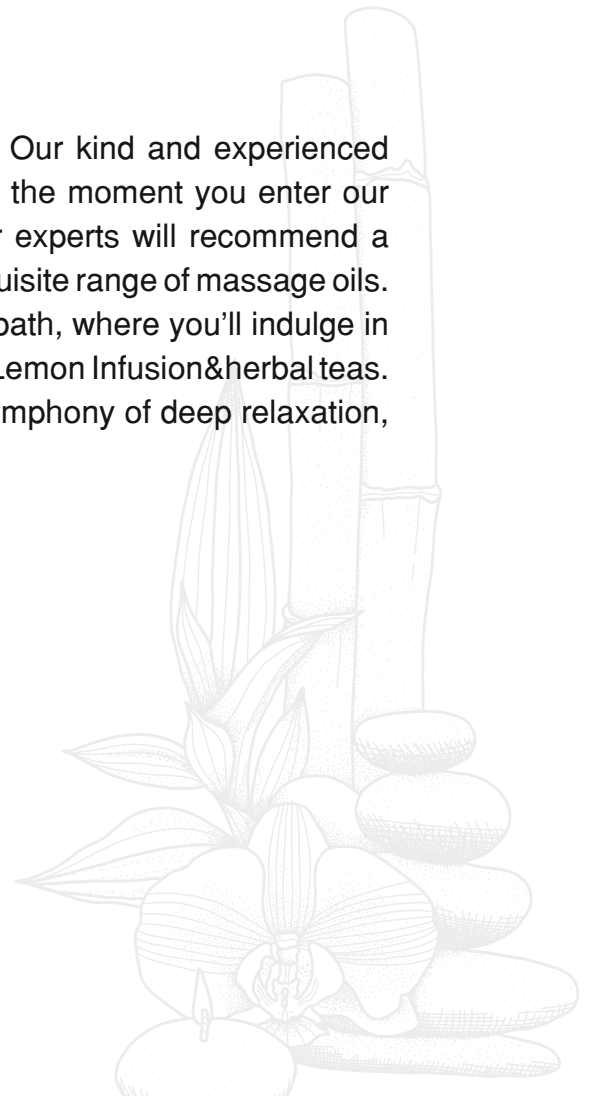






Introducing Sparoh Wellness Experience

Sparoh Wellness Spa is a haven of serenity and relaxation. Our kind and experienced healers guide you on a journey of calm and tranquility. From the moment you enter our peaceful space, you'll be enveloped in warm hospitality. Our experts will recommend a suitable wellness therapy and invite you to choose from our exquisite range of massage oils. Retreat to our elegantly appointed therapy room and ensuite bath, where you'll indulge in refreshing amenities and soothing treats, including Ginger and Lemon Infusion & herbal teas. A Sparoh wellness experience is designed to orchestrate a symphony of deep relaxation, gentle pampering, and rejuvenation".





enrich your mind, body & soul



Western Classical Series

Essential Bliss (Aromatherapy)
Calming Touch (Swedish)
Energy Awakening (Balinese)
Therapeutic Touch (Sports Deep Tissue)
Jet Lag Relief (Traditional Thai)
Sparoh Signature Therapy Experience
Soothing Stone Therapy
Warrior Touch (Four Hands)

Quick Escape

Calming Experience Champi (Head Massage)
Nourishing Head Massage (Hot Oil Head Massage)
Tension Tamer (Head, Neck, Shoulder & Back)
Soothing Experience Meru (Back massage)
Restorative Stretches (Dry Back Massage)

Detox Experience Feet Reflexology

Swadee
Anandathai
Arokya
After-party Massage

Essential Face Rituals

Facial Express
Youth Revival Facial
Brightening Facial
Age Perfect Facial
HIM! Get Ready to Shine
Hydrate & Shine

Body Refinement Ritual

Husky Shell Exfoliant (Kerala Scrub)
Exfoliating Experience (Apricot & Lemongrass)
Arabian Experience (Coffee)
Soothing Skin Ritual (Rice & Oatmeal)

Skin Envelopments Ritual

Oceanic Detox & Mineral Cocoon (Mud)
Coastal Rejuvenation (Seaweed)
The Royal Radiance (Sandalwood)
Radiant Duo (Vanilla & Cocoa)

Add on

Herbal Compress Spice Poultice

Packages

Enhance Your Wellness Experience





Western Classical Series

Essential Bliss (Aromatherapy) (Low Pressure, Oil Therapy)

Indulge in this authentic massage, influenced by stalwarts from homeopathic healing tradition. An uplifting combination of aroma oils selected from carefully preserved global bioreserves. are blended with cold pressed anti-oxidant rich base oils to provide a gentle relaxing massage, which is effective on the senses as well as on the skin and nerve endings. Surrender yourself to a thoroughly pampering experience!!!

