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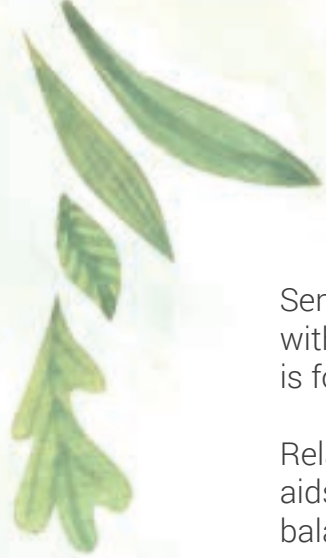
by



iyāsya[®]



EXPERIENCE
MENU



The iyāśya Spa Journey

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



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 Taxes)





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

₹6,600

(Prices Are Exclusive Of Applicable Taxes)





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/ aloe vera 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

₹6,600

(Prices Are Exclusive Of Applicable Taxes)



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

₹6,600

(Prices Are Exclusive Of Applicable Taxes)





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 | ₹5000

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.



Mithunam (Couple Massage)

90 Min | ₹8200

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.



SCRUB

These treatment starts with a brisk scrub using detoxifying herbal powders which aid in eliminating excessive oiliness, heaviness and lethargy from the body.

Benefits: Removes dry flaky skin | Helps in better absorption of skin products Detoxification by drawing toxins | Allows the younger skin to reach the surface.



Pavitra

30 Min | ₹1900

An emollient scrub which contains:

- | Natural bees wax - nourishes and moisturises the skin.
- | Marigold – a beautifier and skin colour enhancer.
- | Tulsi - a blood and lymph purifier, immunity booster and a skin repairer.



Coffee Cinnamon Scrub

30 Min | ₹1900

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

30 Min | ₹1900

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.

(Prices Are Exclusive Of Applicable Taxes)





WRAPS

This aims to treat on blockages and stiff areas by applying a natural and organic paste or mix over the body and covering it with a light fabric for some time.



Detox (Neem Tulsi)

30 Min | ₹1900

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.

***Benefits:** Brings younger skin on the surface | Skin nourishment | Wound healer | Fights eruptions i.e crust or acne | Removal of toxins | Improves metabolism*



Green Clay

30 Min | ₹1900

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.



FACIAL



Hydra Boost

60 Min | ₹3300

Hydra boost plumps up the collagen and skin cells by retaining moisture for a long time, hydrating the skin cells and lightening discolouration of skin due to dehydration. Helps in Some of the most visible damages including dry, dull, rough and tight skin as well as fine lines that become visible around the eyes.



Brighten Up!

60 Min | ₹3100

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!

60 Min | ₹2900

A skin care routine starting from the basics, i.e a complete regime which is extremely hydrating, nourishing, brightening and mattifying to address many issues like irritation, dryness and sensitivity in one.





QUICK FACIAL



Fruitilicious

30 Min | ₹2200

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



Purify

30 Min | ₹2200

Purify clean-up is a unique combination of Tea Tree and Lavender extract which helps in controlling Sebum production. It also smoothens, rebalances and restores the skin nutrients.



EXTENDED WELLNESS



Padabyanga (Foot Massage)

30 Min | ₹2000

(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 | ₹2000

(Shiro = Head, Abhyanga = Exercise)

Shirobhyanga 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 | ₹2000

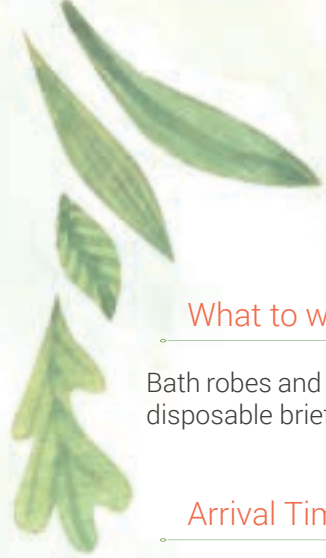
(Prishtha= Back, Abhyanga = Exercise)

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: Highly energizing | Improves circulation and metabolism.

(Prices Are Exclusive Of Applicable Taxes)





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.

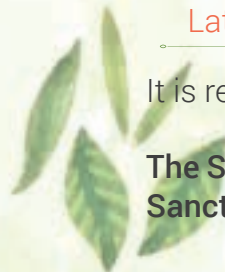
Late Arrivals

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.





MUMBAI | 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

www.iyasyaspa.com