

# Secrets of Relaxation



## Sudarshan Chikitsa

### **HOT STONE THERAPY**

A session that promotes deeper muscle relaxation through the placement of smooth water heated basalt stones.

### **POTLI THERAPY**

Herb infused potli reducing stiffness and soreness that accompanies illness like spondylosis, frozen shoulder arthritis. It helps in rejuvenating all your body functions.

### **LULUR JAVANESE BODY SPA**

It's a traditional beauty ritual body polishing treatment which helps in purifying the skin and cell regeneration by using traditional spices, virgin coconut oil and yoghurt.

### **CLEOPATRA BODY POLISH**

It's a royal beauty ritual which tightens skin complexion, tighten the pores & stimulates collagen production. It's a great anti microbial and anti-aging polishing formula.

### **ABHYANGA THERAPY**

Warm ayurvedic oil is applied to the entire body using long, rhythmic strokes .The special techniques stimulate energy points & releases blockages, helping to balance body and mind.

### **SNEHANAM THERAPY**

Primary benefits of four hand massage is to give a heightened stage of relaxation & release stress throughout the body.

TIME	RATE
90 MIN	5499
120 MIN	7399
90 MIN	5499
120 MIN	7399
90 MIN	7999
90 MIN	7999
90 MIN 120 MIN	4999 7499

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It's a warm medicated oil bath which helps in enhancing immunity and lifespan as it helps in many ailments like arthritis & neurological disorders.

**90 MIN** 9999 **120 MIN** 12499

### **COFFEE BODY POLISH & TONING**

Raw coffee body polish infused with grounded arabica coffee to rejuvenate your skin & relax your senses. It reduces the appearance of cellulite and stretch mark.

**90 MIN** 5999

### **FRUIT BODY POLISH & TONING**

Enzyme presents in fruits act as a gentle exfoliant which unveils a brighter complexion & promotes healthy cell turnover.

**90 MIN** 5999

### **CANDLE OIL MASSAGE**

The warm aromatic oil makes your skin soft, supple and glowing .Burning can center your mind and allow you to feel calmer.

**90 MIN** 6499 **120 MIN** 8499

### **ALLURE SIGNATURE MASSAGE**

It includes revitalising scrub which helps in exfoliating the skin deeply followed by a combination massage which is defined in a four ritual way.

**90 MIN** 6500 **120 MIN** 







# Holistic Healing Therapy

Holistic massage therapy is an individual treatment that is specifically tailored to each client with custom blend of essential oils which benefits their mental, physical and spiritual well being We incorporate various other relaxation techniques to truly enable you to deeply relax and revive



Recommended-For anxiety & stress disorders

Duration 90 mins | 6000/- Only

Lemon grass lavender

A blend of lemon grass and lavender oil has anxiety reducing effect. It promotes the feeling of contentment and reassurance, helping you feel more at ease and bringing about a sense of well being when anxious feelings try to overwhelm your emotions.

### **ORIENTAL BOTANICAL THERAPY**

Recommended-For acute insomnia, heart disease and chronic illness Essential oil-ylang ylang eucalyptus

Duration 90 mins | 6000/- Only

Only A popular East Asian ylang ylang oil is antidepressant, hypotensive and has sedative properties. It improves heart health, induces good sleep and reduces stress







### AWAKE ENERGIZING THERAPY

Recommended-Lethargic and stress disorders.

### Duration 90 mins | 6000/- Only

### Essential oil-Rosemary pepper mint sweet basil

This therapy overall increases your energy levels. These blend of oils can quickly calm you down and soothe your ragged nerves and then lift you up and helps to refocus your mind





### **BODY PAIN RELIEF THERAPY**

Recommended-For body pain & inflammation.

Duration -90 mins | 6000/- Only

Essential-Eucalyptus clove oil chamomile oil ginger oil

This therapy will soothe sore muscles thus reducing pain and inflammation. Therapy will also help soothe muscle tension and reduces spasm.

