

# araya

## SPA

### Spa menu

Araya, the serene spa, blends ancient Indian wisdom with a contemporary approach.

It promises to pamper you with authentic Indian and relaxing international therapies.

The dedicated therapists offer treatments that integrate an experience which leaves your body, mind, and soul rejuvenated at a deeper level.

**Government taxes are extra as applicable.**

**We levy service charge.**

## Signature Packages

### Couple's Retreat

Indulge in togetherness: Unwind with a Swedish massage and rejuvenating scrub, a tender, detoxifying, and nourishing experience for you both.

90 minutes

INR 8,290

### Spa Sojourn

An enchanting retreat for couples that goes 'beyond the unusual'. Experience a soothing Balinese massage for couples, enhanced by a blissful Fifteen-minute dry head massage.

75 minutes

INR 5,390

### Spiritual Sojourn

A holistic ritual curated to invigorate the body and spirit. Commencing with an opulent Ancient Indian massage, transitions into deep relaxation with a soothing hot herbal compress, ensuring an experience of pure rejuvenation.

90 minutes

INR 6,390

## Royal Indian Retreat

Experience a holistic retreat to revitalise your body, mind, and soul. This comprehensive package offers 45 minutes of Udwarthanam massage therapy, seamlessly followed by the serenity of an Ancient Indian massage, creating a harmonious journey of rejuvenation.

105 minutes

INR 5,990

**Government taxes are extra as applicable.**

**We levy service charge.**

## Spa Therapy

### Deep Tissue Massage

This massage targets deep layers of tissues, ligaments, and tendons to release muscle stiffness and ease chronic tension, restoring optimal muscle function.

60 | 90 minutes

INR 4,290 | 5,390

### Balinese Massage

The Balinese massage works at a deeper level to soothe damaged tissues and relieve strained muscles and joint pain. The boost to your circulation will reduce stress and rebalance your body. This massage also incorporates acupressure and reflexology techniques along with the use of calming oils.

60 | 90 minutes

INR 3,890 | 4,990

### Jet Lag Therapy

A soothing medium-pressure massage which targets surface muscles to relieve tension. Through gentle, sweeping motions, this treatment enhances blood oxygen levels, detoxifies muscles, and enhances flexibility. It's particularly effective in reducing muscle stress and relieving jet lag, offering a revitalising escape.

45 | 75 minutes

INR 2,790 | 4,290

### Swedish-Thai Signature Massage

A fusion of Swedish and Thai techniques for ultimate relaxation and rejuvenation. It encompasses face, foot, and head massages, crafting a holistic journey that unwinds the body, mind, and spirit.

75 minutes

INR 4,490

### Ancient Indian Massage

A nurturing massage that balances the doshas (problem spots) alleviates fatigue, boosts stamina, and promotes restful sleep. This treatment also enriches skin complexion and imparts a radiant, luminous glow.

60 minutes

INR 4,290

### Indian Healing Massage

Experience the timeless Ayurvedic practice of Shirodhara, where medicated oil/decoctions are delicately poured on the forehead. This therapy alleviates pain, aids in various ailments, enhances concentration, stimulates hair growth, and is particularly effective for combating jet lag.

60 minutes

INR 4,290

**Government taxes are extra as applicable.**

**We levy service charge.**

**Hot Herbal Compress**

Immerse in the warmth of our hot herbal compress, invigorating the nervous system and offering relief from muscular ailments and insomnia. A remarkable remedy for pain management.

60 minutes

INR 4,290

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## Express Massages

### Kesh Abha

This natural hair treatment starts with a scalp massage using a hair-strengthening Ayurvedic oil to stimulate the roots followed by hair mask rich with herbs. This treatment nourishes the hair and gives strength.

60 minutes

INR 2,770

### Soothing Back Massage

Experience the luxury of a quick-fix therapy. Our expert therapist helps to remove the strain from your most stressed body parts i.e. neck and shoulder by working on the pressure points and knots.

