



Bodhi, meaning awakening or enlightenment, embodies our approach at Bodhi Wellness.

"Prana" signifies the essence of life.



The Essence of Life

Our logo features five Pipal leaves, each representing one of the five koshas: Annamaya Kosha, Pranamaya Kosha, Manomaya Kosha, Vijnanamaya Kosha, Anandamaya Kosha. Ancient Indian philosophy recognises that we consist of five layers of existence (Pancha Kosha) as described in the Taittiriya Upanishad.

The spiral motif in our logo reflects the connection between sensory stimulation and brain function. Activating the senses enhances cognitive processes, reduces stress, and improves mental well-being. By doing so, Bodhi Prana guides individuals towards bodhi, a state of deep relaxation and rejuvenation, and nurtures both mind and body.

At Bodhi Prana, we emphasise inclusive well-being and mental health, reminding us of the importance of prioritising sensory experiences for balanced living. Our holistic treatments target root causes to promote wellness from within, helping to de-stress the body and rejuvenate the mind.

Our Ayurveda and Naturopathy specialists customise long-term treatments using eco-friendly products, organic cotton apparel treated with herbs, and therapeutic essential oils, complemented by special herbal teas and spa cuisine during select therapies.



The Concept of 5 Sheath theory

PANCHAKOSHA

At Bodhi wellness we go by the Panch Kosha theory for our health problems, we understand the body not just as a physical mass but as an energy field with multiple layers of existence - and each one interrelated and affecting the other. This approach manages to trace the root cause of most problems (which do not arise in physical body but in the other subtle bodies) and not just fix the manifestation that shows up in the physical body. This approach manages to trace the root cause of most problems and help us to bring the maximum beauty and wellness inside out.

Bodhi Prana is founded on the Panch Kosha Theory, focusing on balancing these koshas in every session. Our treatments are designed to de-stress the body, rehabilitate the mind, and soothe the soul, making each therapy an exhilarating journey toward holistic wellness.



Annamaya Kosha

The Physical Layer

Your body needs proper care and nourishment. While regular doctors focus only on physical symptoms, our spa treatments, like massages, facials, and body scrubs, nourish your body from the outside in.



Pranamaya Kosha

The Energy Layer

Think of this as your body's battery pack. When you're stressed, your breathing becomes shallow and your energy drops. Our breathing techniques and energy-based treatments help recharge your vitality, leaving you feeling refreshed and energised.



Manomaya Kosha

The Emotional Layer

Your emotions affect your physical health. Stress, anxiety, and negative emotions can cause physical tension and illness. Our relaxing treatments help calm your mind, release emotional stress, and promote positive feelings.



Vijnanamaya Kosha

The Wisdom Layer

This is your inner wisdom that knows what's best for you. When your mind and wisdom are in harmony, you feel balanced and healthy. Our meditation-based treatments and mindfulness practices help you connect with your inner wisdom.



Anandmaya Kosha

The Bliss Layer

This is where you experience pure joy and contentment.
Our holistic treatments help you reach this state of deep
relaxation and happiness, free from stress and worry.



CUSTOMIZED AROMA CHOICE

Rosewood Oil

- Promotes Relaxation and Reduces Stress
- Anti-Aging and Skin Regeneration
- Relieves Pain and Inflammation

Jasmine Oil

- Jasmine oil has a healing and relaxing effect and uplifts the mood.
- Improves Skin Health
- Antioxidant and Anti-Aging Properties

Peppermint & Basil Oil

- Stress and mood enhancement
- Pain relief and muscle relaxation
- Mental clarity and focus

Lemongrass Oil

- Muscle and Joint Pain Relief
- Improves Digestion
- Boosts Immune System
- Detoxification

Lavender Oil

- Its helps to calm the mind and release body exhaustion.
- Improves Sleep Quality
- Lavender oil has anti-inflammatory and antiseptic properties.