### **ALLURE'S SIGNATURE DETOX THERAPY**

Recommended-Low immune system & chronic illness

### Duration 90 mins | 6000/- Only

Detox massage is designed to help rid the body toxin and promotes overall physical & mental well being. It improves digestive system and boost your immune system





### **SWEDISH MASSAGE**

A popular general massage system with Long gliding strokes for relaxation

### **DEEP TISSUE MASSAGE**

A deeper pressure is beneficial in relaxation of Chronic muscle tension of the body.

### **BALINESE MASSAGE**

A combination of gentle stretches acupressure, Reflexology & aroma therapy stimulate the flow of Blood bringing a sense of calm & well being.

### AROMA THERAPY MASSAGE

This holistic treatment has a profound impact on body, Mind & spirit experience the deep state of relaxation with powerful combination of essential oils.

### THAI DRY MASSAGE

It involves a combination of acupressure, stretching, and deep compression dry massage performed by yoga shiatsu techniques

TIME	RATE
60 MIN	2500
90 MIN	3800
120 MIN	4500
60 MIN	3299
90 MIN	4799
120 MIN	5999
60 MIN	3000
90 MIN	4399
120 MIN	5799
60 MIN	2800
90 MIN	3999
120 MIN	4799
60 MIN	3000

**90 MIN** 

### Manicure **EXPRESS MANICURE**

For general quick cuticle care & nourishment.

### **REGULAR MANICURE**

It improves the health of nails & nourishes the Skin.

### **AROMA MANICURE**

It helps in energizing and relaxing by using Ayurvedic massage oil.

### **CHOCOLATE MANICURE**

It provides hydration and nourishment. It help in enhance the skin texture.

### **DTAN MANICURE**

It helps in the removal of superficial tan and helps in brightening of skin.

### **DEAD SEA MINERAL HAND SPA**

Mineral salt helps in reliving pain and has detoxifying properties.



## Pedicure

### **EXPRESS PEDICURE**

It Will Keep Toes Nails Healthy And Boost Blood Flow

### **REGULAR PEDICURE**

Receiving Regular Prevents Calluses Exfoliates Feet Regular Pedicure And Chocolates Pedicure, Promote Blood Circulation

### **AROMA PEDICURE**

It Helps In Calming And Relaxing The Muscles. Aroma Oils And Minerals Are Used Which Helps In Radiant & Supple Skin.

### **CHOCOLATE PEDICURE**

Chocolate Cantains Lavanols That Protect Skin From Harmful Uv Rays It Help In Tan Removal & Good Glow

### **DETAN PEDICURE**

It Is Formulated To Remove Sun Tan And Whiten The Skin. It Exfoliates Dull Layers Of The Skin And Make The Feet Smooth

### **FOOT SPA**

It Relieves Foot Pain And Stimulates The Muscles Which Helps In Healing Cracked Heals And Promotes Better Sleep



RATE

800

1000

1500

2000

2500

# Facial & Body Treatments

### RATE

1500

### **REJUVENATING CLEAN UP**

It helps in natural skin regeneration by exfoliating deadskin cells present on epidermal tayer giving it a healthy glow

### **PURAVITAL CLEAN UP**

A unique combination of Tea-tree & lavender extract which helps in controlling sebum production. and restore skin nutrients

### **IVORY FACIAL**

Combination of alpha arbutin & vitamin c helps in brightening the Skin, leaving it velvety smooth

### PIGMENT PERFECTOR

Enriched with glucosamine & Niacinamide reduces pigmentation and blemishes.

### **MATT FACIAL**

Anti-inflammatory properties of cinamon bark helps target Breakouts & redness

### **HYDRABOOST FACIAL**

Skin replenishment through fatty acid, hyaluronic acid and Vitamins which gives intense hydration to skin



1500

3000

3500

3500

### MANGO MOUSSE FACIAL

It is a cooling and thirst quenching aroma filled with energetic Sweetness of the Alphonso it helps in making the skin brighterv & smooth With closure of open pores

4500

### **POWER GLOW FACIAL**

It contains AHA & glycoside which approaches to skin lightening by reducing melanin formation it contains antioxdants and multivitamin Which gives healthy radiant look & anti-aging

### **DETOX RUBBER FACE MASK**

### WHITENING RUBBER FACE MASK





5000

800

800

Dtan

FACE DTAN RATE

**FACE & NECK DTAN** 

750

Body Treatments

RATE

2500

### **UNDERAMS LIGHTENING**

A unique treatments which helps in rejuvenating skin while Enhancing giow a texture.

