

EKA

WELLNESS MENU



Be One With Yourself

Welcome to EKA Wellness,
a grounding immersion where the
best in wellness practices are fused
with healing produce from our farm
and the divinity that surrounds us,
guiding you home to yourself.

Spa Offerings

Through a balanced integration of spiritual, mental and physical practice, YAAN welcomes guests to experience EKA. A holistic endeavour, guided by singularity, the EKA wellness journey restores a sense of oneness within. Treating the whole—mind, body and spirit—by combining traditional healing with modern therapies.

Full Body Massages

SWEDISH MASSAGE

A classic massage designed to relax the entire body. Using a combination of long gliding strokes, kneading, gentle tapping and light joint movements, this therapy improves circulation and eases muscle tension for deep relaxation.

60 minutes | INR 5,250

90 minutes | INR 6,700

DEEP TISSUE MASSAGE

Designed for deeper muscular relief, this therapy uses slow, firm pressure to work through layers of muscle and connective tissue. Ideal for releasing chronic tension and restoring mobility to areas of stiffness.

60 minutes | INR 6,500

ABHYANGA MASSAGE

A deeply nourishing Ayurvedic therapy using warm herbal oils and rhythmic strokes that follow the body's natural energy pathways. This ancient practice improves circulation, supports detoxification and restores inner balance.

60 minutes | INR 5,800

75 minutes | INR 7,200

Facials

CLASSIC CLEAN-UP

A gentle facial that cleanses, exfoliates and revives the skin. Perfect for travellers or anyone looking for an instant pick-me-up and a healthy, natural glow.

30 minutes | INR 1,800

ANTI-AGING FACIAL

A rejuvenating facial focused on restoring firmness and vitality to the skin. Gentle massage techniques boost circulation and support natural renewal for a smoother, brighter complexion.

60 minutes | INR 5,250

HYDRATING FACIAL

A deeply nourishing facial designed to restore hydration and bring tired skin back to life. Hydrating ingredients and soothing techniques leave your skin soft, supple and beautifully radiant.

60 minutes | INR 3,500

Hand & Foot Care

CLASSIC MANICURE

A relaxing treatment that shapes and nourishes the nails while softening the skin. Your hands are left feeling smooth, refreshed and beautifully cared for.

45 minutes | INR 1,199

CLASSIC PEDICURE

A revitalizing treatment that exfoliates, hydrates and restores comfort to tired feet. The result is softer skin, relaxed muscles and happy feet.

45 minutes | INR 1,199

YAAN UDAIPUR



Targeted Rituals

HEAD MASSAGE

A soothing scalp massage that melts away tension from the head, neck and temples. Rhythmic movements improve circulation while calming the mind and easing everyday stress.

30 minutes | 1,800
45 minutes | 2,200

BACK, NECK & SHOULDER

A focused therapy designed for the areas that hold the most stress. Through deep kneading and pressure techniques, tension in the neck, shoulders and upper back is gradually released, restoring comfort and ease.

15 minutes | 750
30 minutes | 1,299

BAGELA CHAMPI

Inspired by classic Indian champi traditions, this invigorating head massage stimulates the scalp, relieves built-up tension and leaves you feeling clear-headed and refreshed.

20 minutes | INR 850

FOOT REFLEXOLOGY

This restorative foot treatment works on specific pressure points believed to correspond with different organs in the body. As the feet relax, the entire body begins to feel lighter and more balanced.

15 minutes | 750
30 minutes | 1,299

BE ONE WITH YOURSELF

Wellness Spaces

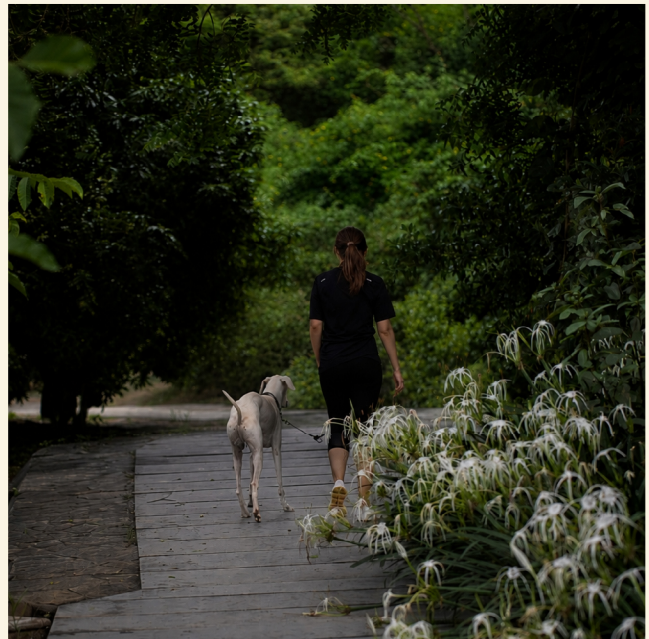
An architecture of calm and care,
expressed through space, light, and balance.

EKA Wellness is designed as a quiet sanctuary where nature, stillness and thoughtful spaces come together. Surrounded by the calm landscape of YAAN, each space invites you to slow down, breathe deeply and reconnect with yourself.

YAAN UDAIPUR

Nature Trails

An invitation to wander without rush, where every step reveals something quietly beautiful.



Explore the natural beauty of YAAN through gentle nature trails that wind through the surrounding landscape. These quiet walks offer a chance to slow down, breathe deeply and reconnect with nature.

YAAN UDAIPUR

Pool + Jacuzzi

A PLACE TO RELAX AND LET GO

Sink into warm waters and let the body unwind. Our pool and jacuzzi spaces offer a peaceful setting to relax, restore and enjoy moments of quiet between treatments.

BE ONE WITH YOURSELF



Guidelines & Etiquette

To ensure a serene and seamless experience, we kindly invite you to note the following:

ARRIVAL

We recommend guests arrive 15 minutes prior to scheduled treatments, allowing time to complete a holistic consultation and settle into the space.

SILENCE & DEVICES

EKA is a space of stillness. We kindly request that you keep your phone silent and speak softly throughout the space.

ATTIRE

Proper attire is required for all fitness and wellness activities. Undergarments and bathrobes are provided for treatments when required.

HEALTH CONDITIONS

Our consultation must be completed and signed to ascertain any allergies or previous injuries and avoid any discomfort during the treatment.

PREGNANCY

Most therapies can be adapted to accommodate pregnancy. Kindly notify us at the time of booking.

TAXES

As per government regulations, an 18% Goods & Services Tax (GST) will be applicable on all treatments and services. This will be reflected in your final bill.

PAYMENTS

Advance payments are non-refundable but may be rescheduled once. Full payment is to be made at the venue.

CANCELLATIONS

We understand that schedules change, and we will do our best to accommodate you. Once your spa time is reserved, we kindly ask for a minimum cancellation notice of 4 hours.



wellness@yaanudaipur.com

+91 91230 98765