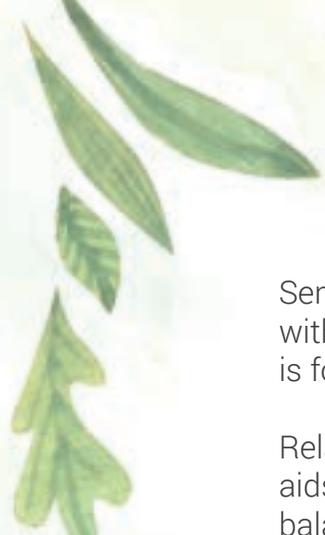




# EXPERIENCE

## MENU



## The iyāsyā Spa Journey

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Sensory calm with our signature diffuser blend Pārijāta . The Iyasya Fragrance curated for the likes of the royalties with the richness of Rose, Jasmine and Frankincense creates a tranquil and delightful environment. A small version is for sale for you to carry along.

Relaxing drink before the therapies may offer several benefits that enhance the overall spa experience. Key benefits aids digestion, hydration, antioxidant, cooling effect, improved circulation. A welcome gesture which will help work on balancing the digestive fire and pitta humor.

Consultation: We start by discussing your preferences and any specific concerns you may have. Whether you're seeking relaxation, relief, or simply want to indulge, we'll tailor the ritual to meet your needs.

Expert Therapists: We have a team of highly trained and experienced therapists who are well-versed in the traditional and latest techniques.

As you depart, may the lingering fragrances of essential oils continue to soothe your senses, serving as gentle reminders of the tranquil oasis you found within our abode. Carry with you the essence of relaxation and inner harmony, nurturing it as a precious gift to be cherished long after you leave our sanctuary

Sustainability at spas not only aligns with the broader global effort to combat climate change and reduce environmental impact but also enhances the guest experience. We are now choosing eco-friendly and cruelty-free products to align with eco-conscious consumer preferences.





**SIGNATURE**  
EXPERIENCE



## LUMINESCENCE

Glow with our marigold infused Pavitra Scrub, complimented with tulsi and beeswax. Further enhanced by a full body massage with our power relaxer, Nyūlposh Oil with an enchanting aroma of rare Kashmiri Lavender and blue chamomile. The ritual ends with a Mini-Facial to brightenup your festive season.



 | 100 Minutes

₹9,999

(\*Prices Are Exclusive Of Applicable GST\*)





## SERENE ESCAPE

Focus on the "Me", get a complete 100 min package with a massage, scrub and mini-facial. Start with a 20 mins energizing coffee scrub , followed by 50 mins focused relaxation massage and finish with a 30 mins deep cleansing mini-facial adjusted for your skin type and condition.



 | 100 Minutes

₹7,999

(\*Prices Are Exclusive Of Applicable GST\*)





## LAAMU BALINESE BLISS

A Balinese-inspired massage using Signature uplifting oil is followed by the application of a warm wrap made of ginger, cloves and nutmeg, and a relaxing head massage. A cucumber/ aloevera conditioner is then applied to cool and refresh the skin making it feel smooth and hydrated. It helps, promotes vitality, improves circulation, improves muscle tone.



 | 90 Minutes

₹5,999

(\*Prices Are Exclusive Of Applicable GST\*)





# RASAYANA

(Detox Experience)

Revitalize and tone the body with this purifying treatment. A skin detoxify neem , tulsi and spirulina infused mineral mask and the experience concludes with the Shithila Massage The application of aromatically infused oils and the wrap provides intense nourishment, leaving the skin glowing and the body re-energized.



 | 90 Minutes

₹5,999

(\*Prices Are Exclusive Of Applicable GST\*)





