



DHYANA
spa

*“State of perfect
equanimity & awareness.”*

Dhyana Spa Into wellness therapies expand towards
holistic health and carefully chosen wide range of
wellness program.

www.dhyanaspa.in



A person is shown in a meditative pose, holding a large, dark, shallow bowl with both hands. The person's face is partially visible, looking down at the bowl. The background is a soft, out-of-focus green with a subtle pattern of leaves and branches. The overall tone is calm and serene.

WELCOME TO WELLNESS

Dhyana

"state of perfect equanimity and awareness."

Dhyana teaches us to observe something without judgement, or attachment – instead contemplating it in all its colours & forms in a profound, abstract state of meditation.

“

The great thing about Ayurveda is that its treatments always yield
side benefits, not side effects.”

– Shubhra Krishan

CORE VALUES



Our core Value are based upon **“Discover the art of relaxation”** which are deeply instilled into all our therapists and health-conscious practitioners. Steeping in the wellness, you will embark on a wellness journey of self-discover the wellness.

GUEST JOURNEY

Dhyana Spa Into wellness therapies expand towards holistic health and carefully chosen wide range of wellness program and feel true bliss at the hands of our expert therapists.



PRODUCT



We use organic luxury spa product, so as to offer you the full benefits of the most innovative and result driven treatment

TEAM

Comprising of passionate, highly skilled and multit talented therapists including health-conscious wellness practitioners with focus on renewing nature's energy through the use on renewing nature energy through the use of holistic therapies and treatment.



Dhyana

Signature Experience

Our Dhyana Spa Signature selections utilize ingredients, plants and herbs that are organic and indigenous to the region, using

Ayurveda is a traditional Indian science of holistic medicine, developed over centuries by sages and holy men who were gifted with universal insight and experience.

Local traditions with a wellness focus. Explore a medley of indulgences that have been created for your relaxation and wellbeing.

Discover our signature offerings, which are deeply rooted in spa tradition, culturally connected and exclusive to Dhyana Spa

We are confident that you will be delighted with our collection, carefully chosen for the ultimate Wellness experience.



Fusion Massage

60 minutes, Rs 6500/-

Create your own massage. Does your back and neck need more attention than your legs? Would you prefer a deep tissue with a touch of reflexology or maybe an experience that ends with some holistic energy work? Our therapists will be glad to tailor a massage suited just for you utilizing their individual area of expertise.

Vata Dosha Body Massage

60 minutes, Rs 5000/-

This experience uses light, soft, massage strokes to nurture and clam, using long strokes over the limbs with circular movement over the joints. This experience concentrates on the colon, pelvis, back and sacrum. Pure essential oils with Dosha specific blended in a nourishing Sesame oil and base oil leave you feeling nurtured and loved.

Pitta Dosha Body Massage

60 minutes, Rs 5000/-

This experience is grounding for the fiery pitta dosha, gentle, nurturing strokes ground the being assisted by the power of what are known as India's essential oils of tranquilly, Dosha specific blended in a nourishing sesame oil to nourish the skin as well as nourish and clam mind body and soul.

Kapha Dosha Body Massage

60 minutes, Rs 5000/-

This experience uses light, energetic strokes which gradually become fast, firm, stimulating and vigorous. Deep tissue work is r to drain and activate the tissues of the body. Dosha specific blended essential oils in a sesame oil are applied to the body activate a sluggish metabolism.



Dhyana

Luxury Experience Touch



Express Facial

30 minutes, Rs 2900/-

This is specially designed for the busy executive always on the run, Dhyana express facial is quick confidence booster & skin brightener. A gentle firm massage tones-tired face muscle while special uplifting blended creams & oils distillates cleanse, soothes & moisturize leaving you looking your best.



Indian Head Massage

30 minutes, Rs 2900/-

A traditional form of head, neck, scalps and shoulder massage. This ancient experience relaxes tones and eases muscle tension, eliminates toxins by stimulating circulation, creating a positive energy flow through the chakras leaving you in a state of tranquility and peace.



Dhyana Touch

30 minutes, Rs 2900/-

Rhythmic flowing movements over the back, shoulder, neck and scalp release deep seated tension and stress, relieve aches and pains, encourage deep breathing, calm the mind and make you feel at one with your body



Flawless Feet

30 minutes, Rs 2900/-

A relaxing and energising treat for feet, comprising a scrub to smooth, marma massage. Feet are thoroughly relaxed, which helps release tension from all over the body.

