



- **BODY BEAUTY CARE THERAPIES**
- **MASSAGES**
- **KERALA AYURVEDA**
- **HEAD & SHOULDER CARE**

Mistical and magical 'Soukhya' means 'Happiness our wellbeing' of physical mental and spiritual health. Body, Mind and Spirit - when these three energies function in harmony you are in a state of dynamic equilibrium of health and wellness. 'SOUKHYA' helps you to enrich yourself into the renewal of all levels.





## Body Beauty Care Therapies

### Coffee Scrub

The slimming and toning scrub simulates your body's ability to break down fat, increase metabolism and eliminates water retention, and removing dead cells

**Time-45 minutes, 2500/- INR**

### De -aging Salt Scrub

The Salt scrub with sea minerals and aromatic essential oils removes dead skin cells resulting in a more radiant appearance. It suits for all skin types

**Time-45 minutes, 2500/- INR**

### Chocolate Body Polish

Chocolate is very moisturizing and softens the skin leaving a luminous glow. Cocoa contains glycerides which deliver moisturizing lipids and fats which pump out wrinkles

**Time-45 minutes, 2500/- INR**

### Fruit Body Polish

Rich of antioxidants, fresh fruits refresh and hydrate skin leaving it with a nourished, radiant look. Suitable for all skin types

**Time-45 minutes, 2500/- INR**

**\* 18% GST Applicable**





## Body Beauty Care Therapies

### Neem Facial

Neem combined with the wonderful benefits of green tea gives a nourished tone to the skin. Suitable for normal to oily skin.

Time-60 minutes, 2500/- INR

### Sandalwood Facial

Sandalwood in combination with honey helps in moisture balance, microcirculation and deep cleansing leaving the skin healthy and radiant. Suitable to dry to normal skin

Time-60 minutes, 2500/- INR

### Jacuzzi Bath( A Complete Soak)

Experience of the whole body with the blend of lavender and eucalyptus oil, and goodness of epsom salt makes you feel refreshed and refind. The invigorating properties of the lavender and eucalyptus oil blend perfectly with the therapeutic qualities of dead sea and epsom salt.

Time-45 minutes, 2800/- INR





# Massages

## Classical Swedish Massage

A firm, yet gentle, European massage which improves circulation, eases muscle aches and tension

Time-60 minutes, 3000/- INR

## Balinese Massage

With a unique blend of acupressure reflexology and aromatic essential oils, the massage uses a variety of holistic massage techniques in calming nervous and healing the body

Time-60 minutes, 3000/- INR

## Deep Tissue Massage

The massage releases chronic muscle tension from the deeper layers of muscle tissue greatly enhancing blood circulation

Time-60 minutes, 3000/- INR

\* 18% GST Applicable





## Massages

### Aroma Therapy

This is a unique therapy that combines plant derived aromatic essential oils with a soft relaxing massage for a calming and energizing effect.

**Time-60 minutes, 3000/- INR**

### Chocolate Massage

Chocolate naturally contain high amount of caffeine which is great for simulating circulation and enabling the blood to follow better through the body along with gentle strokes.

**Time-60 minutes, 3000/- INR**

### Soukhya Traditional Massage

Full body massaging using 'Soukhya' warm traditional medicated oil improves circulation, relieves fatigue and body aches, also simulates the vital energy points of the body releasing the blockage of energy flow

**Time-60 minutes, 3500/- INR**

\* 18% GST Applicable





## Our Exclusives

### Royal King Bath( Full body scrub, Soak & Massage)

Royal bath for relaxing and healing body and mind, apart from effectively lifting spirits. Prepare to enjoy the underwater massage that applies itself on vital stressed points of the body. It's sheer heaven

Time-120 minutes, 5000/- INR

### Royal Queen Bath(Full body scrub, Soak & Massage)

Royal bath using milk, herbs, flower pollens, honey, and other oil mixtures to make skin exotically beautiful. At Soukhya Spa , we immerse you in all these rich experience to indulge your skin in never before ways.

Time-120 minutes, 5000/- INR

\* 18% GST Applicable





# Kerala Ayurveda

## Kerala Ayurveda Massage

It is a traditional Kerala ayurvedic massage when we apply warm medicated herbal oil using a long movement that is effective for overall rejuvenation, detoxification, and pains.

Time-60 minutes, 3000/- INR

## Kizhi ( Potli Massage)

Potli massage therapy is done using heated herbal pouches also known as potlis(or poultice) that are used to rejuvenate , relax and nourish the affected area.

Time-60 minutes, 3000/- INR

## Synchronized Massage

Synchronized massage is a massage technique performed by two therapists who work together to synchronize their stroke

Time-60 minutes, 5000/- INR



\* 18% GST Applicable



# Head and Shoulder Care

## Stress Buster -Head and Shoulder

This is a massage to decrease stress also helps to decrease other emotions such as anxiety and depression. It helps relieve stress by lowering the heart rate, increasing relaxation and releasing feel good hormones.

Time-45 minutes, 2500/- INR



SPA mini session.

Time- 30 Minute

Reflex feet massage	1500/- INR
Reflex Hand massage	1500/- INR
Head & Shoulder Relax	1500/- INR
Men’s face cleansing +Massage	1500/- INR
Women face cleansing + Massage	1500/- INR
Sauna Bath- 20 min	800/- INR
Steam Bath- 20 min	800/- INR