



THE
S A N
C T U
A R Y

Managed By

SPA HIBISCUS

SPA MENU



EXPERIENCE THE SANCTUARY OF THE DEN

The Sanctuary by Spa Hibiscus is an intimate, indulgent environment featuring innovative spa with magnificent facilities and the most gracious, expert service. Leave the world behind and indulge in our relaxing and soothing treatments. You'll find a relaxed, welcoming vibe and our signature authentic welcome every time you step through our door.

The Spa features a stunning collection of three treatment rooms which includes two couple room and a private room.

THE
ORANGE
TIP

THE
RED
ADMIRAL

THE
PURPLE
EMPEROR

An unforgettable experience to a peaceful and tranquil luxurious retreat away from the pace of the city. Indulge in our spa services and re-energise your mind, body and spirit. All treatments include a journey through Luxury experiences, spa consultation and signature herbal blended tea.



SANCTUARY - SPA MASSAGES

BODY MASSAGES

PRICE (INR.)

Sanctury Touch

30 Min.

INR 2350

Sanctury 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

60 | 90 Minutes

INR 3250 | 4500

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 Massage

60 | 90 Minutes

INR 3550 | 4800

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 Massage

60 | 90 Minutes

INR 3850 | 5200

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.

Abhyangam

60 | 90 Minutes

INR 3850 | 5200

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.

Sanctuary Signature Massage

1 05 Min. (45 Min. massage, 15 Min Head, 15 Min Face Massage, 15 Min Foot Reflexology & 15 Min. steam)

INR 5000

Sanctuary 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.

Sanctuary Couple Retreat

90 | 120 Minutes (30 Min. Scrub, 45/75Min. Massage & 15Min Steam)

INR 9050 | 11050

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 !

Sanctuary Couple Royal Relaxation

75 | 105 Minutes (60/90 Min. Massage & 15 Min. Steam/Shower for two people)

INR 6550 | 8550

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.

Time duration for Massages are including 15min Steam bath & Shower.

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



HIBISCUS - SPA RITUALS

BODY SCRUBS AND WRAPS

PRICE (INR.)

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

Rice Exfoliation

30 Min.

INR 2450

This scrub uses brown unpolished rice powder mixed with fresh milk that gently exfoliates the skin and leaves it soft and radiant. It helps remove sun tan and mild blemishes. Good for all skin types.

Orange Scrub

30 Min.

INR 2450

Completely natural body scrub that uses orange powder, sandal wood and other herbs that gently exfoliate and nourish the skin leaving it fresh, smooth, moisturised and soft. It is particularly beneficial for oily skin.

Orange Wrap

30 Min.

INR 2550

A natural body pack that uses orange peel powder and other herbs which help in toxin removal. This wrap nourishes and tightens the skin and is specially beneficial for oily skin.

Neem Healing

30 Min.

INR 2550

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.

Brightening Body Polishing

30 Min.

INR 6600

Body polishing is like a facial for the body that completely exfoliates and hydrates the skin and gives the perfect shine and smoothness. The procedure includes full body exfoliation followed by a gentle massage, and finally a nourishing body wrap.

Aroma Steam Bath

Maximum 20 Min.

INR 1250

20 minutes of an aromatic steam using eucalyptus oil. This is beneficial for coughs and colds and detoxifies the body and increases immunity.

Foot Reflexology.

45 Min.

INR 2250

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.

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AYURVEDIC RITUALS

Shiro Abhyangam

30 Min.

INR 2050

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.

Abhyangam

60 / 90 Minutes

INR 3850 | 5200

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.

Udwarthanam

60 Minutes

INR 3950

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)

60 | 90 Minutes

INR 3950 | 5250

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 inflammation especially joint pain.

Ayurvedic Packages

Ayurvedic Retreat

105 Min. (45 Min. Abhyangam massage + 45 Min Udwarthanam + 15 Min. Steam)

INR 6250

A complete retreat to rejuvenate your body mind and soul. The package consists of 45 minutes of Udwarthanam followed by Abhyangam. This is an ultimate therapy for nourishing skin and skin glow.

Ayurvedic Bliss

105 Min. (45 Min. Abhyangam massage + 45 Min Potli + 15 Min. Steam)

INR 6250

A complete ritual to rejuvenate the body. The ritual starts with Abhyangam and is followed by a relaxing Potli Massage. This is an ultimate therapy for easing muscle and body pain relief.

Time duration for Massages are including 15min Steam bath & Shower.
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NATURAL RITUALS

NATURAL FACIALS

PRICE (INR.)

Kumkumadi Facia

60 Min

INR 3950

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.

Mukh Lavanya Facial

60 Min

INR 3950

This facial is for sensitive and acne prone skin. It is based on the ancient Indian philosophy of using medicated Ayurvedic oils for healing and balancing the skin, and it makes for a magical and nourishing experience.

