



# THE NEEMRANA SPA

JUST LET US PAMPER YOU



NEEMRANA

WALK  
LIGHT ON  
HISTORY'S  
OWN  
FOOTPRINT





## RELAX, REJUVENATE & REVIVE AT THE NEEMRANA SPA

*Indulge yourself with our head, back, body massages, body treatments, facials and yoga. Create your very own spa experience, curated from Neemrana's choicest components for your desired duration. Intensify the therapeutic effects of these age-old treatments, by choosing from our detoxifying, nourishing, sensual and invigorating oils & products.*

### MASSAGES

#### Full Body Massage

*Choose from an indulgent selection of massages by trained therapists. Choose from a variety of massage oils to compliment your state of mind and to achieve the desired effects.*

#### **Relaxing Massage - Aromatherapy Massage** (60/90-minutes)

*A holistic experience based on the application of carefully blended essential oils in a nourishing vegetable base using lymphatic and pressure point massage techniques to maintain and promote physical, psychological, and spiritual well-being. Recommended for relaxation & general health improvement.*

#### **Invigorating Massage** (60/90-minutes)

*Based on the traditional Swedish massage fused with Asian techniques, this treatment is perfect for those who benefit from firm pressure for an invigorating experience. It is particularly suited for stimulating blood circulation, promoting the breakdown of fat cells, and relaxing muscle tension. A choice of oils are available for this massage, to give the whole body a refreshing and energising feeling afterwards. Recommended for relaxation, general health improvement.*

#### **Deep Tissue** (60/90-minutes)

*A full body massage works on the muscle, scar tissue and fibrous connective tissue in the body to release tension blockages and knots that have accumulated over time. By*

*increasing blood flow and breaking down fine scar tissue between the muscle fibres, this massage leaves you more flexible, and less vulnerable to pain and tension. Recommended for those whose stress builds in the shoulders. Recommended for recovery & rehabilitation, pain management, general health improvement.*

### **Traditional Thai Massage**

*(60/90–minutes)*

*A full body massage – experience pure relaxation at its best with this therapeutic combination of Thai massage, a perfect mix of subtle stretching with rhythmic massaging and compressions to balance the body system and stimulate energy flow. This treatment will detoxify, alleviate muscular aches and pains, and leave you feeling completely restored. Recommended for detox, relaxation, general health improvement.*

### **Balinese Massage**

*(60/90–minutes)*

*A full-body, holistic treatment. Balinese massage uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen, and "prana" or "qi" (energy) around your body, and bring a sense of well-being, calm and deep relaxation. Balinese massage uses a variety of techniques including skin rolling, kneading and stroking, and pressure-point stimulation, combined with the aromas of essential oils.*

*Balinese massage techniques work to soothe damaged tissue and relieve strained muscles and joint pain. The boost to your circulation will help reduce stress and rebalance your body, and the aromatic oils can also boost your mood. Recommended for recovery & rehabilitation, pain management, general health improvement.*

## **Partial Body Massage**

### **Udhara Abhyangam - Abdominal Massage**

*(60–minutes)*

*Constipation is a common contributor to ill health. There are hundreds of causes of constipation ranging from poor diet to the side effects of countless medications. As a deep colon-cleansing massage, the Udhara Abhyangam massage is designed to help the colon rebalance itself through a gentle yet deep manual massage. It is the perfect adjunct to colonic therapy.*

*A combination of palm, feet, abdomen, back and head.*

*Recommended for constipation, detox, relaxation, stress management, general health improvement.*

### **Champi – Indian Head Massage**

*(30–minutes)*

*A head, neck & shoulder massage using a fusion of massage techniques from East and West, combined with facial pressure point techniques, releases the tension deep in your neck, shoulders and scalp while providing protection for your hair from sun, chlorine and environmental factors. Recommended for relaxation & general health improvement.*

### **Padha Abhyangam - Relaxing Foot Massage**

*(30–minutes)*

*Foot massage brings long-term benefits for taking care of tired feet, bringing relaxation with gentle pressure and internal organ stimulation by deep pressure. This foot massage allows you to relax and have your feet soothed and pampered by our therapist. Recommended for relaxation & general health improvement.*

### **Prishta Abhyangam - Relaxing Back Massage**

*(30–minutes)*

*A delightful massage using rhythmic techniques to relax the deepest tensions in your neck and shoulder zone. Using a blend of essential oils, this massage improves circulation to help oxygenate the skin and leave you feeling revitalised. The mind and body are left energised in a state of harmonious relaxation. Recommended for relaxation & general health improvement.*

# BODY TREATMENTS SCRUBS & WRAPS

## Scrubs

*A scrub or body polish is a spa treatment which exfoliates the skin on your body leaving it feeling fresh, smooth, moisturised, and soft. An exfoliant product is rubbed vigorously, and massaged across and into your skin, and is then rinsed away to reveal a moisturised layer of fresh, clean, and smooth skin.*

