KENILWORTH
RESORT & SPA





# *Surrender to Timeless Serenity*

Myra Spa at Kenilworth Resort & Spa offers a selection of ancient Ayurvedic and Western massage treatments to relax, rejuvenate, or revitalize. Our range of curated Myra Spa experiences help rebalance energies and relieve stress.

We hope that your time at Myra Spa will leave you refreshed, renewed and re-energised.

Welcome to the essence of bliss.

# Myra Spa Signature Sojourn

A specially curated 6-hour full-day journey for the finest in wellness and indulgence.

The ultimate Spa experience. *360 Minutes*

**To Begin With** *120 minutes*
An intensive hand and foot massage, followed by a full body massage. Finish with a light and refreshing Gourmet Spa Breakfast.
(Hand & foot massage • Full body massage)

**Afternoon Relaxation** *120 minutes*
A short aromatic steam therapy, followed by an exquisite body scrub, ending with a relaxing Aroma Massage.
(Steam • Body scrub • Aroma massage)

**Deep Rejuvenation** *120 minutes*
Begin with a rejuvenating head massage with our special blend of oil. Indulge in the ancient Ayurvedic Shirodhara experience. Finish with a revitalising facial of aromatic blends to hydrate the skin, giving it a burst of radiance.
(Head Massage • Shirodhara • Facial)

# Myra Spa Experiences

Our specially curated wellness and beauty rituals combine treatments to rejuvenate or relax the body and mind. Each Myra Spa experience can be customised to suit your requirements.

**Connect** *60 minutes*
An intimate escape for two! This treatment starts with a relaxing aromatic steam. Finish with a rejuvenating Western massage of your choice.
(Steam • Body Massage)

**Indulge** *90 minutes*
An exquisite journey of renewal. Begin with a deep tissue massage to ease tension. Complete your experience with a luxurious fruit facial, leaving you radiant, relaxed and pampered.
(Steam • Deep tissue massage • Fruit facial)





# *Ayurvedic Treatments*

Inspired by the world's oldest holistic healing system, these treatments help address imbalances in the body's vital energies and promote wellness from within.Each treatment ends with a relaxing aromatic Steam therapy.

**Marma** *60 minutes / 90 minutes*
From the traditional Kalari Marma art therapy, this massage involves use of warm oil application. Using the path of energy meridians throughout your body, the medium pressure stroke massage helps in ultimate relaxation.

**Abhyanga** *60 minutes / 90 minutes*
Specially created to revitalize your senses and relieve stress, this massage therapy uses special ayurveda oils and formulations to align your mind and body to its most relaxed natural form. Abhyanga massage clears toxins from the body and energises each cell to help restore the body to its peak functioning.

**Prushtha** *30 minutes / 60 minutes*
A highly relieving back massage using Ayurveda medicated oils to relax your neck, shoulders, and back; relieving tight knots and enabling free movement to ensure great balance of body and mind.

**Padabhyangam** *30 minutes / 60 minutes*
A quick way to relieve stress using reflexology points and short strokes to ease the energy meridians of your body. This massage creates blood circulation to the heart and releases any cramps in the calf muscle, leaving you refreshed and energetic.

# Healing Ayurvedic Combinations

Rooted in the wisdom of Ayurveda, these curated pairings bring together two powerful therapies in harmony. Each combination is designed to balance body and mind, enhance vitality, and deepen relaxation—offering a complete journey of renewal in a single experience.

**Soukhya** *90 minutes*
Begin with Abhyanga, a warm herbal oil massage that nourishes the body, eases tension, and stimulates energy flow. Follow with Shirodhara, where a gentle stream of warm oil cascades over the forehead, quieting the mind and inducing a meditative calm.
(Abhyanga • Shirodhara)

**Shamana** *60 minutes*
A rejuvenating Ayurvedic therapy that starts with soothing Abhyanga therapy followed by a warm herbal oil massage with soothing herbal poultices (Kizhi) to ease muscle tension and revitalize energy. This combination greatly relieves aches and stiffness, improves circulation, and nourishes joints.
(Abhyanga • Kizhi)

**Soundarya** *60 minutes*
An energizing Ayurvedic experience that combines Marma therapy to activate vital energy points with Udwarthanam, a herbal powder massage that stimulates circulation and tones the body. This combination boosts energy flow, supports detoxification, aids weight management, and improves skin texture.
(Marma • Udwarthanam)

# *Personalised Ayurvedic Programmes*

Specially created therapies for you for 3, 5, 7, 14, or 21 sessions (one session per day); after a consultation with our Ayurvedic Physician.

**Shirodhara** *45 minutes*
A deeply calming Ayurvedic therapy where a gentle stream of warm, herbal oil is poured steadily over the forehead. This rhythmic flow soothes the nervous system, quiets the mind, and induces a meditative state of relaxation. Shirodhara promotes sound sleep, reduces stress and anxiety, improves mental clarity, balances the doshas, and nourishes hair and scalp.

