



ARAMNESS

GIR NATIONAL PARK

# WELLNESS MENU



## DISCOVER A SANCTUARY OF SERENITY WHERE ANCIENT WISDOM MEETS MODERN LUXURY

At Aramness, wellness is more than a treatment—it's a transformative journey. Nestled within the natural splendour of Gir's wilderness, our sanctuary offers a harmonious blend of traditional healing practices and contemporary therapies. Each experience is thoughtfully curated to restore balance to your body, mind, and spirit.







We believe true wellness emerges when you reconnect with nature, rediscover yourself, and realign with your inner rhythm. Our expert practitioners guide you through personalized journeys that honour ancient traditions while embracing modern innovations.



## TRANSFORMATIVE PROGRAMS

### WILDERNESS AWAKENING

*A gentle initiation into holistic well-being*

This 3-day introductory journey awakens your senses to the transformative power of holistic wellness while surrounded by the pristine beauty of Gir. Experience a thoughtfully curated selection of treatments that provide a taste of ancient wisdom and modern therapeutic approaches.

INCLUSIONS	DURATION/MINUTES
One signature Ayurvedic treatment (Abhyanga with Shirodhara/Pottli)	90
Revitalizing Spa or Naturopathy treatment	60
Private yoga session	60
Arrival consultation with resident doctor	

TOTAL DURATION: 3 DAYS  
(ONE TREATMENT PER DAY)

### WILDERNESS PURIFICATION (DETOX)

*Release, renew, and reclaim vital energy*

This profound cleansing journey offers a complete system reset, eliminating accumulated toxins while restoring your body's natural balance and vitality.

INCLUSIONS	DURATION/MINUTES
Deep cleansing therapy (Ancient yogic intestinal cleanse/2 traditional Ayurvedic enema therapy)	60
Dual Ayurvedic purification treatments (Pottli/invigorating Udwarthana)	60
Pair of targeted Accupuncture sessions	60
Two private mind-body practices (Yoga/Meditation/Pranayama)	60
Personalized Spa therapy (Deep tissue/Swedish/Body scrub and wrap)	60
Two consciousness-expanding treatments (Shirodhara/Sound Healing)	60
Arrival & departure consultation with resident doctor	

TOTAL DURATION: 5 DAYS  
(TWO TREATMENTS PER DAY+INCLUDES WELLNESS MEALS)

## SERENITY IMMERSION

*Transcend stress, rediscover peace*

In today's demanding world, constant stimulation depletes our vital energy and clouds our inner clarity. This specialized journey focuses on releasing accumulated tension, rebalancing the nervous system, and restoring harmony to both body and mind.

### INCLUSIONS

Abhyanga with mind-calming  
Shirodhara

### DURATION/MINUTES

90

Therapeutic body massage (Deep  
tissue/Swedish)

60

Private session of  
Yoga/Pranayama/Sound Healing

60

Arrival consultation with resident doctor

TOTAL DURATION: 3-5 DAYS

(ONE TREATMENT PER DAY)

## AYURVEDIC RENAISSANCE

*Ancient wisdom for modern transformation*

Immerse yourself in one of the most profound healing traditions with this comprehensive rejuvenation journey. Drawing on millennia-old Ayurvedic practices, this program restores balance to your unique constitution, enhances vital energy, and promotes deep healing at all levels of your being.

### INCLUSIONS

Pair of therapeutic Shirodhara sessions

60

Dual Ayurvedic Pottli therapies

60

Three traditional Abhyanga treatments  
with detoxifying steam

60

Two specialized Ayurvedic therapies  
(Vasthy and Nayam)

60

Rejuvenating facial

60

Arrival & departure consultation with  
resident doctor

TOTAL DURATION: 5 DAYS

(TWO TREATMENTS PER DAY+INCLUDES WELLNESS MEALS)







## ENHANCING YOUR WELLNESS JOURNEY

To complement your wellness experience, we offer daily group yoga and meditation sessions alongside wellness cuisine sessions that deepen your immersion into holistic living. Each program can be tailored to your unique needs through consultation with our wellness experts.