₹3399 - 60 minutes

₹4499 - 90 minutes

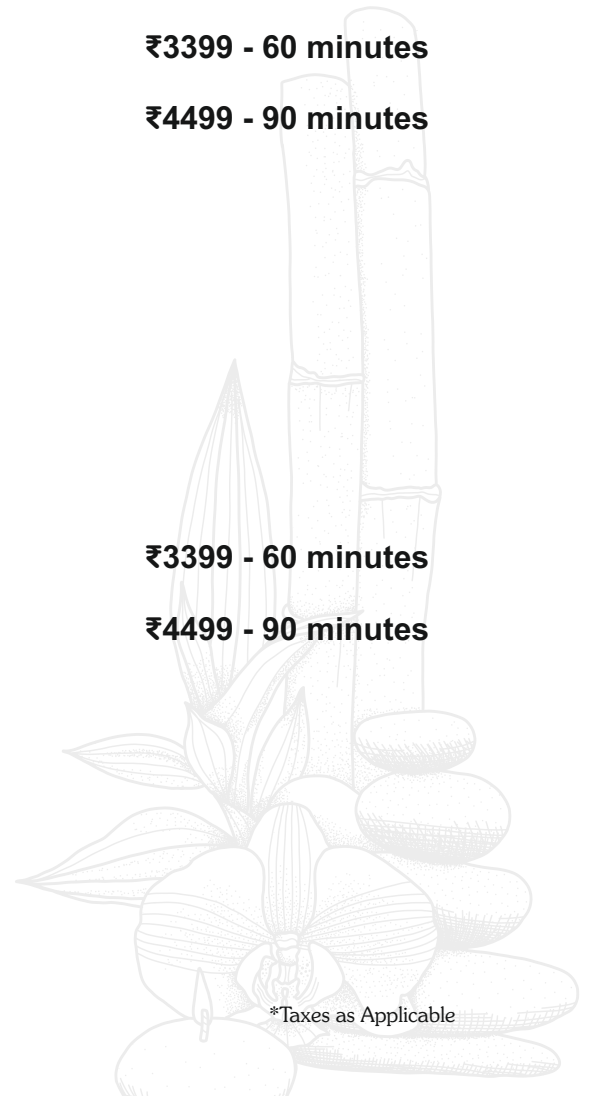
Calming Touch (Swedish) (Medium Pressure, Oil Therapy)

Boost your energy levels and re-energize your body with the classic Swedish massage. We use rejuvenating seasonal blend of oils to provide a firm and deeply relaxing experience. We recommend it for its effectiveness in relieving muscle soreness and stimulating the overall blood circulation. Also, to facilitate the process of healing, please do let our therapists know on which areas they should focus and also those areas that experience pain so that they can be left untouched, thus ensuring a smooth therapy execution.

₹3399 - 60 minutes

₹4499 - 90 minutes

*Taxes as Applicable





Energy Awakening (Balinese)(Medium Pressure, Dry & Oil Combination)

The traditional Balinese Royal Massage is a technique of relaxing the body through acupressure, and firm smooth strokes along specific energy channels. This ritual is a confluence of the best of healing traditions of erstwhile Thailand China and India. It reawakens your inner self and evokes peace of mind, by releasing energy blockages and restoring smooth flow of energy

₹3599 - 60 minutes

₹4699 - 90 minutes

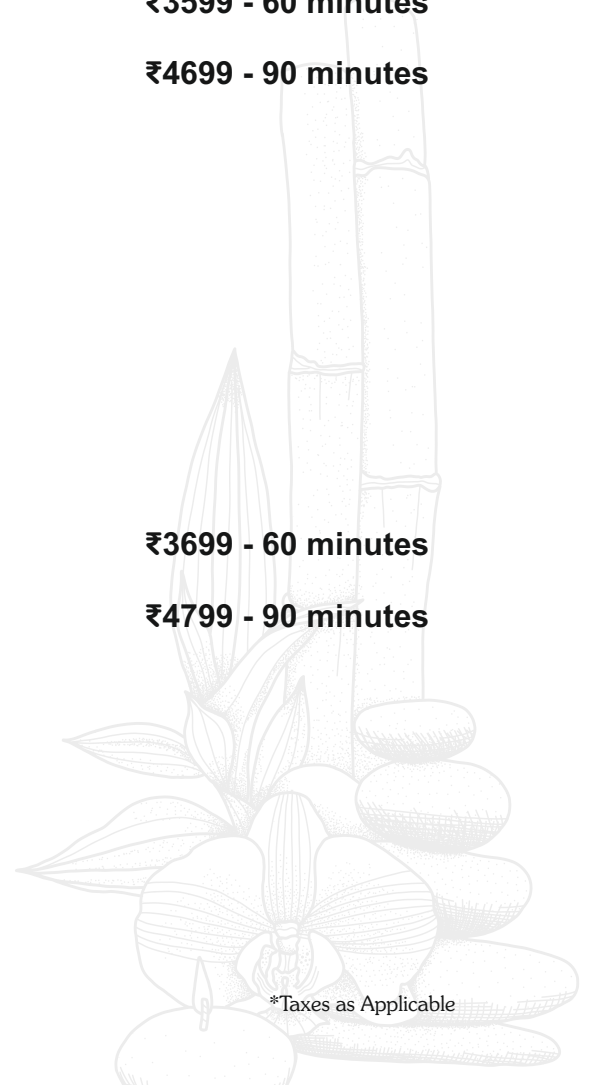
Therapeutic Touch (sports Deep Tissue) (Medium To Deep Pressure, Oil Therapy)

A medium to strong deep pressure massage with slow strokes to reach deeper layers of muscle and fascia, which minimizes recovery time for stressed and tense muscles. The intensive strokes work to loosen and relax the muscles. Deep tissue reduces stress hormone levels and heart rate while boosting mood and relaxation by triggering the release of oxytocin and serotonin. It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

₹3699 - 60 minutes

₹4799 - 90 minutes

*Taxes as Applicable





Jet Lag Relief (Traditional Thai)

Traditional Thai massage is a combination of yoga techniques and deep muscle work that increases flexibility. The therapist will assist you in a series of yoga stretches to improve circulation and flexibility as you enjoy relaxing joint pain relief, muscle movement and a positive flow of energy in this dry massage that can be done in your comfortable clothing.