# ASHWAGANDHA

Indulge in the ultimate relaxation and rejuvenation and find the healing powers in Ashwagandha Spa Experience. A scrub meticulously crafted to exfoliate & renew your skin, leaving it silky-smooth and glowing. A soothing massage which aims to promote relaxation & potentially alleviate muscle tension. Aromatic Ashwagandha Tea with the presence of ancient herbs such as ashwagandha, brahmi, and licorice



 | 75 Minutes

₹5,999

(\*Prices Are Exclusive Of Applicable GST\*)



AYURVEDA  
EXPERIENCE



## HEAL& CARE THROUGH VEDIC TREATS

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The miracle of the human body with its natural healing intelligence is capable of constantly renewing and rejuvenating itself. However, when imbalance and weakened digestive capacity allow toxic impurities to form, this natural ability of the body is blocked.

iyāsya spa brings to you selective therapies from Ayurveda with a modern techniques, that eliminates accumulated toxins from the body, improves metabolic rate and digestive fire and brings balance to the doshas (the energetic principles of the body and mind).

This powerful therapy will leave your body younger, stronger and free from chronic ailments and your mind calm, stress-free and relaxed.

## WHO SHOULD UNDERGO?

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Everyone Is Welcome!

Ayurveda is preventative as well as curative, you do not need to have a specific problem to benefit from these therapies. However, the treatment is highly effective for a vast range of disorders and diseases. The treatment is available all year-round.





## MODERN AYURVEDA

### Shirodhara (Abhyanga + Shirodhara)

60 Min | ₹4500

Shirodhara is a well-known treatment for the wellness of mind and cares from the neck above. In this treatment, medicated warm oil will be continuously poured on the forehead and oil flowing back through the crown. This leaves you into a deep relaxation and will help to address insomnia.

### Abhyangam

60 Min | ₹4000

Involves massage of the entire body from the head to the toe with Dosha-specific warm herb-infused oil. The long strokes assist in drawing blood away from the heart, ensuring enough blood supply to the entire body. Doing a regular massage nourishes and soothes the nervous system, boosts lymphatic detoxification, improves circulation, nourishes the skin, and promotes overall mind-body balance.

### Potli Massage

45 Min | ₹3200

Warm poultices filled with herbal powders and medicated oil are applied and massaged over the body. The natural healing herbs are crushed and bundled into muslin cloth to form boluses. The warm poultices are used to massage the body (or specific parts), to induce sudation (sweat).

#### *Benefits*

*Alleviate doshas, pain and stiffness | Helps the body get rid of wastes and toxins, thus leaving the body rejuvenated | Specifically useful in relieving pain, stiffness and numbness | This treatment is done to arrest and prevent arthritis, spondylitis or any sort of rheumatic pain.*



# AYURVEDA EXPERIENCE



## Abhyangam & Potli

90 Min | ₹5000

After the Abhyangam, the potli treatment is done to arrest and prevent arthritis, spondylitis or any sort of rheumatic pain. Along with an Abhyangam this treatment gives an enhanced effect.



## Udhvarthina & Abhyangam

90 Min | ₹5000

This is a herbal exfoliation which is also believed as a supporting treatment for weight loss, inch loss and getting rid of water retention. Together Abhyangam after the udhvartanam will enhance the effects of the treatment.

*Packages: Ayurvedic massage has a more holistic approach and massages prove to be good if done regularly therefore, please ask for 3, 5, 7 day packages.*

(\*Prices Are Exclusive Of Applicable GST\*)





EXPERIENCE  
SPA



# MASSAGE



## Shithila

60 Min | ₹3400 | 90 Min | ₹5000

Shithil, (literally means to relax) has a balancing effect on all the three doshas or body types which helps mobilize toxins, promotes youthfulness and increases energy. Suggested for those who likes medium to less pressure that helps in inducing better sleep or mental relaxation.

*Benefits: Promotes vitality | Improves circulation | Gives a healthy glow to the skin Improves muscle tone*



## Sama Yama

60 Min | ₹3800 | 90 Min | ₹5200

Sam-Yama means holding together, tying up, binding, or integration by striking a perfect balance of deep pressure, soothing movements and stretching.

