

# ARUNA

SPA

M E N U





## ARUNA WELLNESS

Conveniently located in the luxurious Heritage Village Resort & Spa, Manesar, Aruna Spa managed by R3 Naturals Pvt. Ltd, has been designed to perfection to ensure that guests truly enjoy the serenity of the wonderful urban wellness oasis. Aruna Spa is an endeavour to create the perfect Spa experience with exquisite fragrances, soothing music, soft lighting, tastefully done Spa suites and relaxation areas to provide our guests with a relaxing experience.

Wellness at Aruna Spa encompasses every element of its being - design, service, expert aesthetician and a bespoke menu of treatments. Signature services at the spa are designed to detox, cleanse, nourish, nurture, heal and rejuvenate; these include body rituals, therapies, scrubs, wraps, face-care therapies.

Aruna Spa at Heritage Village Resort & Spa, Manesar, features four well-appointed treatment rooms including one couple suite, complete with showers and steam experience and a relaxation lounge. Every service at the Spa is tailor made to encourage well-being and positive lifestyle, aiming at treating the whole – mind, body and spirit – by integrating ancient healing modalities with the best of modern science, to restore vital energy of the body that extends beyond the physical.

Whatever your preference is, each Aruna experience promises an intimate journey of self-discovery and extreme rejuvenation. Our aim is for guests to leave empowered and renewed, with the healing tools to continue their wellness journey, and the resilience to put them into action.



# *Aruna Experience Spa Packages*

We will be delighted to assist you with our custom made spa packages specially curated to suit your specific needs.

## **Blissful Connect (Couples Ritual)**

**Duration: 105 Minutes - INR 14,000**

Share a unique Spa experience with your partner. Enjoy this romantic encounter with a relaxing massage at the side of your mate in a private setting. It's the perfect way to celebrate a special occasion or to simply share love in pure bliss.

**Inclusive of:** Choice of any International Therapy for Two (60 Min) | Choice of Body Scrub for Two | Steam and Shower | Herbal Infusion Beverage.

## **Pour Homme (Ritual For Him)**

**Duration: 195 Minutes - INR 11,800**

Dedicated to men. A ritual in reverence of all things masculine. This specially tailored package for men is designed for ultimate relaxation while catering to the grooming needs of men.

**Inclusive of:** Choice of any International Therapy (90 Min) | Hydrating Regenerative Facial | Choice of Body Scrub | Steam and Shower | Herbal Infusion Beverage.

## **Pour Femme (Ritual For Her)**

**Duration: 165 Minutes - INR 10,900**

Tailored made for ladies. Venture into a world of peace and harmony with aroma oils of your choice to transcend into a state of equilibrium for deep rejuvenation. Start your blissful relaxation journey with a divine smelling body scrub, followed by a massage therapy; complete the wellness ritual with our indulging signature multi-vitamin facial for the perfect cream and peach glow.

**Inclusive of:** Choice of Any International Therapy (60 Min) | Signature Multi Vitamin, Anti-Ageing Facial | Choice of Body Scrub | Steam and Shower | Herbal Infusion Beverage.



### **Indulgence (Complete Spa Ritual)**

**Duration: 150 Minutes - INR 10,600**

Start your transformative journey, with the healing scent and effect of aromatherapy oils, therapeutic benefits of intuitive touch and the soft murmur of tranquil music. The signature ritual starts with divine smelling scrub followed by a body wrap for smoothening the skin and a relaxing therapy for ultimate bliss.

**Inclusive of:** Choice of Any International Therapy (60 Min) | Choice of Body Scrub | Choice of Body Wrap | Steam And Shower | Herbal Infusion Beverage.

### **Replenish (Indian Ritual)**

**Duration: 135 Minutes - INR 8,400**

Experience our specially crafted ritual to give you the ultimate authentic Indian therapy experience. Done using age-old recipes to soothe out all the tensed up muscles and nourish the skin for a glowing soft and polished skin.

**Inclusive of:** Marma Abhayangam (60 Min) | Oshadi Tan Lepamam | Chakra Head Massage | Steam And Shower | Herbal Infusion Beverage.

### **Harmony (Stress Relieving Ritual)**

**Duration: 120 Minutes - INR 7,000**

Sometimes travel and excessive workload can take its toll on you. Escape from the pressures of life by experiencing total pampering and indulging yourself without guilt. Harmony-stress relieving ritual focuses on emotions and vitality, rejuvenating and re-energizing the body at the same time.

