

SOHUM
SPA & SALON





THE ESSENCE OF SOHUM

I Create, I Preserve, I Transform.

WELCOME WELLNESS...

At Sohum Spa, we bring together wellness traditions and relaxing, indulgent experiences to help you feel restored and refreshed. Every service is thoughtfully personalised—from facial therapies suited to different skin types to massage pressure, music and lighting preferences. Our trained therapists are committed to providing a comfortable, safe and deeply relaxing experience.

Welcome to wellness, relaxation and healing!



MASSAGE THERAPIES

Swedish Massage

A classic full-body massage using gentle to medium pressure to improve circulation, release muscular tension, and promote complete relaxation.

60 Minutes INR 4,500

90 Minutes INR 6,750

Aromatherapy Massage

A deeply relaxing massage performed with aromatic essential oils that calm the mind, nourish the skin, and restore emotional balance.

60 Minutes INR 4,500

90 Minutes INR 6,750

Thai Massage

An energising dry therapy combining stretching techniques, acupressure, and rhythmic body movements to improve flexibility and vitality.

60 Minutes INR 4,500

90 Minutes INR 6,750

Balinese Massage

A traditional Balinese therapy combining long flowing strokes, acupressure, gentle stretching, and aromatherapy for complete body relaxation.

60 Minutes INR 4,500

90 Minutes INR 6,750

Deep Tissue Massage

Designed to relieve chronic muscle tension using slow, firm pressure that targets deeper muscle layers and connective tissues.

60 Minutes INR 4,500

90 Minutes INR 6,750

Hot Stone Massage

Relaxing therapy using smooth, heated basalt lava stones placed on key points of the body and used to massage muscles

90 Minutes INR 6,750

Sohum Signature Massage

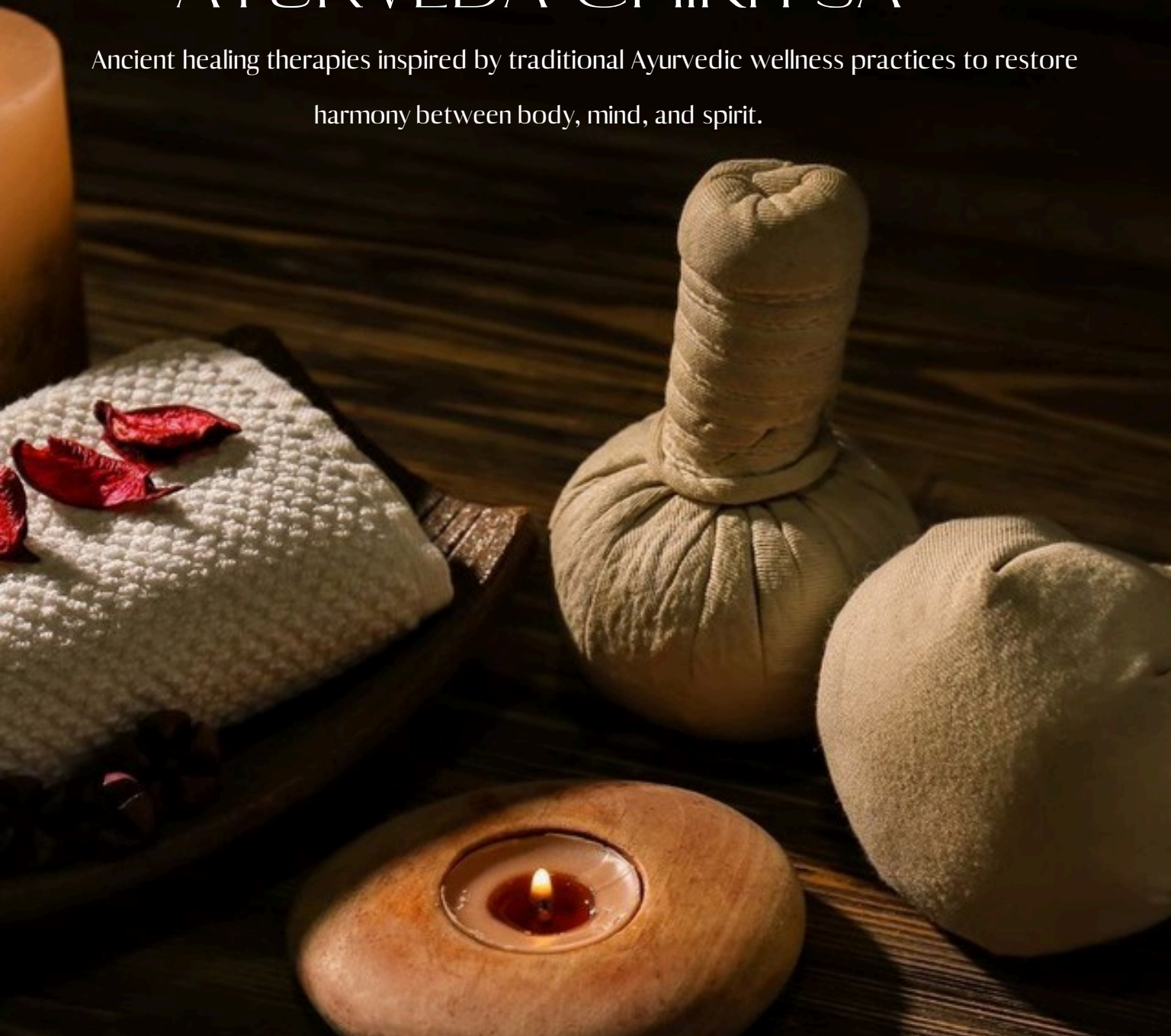
A personalised blend of Swedish, Balinese, stretching and pressure-point techniques, created exclusively by Sohum to relieve tension and promote complete relaxation.