₹3399 - 60 minutes

₹4499 - 90 minutes

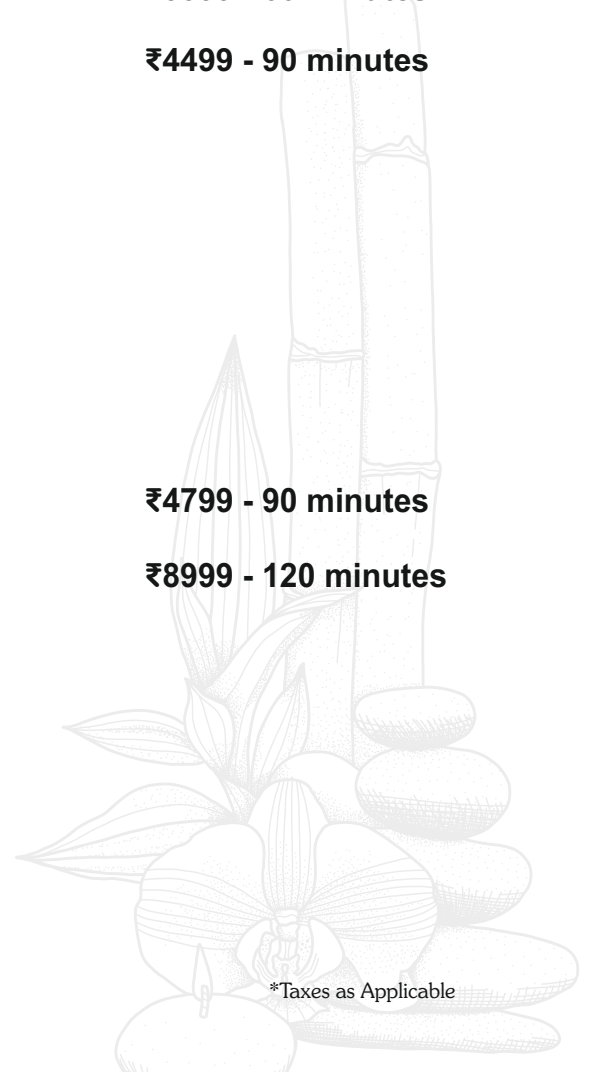
Sparoh Signature (Medium To Deep Pressure, Dry, Oil & Stretches Combination)

Our senior Spa trainers have developed this signature bodywork only for regular spa and fitness enthusiasts. This bodywork has an integration of sports Massage and Thai Acupressure techniques, to effectively work on irritated deep tissue, fascia and muscles. Recommended only for those who require deep bodywork to undo muscle knots and loosen fibrous tissue, this therapy accounts to be one of the most chosen and appreciated treatments by our clients.

₹4799 - 90 minutes

₹8999 - 120 minutes

*Taxes as Applicable





Soothing Stone Therapy

Melt your stress away with hot stone massage using smooth, heated basalt lava stones. The warm stones are placed in tension prone areas, it helps you unwind and a better sleep, increasing joint flexibility, refocus and soothe muscles through the carefully applied massage techniques

₹4999 - 90 minutes

₹9399 - 120 minutes

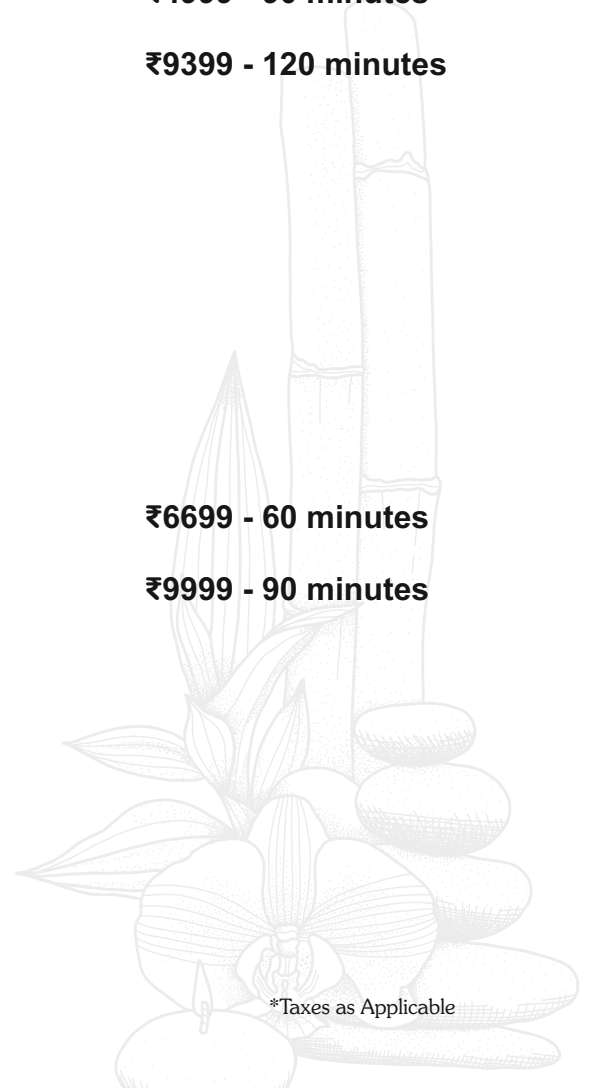
Warrior Touch (Four Hands)

Unleash deep relaxation with our signature Four-Hand Massage, where two expert therapists work in perfect harmony to soothe your body and mind. This synchronized oil massage technique doubles the relaxation, calming your nervous system, reviving your senses, and melting stress and fatigue away. Let our skilled therapists guide you into a state of profound tranquillity, rejuvenating your entire being.

₹6699 - 60 minutes

₹9999 - 90 minutes

*Taxes as Applicable





Quick Escape

Escape stress and tension in just a few minutes! Our Quick Escape massages are designed to provide a fast and effective way to relax and rejuvenate.

Calming Experience Champi (Head Massage)

Indulge in our rejuvenating Champi treatment, expertly crafted to nourish your hair and soothe your senses. Our signature blend of Amla, Brahmi, Jatamansi, Curry leaves, and Neem works in harmony to stimulate hair growth, revive natural shine, and promote deep relaxation.

₹1599 - 30 minutes

Hot Oil Head Massage

A ritual that combines therapeutic techniques to relieve mind and body from sleeplessness, anxiety, depression, and renews energy levels.

