

## SPA TREATMENTS

### ***Aroma Bliss***

The healing powers of pure essential oils and their properties have an invigorating & soothing effect on the mind. Using the classical techniques light pressure is applied to improve the circulation and ease muscle aches for a complete relaxation Choose one of two essential oil blends:

*Pure sleep:* with lavender and tea tree – Relaxing & calming. **{60 minutes} 3200**

*Sunset:* with Madurai Jasmine & Mogra *or* Mysore Sandalwood – soothing & sensuous. **{75 minutes} 3700**

### ***Classical Swedish***

A relaxing full body massage specifically designed to relax muscles by applying pressure to deeper muscles and kneading includes various massage movements. Moderate pressure is applied.

**{60 minutes} 3200**

**{90 minutes} 4500**

### ***Indulge - Body Massage***

This therapy is a full body massage with a moisturizing ointment which has an extremely fluid texture that melts on the skin. It contains Brazil nut oil and Vitamin E oil, which regenerates, nourishes and protects the skin making it smooth. It has an exotic perfume which is very relaxing and the body gains new vitality.

**{60 minutes} 4500**

### ***Deep tissue***

Your massage is personalized to focus on your body's areas affected by tension and stress. Special blend of oils like the Lime & Ginger is used for tired muscles. This treatment is designed to relieve knots, improve circulation and recovery time.

**{60 minutes} 3800**

### ***Tension Relief***

The massage focuses on the main tension areas of the body (Neck, shoulder and back) it works directly on these areas to loosen and unwind the muscles with firm kneading and circular strokes.

**{30 minutes} 2400**

### ***Renaissance Rejuvenating blend***

Feel the hands of our expert therapist with pure sleep blend of relaxing aroma oils and combined techniques of Aromatherapy, Swedish, Reflexology and scalp massage to bring about the feeling of total revitalization.

**{90 minutes} 4400**

**Traditional Thai Massage**

Developed centuries ago in Thailand, traditionally performed & passed down through generations in the Thai Buddhist Temples. The Thai body work has its roots in Ayurveda, Yoga & Acupressure, emphasizing on Rhythmic Pressure and Gentle stretching techniques. It releases toxins, increases flexibility, and creates wholeness of mind, body and spirit.

**{60 minutes} 3600****{90 minutes} 4800****Aromacean Hot Stone Therapy**

Therapeutic and relaxing, this treatment alleviates stiffness and soreness while restoring energy and balance. Smooth, warmed stones are used for massage. The stone's heat relaxes the muscles and has a soothing effect on the mind. Simultaneously, Treatment starts with a body scrub exfoliation followed by placing the stones on the energy chakras of the body and finally stone massage.

**{90 minutes} 4800****Aqua Stone**

Using stone placement and massage, this treatment is an unforgettable journey. A highly effective and deeply relaxing warm & cool stones and massage techniques, to ease stress aches and pains.

**{75 minutes} 3200****Foot Reflexology**

A foot reflexology combined with whole leg massage using the technique based on Zone Therapy, which works on the principle that all body organs are connected to reflex points in the feet via constantly flowing energy channels. Massage of these reflex points improves well-being by restoring the natural flow of body energy.

**{45 minutes} 2700****\*Taxes as applicable (10.3%)****SPA BODY WRAPS**

The effect of a body wrap gives best results when combined with a Body Scrub/polish.

**Marine Ocean Body Wrap**

The original marine algae wrap, rich in minerals, vitamins and micro nutrients for your skin nourishment. This treatment activates circulation and increases metabolism, relieves aches and pains. Excellent for general well-being and total relaxation. \*Starts with an aromatic sugar body scrub followed by the wrap.

**{90 minutes} 4300\*****{45 minutes} 2500****Satin smooth**

Perfumed with Mango and a delicious orange texture, the Moisturizing Wax envelopes the body like a repairing ointment, giving the body all the benefits of Shear butter, Beeswax and Honey while the trace elements mineralize the skin. This real body balm gives to the driest skins a velvety texture and a satin finish {for excellent results combine this treatment with a body polish}.

**{45 minutes} 2200**



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### **Body Wrap with 3 Tea Extracts**

The body wrapping with 3-tea extract combines the richness of the oceans with the virtues of tea. Helps to fight against the ageing skin, the presence of marine active ingredient, Oligosource, rich in red seaweed reduces water loss and moisturizes the body perfectly. (For best results combine with 3-tea extract body scrub\*).