90 Minutes INR 6,750

Taxes as applicable

AYURVEDA CHIKITSA

Ancient healing therapies inspired by traditional Ayurvedic wellness practices to restore
harmony between body, mind, and spirit.



Abhyanga

Traditional Warm Herbal Oil Massage

A warm herbal oil massage that improves circulation, nourishes the body, relieves stress, and promotes relaxation and an overall feeling of wellbeing.

60 Minutes INR 4500

Shirodhara

Relaxing Therapy

A continuous stream of warm herbal oil poured over the forehead to promote mental calmness, reduce feelings of stress and encourage deep relaxation.

60 Minutes INR 5500

Udvaartana

Herbal Exfoliation Treatment

A traditional herbal powder therapy that exfoliates the skin while stimulating circulation and revitalising the body.

60 Minutes INR 4500

Potli Therapy (Back or Leg)

A focused herbal pouch therapy designed to relieve muscular stiffness and localised discomfort.

30 Minutes INR 2500

Potli Therapy (Full Body)

A comprehensive herbal compress therapy that relaxes muscles, improves circulation, and promotes deep healing.

60 Minutes INR 5000

Taxes as applicable



AREA-FOCUSED TREATMENTS

Foot Reflexology

A pressure-point foot massage designed to reduce fatigue, ease tired feet and promote relaxation.

30 Minutes INR 2500

60 Minutes INR 4500

Head Massage

A calming scalp massage that relieves stress, reduces mental fatigue, and promotes relaxation.

30 Minutes INR 2500

Neck, Shoulder & Head Massage

A targeted therapy designed to release stiffness from areas commonly affected by stress and poor posture.

30 Minutes INR 2500

Meru (Back Massage)

A therapeutic back massage that eases muscle tension while improving flexibility and circulation.

30 Minutes INR 3000

SKIN REFINEMENTS

Natural exfoliation rituals designed to restore smoothness, radiance, and healthy-looking skin.

Rice & Oatmeal Body Polish

A gentle body polish that exfoliates while nourishing the skin for a naturally soft finish.

30 Minutes INR 3000

Apricot & Lemongrass Body Polish

A refreshing body scrub enriched with botanical ingredients that smooth and revitalise the skin.

30 Minutes INR 3000

Coffee Polish

A rich coffee body polish that exfoliates dead skin cells while leaving the skin refreshed and energised.

30 Minutes INR 3000

Taxes as applicable



LUXURY BODY WRAPS

Luxurious body wraps that nourish, hydrate, and restore the skin while promoting complete relaxation.

Marine Seaweed Body Wrap

A mineral-rich seaweed body wrap that helps cleanse, nourish and revitalise the skin. 60 Minutes INR 4500

Mineralising Vanilla & Coconut

A nourishing body wrap that hydrates the skin while leaving it soft, smooth, and delicately scented. 60 Minutes INR 4500

Rejuvenating Bastar Mud Body Wrap

A therapeutic mineral mud treatment designed to cleanse, relax muscles and improve skin texture. 60 Minutes INR 4500

WET AREA

Steam & Jacuzzi Bath (Single)

Enjoy a private steam and jacuzzi session designed to relax muscles and rejuvenate the body. 30 Minutes INR 3300

Steam & Jacuzzi Bath (Couple)

A luxurious shared steam and jacuzzi experience for couples seeking complete relaxation together. 45 Minutes INR 5000

Taxes as applicable

FACIAL THERAPIES



Professional facial treatments tailored to restore healthy, youthful, and radiant skin.

Facial Express

A quick revitalising facial that cleanses, refreshes, and restores the skin's natural glow. 30 Minutes INR 2500

Youth Renewal Facial

Anti-ageing facial designed to improve firmness, tighten the skin, and reduce visible signs of ageing. 60 Minutes INR 6000

Brightening Experience

Aradiance-enhancing facial that helps brighten the complexion while refreshing dull-looking skin. 60 Minutes INR 6000

Hydrating Experience (Hydramoist)

An intensive moisture treatment that restores hydration and leaves the skin soft and refreshed.