*Benefits: Relieve & eases pain | Improves circulation | Invigorating | Improves muscle tone.*



# MASSAGE



## Hastaratni

90 Min | ₹5500

The massage begins with a small healing prayer and the gliding movements of the forearm covers a larger surface area at one go, hence creating a sense of harmony between the mind and body.

*Benefits: Eases from general body stiffness | Provides tranquillity to the mind | Deep relaxation*



## Mithunam (Couple Massage)

90 Min | ₹10000

Couples massage allows two individuals to have a shared experience that can result in a closer bond. A couple may choose this time to simply relax and enjoy the experience together.

(\*Prices Are Exclusive Of Applicable GST\*)





# SCRUB

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## Coffee Cinnamon Scrub

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30 Min | ₹2100

The aroma of roasted coffee beans and the fragrance of orange peel, along with cinnamon powder and yoghurt, scrubbed for deep skin cleansing and a great 'pick-me-up' experience with a wonderful fragrance.



## Udhvarthina

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30 Min | ₹2100

For a longer lasting suntan, shed those dead layers of skin with a thorough body exfoliation using an age-old Ayurveda formula renowned for its strong herbal antioxidants.





# WRAPS



## Detox (Neem Tulsi)

30 Min | ₹2100

A combination of ancient herbal knowledge with modern day spa techniques is used to create a wonderful and effective combination of Neem, Tulsi and Aloe Vera. Neem relieves dry skin, soothes itching, redness and skin irritation; it also combats bacterial infections, such as acne. Extracts of Tulsi, the holy plant also known as Basil, is anti-fungal and anti-bacterial. Aloe Vera is claimed to be useful in the treatment of wound and burn healing.



## Green Clay

30 Min | ₹2100

This clay is known for its absorbent, purifying and skin-calming properties. It gets its green colour from a combination of iron oxides and decomposed plant matter. The clay makes for a gentle exfoliator which will clear the pores of oil and grime while stripping the surface of dead skin cells.

(\*Prices Are Exclusive Of Applicable GST\*)





## FACIAL

### **Ultra Bright** (Gold and Pearl dust)

75 Min | ₹3800

A Two mask process i.e, kavas mud which is a Ukrainian beauty ritual and an additional brightening, Gold Peel Off Mask, which has two special active ingredients, 24 Carat Gold and micronized pearl that purifies and gives radiance to the skin. All the products used in this facial are fine in nature and come with a silk like texture which ensures smooth abrasion of the skin for an even skin and tone after feel.

### **Define** (Firming)

60 Min | ₹3500

A Two mask process ie dead sea mineral mud mask for skin tightening and a four wonder peel off mask for skin lifting, combination of both are a corrective ideal for ageing skin with involves a non-invasive high penetration technology, the intensive blend of actives like Squalene minimizes fine lines and boosts collagen.

### **Youth Revival** (Anti-Ageing)

60 Min | ₹2500

Youth Revival Facial contains algae extracts which helps in natural upliftment of skin. It encourages firmer and healthier texture of skin.

### **Energize** (Anti-Pollution)

60 Min | ₹2500

Energize Facial contains Activated Bamboo Charcoal which helps to detoxify skin and improves blood circulation. It promotes pores tightening & skin.



# FACIAL



## Rejuvenating (Vitamin C)

60 Min | ₹3200

Contains AHA, one of the most effective, fastest & safest approaches to skin lightening by reducing melanin formation. It contains broad spectrum sun filters which minimizes photo damage, promote even skin tone and reduce skin tanning after UV exposure.



## Him! (Men Facial)

60 Min | ₹2800

Exclusive Facial For Men. Him! Facial is one of the most effective and safest approaches to skin lightening by reducing Melanin production. Contains broad spectrum sun filters which minimizes photo damage, promotes even skin tone reducing skin tanning after UV exposure. This facial is specially formulated to give a softening, soothing, calming & relaxing effect to the skin.



