

Ayurveda Kerala Wellness SPA





DEEP TISSUE MASSAGE
(60 Min. 3000/- & 90 Min. 3500/-)

Deep Tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints)

FACIAL (45 Min. 1500/-)

The facial is a unique combination of 24 carat gold. Aloe Vera, Wheat gram oil and sandalwood. The Beneficial of gold on skin have been well known since the ancient time of Cleopatra. Some even believe that Queen Cleopatra used to wear on a gold mask while sleeping to maintain her beauty. The skin care benefits of gold have also been recognized in Ayurveda.



AROMA THERAPY MASSAGE
(60 Min. 2000/- & 90 Min. 2500/-)

Enjoy the dual benefits of a body massage and aromatherapy. A soothing body massage involving the use of long kneading strokes over your body. The aroma from the essential aromatic oils will stimulates your mind and eases the mental stress. Experience a feeling of absolute relaxation and wellness.

SWEDISH MASSAGE
(60 Min. 2000/- & 90 Min. 2500/-)

A relaxing and soothing body massage which uses one of the oldest and effective massage techniques. Our therapist will use various traditional, long kneading strokes over your body. A light to medium pressure is applied, which relaxes muscle tension and improves blood circulation.



BALINESE MASSAGE
(60 Min. 2000/- & 90 Min. 2500/-)

A balinese massage works deeply to soothe damaged tissue and relieve strained muscles and joint pains. Massage is a rigorous and luxurious spa treatment and a great one to choose if you want to experience a variety of massage techniques, relax and feel spiritually renewed at the same time



COUPLE REGAL ESCAPE (60 Min. 4000/- & 90 Min. 5000/-)

Two Therapists perform a romantic, candle-light sensual massage, using evocative oils to set the mood. Performed using specially-blended the nervous system, warm and relax muscle tissue and promote the growth of healthy, new skin cells, ultimately resulting in relaxation and suppleness of the skin.

IMPERIAL EXTRAVAGANCE (180 Min. 5000/-)

Drench is the ultimate spa extravagance, featuring rich, healing and luxurious products. Starting with a full-body organic cream exfoliation and hydrating mask. Then remove the daily stress and tension from the body, during our massage with a customized blend of natural oils and aromatherapy. Followed by a refreshing Head Massage and SPA Facial.

Full Body Massage + Full Body Wrap and Scrub + Head Massage + Spa Facial



BODY EXFOLIATION & POLISHING

ORIENTAL EXOTICA FRUIT SCRUB & WRAP (60 Min. 2500/-)

Discover holistic indulgence with an all natural spa experience which pampers you and the environment at the same time, with the goodness of fruit exfoliates which softness, clear and purify the pores.



IRISH CHOCOLATE SCRUB & WRAP (60 Min. 2800/-)

The chocolate wrap consists of three parts. First, your body is exfoliated using a COCOA bean and sweet almond oil scrub. Next, your which help draw impurities from the body, finally, a chocolate cream is applied using relaxing massage technique.

SHORT THERAPIES

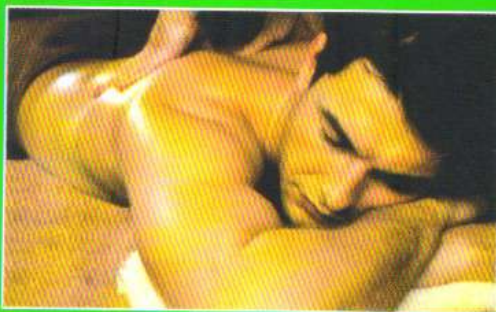


INDIAN HEAD MASSAGE (CHAMPI) (20 Min. 800/-)

This luxuriant hair invigorating treatment is believed to promote hair growth, restore the natural sheen and glossiness of the hair fibre. Our signature blend of traditional ingredients are known to propagate long lasting and enriching benefits.

FOOT REFLEXOLOGY (20 Min. 800/-)

An ancient healing (acupressure) therapy that is as blissful as it is beneficial, reflexology works on the principle that all body organs are connected to reflex points in the feet via constantly flowing energy channels.



STRESS BUSTER (30 Min. 1500/-)

A de-stressing massage focusing on the Neck, Shoulder, Arms and Back. Helpful in easing aches, jet lag and stress.

CLASSIC STREAM BATH (20 Min. 500/-)

Just relax in our Stream Chamber and come out completely rejuvenated. Improves skin texture, helps in de-tox, improves general health.





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Face Beauty

- | | |
|------------------------|------------------|
| 1. Pedicure | (45 Min. 1000/-) |
| 2. Manicure | (45 Min. 1000/-) |
| 3. Bridal Make-up | (15000/-) |
| 4. Light Party Make-up | (10000/-) |

Soothe your mind
Shape your body
Lift your spirit

*He who lives in harmony with himself,
lives in harmony with the world.*

Embark on a luxurious journey of rejuvenation with 5 Elements Spa. Get pampered with an array of treatment and rituals that are inspired by over 5000 years of traditions.

Ayurveda Kerala Wellness Spa offers guests an unparalleled experience in an environment of luxury and pampering. Guests can look forward to discovering holistic natural therapy, a combination of Oriental and Western Traditional Spa Treatments.

Sessions at Spa offer relaxation and rejuvenation to create a balance between the body and mind.



SPA ETIQUETTE

RESERVATION

Please contact Spa or Reception to place request for therapy. Advance reservations are recommended.

CHECK-IN

Please arrive 15 minutes prior to your appointment to ensure we can start on time and you can avail all our facilities. Appointments will begin promptly on schedule. In case of delayed arrival, we would need to reduce therapy time to manage other appointment.

POLICIES

In consideration of other guest, we ask that cell phones are turned off. Alcohol and smoking are not permitted.

SPECIAL NEEDS

Please advise upon booking of any allergies, ailment or disabilities, especially if you have high blood pressure or you are pregnant.

CLOTHING

We provide you with a robe, disposable undergarment & slippers, you are draped during your massage.

CANCELLATION POLICY

Cancellations and changes for treatments are accepted up to four hours prior to appointment without incurring a charge. Without this notification, you are charged in full.

TAX POLICY

Govt taxes extra as applicable.

Ayurveda Kerala Wellness SPA

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