Note: can also be used for •

- Back of neck
- Elbows
- knees
- Ankle bones

### **FULL BACK POLISHING**

A sweet sour bitter therapy which enhances skin texture Lightening the tan & resulting into soft smooth touch

6000

### **BODY POLISHING**

A relaxing spa experience that takes you on an unforgetable Journey which includes deep pore cleansing, exfoliation Followed by lemon butter massage a whitening mud mask.





COFFEE EXFOUER SCRUB 4500

It helps in reducing inflammation and prevents premature aging It exfoliates the skin deeply & depuff swollen areas

AQUA MINERAL SCRUB 5000

Sea minerals buffs away dead skin cells, diet and Impurities. Sea minerals intensely moisturise and ensure that skin always has a palpable glow

**HUSKY SHELL KERALA SCRUB** 

The organic and ecofriendly cream based on coconut husk Granules, apricot kernel oil and ayurvedic blend of essential Oils removes dryness and itching

**BODY WRAP (FOR DETOXIFICATION)** 

It helps to remove toxins from body and relieve stress and tension If helps in tightening the skin & reduces cellulite.

800



Foot Rituals	TIME	RATE
FOOT SCRUB	15 MIN	700
It helps to relieve tired and achy feet. It removes and exfoliate dry, rough areas of your feet.	30 MIN	1000
FOOT REFLEXOLOGY	15 MIN	800
FOOT MASSAGE	30 MIN	1500
Back + Neck Massage		
BACK & NECK MASSAGE	15 MIN	700
BACK & NECK MASSAGE	30 MIN	1500
	45 MIN	2000
CHAMPI (TRADITIONAL HEAD MASSAGE)		
CHAMPI (TRADITIONAL HEAD MASSAGE)	15 MIN 30 MIN	600 1200
	30 MIIN	1200
Waxing		
International Liposoluble Waxing		RATE
HALF ARMS		400
FULL ARMS		650

### **FULL ARMS UNDERAMS**

**UNDERAMS** 

**MEN CHEST WAXING** 

**HALF LEGS** 

**FULL LEGS** 

**STOMACH** 

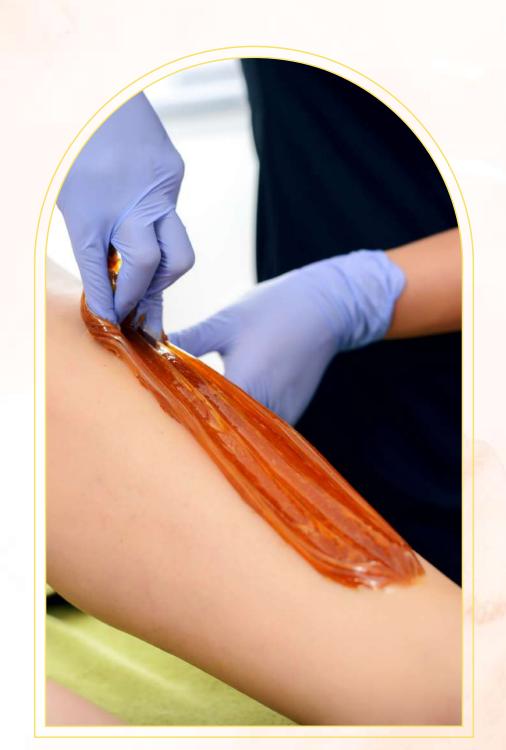
**HALF BACK** 

**FULL BACK** 

**BIKINI WAX (LADIES)** 

PUBIC WAX (LADIES)

**BUTTOCKS** 



RATE

899

250

650

**500** 

999

**500** 

500

999

1600

1600













