KENILWORTH
HOTEL
KOLKATA





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)





Therapeutic Heat Rituals

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.

Potli Massage *60 minutes / 90 minutes*
Herbal Potli Massage is a traditional Ayurvedic therapy that uses warm herbal pouches filled with medicinal herbs. These pouches are gently pressed and massaged over the body to help relieve muscle tension, ease stiffness, improve circulation, and promote deep relaxation.

Hot Stone Massage *60 minutes / 90 minutes*
Hot Stone Massage is a deeply relaxing therapy that combines smooth, heated stones with gentle massage techniques. The soothing warmth helps relax tight muscles, ease tension, relieve stress, and create a calming experience for the body and mind.

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 Scrub

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.





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.



Myra Salon Menu

Look refreshed, fresh and beautiful!

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

NAILS

Express Manicure	Express Pedicure	Special Manicure	Special Pedicure

*Government taxes as applicable.

HANDS & FEET

Cut & File	Nail Polish

HAIRCUT

Men - Basic/Creative	Women - Basic/Creative	Boy (upto 10 years)	Girl (upto 10 Years)

MEN'S

Shave	Beard Styling

COLOUR TEXTURE

Root Touch Up Men – Majirel/Inoa		Root Touch Up Women – Majirel/Inoa
Beard Colour	Moustache Colour	Global Colour Basic (S/M/L)

*Government taxes as applicable.



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 33 6621 4100** Extn. **6681
+91 91471 37971

*Spa Timings: **9:00 am to 9:00 pm***
*Salon Timings: **11:00 am to 8:00 pm***