**Inclusive of:** Aruna Fusion Therapy | Chakra Head Massage | Steam And Shower | Herbal Infusion Beverage.



# *Aruna Wellness* *Signature Therapies*

Get the most from our healing touch. We use 100% natural and organic oils infused with pure essential oils for instant rejuvenation.

## **Couple Rejuvenation Therapy**

**Duration: 60 | 90 Minutes - INR 7,600 | 9,700**

Share a relaxing massage with your partner in our couple's suite. Each partner can select from Swedish, deep tissue, aromatherapy or customize your massage with a combination of strokes.

## **Four Hands Restoration Therapy**

**Duration: 60 | 90 Minutes - INR 7,000 | 9,100**

A synchronized therapy where two masseuses work with simultaneous and mirrored movements to relieve cramps, knots, and stresses in the body. It is an excellent option for someone who has trouble relaxing during treatment. Skilled masseuses familiar with four hand massage not only mirror one another's hand movements, but also exert an equal amount of pressure on each side in order to produce a balanced, relaxing experience.

## **Stress Relief Therapy**

**Duration: 60 | 90 Minutes - INR 3,900 | 4,900**

An intensive and restorative massage that works deep into stiff, tight and aching muscles. This massage purposefully enhances oxygen flow in blood and helps muscle relaxation and detoxification. The deep manipulations relieve aches, tiredness and discomfort, thus aiding the natural healing process.

## **Marma Abhayangam**

**Duration: 60 | 90 Minutes - INR 3,600 | 4,600**

The traditional Indian massage done by an expert therapist using herb infused oils. The massage is followed by a herbal steam bath and a hot shower. effective for improving eyesight, longevity, sound sleep, rheumatism, removal of toxins and induces relaxation whilst normalizing blood pressure and eliminating impurities and thus resulting in glowing skin.





### **Mahatattva Shirodhara**

**Duration: 30 | 60 Minutes - INR 4,000 | 5,500**

Authentic Indian therapy, wherein from a dharachatti oil is continuously poured like a thread (dhara) on the forehead (shiro).It stimulates the 3rd eye and crown chakras & awakens intuition and inner wisdom. A total feeling of wellness, mental clarity and comprehension is experienced in this process. Recommended for stress and strain.

### **Shiroabhyangam**

**Duration: 60 Minutes - INR 5,900**

A traditional Ayurvedic massage therapy designed to promote relaxation and wellness. Warm herbal oils are applied to the body using specific massage techniques. It relieves stress, tension, improves sleep quality and enhances concentration This soothing therapy also balances the doshas, providing a holistic sense of well-being.

### **Aruna Fusion Therapy**

**Duration: 90 Minutes - INR 5,400**

The ideal massage technique to banish fatigue and sluggishness. Drawing on the best of eastern and western techniques, this oil massage combines soothing strokes and stretching to loosen muscular tension, encourage lymphatic flow to balance the internal system and coax your body to respond positively to the caring language of touch.



# *International Therapies*

Experience the most popular therapies from around the globe in their most authentic form.

## **Deep Tissue Repair Therapy**

**Duration: 60 | 90 Minutes - INR 4,400 | 5,400**

Deep tissue massage is designed to relieve pain and muscle tension throughout the body. This type of massage is extremely beneficial because it reaches the deepest layer of muscles, fascia and tendons through slow strokes and deep finger pressure on the contracted areas releasing deeply held patterns of tension, removing toxins, while relaxing and soothing the muscle.

## **Balinese Massage Therapy**

**Duration: 60 | 90 Minutes - INR 4,200 | 5,200**

A traditional Indonesian deep tissue massage that combines the techniques of ayurveda, accupressure, aromatherapy and reflexology. The practitioner uses deep pressure to release areas of tense, knotted tissue as well as long massage strokes and skin rolling techniques to relieve stress and tension and improve circulation. Promotes harmony of the mind, body and soul.

## **Sensory Rejuvenate Aromatherapy**

**Duration: 60 | 90 Minutes - INR 4,000 | 5,000**

A specially curated alternative therapeutic technique which combines the natural therapeutic properties of essential oils and the healing power of massage therapy. The inhaled aroma from these essential oils is widely believed to stimulate brain function. Essential oils can also be absorbed through the skin and travel through bloodstream thus promoting whole-body healing, pain relief, mood enhancement and increased cognitive function.