30 minutes

INR 2,590

### Heel Peel Treatment

A foot care treatment to soften and heal dry and cracked feet as well as heels while rejuvenating tired feet.

60 minutes

INR 2,590

### Muscle Fuel Foot Massage

If you have been dragging your feet around, it is time to jump on the healthy muscles and skin bandwagon. This therapy helps to alleviate muscle tension, increases blood circulation and aids metabolism. This results in happier, pampered feet and a rejuvenated mind.

30 minutes

INR 1,990

## Foot Reflexology

Pressure point stress relieving massage, creating a state of deep relaxation. This treatment works well on the pressure points in the feet that correspond to the glands and organs of the body. These pressure points are stimulated to achieve balance and harmony in the functioning of the entire system.

45 minutes

INR 1,000

## India Head Massage

This massage is a traditional form of healing and relaxing widely used in Asia to combat daily stress and balance the chakra. It uses several pressure and marma techniques that tap into your energy path and encourage healing and balance in the whole body.

30 minutes

INR 1,690

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## Skincare

### Whitening Facial

This is perfect for lightening the skin before a special occasion. The extract in this facial has a regenerating effect that improves skin texture, firmness and tone while repairing sun damage.

60 minutes

INR 3,690

### Skin Solution Facial

The intensive anti-ageing clinical facial safely and rapidly resurfaces the skin, reduces fine lines and wrinkles, smoothens and softens the skin, and encourages cellular renewal.

60 minutes

INR 3,690

### Men's Executive Facial

This anti-ageing facial renews skin tone and texture while reducing fine lines with an intense deep pore cleaning, wrinkle-reducing mask, ultra-hydrating under-eye therapy, and vitamin-rich skin renewal serum.

60 minutes

INR 3,690

### Anti-Aging Facial

This specialized treatment uses lifting serums and creams to visibly reduce fine lines while targeting the deeper layers of the skin. It also imparts an additional skin-lightening effect, promoting a more radiant complexion.

60 minutes

INR 3,690

### Kumkumadi Facial

A detoxifying and brightening facial treatment that uses a special scrub and magical Kumkumadi oil. This oil, with 25 Ayurvedic herbs, lightens skin tone, minimises blemishes, and provides deep hydration.

60 minutes

INR 3,490

### Mukh Lavanya Facial

A curative therapy 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.

60 minutes

INR 3,490

**Government taxes are extra as applicable.**

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## Scrubs, wraps and polishes

### Brightening Body Polishing

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.

105 minutes INR 4,890

### Udhwarthanam

It is a combination of exfoliation & massage therapy, administered using a specially prepared dry powder to improve blood circulation and treat numbness of the limbs. In Udhwarthanam, 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 while effectively reducing body fat. This is commonly known as the slimming massage.

60 minutes INR 3,390

### Rice Exfoliation

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

45 minutes INR 1,990

### Orange Scrub

This natural body scrub uses orange powder, sandalwood and other herbs that gently exfoliate and nourish the skin, leaving it fresh, smooth, moisturized and soft.

45 minutes INR 1,990

### Coffee Scrub

This natural body scrub helps promote healthy skin with radiant complexion. This scrub enriched with Brown Rice and Coffee gently removes dead skin cells to make smooth, soft and supple.

45 minutes INR 2,390

### Detoxifying Orange Wrap

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

45 minutes INR 1,990

### Neem Healing Wrap

Help your skin heal with the benefits of time-tested Neem. A hydrating wrap with the medicinal values of Neem and natural clay formulated to reduce excess oil and counter the effect of dirt and dust. This wrap detoxifies, invigorates and reduces blemishes while leaving the skin clear and silky smooth. It is especially beneficial for sensitive and allergy-prone skin.