Our approach integrates the healing power of Gir's wilderness with ancient therapeutic traditions, creating a sanctuary where transformation occurs naturally. Experience the profound serenity that emerges when expert care meets untamed beauty.

## HOLISTIC TREATMENTS

### AYURVEDA

#### ABHYANGA

60 MINUTES/INR 7,500 | 90 MINUTES/INR 8,500

A therapeutic oil-based Ayurvedic massage designed to restore energetic balance. Your therapist will use firm pressure to work on your vital points and alignments.

#### UDWARTHANAM

60 MINUTES/INR 8,000

This stimulating ritual involves vigorously rubbing herbal powder in circular strokes across the body to generate heat. Following herbal oil application, it removes dead cells, reduces subcutaneous fat, and improves lymphatic circulation.

#### ABHYANGA WITH CHOORNA SWEDANA

60 MINUTES/INR 7,500

Following abhyanga, swedana (hot fomentation) treatment uses bundles of herbal powder with therapeutic quality oil applied dry over specific body parts. The bundles are dabbed with consistent pressure and speed. It improves lymphatic circulation, supports detoxification, and benefits joint health.

#### SHIRODHARA

60 MINUTES/INR 9,000

A mind-relaxing treatment begins with traditional Ayurvedic head and shoulder massage, followed by a gentle and continuous flow of medicated oil poured from the forehead through the scalp.

#### SHIRO ABHYANGA

30 MINUTES/INR 4,000

A mind-lifting massage focusing on your head, neck, and shoulders using firm hand pressure to improve energy channels and revitalize your upper body and mind.

#### MATRA VASTHY

30 MINUTES/INR 4,000 (FOR 2 SESSIONS)

A cleansing treatment using an enema syringe with medicated oil or ghee.

#### PADA ABHYANGA

30 MINUTES/INR 4,000

A grounding foot massage to relieve tension in the foot and lower leg, calming the mind, easing fatigue, and improving sleep.



## AYURVEDA

### NASYAM

45 MINUTES/INR 4,000 (FOR 2 SESSIONS)

Following a soothing shiro abhyanga and face steam, our therapist will instill drops of herbal oil extract into both nostrils, which helps cleanse the nasal tract and prevent diseases.

### ABHYANGA WITH SHIRODHARA

90 MINUTES/INR 12,000

A 60-minute Ayurvedic full-body massage with herbal oils followed by a 30-minute relaxing shirodhara session. This combination provides complete relaxation for body and mind.

### ABHYANGA WITH VASHPA SWEDANA

75 MINUTES/INR 7,500

A therapeutic oil-based Ayurvedic massage designed to restore energetic balance. Your therapist will use firm pressure on vital points and alignments, followed by a steam bath.

## SPA

### SWEDISH MASSAGE

60 MINUTES/INR 7,000 | 90 MINUTES/INR 8,500

COUPLE: 60 MINUTES/INR 13,000

Combining flowing, rhythmical, and medium-pressure massage on specific areas of concern to improve circulation and lymphatic flow while soothing the nervous system.

### DEEP TISSUE

60 MINUTES/INR 7,000 | 90 MINUTES/INR 8,500

COUPLE: 60 MINUTES/INR 13,000

A therapeutic technique targeting musculoskeletal issues like strains and sports injuries. It uses sustained pressure with slow, deep strokes to reach inner muscle layers and connective tissues. This breaks up scar tissue from injuries and reduces muscle tension.

### AROMATHERAPY

60 MINUTES/INR 7,500 | COUPLE: 60 MINUTES/INR 13,000

A holistic healing practice using natural plant extracts, particularly essential oils, to promote physical, emotional, and mental well-being. Often applied through massage, it improves mood, reduces stress, and supports overall health.

## SPA

### HOT STONE

60 MINUTES/INR 7,500

It involves placing smooth, heated stones on specific body parts. The heat relaxes muscles, improves blood flow, and relieves tension.

### FACIAL

60 MINUTES/INR 7,000

Skincare treatments that include cleansing, exfoliation, massage, and application of masks, serums, and moisturizers to improve skin health, target specific concerns like acne or dryness, and promote relaxation.

### REFLEXOLOGY

45 MINUTES/INR 4,500

A therapeutic practice applying pressure to specific foot points to promote relaxation, improve circulation, and support natural healing processes.