### **Refreshing Sugar Scrub**

(35 –minutes)

*(Recommended for all skin types)*

*Natural exfoliation from the sugar acts as a gentle cleanser while the green tea powder nourishes the skin with its antioxidant properties. The skin feels softer after this treatment and skin cells are naturally renewed.*

### **Shea Butter Scrub**

(35 –minutes)

*(Recommended for all skin types)*

*The warming effect of **Shea butter** paired with the coconut oil rich in **caprylic acid** and **Aloe Vera** makes this body scrub a perfect cleanser. Let the refreshing scent of the natural ingredients relax your body and skin.*

## Wraps

*A body wrap is a spa treatment that involves applying a warm, wet mask to achieve several different health benefits – the benefits include detoxification, cleansing, weight loss efforts, improving skin tone and relieving muscle tension.*

### **Aloe Lavender Healer Wrap**

(45 –minutes)

*(Recommended for all skin types & sensitive skin)*

*Aloe vera and lavender are known for their healing and purifying properties. Excellent for sensitive skin, the mask improves the skin condition, calms skin irritation and its light fragrance induces relaxation.*

### **Ubtan Clay Revival Wrap**

(45 –minutes)

*(Recommended for all skin types)*

*A mix of herbs, sandalwood, honey, and lemon juice provides a moisturising treatment to revitalise the skin. These ingredients are blended with rose water and turmeric for extra benefits.*

# SOUNDARYA NEEMRANA BEAUTY RITUALS

## Mukha Lepam - Face Rituals

### **Soundarya – Ayurvedic Face Massage**

(60 –minutes)

*A classic ayurveda **head, back and face massage** for stress relief and balance. An ayurvedic face massage creates a natural facelift with the use of specific oils such as kumkumadi lepam, Dhanvantharam tailam and Nilibhringadi tailam. Ayurveda facials can also be carried out utilising certain herbs that have anti-ageing characteristics, resulting in the skin without wrinkles. Restores lost moisture, adds glow to the face skin, reduces sagging of face skin & muscles, tones and tightens the skin, removes toxins, maintains the freshness and vitality and exfoliates the face skin.*

**Brightening Facial** (60–minutes)

*Leaves your skin feeling fresh and glowing, with a 5-step process. Helps treating brown spots, and sunburns. It is highly nourishing and revitalising for the skin. Ideal for all skin types.*

**Anti-Ageing Facial** (60–minutes)

*Combines a range of non-invasive methods to provide effective results on wrinkles, skin-tightening, hydration, brightening pigmentation, and overall signs of ageing.*

**Skin Hydrating Facial** (60–minutes)

*A unique formulation enriched with the goodness of **Cocoa Butter, Liquorice, Aloe Vera, Shea Butter & Mulberry**. It deeply hydrates, nourishes, and rejuvenates the face skin & helps the cell renewal process and lets the skin glow, making it soft & supple.*

## HOLISTIC WELLNESS CONSULTATION, YOGA & FITNESS

*The connection between the body, breath and mind is so powerful that by properly nourishing and moving the body in gentle ways along with proper breathing will calm the mind and conversely, the mind can heal the body. This can be achieved by knowing one's body constitution and by systematically and holistically organising and aligning the different needs of the body and the other subtle components.*

**Holistic Wellness Consultation** (90–minutes)

*(prior appointment required)*

*Constitutional analysis and lifestyle management advice by the Ayurveda & Yoga expert.*

**Hatha Yoga** (60/90–minutes)

*(personalised - prior appointment required)*

*A classical system that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which helps bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation. This is a one-on-one session with the Ayurveda and Yoga expert.*

**Pranayama – Breathing exercise** (60–minutes)

*(personalised - prior appointment required)*

*Breathing exercises clear the physical and emotional obstacles in the body and allow the free flow of prana - life energy. Through regular and sustained practice of pranayama you can supercharge your whole body! This is a one-on-one session with the Ayurveda and Yoga expert.*

**Surya Namaskar - Sun Salutation** (40–minutes)

*(personalised - prior appointment required)*

*Salute to the Sun or Sun Salutation, is a warming-up practice in yoga incorporating a sequence of graceful movements. Surya Namaskar is designed to access the ethereal energy that exists all around us. Every morning and evening at dawn, the atmosphere is filled with prana shakti, or life energy. When performed facing east during the first rays of the morning sun, breathing correctly, one experiences a phenomenal effect on the mind, body, and spirit. This is a one-on-one session with the Ayurveda and Yoga expert.*

**Fitness Evaluation** (45–minutes)

*(personalised - prior appointment required)*

*Fitness assessments consist of different types of tests and exercises used to determine your overall health and physical fitness level. These tests typically assess your strength, endurance, and flexibility.*

