



healing hands

Hasta Spa



ILARA

HOTEL & SPA



❧ Premium Exquisite Spa ❧

Indulge in some "me" time at Hasta Spa, where we offer a wonderful experience tailored for you. Our spa provides a serene environment to relax, unwind, and escape the hustle and bustle of daily life. Treat yourself to a range of services that will pamper your skin, detox your body, and prepare you for special occasions. From teens to all ages, our tranquil environment is designed to help you relax and rejuvenate.

Visit us and experience the perfect harmony of mind, body, and spirit at our renowned spa, where ancient healing techniques and modern practices combine. Our treatments use natural ingredients and ancient wisdom to revitalize your senses and nourish your soul.



Profile

I, **Kanaka Sivaraman** (Founder & Managing Director of Hasta Spa), have been in the beauty industry for more than two decades having experience in personal grooming with my healing hands.

I am a passionate woman who returned to India in 2018 after 15 years in Australia to follow my passion for the beauty and wellness industry. From interactions with my clients, I came to understand their pains and day-to-day stress and strain which they go through. With that awareness, I decided to start a wellness spa to provide high-quality premium service at affordable prices for both Men and Women.

At Hasta Spa, we specialise in a variety of therapies with our professionally well-trained therapists with international standards to make sure you get relaxed and rejuvenated.

We care for your skin and our motto is.

'Your Expectations, Our Passion with Committed Best Service'.



❧ Why Spa, Massage or Therapy? ❧

Our ancient ancestors have given us the gift, the age-old practice of Sparsa Mardhana (**Massage Therapy**) to newborn babies.

- It is a connection between mother and child, Sparsa (Massage), Thaila (Oil), and Abhyanga Snanam (**Head to Toe Bath**).
- Hasta Spa is bringing back our culture into the community, from child to adolescent.
- We have 72,000 naadis (**Channels**) in our body which help us regulate our life. Our bodies need blood circulation, relaxation, and rejuvenation which happen in our Spa, the Hasta Mudra concept.

Hasta Spa (RSA) (The Touch) makes your mind and body relax and rejuvenate.

“

Massage is not just a luxury. It's
a way to a healthier, happier life.

”

❧ Thai Therapies ❧

Thai Dry

A Warm-up stretch and right pressure on your body to bring back alignment. This therapy is a form of Assisted Yoga to release your strained muscles and tight joints.

Balinese Massage

Balinese massage techniques include acupressure, skin rolling and flicking with firm and gentle stroking. It stimulates the lymphatic system and flow of blood.

Aroma Oil

Aroma is the way to open the body senses. Each stroke works its magic to sparkle the skin.

Aroma Cream

Go with the flow to get the glow, to relax the mind and body.

Herbal Compress

A painful body needs care, our Sanjeevini (Herbal Compress) works as a medicine, and it is a technique used since the King's generation to soothe the muscles and stimulate the vital organs.



❧ Head, Foot, Back and Shoulder ❧

Shiro Mardhana (Head)


Ease off your tension with firm movements in your scalp to improve blood circulation.

Bahu Mardhana (Back & Shoulder)

Relieves your Back Muscles' Soreness and encourages blood flow and oxygen which helps in soothing the pain.

Paadha Mardhana (Foot Reflexology)

Foot reflexology is an ancient technique that involves applying pressure to different points on the bottom of the foot. It increases blood flow and reduces inflammation.



“ A body therapy is an investment in your health and happiness. Invest in yourself. ”

❧ Organic Therapies ❧

Deep Tissue

Deep tissue massage will work out the knots from stressed, overworked muscles and connective tissue (Fascia) to alleviate immediate pain, as well as chronic joint and muscle pain. It also promotes faster healing by increasing blood flow and reducing inflammation.

Oil used: Lavender/Vetiver

Swedish

Medium-to-light pressure massage using long, soothing strokes to increase blood circulation and induce a deep sense of relaxation.

Oil used: Rose

Indonesian

A detoxifying Reflexology session followed by a revitalising oil massage. An efficient 2-in-1 treatment to relieve stress, clear toxins and realign deep layers of muscles and connective tissues to reduce tension in vital organs.

