



# Spa Menu



# Body Therapy

## BLISS FULL BODY MASSAGE

₹3,330 (50 MIN)

*This full treatment features a range of customizable Aromatherapy oil blends to convey the healing, harmonizing and rejuvenating properties. These essential oils are knead into the body through rhythmic massage strokes. Select an oil to suit your mood.*

## DEEP TISSUE MASSAGE

₹3,660 (50 MINS)

*Designed for individuals who like to focus on those tight and sore muscles. This deep pressure massage is performed using a selection of aromatic oils. If you maintain an active lifestyle, this is the massage for you.*

## ANTI-STRESS HEAD, NECK AND SHOULDER MASSAGE

₹1,900 (30 MINS)

*This massage relieves soreness and stress-related tension. A totally relaxing massage concentrating on the neck and shoulders while relieving stress by using gentle Acupressure on the scalp.*

## AROMATIC BACK MASSAGE

₹1,900 (30 MINS)

*A perfect introduction to Aromatherapy, this massage concentrates on relieving muscular tension. Blood Circulation is increased while muscle tone and skin texture is improved.*

## FOOT AND LOWER LEG MASSAGE

₹1,900 (30 MINS)

*A gentle relief for sore and swollen feet after a long travel or too much walking. The therapy starts with a warm towel compress, followed by a revitalising foot & lower leg massage with aromatic oils. This treatment incorporates pressure point therapy to stimulate blood circulation which cleanse and re-energize you.*

## ROMEO AND JULIET MASSAGE FOR COUPLES

₹8,600 (50 MINS)

*Designed for couples, this deep relaxing massage is performed by two therapists, using bliss massage oil which is finished by a soothing scrub. It not only provides a unique experience for couples, it is also a great opportunity to enjoy a relaxing time with a friend or family member.*

# Signature Spa Experiences

## RED RICE MASSAGE

₹3,800 (60 MIN)

*A unique massage, first time introduced in India using rice paste. The paste is made from finely ground pure organic red rice mixed with rose water. Not only does the rice paste allow long flowing massage movements on the skin, but also leaves the skin soft and smooth. Enjoy the freshness of a truly chemical free spa therapy.*

## CHARCOAL MASSAGE

₹3,900 (60 MIN)

*Activated charcoal is a potent natural treatment used to trap toxins and chemicals in the body, allowing them to be flushed out so the body doesn't reabsorb them. Activated charcoal mixed with yogurt helps balance body moisture levels.*

## COCONUT BLISS BODY MASSAGE

₹3,850 (60 MIN)

*This full body massage is performed with coconut milk to harmonize and rejuvenate the body through rhythmic touch. The coconuts are sun-ripened and freshly grated to extract the coconut milk. Nourishes the skin, soothes the mind and leaves your skin silky soft.*

## DETOX BODY MASSAGE

₹3,950 (60 MIN)

*A combination of ancient herbal knowledge with modern day spa techniques is used to create a wonderful and effective combination of Neem, Tulsi and Aloe Vera. Neem relieves dry skin, soothes itching, redness and skin irritation; it also combats bacterial infections, such as acne. Extracts of Tulsi, the holy plant also known as Basil, is anti-fungal and anti-bacterial. Aloe Vera is claimed to be useful in the treatment of wound and burn healing.*

## Experience Enhancers

15 minutes upgrades	₹700
30 minutes upgrade	₹900
40 minutes upgrade	₹1700

Scrub Add-on	₹1100
Wrap Add-on	₹1200

# Body Works

## UDHVARTHINA HERBAL BODY SCRUB

₹ 1,750 (30 MIN)

*For a longer lasting suntan, shed those dead layers of skin with a thorough body exfoliation using an age-old Ayurveda formula renowned for its strong herbal antioxidants.*

## COFFEE ORANGE SCRUB

₹ 1,850 (30 MIN)

*The aroma of roasted coffee beans and the fragrance of fresh oranges, along with cinnamon powder and yoghurt, scrubbed for deep skin cleansing and a great 'pick-me-up' experience with a wonderful fragrance. The South Indian coffee beans used for this scrub are pure Arabica, specially roasted and grounded for Aristo Spa with no robusta or chicory added.*

## AFTER SUN CUCUMBER WRAP

₹ 1,900 (30 MIN)

*This treatment has been specifically designed to relieve pain and damage caused by over-exposure to the sun. A cooling puree of cucumber, blended with soothing eucalyptus oil is applied to the entire body, concentrating on the affected areas. A cool shower is followed by a light application of body lotion to re-hydrate and replenish the skin.*

## PAPAYA BODY WRAP

₹ 1,950 (30 MIN)

*If you love papaya then you will cherish this wrap with papaya pulp containing enzymes known as Papain, which softens and revitalises your skin to a silky smooth texture. The fresh fruit pulp is gently massaged into your skin, then wrapped and left for a while to be absorbed. This sweet smelling body wrap will moisturise and soften your skin leaving a high level of freshness.*

## YOGHURT TURMERIC SKIN SMOOTHER

₹ 1,800 (30 MIN)

*A treat for all your tactile senses. An exfoliating scrub of rice powder, yoghurt, turmeric, sandalwood, aromatic oil mixed together and applied to the whole body. Slow long strokes used to apply the mixture sloughs off dead skin and smoothes the skin. This specialised treatment is used to reach a state of cleanliness and purity through the use of various herbs and oils and is completed with a warm shower.*

# Beauty Services

## FACIALS

<i>Pampering Facial</i>	₹3,000
<i>Hydra Facial</i>	₹3,000
<i>Rejuvenating Facial</i>	₹2,100
<i>Honey-Cucumber Facial</i>	₹1,800

## Spa Etiquette

### SILENCE

*Peace and tranquillity are essential elements of a Aristo Spa experience. Giving your spa therapist feedback, such as the strength of the massage, areas requiring attention, music volume or room temperature is perfectly acceptable and will only enhance the enjoyment of your experience.*

### PHONE

*The spa environment is supposed to be stress-reducing and tranquil. We would hence appreciate if you can, turn your phone off before entering the spa. Remember, you are doing something very good for your mind and body, so switch yourself off too and allow us to pamper you.*

### ARRIVING FOR YOUR TREATMENT

*We recommend that you arrive at least 15 minutes prior to your spa appointment to factor time to change and enjoy the shower and steam room – this is available free of charge when you have a treatment booking. To relax and de-stress is the best preparation for a wonderful spa experience.*

### DRESS CODE

*All spa treatments, except Thai Yoga Massage, are experienced without clothes as the oils and cream used may stain your clothes. Special disposable underwear is provided for treatments. Our therapists are professionally trained and will appropriately drape areas of the body that are not a focus of the treatment. However, if you feel more comfortable wearing your own underwear, please feel free to do so.*

### AFTER YOUR SPA TREATMENT

*Take your time to 'wake up to reality'. Enjoy our relaxation area and sip on a cup of warm herbal tea. Aristo Spa is your home and we would like you to enjoy your stay as long as you wish.*

### CANCELLATIONS

*Cancellations of appointments have to be done at least 2 hours prior, otherwise it will be considered as no show. In this case, the guest would be charged 50% of the total treatment price.*

### PAYMENT

*We accept cash, all major credit cards and gift vouchers authorised by HoE Wellness. All prices are quoted in Indian Rupees and exclusive of 18% GST and 5% services charge. In- house guest can also post their bill to the room.*



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OUTER RING ROAD

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