**Kizhi** *60 minutes / 90 minutes*
This ancient treatment starts with an Abhyanga massage, to clear toxins from the body and energise each cell to help restore the body to its peak functioning. Followed by Kizhi (Hot Poultice Therapy) a warm fomentation created with carefully blended Indian herbs that are soaked in a therapeutic herbal oil. As this is applied to your body, the heat and herbs start to ease muscle stiffness. Using long, gliding strokes and tapping techniques to further relieve muscular tension, increase lymphatic drainage, and soothe tired, aching joints.
(Abhyanga* Kizhi)

**Udwarthanam** *60 minutes / 90 minutes*
This therapeutic massage is performed using herbal powders mixed with a special blend of Ayurveda oils. The intensity of the massage generates heat, which then melts the excess fat in your body. Regular Udwarthanam is beneficial in weight loss, releasing toxins through lymphatic drainage and improving immunity.

**Kati Vasti** *30 minutes / 60 minutes*
A deeply soothing Ayurvedic therapy where warm, herbal-infused oil is gently retained over the lower back within a soft dough ring. The comforting heat melts away tension, nourishes the spine, and restores balance to the body. Kati Vasti eases lower back discomfort, promotes flexibility, strengthens the muscles and joints, reduces stiffness, and enhances overall relaxation.

# *Western Therapies*

From pain relief to deep relaxation, a skillfully delivered massage is excellent for your overall wellbeing. Myra Spa offers a range of massage therapies to soothe the senses, restore vitality, and revive the spirit.Each treatment begins with a relaxing aromatic Steam therapy.

**Deep Tissue Massage** *60 minutes / 90 minutes*
A powerful massage designed to release chronic tension and reach the deeper layers of muscles and connective tissue. Using firm pressure and slow strokes, it melts away knots, eases stiffness, and restores natural mobility. This massage relieves muscular pain, improves posture, enhances circulation, speeds up recovery, and leaves the body feeling lighter and more balanced.

**Balinese Massage** *60 minutes / 90 minutes*
An exotic full-body ritual that blends gentle stretches, acupressure, and flowing strokes with aromatic oils. This holistic therapy harmonizes body and mind, leaving you deeply relaxed yet energized. The Balinese massage relieves fatigue, boosts circulation, restores energy flow, and reduces stress.

**Aromatherapy Massage** *60 minutes / 90 minutes*
A sensory journey that combines the healing power of touch with the therapeutic essence of pure essential oils. Each massage is tailored with carefully chosen aromas to calm the mind, uplift the spirit, and restore inner harmony. The aromatherapy massage improves circulation, supports better sleep, and leaves the body deeply relaxed and refreshed.

**Swedish Massage** *60 minutes / 90 minutes*
A timeless classic massage therapy using long, gliding strokes, kneading, and gentle circular movements to ease tension and promote relaxation. Perfect for those seeking a calming, restorative experience that improves flexibility, enhances circulation, and promotes a sense of deep relaxation.





# *Body Exfoliation*

Exfoliation is a deep cleansing technique whereby accumulated dead cells are gently scrubbed away to reveal fresh, radiant skin. A selection of natural blends is used to nourish and buff the skin, improving cell generation and blood circulation. Each treatment begins with a relaxing aromatic Steam therapy.
The therapy is concluded with a hydrating application of body butter.

**Coffee & sea salt scrub** *45 minutes*
An invigorating exfoliation that blends mineral-rich sea salt with aromatic coffee grounds. This energizing ritual awakens the senses, smooths the skin, and leaves you refreshed with a radiant glow. This homemade scrub reduces cellulite appearance, and revitalizes the body.

**Coconut honey sugar scrub** *45 minutes*
A tropical indulgence that combines raw sugar with nourishing Goan cold-pressed coconut oil and golden honey. This sweet, hydrating treatment leaves your skin silky soft and deeply moisturized. This gentle exfoliating scrub promotes elasticity, and enhances skin radiance.

**Ylang ylang sea salt scrub** *45 minutes*
A floral-inspired therapy that infuses mineral-rich sea salt with the exotic essence of ylang ylang. The delicate fragrance uplifts the spirit while the scrub renews and smooths the skin. A modern combination, this scrub balances the senses, and leaves you with a luminous finish.

# *Exfoliating Massage Rituals*

Curated combinations to help you relax,
rehydrate and re-balance. Each treatment begins with a relaxing aromatic Steam therapy.

**Soothe** *90 minutes*
Begin with a revitalizing body scrub of your choice that polishes the skin to a luminous glow, followed by an indulgent aromatherapy massage. The perfect balance of exfoliation and soothing essential oils leaves you refreshed, relaxed, and radiantly renewed.
(Scrub • Aromatherapy massage)

**Relax** *90 minutes*
A classic pairing of indulgence and relaxation. A gentle full-body exfoliation is followed by a calming Swedish massage, creating a serene escape that soothes the senses and nurtures the body from head to toe.
(Scrub • Swedish massage)

**Energise** *90 minutes*
A powerful combination designed for both renewal and relief. The invigorating scrub removes impurities and awakens circulation, while the deep tissue massage eases tension from the body's core. Ideal for those seeking complete restoration inside and out.
(Scrub • Deep tissue massage)





# *Facial Treatments*

Discover a collection of indulgent facials designed to nurture, refresh, and reveal your skin's natural radiance. From soothing herbal blends to revitalizing fruit therapies and advanced glow rituals, each treatment is thoughtfully crafted to suit different skin needs. Whether you seek deep cleansing, gentle nourishment, or a luminous finish, our facials offer the perfect blend of nature and care for timeless beauty.