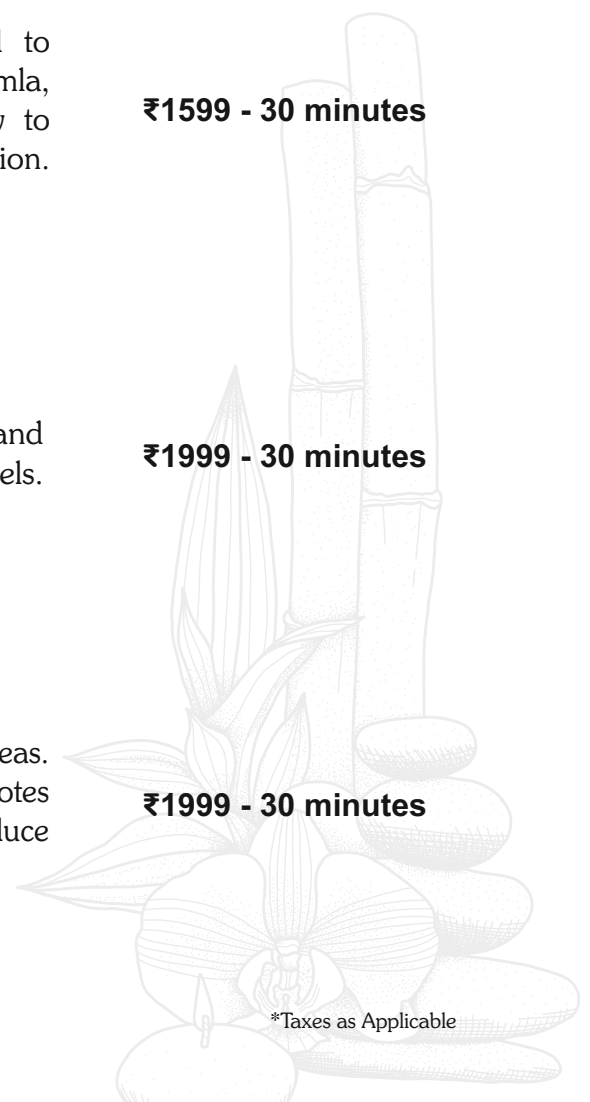
₹1999 - 30 minutes

Head, Neck and Shoulder

soothing massage therapy, targeting the head, neck, and shoulder areas. Our expertly crafted treatment eases tension, reduces stress, and promotes deep relaxation. Gentle pressure massage with special oils to reduce muscle tension.

₹1999 - 30 minutes

*Taxes as Applicable





Soothing Experience Meru (Back Massage)

Indulge in the blissful warmth of our Meru treatment, where expertly warmed oil or soothing balm is lovingly applied to your back, melting away tension and stress. Our skilled therapists tailor the massage to your specific needs, easing muscle strain and promoting deep relaxation. As the warmth is absorbed, your muscles relax, your mind calms, and your entire being unwinds, leaving you feeling refreshed, revitalized, and serene.

₹1799 - 30 minutes

Restorative Stretches (Dry Back Massage)

Relieve back pain and tension with our targeted Thai massage. Expert therapists use controlled pressure to enhance flexibility, boost mood, and deeply relax. Experience ultimate relief from daily aches and pains

₹2299 - 45 minutes

*Taxes as Applicable





Detox Experience Feet Reflexology

This fascinating treatment provides physical and spiritual renewal by applying specific thumb, finger and hand techniques to various reflex points on the feet to effectively stimulate corresponding organ groups in the upper body for overall wellbeing.

Swadee

Soak in our special oils to revive your tired feet with this signature Thai foot massage

₹1599 - 30 minutes

₹2299 - 60 minutes

Anandathai - Head to sole signature massage

Be pampered by an extended head to sole therapy offering you a complete relaxation.

₹3399 - 90 minutes

Arokyathai herbal compress foot massage

Feel the soothing heat on your muscles and be wrapped in a healing remedy of Thai herbs

₹2599 - 60 minutes

₹3399 - 90 minutes

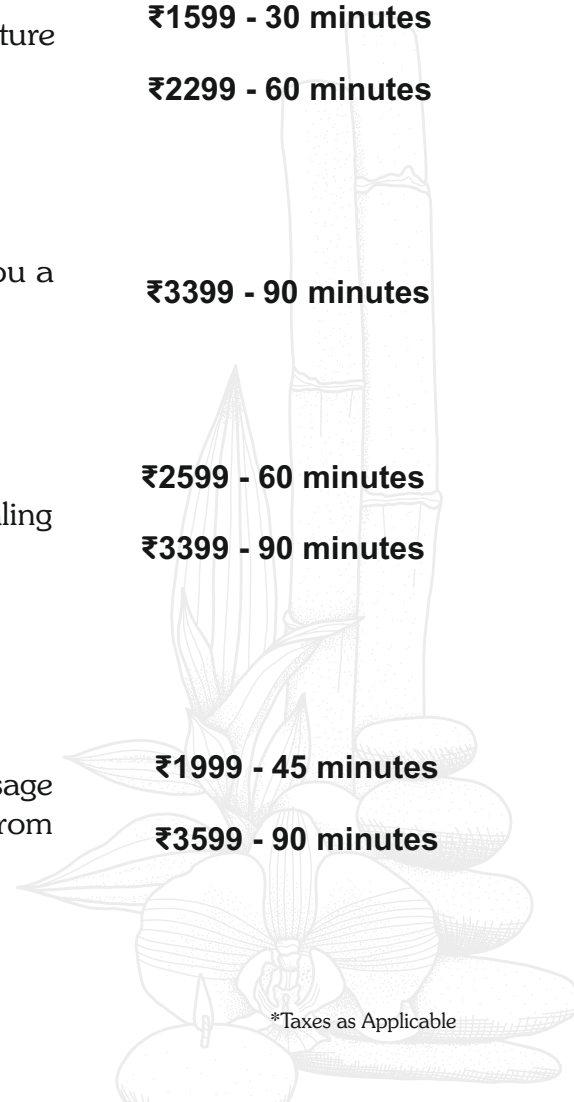
After-Party Massage

Relax and revitalize yourself with a relaxing head and foot massage with magical oils. Pamper with a rejuvenating therapy for relief from hangovers while allowing you to focus on life afresh

₹1999 - 45 minutes

₹3599 - 90 minutes

*Taxes as Applicable





Essential Face Rituals

Indulge in our bespoke Face therapies, meticulously crafted to hydrate, nourish, and illuminate your skin. Each treatment is tailored to your unique skin type, combining expert techniques with premium products to pamper your delicate skin and soothe your senses.

