SANSHA
Spa

est. 1994

Welcome to the world of Sansha!



Adding life to years and years to life

WELLNESS OFFERING · WELLNESS OFFERING ·



"Creating Spa is just not ambience, treatment, idea or vision but also our team's soul efforts, positive vibes, warmth of therapist's smile, and a holistic approach which makes the complete experience heavenly"

Sangeeta Sharma
Managing Director

TRADITIONAL HOLISTIC THERAPIES

CLASSIC FUSION - A SANSHA SIGNATURE

60 | 90 Minutes — INR 5000 | 6000

A specially created therapy which incorporates the best of classical, western, Indian, oriental chinese techniques & Swedish Strokes, Thai stretches and Indian classical malish movements blended together to stimulate blood circulation, reduce muscle stiffness and gives deep relaxation.

UNWIND . REVIVE

CUSTOMIZE DEEP TISSUE

60 | 90 Minutes — INR 5500 | 6500

Deep tissue massage therapy is similar to Swedish massage but applies deeper pressure on the muscles. The focus is on the deepest tissues, ligaments and tendons and the therapy aims to remove stiffness of the muscles and release chronic muscle tension.

INNER STRENGTH RENEWING

TRADITIONAL BALINESE

60 | 90 Minutes — INR 4999 | 5999

A Balinese massage is a full-body, medium-pressure, holistic treatment. It uses a combination of gentle stretches, acupressure, reflexology and aroma therapy to stimulate the flow of blood to bring a sense of well-being, calm and deep relaxation.

INNER STRENGTH RENEWING

AROMA HEALING THERAPY

60 | 90 Minutes — INR 4999 | 5999

Aroma therapy is performed using a blend of special essential oils that contain medicinal properties. The aroma of essential oils used for the massage is believed to stimulate brain function while improving sleep quality, reducing anxiety and improving mood. It is also beneficial in reducing body aches and pain.

DE-STRESSING RELAXING

ABHYANGAM MASSAGE

60 | 90 Minutes — INR 4999 | 5999

Combined with ancient ceremonies and Rituals, this holistic Ayurvedic rejuvenation therapy consists of vigorous vitality, balancing of tri-doshas and has an overall rejuvenating efect on the body, mind and soul. which takes you to deep healing and pain reliving benefit

REJUVENATE RESTORE

SHITSU- Massage performed while wearing your clothes-on.

30 Minutes — INR 2999

Shiatsu is a Japanese massage that can be done with clothing on. It involves finger pressure and uses the techniques of brushing compression, kneading, rocking, shaking, stretching, and thumb pressure to stimulate the meridians.

*Government taxes extra as applicable.

SCRUB & POLISH

ANDAMAN SEA SHELL & VOLCANIC MINERAL SALT POLISH

30 Minutes INR 2999

A full body treatment offering skin exfoliation with almond sea shell skin polish and a short body massage with volcanic mineral oil followed by detox steam bath rituals and physical well-being.

EXFOLIATION DETOXIFY

MOROCCAN SCRUB

30 Minutes INR 2999

This therapy comprises full-course of body scrubbing and polishing rituals with a blend of spice and herbs-rich Moroccan scrub. It has a curative cooling effect, which helps to detoxify the skin pores. It is followed by detox steam bath rituals.

IDEAL FOR A WARM WEATHER

FACE VITALITY

SANSHA SIGNATURE FACIAL - Followed by facial cupping therapy

60 Minutes INR 2999

An intense purifying, oxygenating facial gives instant radiance by removing every trace of impurity, refining the pores and balances the natural moisture level of the skin and cupping helps to lift and rejuvenate the skin, tone chin, jaw line, etc and relaxes facial muscle tension which makes it healthy and refreshing.

A ANTI-AGEING FACE LIFTING

MULTI-VITAMIN FACIAL

60 Minutes INR 2999

An intense hydrating and nourishing facial which gives instant glow to dull and tired skin. The lymphatic drainage of the face and neck promotes long lasting effects while exfoliating and revitalising properties of the mineral products will leave you completely refreshed and nourished. Intensive skin care Himalayan honey, oat clay firming and radiance mask is the finishing touch to give the skin healthy, soft and supple feel.