### PEDICURE

60 MINUTES/INR 4,000

A cosmetic and therapeutic treatment for feet and toenails. It includes soaking, exfoliating dead skin, trimming and shaping nails, cuticle care, and ends with a foot massage.

### MANUAL LYMPHATIC DRAINAGE

60 MINUTES/INR 7,000

A gentle, rhythmic massage encouraging natural lymph fluid movement. It reduces swelling, boosts immunity, and supports detoxification, especially post-surgery or for lymphedema.

### BALINESE MASSAGE

60 MINUTES/INR 7,000 | 90 MINUTES/INR 8,500

It combines gentle stretches, pressure-point stimulation, and skin rolling to relieve muscle tension and improve energy flow.

### DETOX SCRUB WITH WRAP

75 MINUTES/INR 9,000

A natural treatment that beautifies skin. The scrub exfoliates dead cells while the wrap softens skin and promotes a youthful appearance.

### DETOX SCRUB

60 MINUTES/INR 7,000

It rejuvenates skin by exfoliating and removing dead cells from the surface. It also cleanses pores of dirt and dust, leaving skin fresh, bright, and smooth.

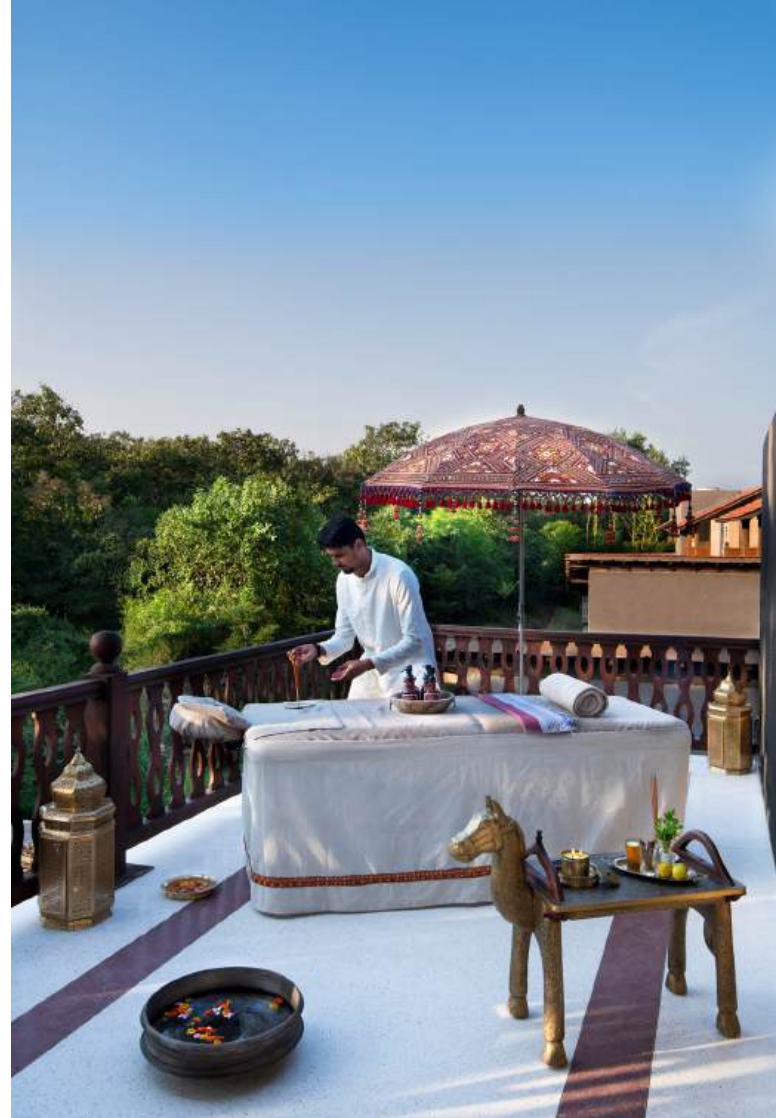
## SPA

### THE ELEMENTS OF GIR 90 MINUTES/INR 9,000

Our signature spa experience celebrates ancient tradition, featuring a detoxifying full-body scrub that softens and relieves dry or damaged skin, followed by deep tissue massage with healing oils to increase blood flow and relieve muscle pain. The experience concludes with lavender and jasmine-infused steam that clears lungs and removes toxins.

