

The background features a repeating pattern of light pink and white hibiscus flowers and green leaves. A central green-bordered box contains the main text.

HIBISCUS

SPA AND SALON SERVICES
MENU

HIBISCUS WELLNESS

“Spa Hibiscus- Making a beautiful difference”

Hibiscus began its journey as a spa and wellness brand in 2008 as a flag bearer for affordable luxury in the Indian Spa and Salon industry. Within a decade, Hibiscus has become synonymous with integrity and innovative wellness approach in an ever-changing scenario. With several awards and accolades that affirm our commitment to the cause, we have grown and evolved over time.

Here we bring our sense of innovation and the concept of sustainable wellness, to provide a wide range of wellness services. Today, Hibiscus is a brand spanning across several locations in diverse formats like day spas, corporate hotels, wedding destinations, resorts, luxury residences and cruise ships in India. It is our vision to create and help create a world of wellness where each of us can live better and meaningful lives with reasonable and sustainable lifestyle changes.

Your well-being is at the heart of every thought and action that has gone into creating therapies and services at Hibiscus. Each of the products we choose are tested to match our stringent standards whether they are market acknowledged brands or they are Ayurveda based therapies or our own hand blended Natural products. We are proud to consistently present to you, the power of choice- to choose as you deem necessary- whether you choose to use market leading brands for immediate results or the long term benefits of Natural products. We are with you at every step of well-being.

Services using completely natural products

We believe every human body has the power to heal itself naturally... Nature might not provide instant quick fix solutions, but its results are long lasting. We always test products for their short-term and long-term effects before we bring it to you. Our natural range is in line with this principle. You can choose to go natural when you are at Spa Hibiscus. The only thing you need is patience! We encourage you to live our belief and allow nature to work its magic on you.

Services using market leading products

We have carefully chosen and selected only the best market leading products. We have been very selective while choosing these brands, as we want to provide you the best. We have stayed away from giving you too many brands to choose from; we have done that homework on your part. More products create more confusion and are difficult to manage operationally by therapists. Since each product has a unique philosophy, mixing and matching doesn't work. Consequently, when we say that we bring you the best market leading products, we mean it!

We welcome 'You' to the World of true Wellness - Welcome to Hibiscus.

Cancellation Policy

Cancellation or no shows within six hours will incur 100% charges. Please keep in mind that arriving late for a service may require us to shorten the length of the treatment, with full charges applied, so as not to inconvenience other guests.

Restriction on the use of facilities

Guest under the influence of alcohol, high energy drugs and medications will not be allowed to use the spa and avail of treatments. No eatables will be allowed inside the spa. The spa is strictly a non smoking area.

Disclaimer

Although we have taken utmost care in selecting and controlling ingredients, we cannot guarantee against allergic reactions. If you have any previous experience of any allergic reactions please inform the reception immediately. We shall not be liable for any accident or injury suffered by a member or guest. Please note that we cannot be held responsible for any loss or damage to personal articles. We urge you to keep all valuables in the locker and remember to take them all before leaving.

All Prices are in Indian rupees and are EXCLUSIVE of all applicable government taxes.

HIBISCUS - SPA MASSAGES

Hibiscus Touch1350

30 Min.

Hibiscus Touch is a stress relieving massage for the head, neck and shoulders/ full back/ full legs which improves blood circulation and revives your energy.(This in not a full body massage and does not include steam or shower.)

Swedish Massage 1950

1 Hr. (45 Min. massage, 15 Min. steam)

Swedish massage is a relaxing, medium pressure massage that works on the superficial layers of the muscles and eases tension. It uses long gliding strokes and is exceptionally beneficial for increasing the level of blood oxygen, decreasing muscle toxins and improving flexibility.

Balinese Massage2250

1 Hr. 15 Min. (1 Hr. massage, 15 Min. steam)

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

Deep Tissue/ Sports Massage2450

1 Hr. 15 Min. (1 Hr. massage, 15 Min. steam)

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 releases chronic muscle tension.

Abhyangam2450

1 Hr. (45 Min. massage, 15 Min. steam)

Abhyangam is an Indian Ayurvedic therapy to strengthen the bones and joints, regulate the flow of blood and also build the immunity of the body to fight against seasonal changes. In fact, it is recommended as the first treatment in Panchakarma, thanks to its ability to retune the energy cycles. The benefit of taking Abhyangam is that it improves blood circulation, longevity, better sleep and vitality.

Hibiscus Signature Massage2750

1 Hr. 45 Min. (45 Min. massage, 15 Min each Head & Face Massage, 15 Min Foot Reflexology & 15 Min. steam)

Hibiscus signature massage combines strokes of Thai massage and Swedish massage to create a truly relaxing and rejuvenating massage ritual. The ritual includes a face massage, foot reflexology and a head massage and is designed to relax the body, mind and spirit.

Couple Retreat6550

1 Hr.30 Min. (30 Min. Scrub, 45 Min. Massage & 15 Min. Steam and Shower for two people)

A relaxing ritual for the precious moments of togetherness where a couple can relax with the healing touch of a Swedish massage and an invigorating scrub. A tender and relaxing treatment which detoxifies and nourishes the skin. You can ask for a Jacuzzi post the treatment to complete the experience !
(Jacuzzi will be charged extra.)