Firming Experience

A firming facial designed to improve the appearance of skin elasticity and leave the complexion feeling toned and refreshed. 60 Minutes INR 5000

Taxes as applicable



SALON
Hair Services

Men-Shampoo & Hair Cut	INR 800
Women-Shampoo & Hair Cut	INR 1,200 / 1,400
Hairstyling / Blow Dry	INR 850 / 1,000 / 1,200
Hair Ironing	INR 850 / 1,200 / 1,400
Roller Set	INR 1,000 / 1,200 / 1,400

ADDITIONAL SERVICES FOR MEN

Shave	INR 500 / 1,000
Beard & Moustache Trim	INR 500
Head Shave	INR 850

WAXING

Full Arms / Full Leg	INR 850 / 1,100
Under Arm	INR 400
Back (Men / Women)	INR 800 / 900

EYEBROW SHAPING & THREADING

Eyebrow	INR 300
Upper Lips	INR 300
Forehead	INR 300
Face	INR 750

Taxes as applicable

Kids Wellness



Little Feet Serenity

30 Minutes INR 2500

Introduce your little ones to the calming benefits of holistic massage. Our specially designed kiddie therapy combines traditional Ayurvedic foot massage, playful reflexology, and soft Marma points to promote deep relaxation, overall well-being, and healthy foot habits. Safe, comfortable, and deeply soothing, this peaceful session is the perfect way to help busy minds and tired feet naturally unwind.

Serene Scalp Massage

30 Minutes INR 2500

Calm the mind and release physical tension. This specialized head, neck, and shoulder massage utilizes child-safe, herb-infused oils to target stress-prone areas. By enhancing circulation and soothing the nervous system, this peaceful therapy invites a sense of deep tranquility and total relaxation for your little one.

Taxes as applicable



TIPS TO ENHANCE YOUR WELLNESS EXPERIENCE

-Should I pay tips / gratuity?

Gratuity is a reflection of your level of satisfaction and 15%-20% of the cost of therapies is appropriate.

-What if I have any health concerns?

You should discuss them with our team, especially if you are pregnant, suffer from cardiovascular disorders such as cardiac ailments or high blood pressure, have recently undergone surgery or have any implant or are suffering from skin diseases.

-Can I use my mobile phone in the Spa?

We do not permit the use of electronic devices, (including mobile telephones) into the Spa area as these not only detract you from your experience, but also interrupt other guests in their satisfaction of the Spa experience.

-When should I eat before my Spa therapy?

3 hours gap after moderate meal is ideal. A light snack is appropriate if you are hungry. We do not recommend any intake of alcohol before any Spa therapy.

-Can I have multiple Spa therapies in a day?

Yes. Many Spa therapies complement each other and work very well to produce marked results. Please feel free to ask any member of our Spa team to tell you how best to combine therapies for optimal results.

-How early should I arrive for my treatment?

We recommend that you arrive fifteen minutes before your appointment time, so that you do not rush through things to do and have enough time to complete a health status questionnaire.

-Are Gift certificates and packages available?

Please feel free to speak to our team members who will be glad to assist you in choosing the package and gift certificate most suitable to your needs.

-What should I wear during my visit to the Spa?

You may arrive in your street clothes, since we shall offer you the appropriate disposable undergarments and other apparel while enjoying our Spa therapies.

-What do I do if I need to cancel my Spa treatment?

Any Spa therapy appointment that is cancelled without a minimum of 3 hours notice or an un-informed "no show" will incur a charge equal to 100% of the value of the therapy/therapies booked. If a 3 hours notice is provided then a cancellation fee equivalent to 50% of the Spa therapies fee will be charged.

-What if I am running late for my Spa appointment?

If you are running late for your treatment, we will shorten your therapy so as to be completed by the designated time booked by you. This is to ensure that the next guest is not delayed or inconvenienced.

-How can I pay for the therapies that I have reserved?

We accept cash (Indian Rupees only), all major credit cards and debit cards.

-What type of skin care products will you use in my Spa therapy?

We have taken great pains to ensure that all of our products are gentle on your skin & have natural ingredients.

-Is there anything else I should know so I have the best Spa Experience?

By making a reservation with us you have paid for time to relax and rejuvenate. To maximize the value you derive, please inform your therapist on how comfort during your therapy can be enhanced. Temperature settings, music volume, amount of pressure etc. are some of the customizations possible.

-What is the minimum age requirement to be able to enjoy Spa therapies?

15 years. Guests between 15 to 18 years of age are permitted to experience selected Spa therapies only accompanied by a guardian of the same gender.

-This is the first time I am having a Spa therapy. Will someone help me choose the most appropriate treatments?

Any of our Spa team members will be happy to discuss our range of therapies with you and recommend what would be of benefit to you.



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Timings: 7:00 AM - 10:00 PM