Bitter Orange & Cinnamon Oil

- It's helps to tone and rejuvenate the skin
 - Provide a sense of comfort, warmth, and relaxation
- It's stimulating blood flow, enhancing skin vitality

PREMIUM SIGNATURE OIL

Sense Symphony Oil

- Improved Sleep,
- Stress Relief & Relaxation
- Boosting Mood & Mental Clarity
- Relief from Headaches & Migraines
- Enhanced Skin Health
- Pain Relief

Chakra Enhance Oil

- Emotional Healing
- It helps improves emotional balance and stability.
- Promote feelings of unconditional love, compassion, and forgiveness,
- Promote clear communication and self-expression.

Cosmic Harmony Oil

- Reduces feelings of anxiety and stress by calming the mind and body.
- Encourages confidence, enthusiasm, and empowerment,
- Enhances focus, concentration, and mental clarity,
- It can improve overall health, energy levels, emotional stability, and clarity.

CHOOSE YOUR SPA THERAPY

in simple steps



Beauty Inside Out



Boosting Immunity



Graceful Ageing



Regaining Ojas



Blissful Journey



Bio Hacking



BEAUTY INSIDE OUT

We have designed these programs to help boost your energy levels, enhance your sleep quality, and improve your skin tone.



MANDARA



Spa



Signature Therapy

Therapy Mandara, rooted in Sanskrit, symbolises the Gods' quest for immortality. Today, it is a Bodhi signature therapy that combines Eastern traditions with Western deep tissue strokes, revitalising the mind and body and offering a modern path to eternal youth.

₹ 3500 / 4500

Duration: 60 / 90 mins

MANTRAM



Ayur

Njavara Kizhi is a deeply invigorating massage using boluses of cooked black or red Njavara rice, renowned for its nutritional and therapeutic benefits. Rich in antioxidants and anti-inflammatory properties, Njavara is cooked with milk and herbs. This treatment alleviates stiffness, reduces stress, and enhances immunity and circulation.

₹ 4500

Duration: 75 mins

All prices are exclusive of applicable tax

BEAUTY INSIDE OUT

We have designed these programs to help boost your energy levels, enhance your sleep quality, and improve your skin tone



MAHANARAYANA Ayur

One of the Six Original Grandha therapies, passed down through generations, this treatment addresses long-standing musculoskeletal issues. It utilises Mahanaraya Thaila, followed by a dry protein body scrub.

₹ 4500

Duration: 90 mins

All prices are exclusive of applicable tax





BOOSTING IMMUNITY

We have designed these treatments to help detox your body and prevent infections and diseases.

SANJEEVANI

 Spa

An ancient, rejuvenating therapy that awakens the body with aromatic oils. Warm lava stones are placed on chakras to clear energy blocks, boost circulation, and enhance lymphatic flow for deep healing.

₹ 4500

Duration: 90 mins

Upgraded to premium signature oil for ₹500

SNIGDHA ABHYANGA

 Ayur

Ideal as an introduction to Ayurvedic therapy, this treatment suits all dosha types and promotes a sense of complete wellness.

₹ 3500

Duration: 60 mins

Upgrade Add-on Charge for Therapist ₹1500

All prices are exclusive of applicable tax

BOOSTING IMMUNITY

We have designed these treatments to help detox your body and prevent infections and diseases.



SAARTHA RASAYANA



Spa



Signature

An amalgamation of the celebrated Thai & lymphatic massage techniques, this detox treatment enhances your well-being by cleansing and rejuvenating the body. The mind and muscles relax thanks to the combination of firm stretching and gentle, rhythmic stroking to increase lymph flow and reduce toxins within the body, allowing it to achieve a deep state of holistic wellness.

₹ 4500

Duration: 90 mins

All prices are exclusive of applicable tax





GRACEFUL AGEING

We have designed these treatments to enhance physical health and reverse the signs of ageing.



AAROGYA

Spa

Facial

Indulge in a signature facial paired with Swedish therapy using hot towels, and conclude with a luxurious herbal steam and shower.

₹ 5500

Duration: 90 mins

ANANDA

Spa

This Perfect Swedish therapy targets sore muscles after a workout. Our therapist customises deep tissue strokes to alleviate aches and pains, promoting ultimate relaxation and rejuvenation.

₹ 3500 / 4500

Duration: 60 / 90 mins

Upgraded to premium signature oil for ₹500

All prices are exclusive of applicable tax

GRACEFUL AGEING

We have designed these treatments to enhance physical health and reverse the signs of ageing.