A NOURISHING AND FACE LIFTING

*Government taxes extra as applicable.

SANSHA EXPRESS

ARABIAN SUGAR & SPICE FOOT SCRUB

30 Minutes INR 2999

An intensive foot care therapy which begins with a de-stressing foot soak enriched with eucalyptus green tea and milk, followed by an Arabian coffee, sugar and spices scrub with sea salt exfoliation enhancing the smoothness of the skin. A massage is performed with pain relive pine needle cream to relax you deeply. Orchid and papaya moisturiser helps to retain skin suppleness.

POLISHING EXFOLIATING RENEWING

MUSCLE FUEL FOOT MASSAGE

30 Minutes INR 2999

If you have been dragging your feet around, it is time to jump on the healthy muscles and skin bandwagon. This therapy helps to alleviate muscle tension, increases blood circulation and aids metabolism. This results in happier pampered feet and rejuvenated mind.

REPAIR RELAX REVIVE

CHAKRA HEAD & SHOULDER MASSAGE

30 Minutes INR 2800

This massage is a traditional form of healing and relaxing which is widely used in Asia to combat daily stress and balance the chakra. It concludes with a neck and shoulder massage.

RELAXING STRESS RELIEF

SOOTHING BACK MASSAGE

30 Minutes INR 2999

Experience the luxury of a quick fix therapy, our expert therapist helps in removing the strains from your most stressed body parts i.e. neck and shoulder by working on the pressure points and knots.

RELAXING STRESS RELIEF

FOOT REFLEXOLOGY

30 Minutes INR 2999

Pressure point stress relieving massage, creating a state of deep relaxation. This treatment especially works on the pressure points in the feet which correspond to the glands and organs of the body. These pressure points are stimulated to achieve balance and harmony in the functioning of the entire system.

RELAX STIMULATE REVIVE

*Government taxes extra as applicable.

PACKAGES

SANSHA DIVINE

120 Minutes INR 8200
Choice of 60 minute body therapy (Traditional Balinese/ Aroma/ Abhyangam/ Shiatsu)
+ Scrub + Aroma therapy facial
(4999+2999 +2999) total =~~10997/-~~

SANSHA HOLISTIC

75 Minutes INR 5999
Choice of 60 minute body therapy (Traditional Balinese/ Aroma/ Abhyangam/ Shiatsu) +scrub
(4999+2999) total =~~7998/-~~

SANSHA COUPLE RETREAT

75 Minutes INR 11999
Choice of 60 minute body therapy (Traditional Balinese/ Aroma / Abhyangam / Shiatsu) +scrub
(For couple)
(4999+4999+2999+2999) total = ~~15996/-~~

SANSHA ANANDA

60 Minutes INR 4500
Chakra Head & Shoulder +Foot Reflexology
(2999+2999) total = ~~5998/-~~

*Government taxes extra as applicable.

General Information

Reservation and Cancellation

- It is recommended that you arrive 15 minutes prior to the scheduled spa session.
- For the convenience of other guests, please intimate us about any cancellation a minimum of 4 working hours prior to your appointment. Late cancellations will attract a 50% cancellation fee.

Spa Etiquette

- Help us maintain the serene environment of the spa by keeping your mobile phones silent and speaking softly.
- Guests under the age of 16 are not permitted within the spa, unless accompanied by an adult.
- Smoking and consumption of alcohol are prohibited within the spa area. The spa management has the discretion of not serving guests under the influence of alcohol.
- Gentlemen are advised to shave at least 3 hours prior to a facial session.
- What should guests wear during a treatment? Guests will be provided with disposable undergarments. You are required to wear this for your comfort. Our therapists will always use draping techniques to respect your privacy.

Considerations

- Pregnant lady guests and guests with any medical conditions are advised to consult their doctors before signing up for any services and inform the spa therapist about the condition.
- The spa treatments are for general purposes only and are not a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. Its employees and representatives will not be held liable for any incident experienced by the guest during or after the spa service.
- The spa treatments are professional. Any illicit or inappropriate behavior, remarks or advances made by the guest will result in the immediate termination of the session and may result in legal action. The guest will also be liable to pay for the complete charges of the scheduled service.



Take care of your body.
It's the only place you have to live

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