AYUR

3102 bce

a Vedic resort by The Lindsay

Step into Ayur, our exclusive in-house spa, where ancient wisdom merges seamlessly with modern indulgence, inviting you on a holistic well-being journey. Derived from the Sanskrit word for life, Ayur encapsulates the essence of our spa retreat, a sanctuary designed to revitalize both body and spirit.

Our diverse spa menu offers meticulously crafted treatments, blending Ayurvedic therapies with modern spa techniques, creating a haven for holistic wellness inspired by the practices of the ancient civilization.

Immerse yourself in a personalized experience guided by skilled therapists, from invigorating massages to rejuvenating facials. Ayur promises a timeless escape, where the sands of time slip away, leaving you refreshed and rejuvenated.

Area-Focused Massages

Area-focused massages are quick relief mini-treatment massages that last for 30 minutes. These massages are designed to target specific ares of stiffness & muscle ache.

Head & Shoulder and Back Massage (30 min)
1500

Back Massage (30 min)
1200

Foot Massage (30 min)
1200



*You could choose any treatment as a couple as well.
*Contact the Front Desk at **9 (Landline)** or **+91 93309 03513** to book an appointment.
*GST as applicable | Let us know if you have any allergies.



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Full Body Massages

A full body massage, which is a head-to-toe massage, helps to reduce stress, pain, and muscle tightness. It stimulates the lymphatic system & improvess circulation, keeping your body & mind energetic.

Kerala Ayurveda Massage (60 min)

Kerala Ayurveda Massage is a relaxing massage with medium pressure that covers the marma points and joints also.

2800

Deep Tissue Massage (60 min)

Deep Tissue Massage is a relaxing full body massage with high pressure designed specifically for muscular pain.

2800



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Premium Massages

Premium massages offer a luxurious experience, combining expert techniques, high-quality oils, and serene environments. Tailored to individual needs, they aim to deeply relax, rejuvenate muscles, and promote overall wellness.

Abhyangam Massage (90 min) — 3800

Abhyangam is a traditional ayurveda massage with warm herbal oils. It is the most popular massage in ayurveda. It releives fatigue, nourishes the body & mind, improves stamina, sleep, promotes longevity & enhances the quality of the skin.

Signature Massage (120 min) — 4800

Signature massage is our special most relaxing massage. It combines Kerala ayurveda, kalari and deep tissue massage techniques, and the pressure can be adjusted to meet your individual needs. It ensures complete relaxation of body & mind.

Body Glow (120 min) — 4800

The body glow treatment blends Ayurvedic techniques for relaxation, nourishment, and radiant skin. It includes an Ayurveda oil massage, body scrub, cream massage, and an ayurvedic facial for overall rejuvenation.

Aromatherapy (60 min) — 2600

Aromatherapy is a gentle massage that uses aroma oil to calm your body & mind.

Marma Massage (60 min) — 2600

Marma massage helps to stimulate the marma points through massage.

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