# INDULGENCE PACKAGES

## Conditions apply:

*Non-transferable treatments. To be utilised during the same stay. These treatments cannot be clubbed with any other discounts offered or promotions. Taxes are extra.*

### **Soundarya – Spa Day - Draw out your inner radiance** (200 –minutes)

- *Begin with a deeply nourishing bath, scrub.*
- *Invigorate your senses with an indulgent 60-minute full body massage of your choice.*
- *Followed by a wrap of your choice.*
- *Then give your skin a natural glow with facial (one hour duration) of your choice.*

### **Sukha - Bliss** (140–minutes)

- *Begin with a deeply nourishing bath followed by a scrub of your choice.*
- *Invigorate your senses with an indulgent 60-minute full body massage of your choice or facial of your choice.*
- *As a final touch, give in to a 45-minute wrap of your choice.*

### **Vishuddhi – Detox** (140–minutes)

- *Begin with a deeply nourishing bath followed by a scrub of your choice.*
- *Detox with a 60-minute Udhara Abhyangam - Abdominal Massage (A combination of palm, feet, abdomen, back and head)*
- *As a final touch, give in to a 45-minute wrap of your choice.*

### **Svashakti - Find the Power Within** (135–minutes)

*Encounter Spirituality, balance, and inner peace*

- *Commence your stretching with a 30-minute Surya namaskar.*
- *Relax with 30- minute Champi - Indian head massage or a Scrub or a wrap of your choice.*
- *Detox with a 60 minute massage of your choice*

### **Ajnv – Refreshing boost** (60 –minutes)

*For those short of time but in need of a quick pick-me-up*

- *Enjoy a 30-minute Pada Mardana – foot massage or Prishtha Abhyangam - Relaxing Back Massage*
- *Follow it up with a 30- minute Champi - Indian head massage*

### **Couple Massage** (60–minutes)

- *Enjoy a 60-minute Indian Aromatherapy Massage using evocative oils.*





—◆—  
**Create your basket of experiences with a  
minimum of four treatments  
and receive one treatment free.**

*Conditions apply: The treatment with the lowest price would be free.*

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## PRICE LIST

### MASSAGES

<b>Full Body massage</b>	<b>60 Min</b>	<b>90 Min</b>
Relaxing Massage - <i>Aromatherapy Massage</i>	4000	5000
Invigorating Massage	4000	5000
Deep Tissue Massage	4000	5000
Traditional Thai Herbal Massage	4000	5000
Balinese Massage	4000	5000
<b>Partial Body Massage</b>	<b>30 Min</b>	<b>60 Min</b>
Udhara Abhyangam - <i>Abdominal Massage</i>		4500
Champi - <i>Indian Head Massage</i>	2500	
Padma Abhyangam - <i>Relaxing Foot Massage</i>	2500	
Prishta Abhyangam - <i>Relaxing Back Massage</i>	2500	

### BODY TREATMENTS –SCRUBS & WRAPS

<b>Scrubs</b>	<b>35 Min</b>
Refreshing Sugar Scrub ( <i>Recommended for all skin types</i> )	2500
Shea Butter Scrub ( <i>Recommended for all skin types</i> )	2500
<b>Wraps</b>	<b>45 Min</b>
Aloe Lavender Healer Wrap ( <i>Recommended for all skin types &amp; sensitive skin</i> )	3500
Ubtan Clay Revival Wrap ( <i>Recommended for all skin types</i> )	3500

### SOUNDARYA – NEEMRANA BEAUTY RITUALS

<b>Mukhalepam - Face Rituals</b>	<b>60 Min</b>	
Soundarya - <i>Ayurvedic face massage</i>	4500	
Brightening facial	3000	
Anti-ageing facial	3000	
Skin hydrating facial	3000	
<b>Holistic Wellness Consultation, Yoga &amp; Fitness</b>	<b>90 Min</b>	
Holistic Wellness Consultation	2500	
	<b>60 Min</b>	<b>90 Min</b>
Hatha Yoga	2500	3500
Pranayama - <i>Breathing exercise</i>	2500	
Surya Namaskar - <i>Sun Salutation</i>	2500	
Fitness Evaluation	2500	

### INDULGENCE PACKAGES

Soundarya - <i>spa day - Draw out your inner radiance</i>	<del>14500</del>	11600
Sukha - <i>bliss</i>	<del>10000</del>	7500
Vishuddhi - <i>detox</i>	<del>10000</del>	8500
Svashakti - <i>find the power within</i>	<del>9000</del>	7500
Ajnive - <i>Refreshing boost</i>	<del>5000</del>	4250
Couple Massage	<del>8000</del>	7000

