



### Body Polishing / Udvartana Paste Massage

60 min - Rs 2000 +

Dosha specific herbal paste is used for a deeply penetrating lymphatic massage. All sides of your body will be scrubbed with the paste. This relaxing treatment will exfoliate and condition your skin. The deep cleansing action expels the lymphatic toxins out of the body. You may follow this treatment with a nourishing Shiro-Dhara or an energizing Swedana.

### BODY WRAPS



### Chocolate body wrap

30 min - Rs 900 +

A full body treatment that uses the benefits of chocolate that hydrates your skin making it smooth and supple. The aroma of chocolate not only soothes the body but also soothes your mind.



### Herbal body wrap

30 min - Rs 1000 +

Treat yourself to the experience of the Art of the Herbal Wrap for body contouring, inch loss, skin and relaxation therapy.



### Steam Swedana

20 min - Rs 200 +

Massage with warm herbal oil is usually followed by herbal steam bath. During Swedana, only the body below neck is heated to remove toxins lodged deeply within the tissues. Your head and neck areas are not exposed to steam. This treatment rejuvenates and clears the body and mind.

### EXOTICARE HAIR SPA



### SILK SPA - FOR FRIZZY HAIR

50 MIN - RS. 1500/-

### VITALIZING SPA - FOR DRY / DAMAGED HAIR

50 MIN - RS. 1500/-

### COLOR SHINE SPA - FOR COLORED HAIR

50 MIN - RS. 1500/-

### ROOT-BOOSTER SPA - FOR ANTI HAIR FALL

50 MIN - RS. 1500/-

### SCALP CLEAN SPA - FOR ANTI DANDRUFF

50 MIN - RS. 1500/-



ISO 9001:2008

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# ZARNA SPA



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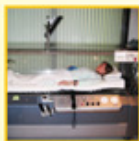
### AROMA THERAPY



### Dr. Fish Spa

20 min - Rs 200+

Dr. Fish / GarraRufa Spa Therapy is a natural form of exfoliation and relaxation treatment that has been offered with amazing results in Turkey and other parts of Europe and the Far East for hundreds of years.



### Oxygen bar

60 min - Rs 1500 +

oxygen therapy involves breathing pure oxygen in a pressurized room. oxygen therapy is a well-established treatment for decompression sickness. Other conditions treated with oxygen therapy include serious infections, bubbles of air in your blood vessels, and wounds that won't heal as a result of diabetes or radiation injury. oxygen therapy room, the air pressure is raised up to two times higher than normal air pressure. Under these conditions, your lungs can gather up to three times more oxygen than would be possible breathing pure oxygen at normal air pressure. Your blood carries this oxygen throughout your body, stimulating the release of substances called growth factors and stem cells, which promote healing.

### Foot & Hand Spa

### Ayurvedic Hand Care

30 min - Rs 500+

(Kara Shubakari)

Defy the ravages of time with an intensive exfoliating and rehydrating treatment for the hands. Our luxury Ayurvedic hand care is designed to remove dead skin cells and reveal fresh and healthy skin.

### Ayurvedic Foot Care

30 min - Rs 500 +

(PadaShubakari)

This luxurious pedicure includes cuticle caring, foot soaking in luxurious coconut milk bath, exfoliating ayurvedic scrub, relaxing therapeutic foot & leg massage with warm Ayurvedic oil and application of nourishing foot mask to finish.



### AROMA MASSAGE

ACHES & PAINS : 60 min Rs 1500+

ANXIETY RELEASE : 60 min Rs 1500+

Aroma Therapy uses fragrant oils extracted from herbs, flowers and fruits to naturally enhance the benefits of massage. Before each session begins, you can choose one of unique oil blends to be used in your massage lotion.



### Hot Stone Massage

90 min - Rs 2500+

Hot stone massage is a speciality massage where the therapist uses smooth, heated stones, either as an extension of their own hands, or by placing them on the body while they massage other parts of the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply



### Champi Head Massage

40 min - Rs 600+

This traditional Indian Scalp and Neck Massage is a wonderful and relaxing Ayurvedic treatment that has been practiced for thousands of years. You can choose to sit in a chair or relax in a heated bed as warmed organic, dosha specific oils are gently massaged into your neck, shoulders and scalp. This is not only 1 hour of pure relaxation but is beneficial to healing your mind, body



### Swedish Deep Tissue Massage

60 min - Rs 1500+

Using a combination of firm pressure and friction, the treatment is aimed at stimulating and releasing trigger points deep within the muscular structure. This is a highly invigorating treatment to alleviate chronic conditions.

### AYURVEDIC SPA



### Shirodhara

60 min - Rs 1000+

If you feel that life is too fast and constantly draining you of your energy causing anxiety, exhaustion and fatigue, then this is the perfect antidote. 'Dosha' specific oil continuously flows onto the 'third eye' bringing tranquility and clarity. An amazing treatment.



### Abhyanga Oil Massage

60 min - Rs 1500 +

The Abhyanga is a full body friction massage. The Ayurvedic herbal body oil is customized to your dosha and will penetrate deep into the tissues to loosen accumulated toxins. This deeply relaxing treatment will also mobilize joints, enhance tissue suppleness, nourish your nervous system and alleviate stress. This massage will be followed by a hot towel treatment.

### Shiroabhyang

60 min - Rs 2000+

A blend of shirodhara and abhyang.....

### KIZHIS - BOLUS (POTLI) BAG MESSAGES

The entire body is massaged with a warm muslin bag containing Dosha specific products from organic herbs. **Rejuvenation** - using B-vitamin powerful grains, which help to slow down the aging process.



### Detoxification (Potli)

60 min - Rs 2000+

using powdered herbs to relieve the congestion of the skin and to allow excess sweating and evacuation of toxins naturally.



### Panacea (Potli)

60 min - Rs 2000 +

for pain using a blend of medicinal leaves to improve circulation. Beneficial in nerve cramps, tingling of the limbs, and Reynaud's disease.

