

SPA WELLNESS PACKAGES

MEYAM PACKAGES - BY SENSES & ELEMENTS

MEYAM is a combination of treatment practices designed to prevent diseases and improve your health holistically. It is a well-researched and result-oriented set of Marma-Ergonomics-Yoga-Ayurveda-Mediation techniques focussing on lifestyle diseases and associated Repeated Strain Injuries. Feel a definite improvement in physical, mental and spiritual wellness, performance and productivity. And it is tailored to your individual constitution and personal preferences.

Ayurveda Ergonomic Package - 1

Shanthi - The Peace

(Abhyanga , Local Kizhi)

75 minutes - Rs 4800

Ayurveda Ergonomics Package - 2

Smrithi - The Memory

(Abhyanga -Shirodhara)

90 minutes - Rs 6000

Ayurveda Ergonomics Package - 3

Sayoojya - The Satisfaction

(Abhyanga - Kizhi -Indian Head Massage)

120 minutes - Rs 7500

Indo -Thai Fusion Therapy

(Thai Massage - Abhyanga)

100 minutes - Rs 5500

My Wellness Day

(Consultation - Body Scrub, Body Massage , Facial ,Foot Reflexology , Indian Head Massage)

4 hours - Rs 11000

Spa Guidelines

Kindly turn off your cell phones and leave all your valuables in your room safe. We are not responsible for the damage or loss of any personal belongings. Children aged below 16 can avail treatments only under parental supervision.

Service Charges

We do not levy any service charge to the cost of treatment. Additional gratuities for your therapist are subject to your discretion.

Cancellation Policy

In case of any change or cancellation, please notify Pink Room by Senses and Elements Spa four hours prior to your scheduled appointment to avoid paying 50% of the cost as cancellation fee.

*Taxes Extra

*Prices Shown in Indian Rupees

Contact

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SENSES & ELEMENTS
ESSENCE OF WELLNESS



PINK ROOM
BY



SENSES & ELEMENTS
WELLNESS SPA

SPA MENU

INTRODUCTION

Pink Room by Senses & Elements Wellness Spa reflects our passion for wellness, defined as a way of life that focuses on physical, emotional and mental wellbeing. Here you get pampered with a wide array of treatments based on Ayurveda, Aromatherapy, and Eastern and Western bodywork techniques. Feel your body getting revitalized, your senses calmed and your vital energy reserves restored.

Our sincere desire to help our guests make positive lifestyle changes begins here.

SPA PACKAGES

Essence Of Ayurveda

Abhyanga – Hot Herbal Pouch Therapy- Shirodhara
150 minutes - Rs 9000

A combination of three Ayurveda therapies effective before or after a hectic journey or a long day's work. You can experience an instant stimulation of body and mind, and you are ready to face challenges head on.

Jet Lag Reviver / Stress Buster

Body Scrub - Marma Head Massage – Swedish Therapy
120 minutes - Rs 7500

Vital energy points on the head and face are gently activated to re-balance the body clock and harmonise your unique bio-rhythm

Essence Of Wellness For Women

Scrub – Aroma Massage – Express Facial
120 minutes - Rs 7500

Designed for the multi-tasking new age women, this treatment re-energizes the skin, and leaves you feeling refreshed, revitalized and deeply relaxed. The facial softens and smoothens your skin texture, and increases radiance that won't go unnoticed.

Essence Of Wellness For Men

Scrub-Balinese Massage-Head Massage / Herbal Pouch Therapy
120 minutes - Rs 7500

While the Scrub detoxifies and smoothens your skin texture, the Balinese body massage and herbal pouch therapy gently erase stiffness, aches and pains.

Romance Couple Package

Scrub – Choice Of Body Massage – Indian Head Massage
120 minutes - Rs 15000

Spa therapies for you and your partner on adjoining beds in a serene ambience. A highly relaxing and deeply rejuvenating wellness experience.

Raja Rani Rose & Milk Bath At Room

(Exclusively in suite rooms only)

30 minutes Rs 3000

BODY THERAPIES

Trigger points on the head and neck are expertly stimulated to relieve tension, and ease you into a relaxation and healing mode. In our spa, each treatment begins with the offering of a cool, caffeine-free beverage, followed by a relaxing foot washing ritual that symbolises stress cleansing. What's more, we complete the therapy with a hot beverage and positive vibes, ensuring that you leave the spa with an extraordinary feeling of wellbeing.

Senses & Elements Signature Therapy 90 minutes - Rs 5500

Our signature therapy allows you to experience deep relaxation on all three levels, paving the way for rejuvenation & revitalization

Swedish Massage 60 minutes - Rs 3800 / 90 minutes - Rs 4900
(Soft to medium)

Aroma Massage 60 minutes - Rs 3800 / 90 minutes - Rs 4900
(Soft pressure)

Balinese Massage 60 minutes - Rs 3800 / 90 minutes - Rs 4900
(Soft to medium)

Deep Tissue 60 minutes - Rs 3800 / 90 minutes - Rs 4900
(Deep pressure)

Thai Massage 60 minutes - Rs 3800 / 90 minutes - Rs 4900
(No oil body therapy)

Hot Stone Therapy 90 minutes - Rs.4900

Add On Therapies / Express Services

Foot Reflexology 30 minutes - Rs 2000

Soothing Back Massage 30 minutes - Rs 2000

Indian Head Massage 30 minutes - Rs 2000

Ayurveda Therapies

Abhyanga – Ayurveda Marma Massage 60 minutes - Rs 3800

Shirodhara 45 minutes - Rs 4800

Hot Herbal Pouch Therapy 45 minutes - Rs 3800

Shiro - Abhyanga 40 minutes - Rs 2800

Face Therapy

Express Facial 30 minutes - Rs 2800

Hydra Moist (For dry skin) 60 minutes - Rs 4500

Balancing (Oil control) 60 minutes - Rs 4500

Anti-Aging Facial 60 minutes - Rs 4500

Brightening Facial 60 minutes - Rs 4500

Soundarya 60 minutes - Rs 4500

(Ayurveda facial for all skin types)

Body Treatments

SCRUBS

Relaxing Rejuvenating Jasmine 30 minutes - Rs 2800

Body Scrub

Soothing Sandalwood Scrub 30 minutes - Rs 2800

Lavender Detox Scrub 30 minutes - Rs 2800

WRAP

Radiance Enhance Wraps

60 minutes - Rs 3800