**Create your basket of experience of four treatments minimum and get one treatment free.**

*Conditions apply: The treatment with the lowest price would be free.*

*Prices are in Indian rupees, subject to applicable government taxes.*

# SPA INFORMATION

## **Spa facilities**

*The Neemrana Spa unfolds a refreshing idiom of spa design that emanates harmonious balance of energy, drawing inspiration from nature and organic niches. The design is simplistic, allowing you to indulge your senses in the ambience created by the fragrances and sounds that are unique.*

## **Reservation and treatments**

*Advanced bookings for spa treatments are highly recommended to avoid disappointment. We encourage you to arrive 30 minutes prior to the scheduled appointment to benefit from the wet and heat areas. We strongly recommend a relaxing session in the wet areas or pool side before your treatment. This enhances the effect of your treatment by warming muscles, opening pores, encouraging detoxification and allowing you deeper rest during your treatment. You are requested to wear swimwear in the wet areas.*

*Should you arrive late for your scheduled appointment, we endeavour to accommodate you to the best of our abilities. Your treatment time may be shortened or rescheduled to avoid any inconvenience to the next guest appointment.*

*Most of the treatments include a five-minute pre-therapy and post-therapy ritual.*

## **Timings**

*The Spa is open daily from 8.00 am to 8.00 pm.*

## **Valuables**

*While we endeavour to look after your belongings, the spa will not be liable for the loss of your valuables. We urge you to leave your valuables in the spa locker or your hotel room.*

## **Cancellation**

*A 24-hour cancellation notice is required to help us reschedule your appointment, subject to availability at the spa. Any cancellation/rescheduling with less than 3 hours' notice will incur a 50% cancellation fee.*

*The entire charge of the treatment booked will be levied in case of a 'No Show' without any prior cancellation as specified above.*

## **Spa Etiquette**

*To preserve the tranquil environment of the spa, we respectfully request you to switch off your mobile phones.*

*The Spa is an alcohol and smoke free environment. Guests under the influence of alcohol, high energy drugs and medication will not be allowed to use the Wet areas, gym, pool and the treatment facility.*

*Appropriate swim wear is to be worn in the wet areas. Underwear / disposable underwear (which is provided by the spa), must be worn for all body treatments.*

*The Spa Management has the discretion to ask a guest to leave the premises in case of non-adherence to the spa etiquette.*

## **Special Considerations**

*We recommend that men shave a few hours prior to a facial treatment.*

*Avoid shaving or waxing one day prior to body scrubs.*

*For greater comfort during spa treatments, you may prefer to remove hearing aids, spectacles or contact lenses.*

*Please note certain muds/oils used during some treatments may stain the skin or clothing.*

*Rest or avoid vigorous activity for at least one hour after treatments.*

*Drink water before and after all treatments.*

*Guests with high blood pressure, heart conditions, pacemakers, hernias, joint replacement or who have any medical complications, are advised to consult their doctors before signing up for any spa treatments/services. Please inform your spa therapist of any medical conditions.*

*As a policy, we do not offer spa body treatments to pregnant women.*

*Entry to spa is at the guest's own risk and although strict policies and procedures are implemented to maximise safety, the Neemrana Spa, its employees and representatives, will not be held liable or accountable for any incident experienced by any person entering the premises and/or undergoing spa treatments.*

***Prices are in Indian rupees, subject to applicable government taxes.***

## AYURVEDA

	60 Min	90 Min
Abhyangam - <i>Marma or Nadi Cleansing &amp; Chakra Balancing Four Hand Therapy (Neemrana Signature Treatment)</i>		8500
Abhyangam - <i>Four Hand Therapy</i>		7000
Abhyangam - <i>Two Hand Therapy</i>	5500	6500
Shirodhara ( <i>Takra/Taila</i> )	5500	
Shirodhara ( <i>Takra/Taila</i> ) with Abhyangam - <i>Two Hand Therapy</i>		8000
Kizhi - <i>Potli</i>	5500	
Abhyangam with Kizhi - <i>Potli - Four Hand Therapy</i>		10000
Abhyangam with Kizhi - <i>Potli - Two Hand Therapy</i>		8000
Thalapothishil or Shirolepa ( <i>Head Pack</i> ) <i>Ayurvedic Head Massage followed by a Head Pack and a Head Wash</i>		6000
		<b>30 Min</b>
Kizhi - <i>Potli</i>		2500
<b>Hair &amp; Scalp</b>		<b>15 Min</b>
Head Wash & Shampooing		500
Blow dry (Plain)		400
<b>Steam Bath</b>		<b>30 Min</b>
Individual ( <i>Cabin</i> )		1000
Group travelling together ( <i>Two or Three Person – Steam Room</i> )		1500

*Prices are in Indian rupees, subject to applicable government taxes.*