## **Traditional Swedish Relaxation Therapy**

**Duration: 60 | 90 Minutes - INR 3,900 | 4,900**

A timeless full body massage style that uses long, flowing strokes to encourage relaxation, lymphatic drainage and detoxification. The different manoeuvres of this massage are designed to ease tension caused by stress, injuries or poor posture. along with stimulating blood circulation and restoring flexibility to body movements, it procures an overall sensation of blissful relaxation.

# *Aruna Wellness Touche*

Efficient yet deeply nourishing experiences designed to restore balance and vitality amidst your fast-paced life.

## **Indian Head, Neck and Shoulder Massage**

**Duration: 30 Minutes - INR 2,800**

A deep penetrating technique for releasing muscular tension from the scalp, neck and shoulders. This traditional massage begins with a gentle head and neck massage for balancing the body and a pressure point shoulder massage for deep relaxation. Helps to resort the natural equilibrium of the body.

## **Leg Energiser (Feet Calves & Knees)**

**Duration: 30 Minutes - INR 2,800**

Restore your lost energy with a therapeutic session of Leg Energiser Massage that effectively relaxes and strengthens muscles and ligaments, eliminates pain, fatigue, swelling and improves flexibility. This massage improves lymph and blood circulation, stiffness of knees and firmness of the skin of the legs while also effectively improving mood and sleep quality.

## **Kundalini Back Massage**

**Duration: 30 Minutes - INR 2,800**

Invigorating bodywork specifically designed to relax muscles of your back by applying deep pressure to muscles, bones and rubbing concurrently with pressure towards the heart. This massage purposefully enhances oxygen flow in blood and helps muscles detoxification.



### **Thai Foot Reflexology**

**Duration: 30 Minutes - INR 2,300**

Based on the belief that there are reflex areas on the feet corresponding to all body parts including the major organs. Pressure is applied to accupoints, which are interrelated to the organs in the body. Beneficial in relieving pain and alleviating the source of pain.

### **Chakra Head Massage**

**Duration: 30 Minutes - INR 1,800**

A relaxing massage technique for head and scalp, which loosens the thin layer of muscles covering the skull. This treatment helps to increase the constant supply of blood and can promote deep relaxation.

### **Dry Brushing**

**Duration: 10 Minutes - INR 1,100**

A wonderful detox massage that invigorates all the major systems of the body including the lymph, circulatory, nervous, and digestive systems while also stimulating all the major organs. It is a form of gentle massage that encourages the skin to eliminate toxins by dramatically increasing blood flow to the surface. Detox dry brushing exfoliates dead skin cells while possibly reducing the appearance of cellulite, while toning and tightening the skin.



# *Body Rituals*

## **BODY SCRUBS | BODY WRAPS**

Discover synergy through our recommended therapies, harmonizing scrubs, wraps, and masks with luxurious treatments to rejuvenate, detoxify, firm, and rehydrate your skin.

### **African Cocoa Butter And Almond Scrub**

**Duration: 45 Minutes - INR 3,600**

Brighten lacklustre skin with this luxurious exfoliating delicacy that gently sloughs away dry, flaky skin, leaving you delectably soft and smooth. This gentle exfoliating scrub with african cocoa butter helps remove dead skin cells, leaving skin feeling soft, smooth and delicately scented with the sweet, creamy smell of almonds.

### **Exotic Indian Herbs And Spices Scrub**

**Duration: 45 Minutes - INR 3,600**

The principle ingredients of this invigorating body treatment enjoy an age-old reputation as skin healers, softeners and moisturizers. This sculpting spice scrub is packed with refreshing, and antiseptic ingredients like neem, tulsi and local spices that help to detoxify, remove dead skin.

### **Rich Mineral And Mud Detox Wrap**

**Duration: 45 Minutes - INR 3,400**

This luxurious mud wrap glides in a velvety layer. As it dries, it cleanses, exfoliates, draws out toxins, hydrates and improves the flow of nutrients to the skin's surface, while our experienced therapists pamper you to a relaxing head massage. This wrap is a rare blend of minerals and natural salts. It contains calcium to balance, iron to strengthen and sulphate to beautify the skin.

### **Oshadi Tan Lepanam**

**Duration: 45 Minutes - INR 3,400**

A signature Aruna spa body wrap with our customized blend of turmeric, fuller's earth and exotic Indian spices blended in a oils to purify and deep cleanse your skin for a lustrous glow. This anti-oxidant, detoxifying and anti-aging body wrap repairs your skin and leaves you radiant and relaxed.





# *Restorative Facials*

Transform the way you feel about skin-care with our organic advance facials.