Oil used: Ylang Ylang

Organic Body Scrub

Body scrub allows your skin to absorb moisturizer better. By removing dead skin cell buildup, any moisturizer applied afterwards will soak into the skin more thoroughly. They unclog pores and prevent ingrown hairs. They leave your skin smoother, even and shinier.

Organic Body Wrap

Body wraps are an incredible way to pamper yourself. Helps to tighten skin and improve the texture and appearance.



Signature Therapies

Hasta Signature (Thai)


A blend of conventional and modern techniques to soothe all your senses. The masseuse uses the bamboo stick to align the spine. This therapy includes traditional dry massage consisting of stretching and acupuncture points, deep pressure massage and firm strokes with oil.

Oil used: Ylang Ylang

Vushna Rathi (Hot Stone)

Eases muscle stiffness through heated and smooth stones placed strategically on the body's key points. This stone massage is a form of alternative medicine therapy and bodywork involving the placement of a few either heated or cooled stones to the body for pain relief, and relaxation.

Oil used: Vetiver.



“ Unwind, recharge, and rediscover yourself with a transformative body therapy. ”

Signature Therapies

Sugandha Thaila (Warm Aromatic Candle Oil)

The candle works as a massage oil and moisturising lotion at the same time. These special candles are hand-picked to deliver an aroma with low-temperature melting and moisturising qualities. The Aromatic Candle Massage is known to balance the body, mind, and spirit and leave you feeling rejuvenated and positive.

Oil used: Candle Oil.

Chatura Hasta (Four Hands)

In four-hand therapy, two therapists work on one client, often using synchronized moves. A four-hand massage can be like experiencing two full-body massages at the same time. Our therapists use the client's body as a form of canvas onto which they choreograph slow, detailed moves of varying paces and pressures relieving your kinks, knots, and stresses with simultaneous, mirrored movements.

Oils used: Lavender/Vetiver



🌿 Oils & its benefits @ Hasta Spa 🌿

Lavender

It is one of the most versatile oils and is an adaptogenic or balancing oil, meaning it does what the body needs it to do. It helps your body adapt to stress, which is why it's commonly used in spas. Lavender is also effective for pain relief, promoting sleep, and boosting stamina and energy levels.

Ylang Ylang

This oil transforms your dreary mood into a cheery mood. Whenever you feel low or stressed, a few drops of Ylang Ylang essential oil to the back of your neck brings a calming and uplifting effect. Due to one of Ylang Ylang oil's main chemical constituents, germacrene, the oil has the natural ability to soothe. Ylang Ylang is also known for its uplifting effects and is a great oil to apply when in need of an elevating boost.

Vetiver

Vetiver oil helps to recover when experiencing anxious, unnerved or stressed feelings. Vetiver oil is rich in sesquiterpenes, which contain grounding properties. When used on the skin or inhaled, Vetiver oil can help provide a calming and grounding effect on emotions.

Rose

Rose oil helps to balance moisture levels in the skin, reduces the appearance of skin imperfections and promotes a healthy-looking even skin tone.



Thai Therapies

Thai Therapies	60 min	90 min
Thai Dry	₹2500	₹3750
Balinese Massage	₹3000	₹4500
Herbal Compress		₹5000

Head, Foot, Back and Shoulder

Head, Foot, Back and Shoulder		30 min	60 min
Shiro Mardhana (Head)		₹1500	
Bahu Mardhana (Back & Shoulder)		₹1500	
Paadha Mardhana (Foot Reflexology)	Oil	₹1500	₹3000
	Cream	₹1700	₹3400



Organic Therapies

	30 min	60 min	90 min
Deep Tissue		₹4500	₹6750
Swedish		₹4500	₹6750
Indonesian		₹4500	₹6750
Organic Body Scrub	₹3000		
Organic Body Wrap	₹3000		

Signature Therapies

	90 min	100 min
Hasta Signature (Thai)	₹6000	
Vushna Rathi (Hot Stone)	₹8000	
Sugandha Thaila (Warm Aromatic Candle Oil)	₹8000	
Chatura Hasta (Four Hands)		₹10000



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