NATURAL HAIR SPA

Kesh Abha

55 Min.

INR 2350

This natural hair treatment starts with a scalp massage using hair strengthening oil to stimulate your roots followed by a hair mask rich with herbs, thereby nourishing your scalp and hair. From roots to tips, your hair will thank you for this treat from nature.

HANDS & FEET

Padaveksha (Natural Foot Spa)

60 Min.

INR 2250

Neem Padaveksha is a unique, completely natural Ayana Ayurvedic treatment for feet. It not only deep cleanses, but also cures and helps fight fungal infections and allergies. It removes dead skin and increases blood circulation. This therapeutic procedure is free from chemicals and a soothing treat for your feet.

Hastaveksha (Natural Hand Spa)

45 Min.

INR 1750

Neem Hastaveksha is a natural hand spa from Ayana Ayurveda. This Ayurvedic remedy uses salt scrub to gently exfoliate and also helps in removal of toxins. The neem oil nourishes the hands and also acts as a good anti fungal agent.

Add on with foot & hand spa

Potli (Hot Herbal Compress)

INR 700

Heel & Peel Treatment

INR 1550

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FACIALS

Deep Cleansing . 30 Minutes.	PRICE (INR.) INR 3050
Deep cleansing is an exfoliating treatment that help you go free from dead skin cells and impurities. The process include cleansing, exfoliation followed by a pack, leaving the skin completely fresh. Recommended for normal and non-problematic skin.	
Kumkumadi Facial 60 Minutes.	INR 3950
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.	
Mukh Lavanya Facial 60 Minutes.	INR 3950
This facial is for sensitive and acne prone skin. It is based on the ancient Indian philosophy of using medicated Ayurvedic oils for healing and balancing the skin, and it makes for a magical and nourishing experience.	
For Pigmented/Tanned skin Whitening Facial 60 Minutes.	INR 4250
Whitening brings back uniform skin radiance working against dark and irregular pigmentation. Recommended for uneven tone, sun damaged and pigmented skin.	
For Matured skin / Fine lines Lifting Treatment 60 Minutes.	INR 4250
This specialized treatment uses lifting serums to visibly reduce fine lines, and works on the lower layers of the skin. Also has the additional effect of skin lightening.	
For Sensitive or Acne prone Skin Trouble Care Facial 60 Minutes.	INR 4250
Trouble Care Facial improves complexion, reduces inflammation and boosts the skin's immunity and helps prevent future irritation. It keeps the skin clean for longer duration. Recommended for shiny, oily, acne skin and specific problems. Balances sensitive skin and makes it healthier.	

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SALON RITUALS

	PRICE (INR.)	
	Ladies	Gentlemen
Hair Wash / Conditioning	650	350
Straight Dry	550	250
Blow Dry	1050	350
Blow Dry with setting	1250	-
Hair Cut	1050	550
Hair Cut with Wash & Conditioning	1550	750
Henna	2250	1550
Shave	-	350
Baby Cut (Below 7 years)	750	
Hair Dressing/Styling	1750	350
Hair Ironing/ Tongs	1750	-

HEAD MASSAGES

Coconut Oil	1550	1250
Olive Oil	1750	1450
Hibiscus Oil	2050	2550

HAIR COLOURING/TEXTURING

Natural Henna based hair colour	2950	2250
Root Touch Up (Majirel)	2250	2050
Root Touch Up (INOA) /RUSK	2650	2250
Global Hair Coloring (Majirel)	7000 +	-
Global Hair Coloring (INOA)	9500 +	-
Streaking (Majirel)	1500 +	-
Rebonding	9000 +	-
Smoothening	7500 +	-
Keratin Treatment		9000 +

HAIR SPA

	Ladies	Gentlemen
Kesh Abha. 55 Min.	2350	2050
L'Oreal Hair Spa . 45 Min.	2250	1850

A simple deep conditioning procedure done to smoothen dry hair & add lustre.

Hair Spa Treatments 60 Min.	3250+	2250+
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A special ampoule/serum is used to treat a specific scalp or hair problem like, dandruff, hair fall or dry damaged hair.

PEDICURE/MANICURE

	PRICE (INR.)
Cut and File hands / feet	350
Cut, File and Polish hands/ feet	550
Change of Polish hands / feet	350
Regular Manicure	1550
Regular Pedicure	1950
Hand Spa	1950
Foot Spa	2450
Foot Reflexology	2250

Add On:

Potli / Hot Herbal Compress	700
Heel Peel Treatment	1950

BLEACHING

	Ladies	Gentlemen
D-Tan	1550	1250
Bleach Face and Neck	700	700
Face, Neck and Blouse line	800	-
Upper lip	250	-
Sides	350	-
Underarms	300	-
Half arms	600	750
Full arms / Half Legs	850	1000
Full legs	1050	1400
Feet	400	550
Full Back/ Front	850	1200
Body	2750	3500

(+ Onwards)

Cost will vary with hair length and thickness. Please consult reception before the service to know your exact cost.