## **Signature Multi Vitamin, Anti-Ageing Facial**

**Duration: 60 Minutes - INR 3,900**

Formulated with plant-based, nutrient-dense ingredients, this vitamin rich facial helps to replenish skin with vital hydrating nourishment. This restorative facial is a mix of botanical ingredients, essential oils and anti oxidants that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles resulting in instantly firm and tightened skin with a natural and more radiant glow. Stimulates the epidermis, helping to keep the skin young and supple.

## **Hydrating Regenerative Facial - For Men**

**Duration: 60 Minutes - INR 3,500**

This hydrating regenerative facial provides a unique solution for male skin, designed to reduce the depth of fine line and wrinkles, ingrown hair and dullness. It activates deep cellular regeneration and visibly softens existing fine lines and antioxidants that counteract premature ageing and slow down the ageing process by hydrating and moisturising the skin. The facial calms and soothes the skin, especially sensitive or irritated masculine skin.

## **Ultra Radiance Facial**

**Duration: 60 Minutes - INR 3,700**

This recipe restores a radiant complexion suitable for tired, dull looking skin and helps restore your skin's natural radiance and stimulates cellular regeneration for healthy looking, glowing skin. It starts with cleansing, followed by aha based exfoliation, gentle massage to target brown spots. then, a specific facial massage with correction complex cream that provides complete relaxation. A scrap off mask, infused with antioxidants is applied to enhance the treatment.

## **Signature Brightening Clean-up**

**Duration: 45 Minutes - INR 3,000**

Specially crafted skin care regime that involves deep cleansing , gentle exfoliation, skin detox and rejuvenation. the clean-up is designed to repair stressed and dehydrated skin and its essential moisture boost treatment balances and restores skin's natural moisturizing factor. Features vitamin moisturising complex to visibly nourish skin and maintain skin's hydration levels.

## **Express Facial**

**Duration: 30 Minutes - INR 2,700**

Includes a skin analyzation, deep cleanse, exfoliation, face and neck décolleté massage, a mask appropriate for your skin, followed by application of serum and moisturizer or sunscreen.

## ARUNA EXPERIENCE - SPA PACKAGES

Blissful Connect (Couple Ritual)	105 Minutes	INR 14,000
Pour Homme (Ritual for Him)	195 Minutes	INR 11,800
Pour Femme (Ritual for Her)	165 Minutes	INR 10,900
Indulgence (Complete Spa Ritual)	150 Minutes	INR 10,600
Replenish (Indian Ritual)	135 Minutes	INR 8,400
Harmony (Stress Relieving Ritual)	120 Minutes	INR 7,000



## SIGNATURE THERAPIES

Couple Rejuvenation Therapy	60   90 Minutes	INR 7,600   9,700
Four Hands Restoration Therapy	60   90 Minutes	INR 7,000   9,100
Stress Relief Therapy	60   90 Minutes	INR 3,900   4,900
Marma Abhayangam	60   90 Minutes	INR 3,600   4,600
Mahatattva Shirodhara	30   60 Minutes	INR 4,000   5,500
Potli Massage	60 Minutes	INR 4,700
Shiroabhyangam	60 Minutes	INR 5,900
Aruna Fusion Therapy	90 Minutes	INR 5,400
Padamruta Kansa Thali	15 Minutes	INR 1,800

## INTERNATIONAL THERAPIES

Deep Tissue Repair Therapy	60   90 Minutes	INR 4,400   5,400
Balinese Massage Therapy	60   90 Minutes	INR 4,200   5,200
Sensory Rejuvne Aromatherapy	60   90 Minutes	INR 4,000   5,000
Traditional Swedish Relaxation Therapy	60   90 Minutes	INR 3,900   4,900



## ARUNA TOUCHE

Indian Head, Neck and Shoulder Massage	30 Minutes	INR 2,800
Leg Energiser (Feet Calves & Knees)	30 Minutes	INR 2,800
Kundalini Back Massage Therapy	30 Minutes	INR 2,800
Thai Foot Reflexology	30 Minutes	INR 2,300
Chakra Head Massage	30 Minutes	INR 1,800

## BODY RITUALS

African Cocoa Butter and Almond Scrub	45 Minutes	INR 3,600
Exotic Indian Herbs And Spices Scrub	45 Minutes	INR 3,600
Rich Mineral and Mud Detox Wrap	45 Minutes	INR 3,400
Oshadi Tan Lepanam	45 Minutes	INR 3,400