*All prices are exclusive of GST. GST as per the government

Since the beginning of recorded history, aromatic plants have been used to scent, beautify, and heal the body. These precious essences help balance and put us in greater harmony with the natural world. Aromatherapy offer us a chance to reach out to our forgotten past. By looking to nature with all its benefits and beauty, we can advantage of the valuable wisdom of the ages from our ancestors and benefit from this very precious gift of aromatic essential oils.

*All prices are exclusive of GST. GST chargeable @ 18%



Dhyana Massage Therapies

Swedish Massage

60/90 minutes, Rs 4000/5500

Swedish massage is the manipulation of the superficial layers of the muscles against the bone; it relaxes the body, increase circulation, removes metabolic waste products, and can help the recipient obtain a feeling of connectedness. The strokes and manipulations of Swedish massage are each conceived as having a specific therapeutic benefit.

Aromatherapy Massage

60/90 minutes, Rs 4000/5500

A gentle, nurturing treatment which combines the senses of touch and smell which pure essential plant and flower oils. Aromatherapy promotes superb physical and mental well being and creates a deep sense of relaxation.

* All prices are exclusive of GST. GST as per the government

Deep Tissue Massage

60/90 minutes, Rs 5600/6500

An experience recommended for those really tense, knotted and painful area. Using a variety of muscle release techniques, the therapist will work within your pleasure/pain threshold to release and relax chronic tension.

Balinese Massage

60/90 minutes, Rs 4500/6000

Traditional Balinese massage stimulates the flow of blood, oxygen and "qi" (energy) around your body, and bring a sense of wellbeing, 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.

Reflexology

60 minutes, Rs 4000/-

This healing art applies special massage techniques on reflex area of the feet which correspond to particular area of the body. Reflexology stimulates and improves physical, mental and emotional well being.

*All prices are exclusive of GST. GST as per the government



Dhyana Beauty Touch

Enhance your beauty by being closer to the mother
nature enjoy both pampering & therapeutic
beauty treatments at our Dhyana spa.

Himalayan Body Scrub

60 minutes, Rs 4000/-

Enriched with about 48 essential minerals, this ionic salt is the result of over- million year substances accumulation on rock salt. Himalayan salt creates 'vacuum effect' via tiny electrical impulses, it plays a major role of detoxification and rejuvenation. Blended with Thanaka and Mint herb powders delivering the properties of absorbing toxin, soothing and sublimating the skin. Essential oil of Lemon, Peppermint, Ylang-ylang and Frankincense cools down and eases nervous tension. As an immediate effect, the purified skin looks resplendent and reborn with silky smoothness and radiance restore

Coffee Body Scrub

60 minutes, Rs 4000

Enjoy the enthusiastic treatment with this natural soft exfoliating espresso scrub possessing great benefits from coffee scrub and coffee juice concentrate to gently remove dead skin cells and excessive dirt while it effectively boosts the circulation, provides detoxifying and firming property and reduces the appearance of cellulites.

Mukh Lepa

60 minutes, Rs 4000/-

Used for centuries as a beauty ritual for Indian women, these traditional facial uses unique techniques and herbal ingredients to cleanse, tone, exfoliate and hydrate. A specialised dosha specific herbal lapa or plaster is applied to the face to bring out the beauty within.

*All prices are exclusive of GST. GST as per the government



Dhyana spa Etiquette

Reservation

Due to high demand, we recommend booking your treatment in advance to avoid disappointment and reserve your preferred spa treatment. So, less time stressing and more time to relax

Arrival & Lifestyle Consultation Form

We recommend you arrive at least 15 minutes prior to your treatment time. On arrival we ask that you take a few moments to complete a lifestyle consultation form to assist us with your treatment preferences.

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Preparation For Your Spa Journey

Spa is a sanctuary of peace and harmony, providing a healthy and relaxing environment. So, we kindly request you to not use your mobile phones, and not to Alcohol and smoking while in the spa complex. Treatment are conducted free of jewellery, so it is recommended that you secure these items in your room safety box before coming to the spa.

For Gents

We kindly request all gentlemen to shave at least twenty-four hours prior to facial treatments to ensure that maximum benefits are achieved.

Payments & Cancellations

All spa treatments will be charged to your room, and appear on your final folio prior to your departure. Please give five hours cancellation notice on individual spa treatments and twenty-four-hour notice on spa packages. A 50% cancellation fee may apply if such notice is not given. No shows are charged at 100% of spa treatment price.

* All prices are exclusive of GST. GST as per the government



THANK YOU YOUR WAY BACK TO YOUR SOUL

Enhance your beauty by being closer to the Mother Nature and enjoy both pampering & therapeutic beauty treatments at Dhyana spa.



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