Ease your back from aches and pains with a warm pool of medicated oils on your back. A classical remedy for all back and spinal problems.*

**Duration:** 45 mins

**Price:** INR 3000

## NASYAM (SINUS DETOX)

*Sinus detox is a special treatment in ayurveda wherein a face massage is given, in which all the sinus points are stimulated, and a facial steam is done to melt the toxins. Followed by herbal medicated nasal drops which brings out the toxins.*

**Duration:** 30 mins

**Price:** INR 1500

## JANU VASTI (Knee Pain)

*In this treatment, the knee is bathed in warm medicated oils. It promotes the strength of knee joint by improving blood circulation. Reduces pain in the knee joint and helps in curing osteo arthritis.*

**Duration:** 45 mins

**Price:** INR 2500

## PIZHICHIL (Oil Bath)

*Traditional ayurveda believes in balancing the body elements and strengthening the nerves with a warm soothing oil bath.*

**Duration:** 60 mins

**Price:** INR 6000



# Contemporary Massages

## SWEDISH MASSAGE

*The most common type of massage requested to reduce stress and increase relaxation, in which therapist uses oil.*

**Duration:** 60 mins | 90 mins

**Price:** INR 3900 | INR 4900

## BALINESE MASSAGE

*Originating from Bali, it is one of the ancient traditional massage techniques. It's a combination of Stretching and Acupressure massage into a single massage session to induce relaxation, to promote indulgence of body, and to drive away nervousness and anxiety.*

**Duration:** 60 mins | 90 mins

**Price:** INR 4999 | INR 5999

## AROMATHERAPY MASSAGE

*Aromatherapy massage is done with aromatic volatile plant oils which have an effect on the psychological and physical wellbeing of an individual.*

**Duration:** 60 mins | 90 mins

**Price:** INR 3900 | INR 4900

## DEEP TISSUE MASSAGE

*Deep tissue massage is a type of massage therapy that focuses on realigning deeper layers of muscles and connective tissue. Useful in chronically tense and stiff necks, low back tightness and sore muscles. The pressure is deeper.*

**Duration:** 60 mins | 90 mins

**Price:** INR 4999 | INR 5999

# Short Therapies

## EXPRESS MASSAGE

*(Head & Foot Massage)*

**Duration:** 30 mins | 45 mins

**Price:** INR 2000 | INR 2800

## FOOT MASSAGE

**Duration:** 30 mins | 45 mins

**Price:** INR 1500 | INR 2000

## FOOT REFLEXOLOGY

**Duration:** 30 mins | 45 mins

**Price:** INR 1800 | INR 2500

## LEG MASSAGE

**Duration:** 30 mins | 45 mins

**Price:** INR 2000 | INR 3000

## INDIAN HEAD MASSAGE

**Duration:** 30 mins | 45 mins

**Price:** INR 1200 | INR 1600

## INTENSE BACK MASSAGE

**Duration:** 30 mins | 45 mins

**Price:** INR 1500 | INR 2000

## HEAD NECK SHOULDER MASSAGE

**Duration:** 30 mins | 45 mins

**Price:** INR 1500 | INR 2000

## Others

Price (INR)

SAUNA (10-15 mins) 500

STEAM (10-15 mins) 500

YOGA (60 mins) 1500

GYM USE FOR NR GUEST 1500

(60 mins)



# Body Scrubs & Wraps

## SUGAR SALT & LEMON SCRUB

*A sure solution to get rid of tanned skin making the skin soft and glowing.*

**Duration:** 30 mins

**Price:** INR 3500

## HERBAL SCRUB

*An aromatic scrub, combination of grated coconut, rice flour, lemon, honey and turmeric. Leaving the skin baby soft with a rich glow.*

**Duration:** 30 mins

**Price:** INR 3500

## SALT SCRUB

*A salt scrub makes your skin feel nice, relaxing and soothing. Good for oily skin.*

**Duration:** 30 mins

**Price:** INR 3500

## COFFEE SCRUB

*This scrub will help you polish your skin and remove the dead cells.*

**Duration:** 30 mins

**Price:** INR 3500

## AYURVEDIC BODY WRAP

*A combination of Ayurvedic aromatic herbs mixed with honey applied on the body and wrapped to enable skin tightening and detoxification.*

**Duration:** 45 mins

**Price:** INR 4000

## ALOE VERA BODY WRAP

*A ready body pack which is soothing and cooling on your skin after a sun exposure*

**Duration:** 45 mins

**Price:** INR 3000

# Face Treatments

Price (INR)

