

PRICES

<u>TREATMENT</u>	<u>DURATION</u>	<u>PRICES</u>
<u>SIGNATURE TREATMENTS</u>		
Sattvica	2 hrs	7000
Tejas	2 hrs	7000
Tarunya	2 hrs	7000
Pavani	2 hrs	7000
<u>INDIAN THERAPIES</u>		
Indian Aromatherapy	60 mins	4000
Indian Aromatherapy	90 mins	5800
Ananda treatment	60 mins	4000
Ananda treatment	90 mins	5800
Ventoz	90 mins	5800
Healing	60 mins	3700
Healing	30 mins	2000
Champi Indian head massage	45 mins	3000
Pada Abhyangam	30 mins	2000
Pada Abhyangam	60 mins	3500
30 Minutes back Massage	30 mins	2800
45 Massage	45 mins	3500
<u>AYURVEDA</u>		
Consultation outside guests	30 mins	1700
Abhyanga with snana	90 mins	5800
Abhyanga with steam	1 hr 45 mins	7000
Udvaartana	75 mins	5800
Mukhlepa	60 mins	4000
Dincharya	2 hrs	7000
Kati Basti	45 mins	2400
Pichu	30 mins	2000
<u>BEAUTY</u>		
Prabha complete facial	90 mins	5000

Prices are in rupees and are subject to applicable government taxes 15%

BEAUTY

Deep cleansing facial	60 mins	4000
Nourishing facial	60 mins	4000
Soothing Facial	60 mins	4000
Spa energising facial	30 mins	3000
Manicure	60 mins	1800
Pedicure	75 mins	2400

BATH SCRUB AND WRAP

Bath	30 mins	2000
Scrub	30 mins	2000
Wrap	30 mins	2000
Scrub and wrap	60 mins	4000
Bath scrub and wrap	90 mins	5800

YOGA

Gentle yoga	90/60 mins	2200/1600
Intermediate yoga	90/60 mins	2200/1600
Advance yoga	90/60 mins	2200/1600
Pranayama session	60 mins	1600

MEDITATION

Kaya sthairyam (mindfulness with the body)	60 mins	1600
Antar Mauna (analytical meditation)	60 mins	1600
Ajapa Japa (meditation on breath awareness)	60 mins	1600
Trataka (candle light meditation)	45 mins	1400
Yoga Nidra (deep relaxation technique)	60 mins	1600

CLEANSING PROCESSES

Jala Neti (nasal cleansing)	45 mins	1100
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SPA EXPERIENCES

Sundri	3 hrs	10500
Sukha	3.30 hrs	11000

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SPA EXPERIENCES

Amruth	2 hrs	12500
Dev Nidra	90 mins	5200
Dev Nidra for two	90 mins	10000

WAXING

Waxing back		1500
Bikini		1000
Full leg		1500
Half leg		1200
Under arm		800
Upper lip		600
Arms		1100
Eyebrow shaping		600
Eyebrow & upperlip		800

HAIR & STYLING***Men***

Wash and hair cut, blowdry		1000
Hair colour global		2000
Hair colour highlights		1800

Women

Wash hair cut, blowdry		1800
Wash and blowdry		1500
Hair colour global		2000
Hair colour root		1500
Hair colour highlights		1800
Wash, blowdry, styling		2000
Wash, cut, blowdry, styling		2400
Hair treatment for dry hairs		1200

PERSONAL TRAINING

1 session	60 mins	1400
2 session	3 X 60 mins	4000
3 session	5 X 60 mins	6000

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