**O3 Facial** *90 minutes*
An intensive rejuvenating ritual featuring a complete regimen of cleansing, de-tan, glow-enhancing packs, massage, and hydration. Revives dull skin, evens tone, and leaves a luminous finish.

**Fruit Facial** *60 minutes*
A refreshing therapy that cleanses, exfoliates, and pampers the skin with the goodness of fresh fruits. Brightens the complexion and imparts a healthy, natural glow.

**Herbal Facial** *60 minutes*
A gentle blend of time-honoured herbal ingredients that nourish and refresh, suitable for all skin types. Restores natural balance and leaves the complexion soft, clear, and radiant.

**Clean-Up** *30 minutes*
A quick yet effective skin revival with deep cleansing, exfoliation, and a nourishing pack. Perfect for instant freshness and a radiant, polished look.

# *Healing Yoga Sessions*

Reconnect with your inner self through the ancient practice of yoga. Guided by experienced instructors, each session blends mindful movement, breathwork, and gentle postures to restore balance, flexibility, and vitality. Whether you are a beginner or an advanced practitioner, our yoga experiences create space for calm, clarity, and holistic well-being.

**One-on-One Yoga Session** *45-60 minutes*
A private yoga journey tailored exclusively to you. With undivided attention from our expert instructor, every posture, breath, and movement is guided to match your pace, needs, and goals—creating space for deeper connection, balance, and renewal.

**Personalised Therapeutic Yoga** *45-60 minutes*
Specially designed sessions that address individual concerns such as body ailments, postural misalignments, or prenatal care. Gentle yet effective practices are curated to support healing, enhance flexibility, and nurture overall well-being with safe, guided attention.

**Exclusive Group Session** *45-60 minutes*
Designed for an intimate group of up to five, these specially curated sessions offer a personalized yoga experience in a serene setting. Guided by expert instructors, the practice blends mindful movement, breathwork, and meditation, allowing each participant to enjoy individual attention while sharing in collective energy. Perfect for friends, couples, or small groups seeking balance, harmony, and rejuvenation together.



# Myra Salon Menu

Look refreshed, fresh and beautiful!

## THREADING

| | | | | | |
|---|---|---|---|---|---|
| Lower Lips | Upper Lips | Eye Brows | Forehead | Chin | Full Face |

## D TAN

| | | | |
|---|---|---|---|
| Face | Arms | Legs | Back |

## HAIR SPA

| | | |
|---|---|---|
| *Short* | *Medium* | *Long* |

## HAIR STYLING

| | | |
|---|---|---|
| Hair Wash & Blow Dry | Blow Dry | Hair Wash |
| Ironing *Short* | Ironing *Medium* | Ironing *Long* |
| Ladies Hair Cut | Hair Trim | Curling Tongs |

## WAXING

| | | | | | |
|---|---|---|---|---|---|
| Under Arms | Full Arms | Full Legs | Half Leg | Back | Brazilian Wax |

## NAILS

| | |
|---|---|
| Express Manicure | Express Pedicure |
| Special Manicure | Special Pedicure |

## HANDS & FEET

| | |
|---|---|
| Cut & File | Nail Polish |



# *Enhancing Your Spa Experience*

To ensure a serene and enjoyable experience for all our guests, we kindly request that you observe the following guidelines:

**Arrival**
Please arrive at least 15 minutes prior to your appointment to complete necessary forms and change into comfortable attire. Delayed arrival may shorten your treatment time, as sessions will end as scheduled.

**Clothing**
Wear comfortable clothing to the spa. Lockers and changing areas are available for your convenience.

**Valuables & Belongings**
We recommend leaving valuables in the secure lockers provided. The key should remain with you at all times during your visit. The spa cannot assume responsibility for loss or damage of personal items.

**Health Information**
A completed health history form is required prior to your treatment. This ensures therapies are customized safely to your needs.

**Choosing Your Experience**
Our Spa Manager and an Ayurvedic Physician are available to guide you through the menu and help you select the treatments best suited to your preferences and wellness goals.

**During Your Treatment**
If at any point you feel discomfort, please inform your therapist so adjustments can be made for your comfort and well-being.

**Serenity & Courtesy**
To preserve the tranquil atmosphere, kindly turn off mobile phones and maintain a quiet environment.

**Children & Young Guests**
Guests below the age of 16 may enjoy treatments only with parental consent and under the spa's guidelines.

**Cancellations**
We request at least three hours' notice for cancellations to avoid charges equivalent to the full value of the treatment booked.

*Call the **MYRA SPA** Reception Desk*
*to book your appointment*

***+91 832 669 8888** Extn. **8711 / 8712***

*Spa Timings:* ***8:00 am to 8:00 pm***
*Salon Timings:* ***9:00 am to 6:00 pm***