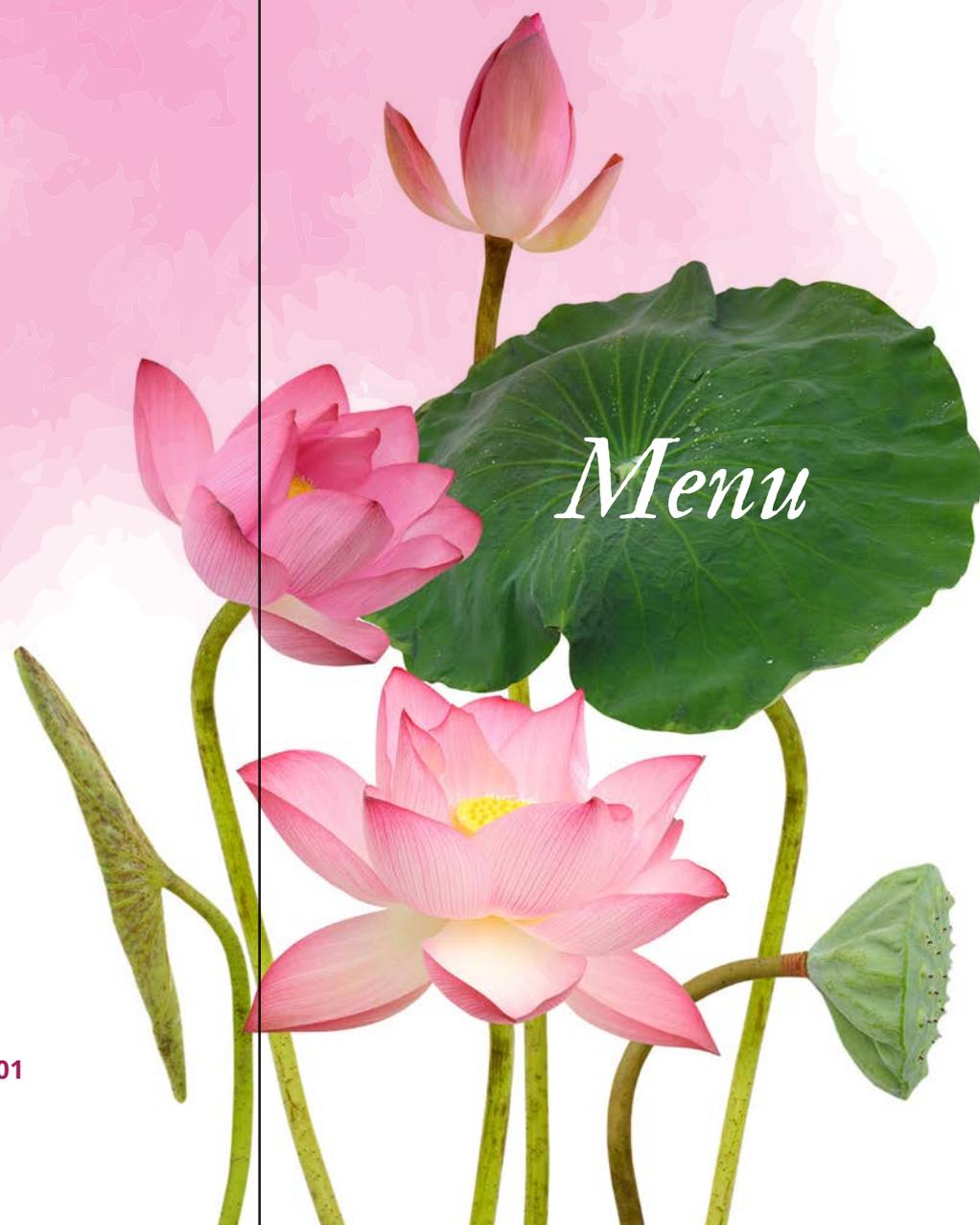


To ensure a complete and relaxed experience, we recommend the following:

- *Wearing a disposable/undergarment is a must*
- *The Spa Room door will remain unlocked during the treatment*
- *The Therapist can leave the room, if he/she feels uncomfortable at any given point*
- *You must be 18 years of age and have no condition that can be aggravated by massage or sauna*
- *You will not use the sauna for over 20 mins*



Return to Harmony



To make a booking call 101

10:00 am to 7:30 pm

Head Neck and Back Massage

30 min • Rs 2000

AUM's signature massage is an intense journey into stress relief and relaxation. Specifically designed for those with time constraints, it alleviates muscular tension, improving posture and increasing energy.

Balinese Massage

60 min Rs 2500 • 90 min Rs 3000

Using ancient Balinese massage techniques, this treatment helps repair damaged tissue, soothes strained muscles, reduces joint pain and balances the energy flow around the body.

Deep Tissue Massage

60 min Rs 2500 • 90 min Rs 3000

Developed to invade the deeper layers of the muscle and connective tissue, the massage uses a combination of muscle manipulation, trigger points and stretching, to target areas of chronic muscle tension. It is a perfect complement to a heavy-duty workout and is an amazing all round stress reliever.

Reflexology

45 min Rs 2500 • 90 minutes Rs 3000

A non-invasive, holistic massage originating from the East, reflexology is the art and science of stimulating the body's healing capabilities by activating the pressure points on the feet to restore energy and relax the entire body.

Traditional Swedish Massage

60 min Rs 2000 • 90 min Rs 3000

A traditional European style massage, base oil is worked into the body using long, deep strokes to knead out tension. An invigorating and stimulating massage, Swedish is a universal treatment that can be tailored to suite anyone's requirement.

Fragrant Aroma Massage

60 min Rs 2000 • 90 min Rs 3000

A blend of pure essential oil is used for this deep healing massage – bringing enhanced relaxation, vitality and general well-being for the mind, body and soul.

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Rasayana – Ayurvedic Blends brings forth distinguished experiences. These oils are 100% organic and are a treasure trove of pure natural essences and blends created according to the five Tattvas.

The base oil is organic Sesame sourced right from a cold pressed machine (kolhu) which is one of the most important minerals for skin. It can increase skin elasticity and smoothness, helping reduce the appearance of age spots and eliminating skin conditions, including premature aging.

Copper, zinc, and calcium present in sesame, are integral to bone growth in the body. These oil also speed up any healing or re growth of bones. As one gets older, sesame oil can help one avoid osteoporosis and various age-related weaknesses in the bones.

The five fragrances created for this season are:

- Orange & Cinnamon
- Coconut & Lavender
- Sandalwood & Clove
- Lime & Ginger
- Rose & Geranium