Couple Royal Relaxation..... 4250

1 Hr. 15 Min. (60 Min. Massage & 15 Min. Steam/Shower for two people)

Couple Royal Relaxation can be the perfect way to celebrate a special occasion and relish moments of togetherness. It includes a couple Balinese massage for two people, followed by ten minutes of dry head massage that make for a truly relaxing time together.



HIBISCUS - SPA RITUALS

BODY SCRUBS AND WRAPS

All our Scrubs and wraps are free of harsh chemicals like paraben, bleach and free from plastic beads.

Papaya Exfoliation.....1350

(30 Min.)

A gentle scrubbing process helps promote healthy skin with radiant complexion. A cream base scrub enriched with botanical extract of Papaya gently removes dead skin cells to make it smooth, soft and supple.

Turmeric Glow Scrub1350

(30 Min.)

Turmeric scrub with active Curcumins, using gentle scrubbing strokes, promotes flawless skin for an even skin tone and glow. A cream base scrub with Turmeric that is known for its skin lightening properties and is traditionally used in Ayurveda for Indian brides.

Hibiscus Indulgence Exfoliation..... 1550

(30 Min.)

Indulge yourself in the luxury of a chocolate scrub that exfoliates and polishes, to promote healthy smooth skin and pampers your senses. A cream base scrub with the power of Cocoa works as a gentle exfoliator along with anti-ageing benefits, maintaining moisture levels.

Neem Healing Wrap..... 1350

(30 Min.)

Help your skin heal with the benefits of time tested Neem. A hydrating wrap with the medicinal value of Neem and natural clays formulated to reduce excess oil and counter the effects of dirt and dust. This wrap detoxifies, invigorates and reduces blemishes, leaving the skin clear and silky smooth. This is specially beneficial for sensitive or allergy prone skin.

Chocolate Ecstasy Wrap..... 1550

(30 Min)

Wrap yourself in the cocoon of luxurious Chocolate wrap and reap the benefits of clays and the caring cocoa. Step out with firmer, smooth skin along with excellent oil balance. Chocolate acts as a good moisturiser and soften the skin leaving a luminous glow. Excellent for dry skin.

HEAD AND FOOT

Foot Reflexology..... 950

(45 Min.)

Reflexology helps restore and maintain the body's natural equilibrium. In this ritual pressure is applied on the reflex zones of your feet which stimulate the central nervous system and induce a deep state of relaxation by eliminating toxins. This gentle therapy using acupressure; encourages the body to work naturally and restore its own healthy balance.

HEAD MESSAGES

	Ladies	Gentlemen
Coconut Oil	650	350
Olive Oil	850	750
Hibiscus Ayurvedic Oil	850	750



AYURVEDIC RITUALS

Shiro Abhyangam 750 **(30 Min.)**

Shiro Abhyangam (Ayurvedic head massage) focuses on your head, neck & shoulder. It is a deep oil massage which uses a variety of pressure and Marma techniques that tap into your path of energy and encourages healing and balance in the whole body.

Abhyangam1950 **1 Hr. (45 Min. massage, 15 Min. steam)**

Abhyangam is an Indian Ayurvedic therapy to strengthen the bones and joints, regulate the flow of blood and also build the immunity of the body to fight against seasonal changes. In fact, it is recommended as the first treatment in Panchakarma, thanks to its ability to retune the energy cycles. The benefit of taking Abhyangam is that it improves blood circulation, longevity, better sleep and vitality.

Udwarthanam2450 **1 Hr. (45 Min. massage, 15 Min. steam)**

Udwarthanam is a combination of an exfoliation, massage therapy and is administered using a specially-prepared dry powder to improve blood circulation and treat numbness of the limbs. In Udwarthanam, dry herbal powder is applied as a scrub all over the body. This treatment also exfoliates the skin to give a toned and firm look, and is effective in reducing body fat. This is commonly known as the slimming massage.

Kizhi / Potli (Hot Herbal Compress)2450 **1 Hr. 15 Min. (1 Hr. massage, 15 Min. steam)**

This nourishing technique alleviates the pain in strained body parts and targets sore muscles and joints. A heated cloth bolus containing Ayurvedic Herbs is dipped in medicated oils and softly pressed onto the affected areas. This therapy is effective for back pain, soreness and other soft inflammations especially joint pain.

Ayurvedic Packages

Ayurvedic Retreat..... 4050 **1 Hr. 45 Min. (1Hr. 30 Min. massage, 15 Min. steam)**

Abhyangam + Udwarthanam + Steam

A complete retreat to rejuvenate your body mind and soul. The package consists of 45 minutes of Udwarthanam followed by Abhyangam

Ayurvedic Bliss.....4050 **1 Hr. .30 Min. (45 Min. Abhyangam massage + 30 Min Kizhi + 15 Min. Steam)**

A complete ritual to rejuvenate the body. The ritual starts with a relaxing Abhyangam massage and is followed by thirty minutes of a hot herbal compress.

AYURVEDIC FACIALS

Kumkumadi Facial.....2750

Gift yourself the luxury of nature. A detoxifying and lightening facial using specially formulated scrub and magical Kumkumadi oil to provide complete care. The facial oil is made with twenty five Ayurvedic herbs that were used to improve skin tone, lighten the skin, minimise blemishes and hydrate the skin.

Panchagavya Facial3950

Panchagavya is widely used in Ayurvedic medicines. It is a blend of five products including milk, curd, and ghee that have unique healing properties and aid in the complete detoxification and rejuvenation of the skin.

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MAHAGUN
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SUITES

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A SAROVAR HOTEL

HIBISCUS

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