SALON RITUALS AND MEMBERSHIPS

SKIN CARE	PRICE (INR.)		MAKE UP	PRICE (INR.)
THREADING	Ladies	Gentlemen	Bridal Make Up	22,500
Eyebrows / Sides	200	250	Includes complete Bridal Make-Up with Hair-Do, Saree/Dress Draping & Change of polish.	
Upper lip /Forehead/Chin/Cheek	150	200		
Full Face	550	-		
WAXING			Engagement/Reception Make Up	15,000
Upper lip / Chin	350	-	Includes complete engagement Make-Up with Hair-Do, Saree/Dress Draping & Change of polish	
Sides	350	-		
Face	750	750		
Underarms	350	450	Haldi / Cocktail Makeup	8500
Half arms	550	700	Includes complete Make-Up with Hair-Do, Saree/Dress Draping & Change of polish	
Full arms / Half Legs	850	1000		
Full legs	1150	1300		
Back/ Front (till blouse line)	900	1000	Light Party Make Up	5500
Abdomen	900	1000	Includes light Make-Up with Hair-Do.	
Brazilian	1650	-		
Full Waxing (Arms, legs & Underarms)	1650	1900	Eye Make Up / Base	3000
Body Waxing	2650	3300	Saree/Dress Draping	1000
(does not include Brazilian & Face waxing)				
WAXING (CHOCOLATE/ OIL BASED WAX)			MEMBERSHIPS	
Upper lip / Chin	250	-	Roselle Membership*	20,000
Sides	250	-	Rs. 25000/- worth of services from the Salon/ Spa menu. Can be availed by a maximum of two people.	
Face	900	1200	*Validity - Six months.	
Underarms	400	550		
Half arms	600	750	Hibiscus Membership**	55,000
Full arms / Half Legs	1050	1250	Rs. 75000/- worth of services from the Salon/ Spa menu, (Minimum Rs. 50,000/- worth of Spa Services). Can be availed by a maximum of two people.	
Full legs	1550	2000	** Validity-One year.	
Back / Front (till blouse line)	1050	1250		
Abdomen	1050	1250	Hibiscus Family Membership**	1,00,000
Brazilian	2250	-	Rs. 1,50,000/- worth of services from the Salon/ Spa menu, (Minimum Rs. 1,00,000/- worth of Spa Services). Can be availed by a maximum of four people.	
Full Waxing (Arms, legs & Underarms)	2550	3200	** Validity-One year.	
Body Waxing	3750	3850		
(does not include Brazilian & Face waxing)				
GROOMS SERVICES	PRICE (INR.)			
Grooms Package	11000			
Includes one sitting of the following - D tan bleach face and neck, Whitening Facial, Foot Spa, Hand Spa, Hibiscus Body Exfoliation, Hair Cut and Styling and consultation on hair and skin.				
Groom Make Up	3500			

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RELAX

Listen to your soul

"The Sanctuary by Spa Hibiscus"

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 Sanctuary 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!

HOW TO SPA

Opening Hours 8.00 A.M. - 10.00 P.M.

ARRIVAL TIME

You are encouraged to arrive at least thirty minutes prior to your appointment to enjoy the exclusive facilities at The Sanctuary.

FACILITIES

Enjoy the luxurious range of experiences which include the use of:

Separate Male and Female Changing Rooms

Relaxation Pavilion

Spa Refreshment

Sauna Room

All treatments and Spa Packages will be available to residents of The Den, Bengaluru

Non-residents are welcome to reserve Spa appointments. To make an appointment for the perfect treatment, call The Sanctuary on Ext 7288 or 080-7111 7288.

SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquillity. Please respect all Spa Guests' right to privacy and serenity. We appreciate you turning off your mobile phone whilst in the Spa.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your service when making your Spa reservation.

CANCELLATION POLICY

If you must cancel your appointment, we ask that you notify us 12 hours in advance to avoid being charged the price of your treatment. Cancellations made with less than 12 hours notice will be charged full price.

MINIMUM AGE

An adult must escort children under age of 10 during their spa treatment.

PRICES & TAXES

All prices are subject to change at management's discretion. Goods and services tax at prevailing rates apply. Prices are subject to Government Policy.

PRIVACY

Our therapists will discreetly drape areas of your body not involved in the treatment to protect your privacy and modesty at all times.

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.

THE
S A N
C T U
A R Y

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