Facial Express

A quick yet effective facial treatment suitable for all skin types. Our gentle exfoliating formula softens and smoothens the skin, leaving it refreshed and rejuvenated.

₹1999 - 30 minutes

Youth Revival Facial

Rejuvenate your skin with our Youth Revival Facial, featuring rice exfoliation that gently removes dead skin cells, promoting a natural shedding process. This treatment reveals healthier, smoother, and more even-toned skin while protecting against harmful UV rays and oxygenating the skin's surface capillaries.

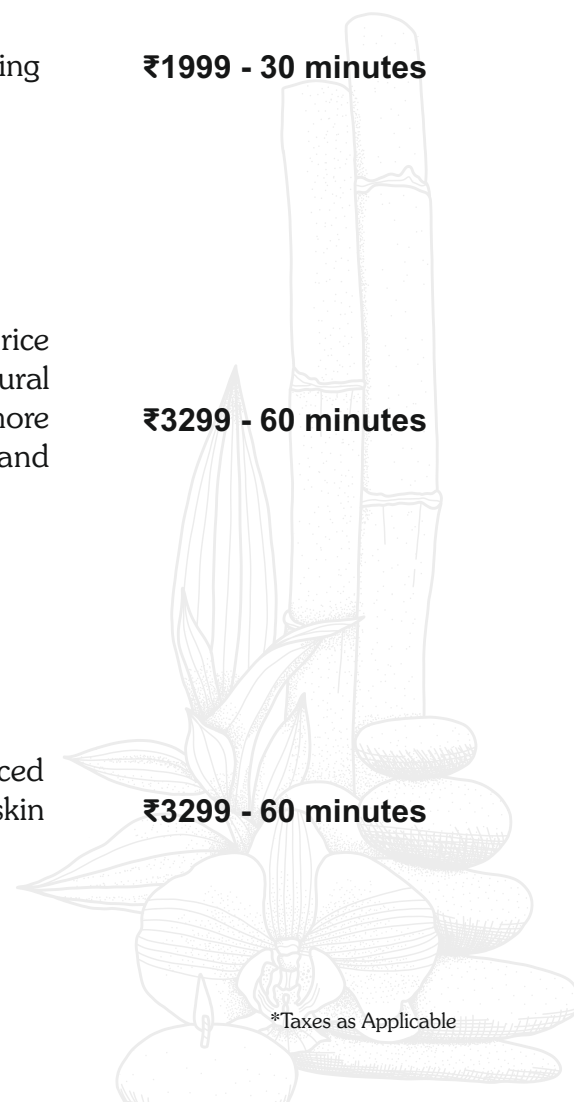
₹3299 - 60 minutes

Brightening Facial

Restore skin luminosity and perfect tonality using our collagen-induced brightening session. Look younger and clearer with our signature skin complexion-enhancement techniques.

₹3299 - 60 minutes

*Taxes as Applicable





Essential Face Rituals

Age Perfect Facial

Using fig and Jamaican sorrel extracts, we boost skin radiance and minimize signs of ageing. Restore a smoother facial appearance by removing contours through intense hydration at Sparoh.

₹3499 - 60 minutes

Him! Get Ready to Shine:

Unlock your skin's full potential with the HIM Facial, the ultimate solution for men's skin! Expertly crafted to deliver remarkable results, this treatment combines effective skin brightening with broad-spectrum protection, reducing melanin formation. Perfect for the modern man who demands the best!

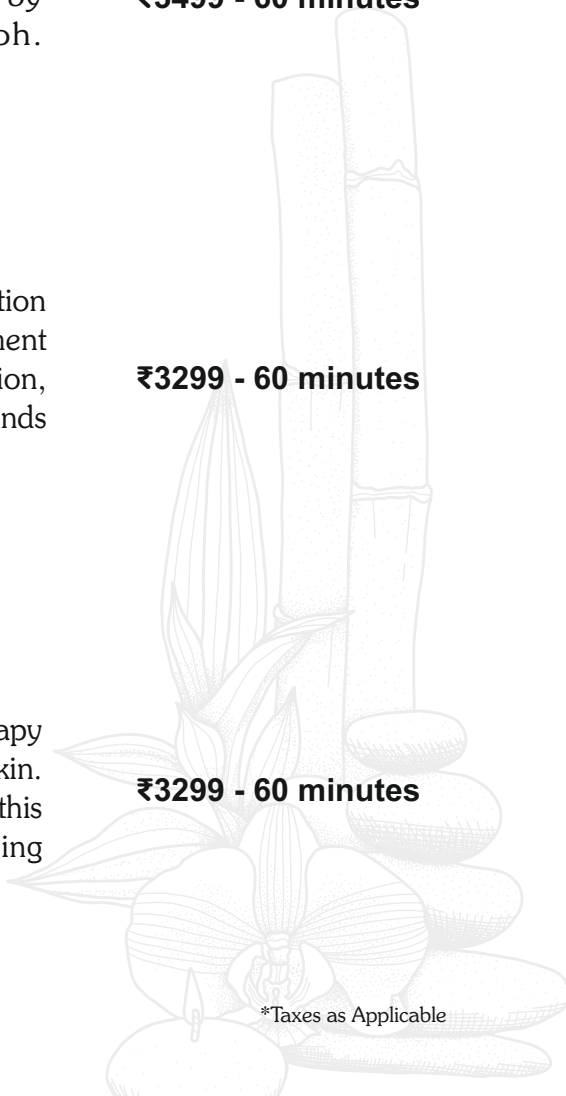
₹3299 - 60 minutes

Hydrate & Shine.

Indulge in the luxurious Hydrate & Shine Gloss It Facial, a 4 oils therapy that nourishes and stimulates collagen formation for radiant, youthful skin. Enriched with traditional Asian ingredients Pearl and Algae extracts, this treatment strengthens, tightens, and protects your skin, providing long-lasting hydration and suppleness.