AARAM Ayur

This ultimate relaxation therapy soothes the entire body through gentle manipulations with warmed herbal oil and hot herbal compresses, promoting deep calm and relaxation.

₹ 4500

Duration: 90 mins

Extra 15 minutes face massage with Kumkumadi oil at ₹500

All prices are exclusive of applicable tax



REGAINING OJAS

We have designed these treatments that help you to enhance physical health and reverse signs of ageing.



PUSHPA MALLIKA

 Naturopathy

 Signature

This invigorating body therapy combats lethargy and dullness with a signature Madras body scrub, followed by a Aroma essential oil massage and finishing with a rejuvenating Madras body masque.

₹5500

Duration: 120 mins

PAVITRA SUDDHI

 Facial

 Naturopathy

Experience a rare synergy of cleansing ingredients with lotus milk and wheat germ face cream, pomegranate and mint face tonic, and the restorative properties of Bastar Rainforest mud. This combination helps restore freshness and natural balance to your skin.

₹3000

Duration: 60 mins

All prices are exclusive of applicable tax





REGAINING OJAS

We have designed these programs to help boost your energy levels, enhance your sleep quality, and improve your skin tone.

PUNASTHAPANA

 Ayur Postpartum therapy

A nurturing full-body massage with warm herbal oils designed to ease muscle tension, improves blood circulation, and support postpartum recovery. This therapy helps alleviate fatigue, soothe aches and promotes relaxation for tired moms.

₹ 3500

Duration: 60 mins

Extra 15 minutes face massage with Kumkumadi oil at ₹500

PARIPURNA

 Ayur

According to ancient Ayurvedic wisdom, SARVANGA ABHYANGAM WITH PIZHICHIL treatments promote unparalleled wellness. This therapy delays ageing, enhances skin texture and tone, and reduces pain and fatigue. It revitalises the body and effectively addresses skeletal and muscular conditions such as cervical spondylosis, osteoarthritis, lumbago, sciatica, and neuropathy.

₹ 5000

Duration: 75 mins

All prices are exclusive of applicable tax



BLISSFUL JOURNEY

We have designed these treatments to make you feel good and happy by relaxing your body and mind. It'll also help you to increase your confidence level.

DHARA Ayur

When Abhyangam is combined with Shirodhara, it creates deep relaxation and inner peace, soothing both body and mind. This powerful combination enhances overall well-being and slows down the ageing process.

₹5000

Duration: 75 mins

DORSHA SHANTI Spa

This reviving therapy uses essential oils to stimulate classical acupressure points in the neck and shoulder regions, relieving tension and rejuvenating your spirit.

₹2500

Duration: 45 mins

Extra 15 minutes face massage with Kumkumadi oil at ₹500

All prices are exclusive of applicable tax

BLISSFUL JOURNEY

We have designed these treatments to make you feel good and happy by relaxing your body and mind. It'll also help you to increase your confidence level.



DHYANA Ayur

Indian Head Relaxation Therapy is a holistic treatment that uses warm oil to soothe your mind and nervous system. This scalp therapy promotes sound sleep, aids memory, relieves stress, nourishes the hair, and helps reverse premature hair fall.

₹ 1750

Duration: 30 mins

Extra 15 minutes face massage with Kumkumadi oil at ₹500

DRISHTI PADASUDDHI Ayur

This therapy merges the worlds of reflexology and Ayurveda to promote deep relaxation and a sense of contentment.

₹ 1750

Duration: 30 mins

Extra 15 minutes face massage with Kumkumadi oil at ₹500

All prices are exclusive of applicable tax





ADD-ON WITH THERAPY

RUPAKANTI Scrub

A refreshing aquatic scrub to exfoliate deep beneath the skin and reveal shiny, refreshing skin. Hydrates and leaves the skin soft, supple and non-oily.

₹ 2250

Duration: 30 mins

ARKALEPA Wrap

Natural extracts provide deep hydration and rejuvenation for the skin, alleviating irritation and sensitivity while safeguarding against damage from environmental factors, central heating, and air conditioning. These extracts enhance skin radiance, resulting in a fresh and dewy appearance.