## Pigment Perfector

60 Min | ₹2800

Pigment Perfector is enriched with Glucosamine, Licorice Extract, Niacinamide and Vit.C. Potent blend of actives reduces pigmentation and blemishes thereby evens the skin tone.

(\*Prices Are Exclusive Of Applicable GST\*)





## QUICK FACIAL



### White & Bright

30 Min | ₹2200

White & Bright cleanup has Papain enzyme which helps in removing the dead skin and simultaneously helps in skin rejuvenation. It results in enhanced skin glow & improved skin texture.



### Fruitilicious

30 Min | ₹2000

Fruitilicious Cleanup supports natural skin regeneration by enhancing blood circulation and exfoliating dead skin cells present on epidermal layer, giving it a healthy glow.



### Moisture Balance

30 Min | ₹2000

Increases the moisture level of the skin. It helps to boost antioxidants which results in growing healthy skin cell for an even skin tone.



# EXTENDED WELLNESS

## Padabyanga (Foot Massage)

30 Min | ₹2100

(Pad = Feet, Abhyanga = Exercise)

Padabhyanga is a gentle and soothing foot therapy focusing Marma energy centers from the knee to the toes.

*Benefits: Energizing | Treats jet lag | Reduces cramps and leg pains | Strengthens leg muscles | Deeply relaxing.*

## Shiroabhyanga (Head Massage)

30 Min | ₹2100

(Shiro = Head, Abhyanga = Exercise)

Shiroabhyanga is a deeply relaxing massage, where emphasis is given on treating “marmas” or energy points of the head, neck and shoulder, to release tension and enhance circulation using a combination of oil and vigorous movements.

*Benefits: Relieves headaches | Promotes hair growth and luster | Improves circulation in the upper body | Relaxing.*

## Prishthaabhyanga (Back Massage)

30 Min | ₹2100

(Prishtha= Back, Abhyanga = Exercise)

Prishtha is a specialized form of treatment focusing on the spine, lower and upper back, with the help of warm therapeutic oils which releases tension and blockages in this area.

*Benefits: It is a very effective treatment for curing all kinds of back problem*

(\*Prices Are Exclusive Of Applicable GST\*)



# SPA ETIQUETTE

## What to wear?

Bath robes and slippers are provided in your private spa suite. You may wish to wear your own undergarments or we can provide you with hygienic disposable briefs. Our therapists will always use draping techniques to respect your privacy.

## Arrival Time

Please arrive 15 mins before your schedule time to check in and change.

## Jewellery and Valuables

Please take care of your jewellery and valuables, lyasya spa will not be responsible for loss of any of your belongings. You may ask the therapist for a Jewellery Box.

## Cancellations

The treatments you select are reserved especially for you. A 2 hour prior cancellation notice will help pass on the reserved slot to our next valued customer. One hour and below notice will be charged 50% of the booked service value along with applicable taxes. For a 'NO SHOW' a full charge will be levied against the booked service value along with applicable taxes.

## Late Arrivals

Arriving late will limit the time of your treatments. Your treatments will end on time so that the next guest is not delayed. However, if no guest follows your booking, you can enjoy the full duration of your Treatment time.

## Late Arrivals

It is recommended that men shave 4 hrs before the Facial Treatment.

**The Spa Environment is one of Tranquility and Relaxation, Please respect the peacefulness and help in maintaining the Sanctuary of Silence. Kindly defer from smoking and using mobile phones within the spa vicinities.**



Relaxation Is The Stepping Stone To Tranquility



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MUMBAI | VASHI | PUNE | LONAVALA | GOA | CHENNAI | MYSURU | HAMPI | YERCAUD | PUDUCHERRY |  
KARUR | VARANASI | COIMBATORE | HYDERABAD | SAKLESHPUR | BODH-GAYA | AMRITSAR |  
RAMESWARAM | JIM-CORBETT | RISHIKESH | BHUBANESWAR | DELHI | MOHALI | KODAIKANAL | KOTA

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