₹3299 - 60 minutes

*Taxes as Applicable





Body Refinement Ritual

Experience a blissful healing journey where plant and flower-based extracts keep your skin hydrated and body well nourished. Our signature blend of antioxidant-rich, cold-compressed oil and finely ground salt stimulates body circulation and oxygenates the skin.

Husky Shell Exfoliant (Kerala Scrub)

Discover the ancient beauty secrets of Kerala with our invigorating Husky Shell Exfoliant. This unique scrub harnesses the natural power of finely ground husky shells, meticulously blended with an aromatic symphony of traditional Kerala spices and nourishing oils. As the gentle exfoliation sweeps away dull, devitalized skin, the rich botanicals penetrate deeply, detoxifying, polishing, and revealing a luminous, silky-smooth complexion.

₹2999 - 30 minutes

Exfoliating Experience (Apricot & Lemongrass)

Experience a blissful healing journey where plant and flower-based extracts keep your skin hydrated and body well nourished. Our signature blend of antioxidant-rich, cold-compressed oil and finely ground salt stimulates body circulation and oxygenates the skin.

₹2699 - 30 minutes

Arabian Experience (Coffee)

Opt for our skin treatment using finely collected coffee beans that exfoliate your skin. Our exfoliation offering stimulates better circulation and directly influences your mood to transition to a stage of better health

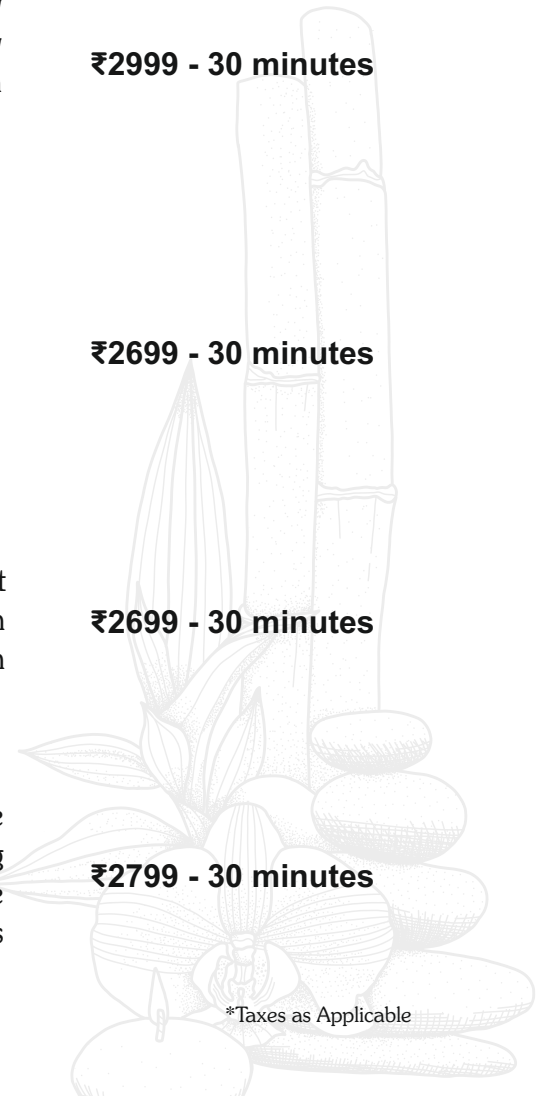
₹2699 - 30 minutes

Soothing Skin Ritual (Rice & Oatmeal)

Our Organic Rice and Oatmeal Body Scrub is a traditional, home recipe-inspired blend that gently polishes and hydrates the skin, leaving it soft and radiant. This natural and effective formula combines the gentle exfoliating properties of organic rice with the fiber-rich, hydrating benefits of oatmeal, making it suitable for all skin types.

₹2799 - 30 minutes

*Taxes as Applicable





Skin Envelopment Ritual

Skin refinements are therapies where powders containing plant, fruit and cereal extracts are rubbed on the skin surface. This therapy removes dead skin cells and pollutants, increases circulation and energizes the body. Works well in conjunction with any bodywork.

Oceanic Detox & Mineral Cocoon (Mud)

Immerse yourself in the purifying power of the ocean with this mud wrap. It's expertly formulated to draw out impurities and infuse your skin with vital minerals, promoting a balanced and healthy glow. Free from Parabens, Sulphates, Silicones & Petrochemicals

₹2799 - 30 minutes

Coastal Rejuvenation (Seaweed)

Dive into a world of profound detoxification and revitalization with our Seaweed Body Wrap, the active compounds in the seaweed work synergistically to purify and tone your skin. This powerful oceanic blend aids in drawing out impurities, stimulating circulation, and reducing the appearance of cellulite, while deeply hydrating and remineralizing the entire body.