₹ 2250

Duration: 30 mins

All prices are exclusive of applicable tax

BIO HACKING

Enhancing yourself

Biohacking refers to the practice of making lifestyle changes, often with the aid of technology or through self-experimentation, in order to optimize one's health, performance, and well-being. The term "biohacking" is derived from "biology" (bio) and "hacking" (to manipulate or improve). At Bodhi Prana we use red light therapy, hot and cold baths, meditating music as bio hacking methods in our spa. You can also avail bio hacking advices like customised nutritional plans, meditation techniques, fasting/intermittent fasting and life style advices and sleep enhancement techniques from our wellness consultants

Our Ayurveda, Naturopathy doctors and therapists are trained to assess you on physiological and psychological levels to understand and customize your therapy for long term benefits. All products used are hand-picked from popular and luxury product lines, and we have paid special attention to ensure all products are environment friendly. Most of the apparel in the spa is made from organic cotton and is treated with herbs during the yarn stage. Specially formulated essential oils are diffused for a therapeutic aroma, while special herbal tea and spa cuisine is on offer during certain therapies.

All prices are exclusive of applicable tax





BIO HACKING

Enhancing yourself



MAGNETIC WELLNESS

Magnetic therapy combines the benefits of full body aroma therapy with the use of the magnetic component of the electromagnetic field to promote healing. By influencing cellular metabolism, the magnetic field enhances efficiency and improves blood circulation, leading to cell regeneration and facilitating the healing process. Additionally, the magnetic field has the ability to alleviate pain and swelling, reduce muscle contractions, and boost immune functions within the body.

₹ 4500

Duration: 90 mins

RASAYANA

Sarvanga Abhyangam involves application of medicated oil all over the body followed by red-light therapy in required body parts. It starts with head massages and ends up with a soothing face massage. It eases muscular tension and joint pain, helps in slowing down the ageing process by increasing the firmness and swiftness of the body.

₹ 4500

Duration: 90 mins

All prices are exclusive of applicable tax

OUR RECOMMENDATIONS

To ensure that your spa experience is stress free and you enjoy a space of peace, we recommend the following:

- Schedule your therapies 24 hours in advance in order to ensure availability
- Hours of operation: Spa Hours: 08.00 am - 09.00 pm
- Consult our doctor or the Spa Manager who will eagerly customize your treatment to suit your individual needs
- To fully enjoy the peaceful and tranquil environment of the spa, cellular phones and any other noisy electronic devices are discouraged
- We recommend the relaxing effect of a Steam & Shower before your treatment
- For your convenience, we suggest you arrive at the spa 20 minutes prior to your therapy in order to change, get into a stress free mood and prepare yourself for an enjoyable experience. You may, however, choose to come to the spa already wearing the robe provided in your room.
- Please keep in mind that arriving late for a service may require us to shorten the length of the treatment, with full charges applied, so as not to inconvenience other guests. We regret that late arrivals will not receive extension of scheduled appointments.
- Guests who reschedule their spa appointments with less than four hours notice, or who do not keep their spa appointment, will be charged for the treatment
- Gentlemen who are having a facial are advised to shave at least 3 hours before their face therapy.
- Relaxation is essential to the treatment process. It is advisable to schedule your treatment at a time when you will be able to relax.
- Please note that the Bodhi spa is an alcohol free zone & a non- smoking area
- Guests with high blood pressure, heart condition, or other medical complications should consult their doctor before making an appointment for spa treatments
- Ladies who are pregnant should consult their doctor before making an appointment for spa treatments
- Please specify if you have a gender preference of the therapist. All therapies will be booked with the first available therapist unless indicated otherwise



DISCLAIMER:

The Spa treatments, services and / or facilities received or utilized at Bodhi Spa, are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition medical or otherwise, that Guests may have. Guests will fully indemnify and hold harmless Bodhi Spas, its holding company(ies), affiliates, subsidiaries, representatives, agents, staff and suppliers, from and against all liabilities, claims expense, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the Spa treatments, services and/or facilities. Treatment I receive at Bodhi Spa, is nor carried out by medical doctors, but by qualified therapists.