45 minutes INR 1,990

**Government taxes are extra as applicable.**

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## Spa manicure and pedicure

### Spa Ayurvedic Pedicure – Padveksha

Padveksha is a unique, completely natural "Ayana" ayurvedic treatment for feet. It deep cleanses, cures and helps fight fungal infections and allergies. It removes dead skin and increases blood circulation. This therapeutic procedure is chemical-free and a soothing treat for your feet.

105 minutes

INR 1,990

### Spa Ayurvedic Manicure - Hastaveksha

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

45 minutes

INR 1,790

**Government taxes are extra as applicable.**

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## **Salon menu**

The salon offers a bouquet of essential services and indulgent treatments, including luminous bridal rituals. Elevate your beauty and relaxation experience with our expert stylists and therapists.

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**Hair Cut for Women**

Hair Wash and Cut	INR 1,390
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**Hair Styling for Women**

Hair Wash and Tong Sitting	INR 2,190
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Hair Wash and Ironing	INR 1,990
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Hair Wash and Blow Dry	INR 1,390
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Blow Dry	INR 1,090
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**Hair Colour for Women**

Global Colour (long)	INR 9,990
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Global Colour (below shoulder)	INR 7,990
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Highlights (full length)	INR 7,990
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Global Colour (shoulder-length)	INR 5,690
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Highlights (crown)	INR 4,590
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Natural Hair Colour (henna-based)	INR 2,790
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Root Touch-Up (up to 1 inch)	INR 2,190
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Fashion Colour (per streak)	INR 1,090
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**Hair Spa for Women**

Long	INR 5,190
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Below Shoulder	INR 3,990
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Shoulder-Length	INR 2,890
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Ayurvedic Hair Spa – Kesh Abha	INR 2,790
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**Hair Cut for Men**

Hair Cut	INR 490
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Shave	INR 290
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Beard Trim	INR 290
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**Hair Colour for Men**

Global	INR 1,690
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Natural Hair Colour (Henna Based)	INR 1,690
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**Hair Spa for Men**

Ayurvedic Hair Spa – Kesh Abha	INR 2,790
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Hair Spa	INR 2,290
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**Government taxes are extra as applicable.**

**We levy service charge.**

**Hair Rebounding/Keratin**

Long	INR 10,990
Below Shoulder	INR 9,990
Shoulder-Length	INR 7,990

**Hand and Foot Care**

Natural Manicure	INR 1,990
Natural Pedicure	INR 1,990

**Spa Waxing (With Massage)**

Full Body	INR 4,090
Bikini	INR 3,390
B Line	INR 2,290
Full Legs	INR 1,690
Arms	INR 1,390
Half Legs	INR 1,390
Back	INR 1,190
Face	INR 990
Underarms	INR 390

**Threading**

Full Face Threading	INR 490
Eyebrows	INR 190
Upper Lip	INR 90
Forehead Chin	INR 90
Sides	INR 90

**Bleach**

Full Body	INR 3,090
Full Legs	INR 1,090
Stomach	INR 890
Full Hand	INR 790
Half Legs	INR 790
Face & Neck	INR 690
Face	INR 490
Back	INR 490

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## Spa and salon etiquette

### Reservations

- Reservations are strongly recommended -
- Please get in touch with the spa operator or Front Desk to schedule an appointment
- Rates are subject to change without any prior notification

### Check-in

- Please arrive 15 minutes before appointment to utilise the services effectively
- All appointments begin at the scheduled time
- If you arrive late, the session will be shortened accordingly to allow the therapist to be on time for the next appointment

### Policies

- In consideration of other guests, we request to keep your mobile(s) switched off - Consumption of alcohol and smoking are not permitted on the premises

## Special Needs

At the time of making the reservation, please let the consultant know if you are pregnant, unwell, have high blood pressure, undergoing a medical treatment, or suffering from any allergies.

## Clothing

We provide you with a robe, disposable undergarments and slippers, and you shall be draped in a towel during the service. of alcohol and smoking are not permitted on the premises

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