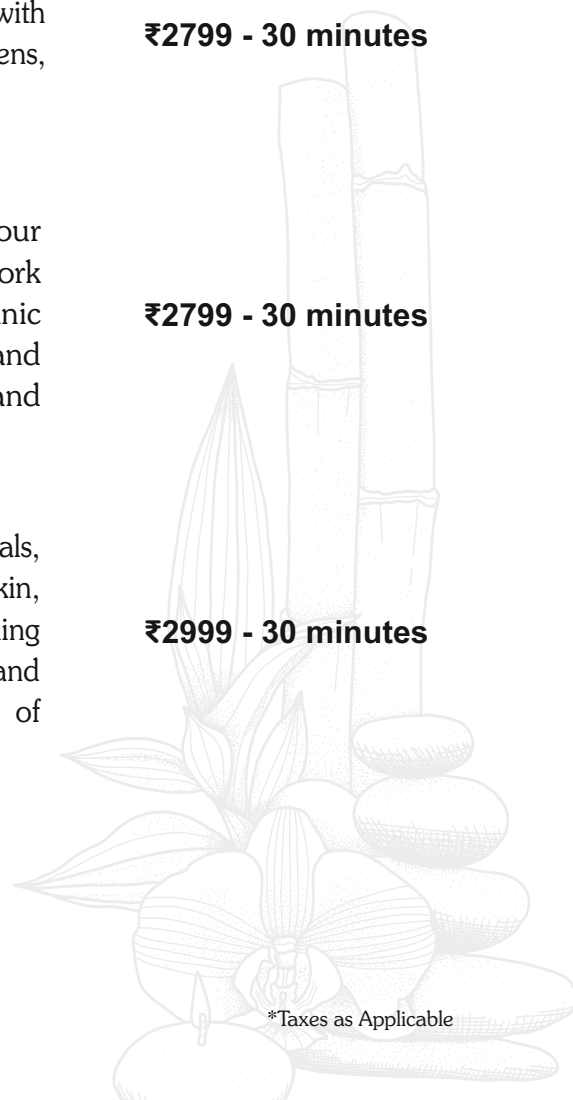
₹2799 - 30 minutes

The Royal Radiance (Sandalwood)

the finely powdered sandalwood, blended with nourishing botanicals, works its magic. It is celebrated for its ability to soothe and cool the skin, reduce inflammation, and promote an even skin tone, the deeply grounding and serene fragrance of sandalwood calms the mind, eases tension, and elevates your senses, transforming this wrap into a holistic journey of peace and profound rejuvenation.

₹2999 - 30 minutes

*Taxes as Applicable





Radiant Duo (Vanilla & Cocoa)

Surrender to an experience of pure bliss with our Vanilla & Cocoa Wrap, The Decadent Delight. This exquisitely rich body indulgence is a feast for both your skin and your senses, crafted from the finest pure cocoa and the sweet, comforting essence of vanilla. The powerful antioxidants in pure cocoa work to firm and tone your skin, promoting elasticity and a youthful appearance. Vanilla, renowned for its soothing and nourishing properties, deeply hydrates and softens, leaving your skin feeling incredibly supple and smooth.

₹3199 - 30 minutes

ADD ON

Herbal Compress Spice Poultice

Explore our reenergizing therapeutic session to begin fighting off long-standing pain. Use herb powders and our signature oils to treat pain-sensitive body points. Embark on a profoundly re-energizing therapeutic journey with our Herbal Compress Spice Poultice.