### GIR INDULGENCE 120 MINUTES/INR 10,000

Experience complete body awakening through therapeutic massage combining fluid strokes of varying depths. Balinese strokes improve lymphatic drainage, Swedish techniques relieve muscle tension, acupressure provides targeted stimulation, and Thai movements increase mobility through stretching. The treatment concludes with a nourishing scrub and wrap that hydrates skin.





## YOGA

### PRIVATE YOGA

60 MINUTES/INR 5,000

It provides personalized guidance, focused attention, and a safe space to explore your practice. Whether you aim to improve technique, relieve stress, or address specific injuries, one-on-one instruction offers significant benefits.

### GUIDED MEDITATION

60 MINUTES/INR 5,000

A well-known technique for reducing stress and anxiety that may also enhance mood, promote healthy sleep, and boost cognitive skills.

### JAL NETI

30 MINUTES/INR 4,000 (FOR 2 SESSIONS)

A purification kriya dedicated to cleansing nasal passages, thereby reducing sinusitis and improving breathing and sleep.

### BREATH WORK

30 MINUTES/INR 4,000

It combines breathing exercises with mindfulness. You intentionally change your breathing pattern while observing bodily sensations. It improves sleep and reduces anxiety and stress.

### YOGA NIDRA

45 MINUTES/INR 4,000

A practice experiencing consciousness between waking and sleeping states. The physical body rests while the brain remains awake and aware. It's essentially conscious sleep—mental rest with full awareness.

### TRATAKA

30 MINUTES/INR 4,000

Trataka means to gaze. This technique begins with eye exercises followed by visual focus on a candle flame. This practice prepares you for advanced yoga.

### OM CHANTING

30 MINUTES/INR 4,000

In yoga practice, yogis have experienced the power of OM sound, which creates 432Hz frequency aligned with natural harmony. Repetitive chanting generates strong protective energy that shields us from negative influences.

## NATURAL HEALING THERAPIES

### SOUND HEALING

60 MINUTES/INR 7,000

An ancient wellness practice for healing, relaxation, and self-care. Sessions involve lying comfortably with eyes closed while focusing on sounds from instruments like chimes, gongs, and singing bowls. It affects mind and body by slowing brain waves and inducing a deeply relaxed, dreamlike state.

### ACCUPUNCTURE

60 MINUTES/INR 8,000

A traditional Chinese treatment that activates energy centers, releases blockages, and strengthens the immune system. Our experienced practitioners carefully select acupuncture points for optimal results.

### CUPPING

45 MINUTES/INR 4,000

An ancient form of medicine where practitioners place special cups on skin for minutes to create suction. This draws blood to or from body areas, providing pain relief, reducing inflammation, and promoting relaxation and well-being.







## ARAMNESS WELLNESS ETIQUETTE

### ARRIVAL

Try to be early. Please arrive 15 minutes before your scheduled appointment to complete your wellness consultation and prepare for your journey.

### CANCELLATION

Reservations cancelled within 8 hours will be subject to a charge of 50% of the listed price. Treatment times may be changed subject to the approval of our Wellness Manager.

### SPA ATTIRE

Please wear comfortable attire. Robes and disposable underwear will be provided. You may choose to wear your own underwear or swimwear during your spa treatment.

### ALLERGIES

Our Wellness Manager will ask you regarding any health-related issues or known allergies.

### PRODUCTS

All products used throughout Aramness Spa are 100% natural, free from synthetic preservatives and additives.

### VALUABLES

While we endeavour to look after your belongings, we are not liable for loss of your valuables. We urge you to leave your valuables in the safe located in your Kothi.

### TAX

All treatments are subject to 18% government tax. In-Kothi Spa treatments are available on request (24 Hours advance booking required) with an additional INR 1,500 for selected treatments.

### TIMINGS

Spa is open from 8.00 A.M to 8.00 P.M





If you have any questions or are unsure of anything,  
please do not hesitate to reach out to us.

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