



**WE CARE**
— WELLNESS & SPA —

PREMIUM Body Therapy

AROMA THERAPY

60 Min Therapy + 15 Min Shower & Green Tea	₹ 1500
90 Min Therapy + 15 Min Shower & Green Tea	₹ 2200
120 Min Therapy + 15 Min Shower & Green Tea	₹ 2900

Aroma Therapy uses fragrant oils extracted from herbs, flowers and fruits to naturally enhance the benefits of massage. Specifically designed to promote circulation, helps aid tissue recovery and decreases pain. This warming blend of Aroma Therapy includes clove, sweet birch, rosemary and cypress which helps aid tissue recovery after physical exertion. Additionally, the unique combination of aromatics are traditionally used to decrease pain in muscles and joints which naturally relaxes your body.

SWEDISH THERAPY

60 Min Therapy + 15 Min Shower & Green Tea	₹ 1700
90 Min Therapy + 15 Min Shower & Green Tea	₹ 2500
120 Min Therapy + 15 Min Shower & Green Tea	₹ 3400

One of the primary goals of the Swedish massage technique is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. But Swedish massage therapy goes beyond relaxation. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension. Additional Swedish massage techniques include circular pressure applied by the hands and palms, firm kneading, percussion-like tapping, bending and stretching.

HOT STONE THERAPY

90 Min Therapy + 15 Min Shower & Green Tea	₹ 3500
120 Min Therapy + 15 Min Shower & Green Tea	₹ 4600

Hot stone massage is a specialty massage where the therapist uses smooth, heated stones as an extension of their own hands, or by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly.

Hot stones have been used for centuries for their healing power of heat and energy. Hot stone massage is relaxing and naturally therapeutic, aiding in the easing of muscle tension and stiffness, decreasing stress and anxiety, decreasing chronic pain, and aiding in warming deeper tissue.

PREMIUM THERAPY

Body Polishing With Steam 70 Min	₹ 2200
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Fruit body scrubs have been there for at least a decade but with people getting more wary of the effect of chemicals on the skin, a majority of them are now resorting to using something from the natural. It moisturizes and brightens dull dry skin.

PREMIUM Body Therapy

THAI DRY THERAPY

60 Min Therapy + 15 Min Shower & Green Tea	₹ 1500
90 Min Therapy + 15 Min Shower & Green Tea	₹ 2200
120 Min Therapy + 15 Min Shower & Green Tea	₹ 2900

Traditional Thai dry massage is an ancient healing system combining acupressure, Indian Ayurvedic principles, and assisted yoga postures. Traditional Thai massage uses no oils or lotions. Rather than rubbing on muscles, the body is compressed, pulled, stretched and rocked. The receiver will be positioned in a variety of yoga-like positions during the course of the massage, that are also combined with deep static and rhythmic pressures. Thai massage integrates movements for the entire skeletal body, enhancing joint range of motion, increasing blood circulation to muscles.

BALINESE THERAPY

60 Min Therapy + 15 Min Shower & Green Tea	₹ 2200
90 Min Therapy + 15 Min Shower & Green Tea	₹ 3300
120 Min Therapy + 15 Min Shower & Green Tea	₹ 4400

Balinese massage is a full-body, deep-tissue, holistic treatment. Balinese massage uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and energy around your body, and bring a sense of wellbeing, calm and deep relaxation. Balinese massage techniques include acupressure, skin rolling and flicking, firm and gentle stroking, percussion, and application of essential oils.

DEEP TISSUE THERAPY

60 Min Therapy + 15 Min Shower & Green Tea	₹ 2200
90 Min Therapy + 15 Min Shower & Green Tea	₹ 3300
120 Min Therapy + 15 Min Shower & Green Tea	₹ 4400

Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints). Deep tissue massage is a type of massage therapy that focuses on realigning deeper layers of muscles. It is used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

SIGNATURE THERAPY

ROYAL COMBO WITH STEAM	₹ 3600
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Swedish Therapy+ Body Scrub + Steam = 100 min

In the classical treatment this gentle technique of long strokes, friction, tapping, percussion, vibration and kneading movements are used to release muscle tensions, remove the pain and improve blood circulation. Rubbing between bones and strokes generally are performed in the same direction as the flow of blood returning to the heart.

POTALI THERAPY

90 Min Therapy + 15 Min Shower & Green Tea ₹ 3600

120 Min Therapy + 15 Min Shower & Green Tea ₹ 4600

Herbal Potli is prepared with various herbs, herbal oils and herb powders. These are then warmed in vegetable oils / steam / dry heat (micro-wave) and used to massage the entire body or any specific part like back, neck, shoulders, hands and joints.