₹1399 - 30 minutes

Packages

Relax

Aroma, Choice of Facial Therapy

₹4999 - 90 minutes

Rejuve

Bali, Choice of Body Refinement

₹5999 - 90 minutes

Express

Champi, Foot Reflexology, Mini Facial

₹4999 - 90 minutes

Couple packages

Couple Care

Choice of body wrap therapy, Choice of body Refinement

₹9999 - 90 minutes

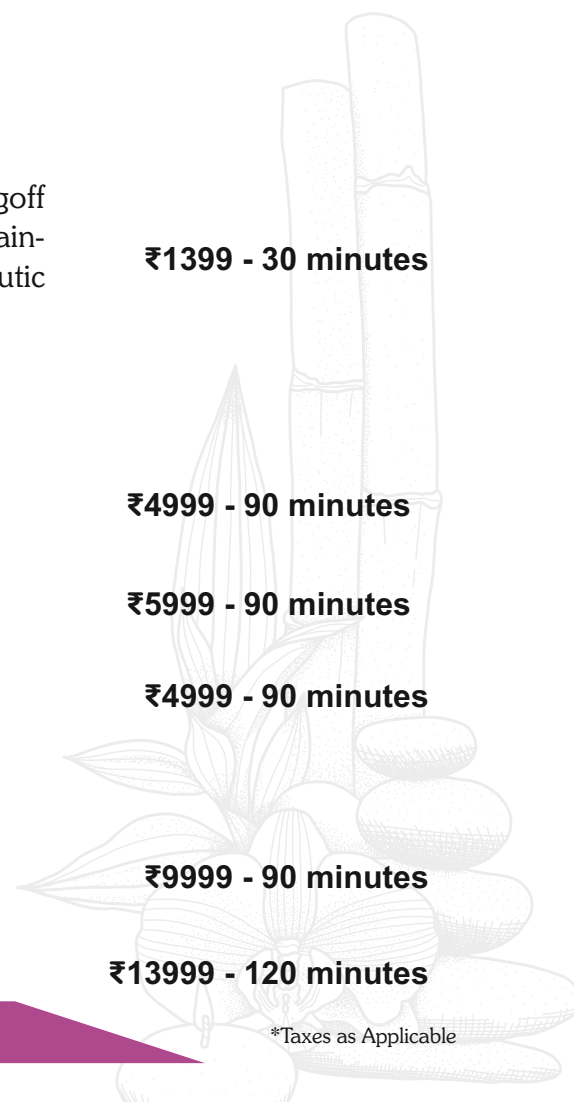
Romance Couple

Aroma, Choice of body Refinement, Mini Facial

₹13999 - 120 minutes

MEMBERSHIP PACKAGES & GIFT CERTIFICATES AVAILABLE

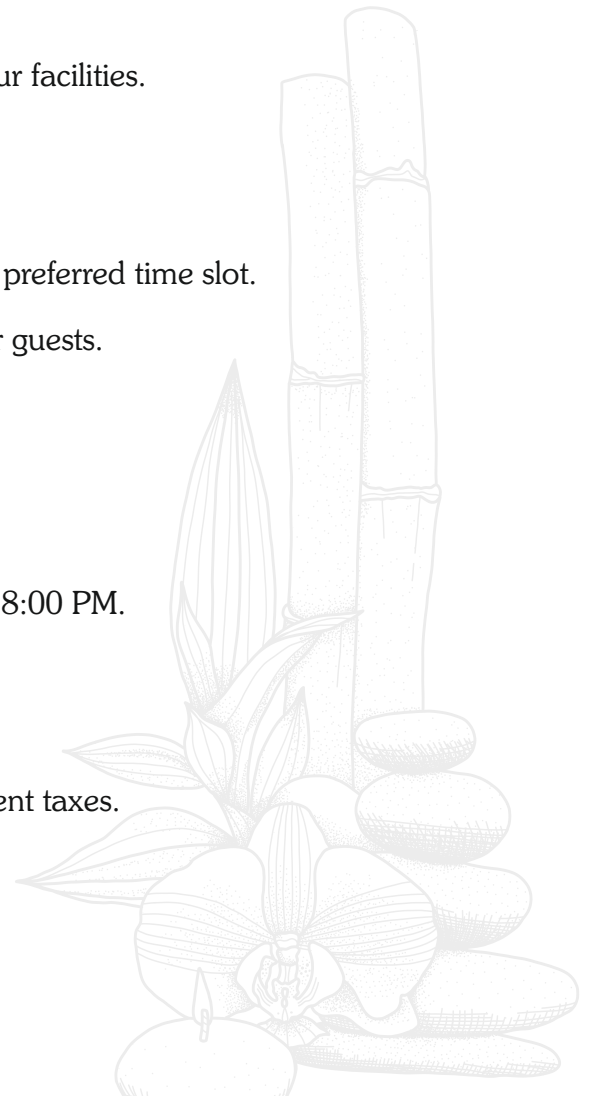
*Taxes as Applicable



Enhance Your Wellness Experience

Spa Information

- ☐ Opening Hours: 8:00 AM - 8:00 PM daily for treatments.
- ☐ Please arrive 15 minutes prior to your appointment to enjoy our facilities.
- ☐ Appointments: Booking is subject to availability.
- ☐ Our Spa reception team will assist you.
- ☐ We recommend booking at least 24 hours in advance for your preferred time slot.
- ☐ Spa Etiquette: For a tranquil environment, please respect other guests.
- ☐ The Spa is a mobile phone and smoke-free zone.
- ☐ Robes, towels, slippers, and amenities are provided.
- ☐ Minimum age for access and treatments is 16 years.
- ☐ Spa Facilities: Steam room is available for use from 9:00 AM - 8:00 PM.
- ☐ Gift Vouchers: Available for treatments and products.
- ☐ Non-refundable and must be presented at time of use.
- ☐ Prices: All prices are in Indian Rupees and subject to government taxes.



This is the first time I am having Spa therapy. Will someone help me

Choose the most appropriate treatments?

Our spa team experts are always ready to guide you through a range of treatments and therapies. We even help you pick the right choice

Can I have multiple Spa therapies in a day?

Yes. To get positive and impactful results, we recommend multiple therapies in a single day. The cumulative effects give birth to holistic nourishment for your facial skin, nerve, muscular, and tissue health, and spinal alignment.

What if I have any health concerns?

Discuss your health issues with our team members, and our experts will suggest spa session combinations accordingly.

Especially if you're pregnant, have skin diseases, or have undergone surgery, let us know the details.

When should I eat before my Spa therapy?

After a moderate meal, you should have an hour's gap before attending the spa session. We do not encourage alcohol consumption before spa therapy.

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

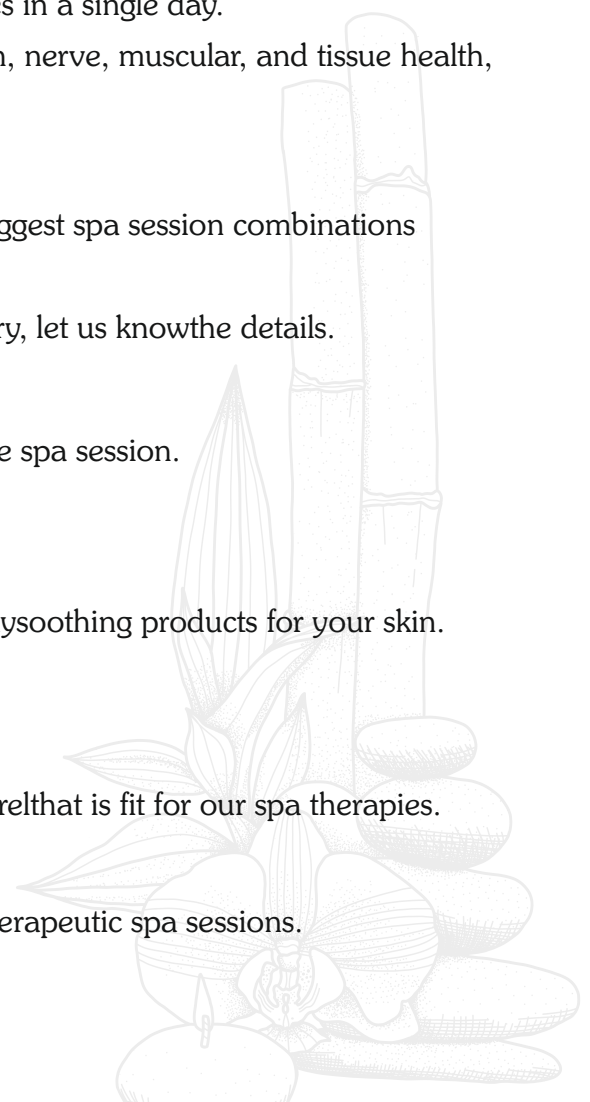
Our team of specialists takes extra care in finding and categorizing perfectly soothing products for your skin. Rest assured, the natural ingredients are gentle on your skin.

What should I wear during my visit to the Spa?

There aren't any prerequisites. We shall provide you with disposable apparel that is fit for our spa therapies.

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

We accept guests with a minimum age of 15-18 years to experience our therapeutic spa sessions. During therapies, we recommend a guardian is always present.





Bajrang Baug Gardens On, Old Mumbai - Pune Hwy,
Tungarli, Lonavala, Maharashtra 410401

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☎ 02114-667300

Spa Extn: 07

🕒 8 AM - 9 PM (All days)

📘 [sparohspa](#)

📷 [sparoh_spa](#)