## ADD-ONS

Dry Brushing	10 Minutes	INR 1100
Steam Bath	10 Minutes	INR 1000



## HAIR CARE SERVICE

Hair Spa		INR 2,500
Champi with Shampoo and Hair Dry		INR 2,100
Shampoo conditioning and Hair Dry		INR 1,100



## RESTORATIVE FACIALS

Signature Multi Vitamin, Anti-Ageing Facial	60 Minutes	INR 3,900
Hydrating Regenerative Facial - For Men	60 Minutes	INR 3,500
Ultra Radiance Facial	60 Minutes	INR 3,700
Signature Brightening Clean-up	45 Minutes	INR 3,000
Express Facial	30 Minutes	INR 2,700



## HAND AND FEET CARE

Spa Pedicure		INR 1500
Spa Manicure		INR 1200
Nail File/Cut/Polish (Each)		INR 200

# PRIVILEGE GROUP PACKAGES

Group Packages Enjoy Additional Benefits And Free Services With Compliments of Aruna wellness, A Place Where Your Wellness Is Nurtured To Harmonise With Your Inner Self.

CATEGORY	AMOUNT	NO. OF THERAPIES (60 MINUTES)	VALIDITY (MONTHS)
PALLADIUM	₹ 100000	55	2 Years
PLATINUM	₹ 80000	40	12
DIAMOND	₹ 55000	25	9
GOLD	₹ 35000	14	6
SILVER	₹ 15000	5	3



YOU PAY LESS  
AND GET MORE



GET ACCESS TO  
PRIORITY SLOTS



EXTEND THE JOY TO  
YOUR LOVED ONES  
SHARED MEMBERSHIPS



EXCLUSIVE DISCOUNTS  
AVAIL 20% OFF AT 60+  
SPA OUTLETS

**T&C Apply:** | Above Quoted Prices Are Exclusive Of Applicable Government Taxes | The Memberships are Non-Refundable / Non-Transferable. | Membership Discount Cannot Be Clubbed With Any Other Offer/ Package. | Prices Are Subjected To Change Without Prior Information. | Couple Therapy=2 Massages | 90 Min Therapy=1.5 Massage | Four Hands Massage=2 Massages | Memberships are valid at your chosen Spa location only. | Prior appointment mandatory. | Membership benefits are subject to spa operational hours.

## **Aruna spa, caters to hotel guest, spa members and day spa guest.**

### **SPECIAL CONCERN**

Your personal needs are important to us. We kindly request that at the time of reservation, please inform our Spa staff of any special needs or specific medical conditions such as pregnancy or product sensitivity.

### **AGE RESTRICTION**

Spa guests must be at least 16 years of age to be able to use the fitness, locker, Swimming pool and spa facilities.

### **RESERVATIONS**

We encourage guests to schedule spa appointments in advance to ensure treatment and technician preferences are available. Same-day reservations and walk-in appointments are always welcome. based upon availability:

### **CANCELLATION POLICY**

We value your business and appreciate your cooperation with the spa cancellation policy: Should you wish to cancel or reschedule your spa appointment, kindly provide us 03 hours' notice, if you are unable to let us know in advance, a 50% cancellation fee will be applied.

### **LATE ARRIVAL**

Arriving late for a scheduled spa treatment may require the Spa to abbreviate the service duration, with full charges applied, so as not to cause any inconvenience to her guests.

### **ARRIVAL AND CHECK IN PROCEDURES**

For all massage, body, and facial services we require that you arrive at least 30 minutes prior to your scheduled appointment time. This will allow you ample time to be acquainted with our Spa as well as to enjoy the facilities such as the steam room.

### **ATTIRE**

Guests will be provided with disposable undergarments. You are required to wear the same. Our therapists will always use draping techniques to respect your privacy.

### **MOBILE PHONE USAGE**

For the courtesy of all guests, we kindly request that all calls are concluded and cellular devices are on silent mode prior to entering the locker room and treatment areas.

### **INFORMATION ACCURACY**

Spa services, content and pricing are subjected to change without prior notice. In the event of any dispute Sol Spa reserves the right for final decision.

Reservation/helpline no: +91 7678578191

Reservation Mail: [info@r3naturals.com](mailto:info@r3naturals.com)

### **HOURS OF OPERATION**

Spa Reservations Office -9 am to 9 pm

Spa Treatments - 9 am to 9 pm



HEALED  
BY TOUCH





resorts & spa  
**HERITAGE**  
— VILLAGE —  
**MANESAR, GURUGRAM**

Email: [Info@r3naturals.com](mailto:Info@r3naturals.com)  
Call Us: +91 7678578191

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