1. Helps to sooth muscle stiffness and joint troubles
2. Improves blood circulation and comforts from pain
3. Its Rejuvenating
4. It also helps in toning up your skin
5. Made of natural herbs for eternal use

Herbal Potliis made of Dry Basil, Tamarind seeds, Lemongrass leaves, Camphor powder, Dry Ginger, Kaffir lime, Cinnamon Bark, AmbaHaldi, Alpinia galangal, Dry Shikakai, Sea Salt.

RELAEED: Potli Massages Work On An Age-old Philosophy Which Is Based On The Confluence Of The Elements Of Fire And Water Combined With Specific Herbs

QUICKS BODY THERAPY

THAI DRY THERAPY

45 Min Therapy + 5 Min Green Tea ₹ 1200

Traditional Thai Dry Therapy : is an ancient healing system combining accupressure, Indian Ayurvedic principles, and assisted yoga postures.

FOOT THERAPY

45 Min Therapy + Green Tea ₹ 1000

Foot massage is a simple and effective method to relax your body and mind. It is based on the tenets of foot reflexology and involves applying pressure on key points in the foot to get benefits.

HEAD / SHOULDER THERAPY

45 Min Therapy + Green Tea ₹ 1000

This is a beautifully relaxing massage that targets all the places you hold the most tension - the head, neck and shoulders.

ADD-ON SPECIALS

Hot Oil	₹ 100
Tail Balm	₹ 100
Steam	₹ 200
Honey & Oatmeal Cream	₹ 200

QUICKS Body Therapy

SWEDISH THERAPY

45 Min Therapy + 15 Min Shower & Green Tea ₹ 1300

One of the primary goals of the Swedish massage technique is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. But Swedish massage therapy goes beyond relaxation.

DEEP TISSUE THERAPY

45 Min Therapy + 15 Min Shower & Green Tea ₹ 1700

Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints).

SPORTS THERAPY

60 Min Therapy + 15 Min Shower & Green Tea ₹ 2200

90 Min Therapy + 15 Min Shower & Green Tea ₹ 3300

120 Min Therapy + 15 Min Shower & Green Tea ₹ 4400

A sports massage is, as you'd expect, great for athletes or anyone with a physically demanding lifestyle. Focus is on the impact of sporting activities on your joints, muscle groups, tendons, ligaments and soft tissues.

To ensure the therapist really hits the spot, you can expect an initial assessment so you get a tailored plan.

Lots of different movements are involved in a sports massage including: Swedish style massage, stroking, kneading, compression, friction, striking, vibration, gliding, stretching, percussion and trigger points.

The ultimate aim of a sports massage is to improve athletic performance. However, don't rule it out if you're not a sporty person!

MEMBERSHIP OFFERS

₹ 10,000 9 Hours

₹ 5,000 4 Hours

(Membership Includes Thai Dry, Aroma, Swedish, Balinese, Deep Tissue Therapy Types Only)

Skin Care

THREDDING

Eyebrows	₹ 50
Upper Lips	₹ 30
Forehead	₹ 30
Chin	₹ 30
Face	₹ 200

WAXING

Upper Lips	₹ 60
Chin	₹ 60
Under Arms	₹ 100
Half Legs	₹ 400
Full Front / Back	₹ 450
Face	₹ 450
Full Hands	₹ 500
Full Legs	₹ 700
Brazilian	₹
Bikini Line	1200
Full Body Wax	₹ 2000
	₹

CLEAN UP

Classic	₹ 850
Mix Fruit	₹ 1200
Cheryl's	₹ 1500
O3+	

FACIAL

Pill off Mask	₹ 700
Aroma Facial	₹ 1000
Pearl Facial	₹ 1000
Diamond facial	₹ 1200
Mix Fruit	₹ 1200
Classic	₹ 1500
Seras	₹ 1800
Cheryl's	₹ 2000
O3+	₹ 2500

PEDICURE

Aroma Pedicure	₹ 400
Deluxe Pedicure	₹ 450
Normal Pedicure	₹ 600
Bodycare Pedicure	₹ 800
Pack+Pedicure	₹ 850

Skin Care

BLEACH

Neck	₹ 100
Half Hands	₹ 350
Under Arms	₹ 450
Half Legs	₹ 450
Feet	₹ 450
Classic	₹ 450
Cheryl's	₹ 450
O3+	₹ 550
Full Hands	₹ 750
Full Legs	₹ 850
Full Front / Back	₹ 1000
Full Body	₹ 1500

NAIL SERVICE

MANICURE

Aroma Manicure	₹ 450
Normal Manicure	₹ 500
Deluxe Manicure	₹ 850
Bodycare Manicure	₹ 850

D-Tan

Upper Lip	₹ 110
Neck	₹ 250
Full Face	₹ 500
Half Arms	₹ 350
Full Arms	₹ 550
Half Legs	₹ 500
Full Legs	₹ 750
O3+	₹ 2500
Full Body	₹ 2800