FACIAL

4000

FACE CLEAN UP

1800

# Spa Packages

## COUPLE MASSAGE

*Whether you are on a romantic getaway or simply treating yourself to an indulgent spa session, a couple massage is a great way to relax and rejuvenate both you and your loved one. Despite the suggestive name, couple's massages aren't just for couples but friends and family members can also enjoy the blissful experience together. Steam - 10 mins, Face Clean Up - 15 mins, Massage - 60 mins*

**Duration:** 85 mins

**Price:** INR 8500

## BODY POLISH

*A body polish - which is truly a skin exfoliation technique - is designed to invigorate and rejuvenate your skin, remove dead cells revealing a layer of shiny, soft, moisturized skin underneath. Offered almost universally by all spas, body polish combines elements of massage and body scrub in a unique treatment designed to stimulate your body and cleanse your skin.*

**Duration:** 2 Hrs

**Price:** INR 6000



# Twist & Curls

## Facial

	Price (INR)
AYURVEDIC FACIAL	4000
ANTI AGEING FACIAL	3500
GOLD FACIAL	3000
FRUIT FACIAL	3500
SKIN TIGHTENING FACIAL	4000
ONLY FACE MASK	1000
FACE CLEAN-UP	1800

## Massage

	Price (INR)
HEAD MASSAGE	1200
FACE MASSAGE	1800
HAIR SPA	2500

## Waxing

	Price (INR)
HALF LEGS	1000
FULL LEGS	1500
HANDS	1000
UNDERARMS	500
FULL BACK	2000
FULL BODY	5000

## Threading

	Price (INR)
EYEBROWS	200
UPPER LIPS	150
CHIN	100
SIDE LOCKS	200
FULL FACE	800

## Bleaching

	Price (INR)
FACE BLEACH	1000
ARMS	1500
LEGS	1500
FULL BODY	5000

## Nail Care

	Price (INR)
PEDICURE WITHOUT POLISH	1800
PEDICURE WITH POLISH	2000
ROYAL PEDICURE	2500
<i>It includes foot massage, scrub foot mask and polish</i>	
MANICURE WITHOUT POLISH	1500
MANICURE WITH POLISH	1800
FRENCH MANICURE	2000
REVERNISH	500
NAIL CUT & FILE	1000



## Hair Cuts & Blow Dry

	Price (INR)
HAIR CUT MEN/WOMEN	600/1500
SHAVING	500
HAIR WASH	600
BLOW DRY	1300
HAIR STYLE	1500
ROLLER SETTING OR CURLS	2000
IRONING	2000
SHAMPOO & BLOW DRY	1800

## Hair Colour

	Price (INR)
HAIR COLOUR (SHORT HAIR )	2500
HAIR COLOUR (MEDIUM HAIR)	3500
HAIR COLOUR ( LONG HAIR)	5000
HAIR COLOUR APPLICATION	1500
ROOT TOUCH-UP	2000
HEENA TREATMENTS	2000

## Beauty

	Price (INR)
MAC MAKE UP	4000
MAKE UP	2500
ONLY EYE MAKE UP	1000
SAREE DRAPING	800
ARABIC MEHENDI	2000
<i>Both the hands</i>	
INDIAN MEHENDI	5000
<i>Both the hands</i>	

## Twist & Curls Package

### SPECIAL PACKAGE (ANY 6 SERVICES)

*Manicure /Pedicure  
Facial, Head Massage,  
Eyebrow Threading , Shampoo &  
Blow Dry, Hair cut & Back Massage*

**Price:** INR 8000

### Awesome Twosome

*2 Manicure/Pedicure  
2 Facials  
2 Head Massages*

**Price:** INR 8000



# Spa / Salon

## Cancellation Policies

*Cancellations made within 4 hours will incur a 50% fee.  
Cancellations made in less than 4 hours will incur a 100% fee*

### **Reservation**

*We advise our valuable guest to reserve your appointment slot in advance as to avoid disappointment. Kindly contact spa reception on 1304 and salon reception at 1427*

### **Clothing**

*At Spavilla we do provide with bathrobes, disposable underwears etc. Disposable underwear must be worn by all guest during the therapy hours in the room.*

### **Policies**

*Please ensure that your mobile phones are switched off or kept on silent mode as to ensure silence and serenity at the spa premises (Kids Free Zone)  
Alcohol and smoking are not permitted.*

### **Check In**

*Kindly ensure that you arrive 10 minutes prior to your appointment timings, as to avail the entire benefits of the therapy. If you arrive late the appointment will be shortened as the therapist needs to prepare for the next session.*



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For more information please call us at 9689999886

\*Taxes as applicable