**{90 minutes} 4000\***

**{45 minutes} 2200**

### **SPA BODY POLISH**

#### ***Ocean Aromacean Body Polish***

A Natural exfoliation combined with natural sea salts, essential oils and fresh orange. The salt is obtained by natural evaporation of seawater then dried by the sun and the wind is then steamed, crushed and refined without chemicals. It is rich in magnesium, calcium and trace elements. Recommended for pollution & sun exposed skin.

**{45 minutes} 2000**

#### ***Aromatic Sugar Body Polish***

A body scrub comprising of brown sugar and sweet almond oil with intense exfoliating sugar granules that moisturizes the body naturally for a smooth, silky-soft skin and sweet smelling indulge. (Care for a dry – dehydrated skin).

**{45 minutes} 3500**

#### ***Nourishing Creamy Coconut Milk Scrub or Papaya Body Polish***

We bring to you the nature's best; a gentle exfoliation of the skin while the skin absorbs the natural vitamins from the fruits of nature. Coconut rich in nutrients gives dazzling radiance unrivaled smoothness and softens the skin with the combination of freshly grated natural coconut with richness of honey Papaya body polish is known since ancient times for youthful skin, the Alfa Hydroxyl Acid works without any tendency to cause skin irritation.

**{45 minutes} 2000**

#### ***Gel scrub or exfoliating cream (select from a gel body scrub and a cream body scrub)***

*Nourishing scrubbing gel with 3-tea extract:* Green tea, white tea and black tea. These teas contain Tannins and Polyphenols antioxidant that helps to fight against the ageing of the skin the marine salt crystals help cell renewal and oxygenation (Care for all skin types).

*The Exfoliating cream:* Contains non-irritant fine particles, which gently eliminates the dead cells and impurities, also stimulates and accelerates cells rejuvenation. Hence the skin looks smoother, clean and softer (Care for normal to dry skin).

**{45 minutes} 2000**

**\*Taxes as applicable**



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## **TRADITIONAL INDIAN THERAPIES**

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### ***Abhyanga***

This treatment uses warm herbal oils to stimulate circulation and detoxify on both physical and mental levels, long strokes are applied in rhythmic manner either by one or two therapist.

**{60 minutes} Two Hands 3500 or Four Hands 5500**

### ***Shirodhara***

A powerful treatment which Relaxes deeply and is one of the most preferred & popular traditional ayurvedic treatment, Luke warm herbal oil is poured in a continuous stream onto the forehead; Promotes deep sleep, is known to relieve stress & strain related problems, anxiety, tension headaches and insomnia.

**{45 minutes} 3500**

### ***Indian Head Massage – Champi***

One of the most popular massages in India. A Head massage has always played a pivotal role in Indian life and was featured in early Ayurveda texts that date back nearly 4,000 years as head is the crown of the body, the epicenter of all thought, action and life. We use the ayurveda herbal oils best suited for you or a plain coconut oil.

**{30 minutes} 1800**

### ***Herbal pouch massage***

This therapy begins with the application of warm oil to the entire body by two therapists in a rhythmic manner. An herbal bundle or a pouch is prepared with herbs which is then warmed up and applied in a special way on the body on muscular areas. This is a very relaxing treatment as it relieves the tension and toxins from the muscles.

**{75 minutes} 5000**

### ***Pizhichil – detoxifying treatment***

This therapy is a beautiful combination of classical Ayurveda treatments; lukewarm herbal oil is applied all over the body by two Ayurveda therapists in a special rhythmic movement. The massage is very slow and light without exerting much pressure followed by a medicated oil bath; the warm oil induces the removal of toxins from the body.

**{60 minutes} 5000**



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### SPA PACKAGES

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#### ***The Aromatic Retreat***

Delivered with a refreshing burst of zing, the Aromatic Retreat gives you the look and feel of healthy, radiant skin and a mood to match. Aromaceane body scrub followed by an Aroma bliss massage.

**{90 minutes} 4700**

#### ***Ayurveda stress reduction***

This package is designed to keep your body; mind and soul in perfect harmony and restore your body's natural healing potential and rediscover the feeling of well being. Abhyanga body massage and Shirodhara.

**{90 minutes} 6000**

#### ***Renaissance Rejuvenation*** – Select your treatments to match your mood

Soothing & Relaxing  
**{90 minutes} 4800**

– Choose from Aqua stone massage or Swedish massage and Gel scrub / exfoliating cream or satin smooth body wrap.

Energizing & Refreshing  
**{90 minutes} 5000**

– Choose from Deep tissue massage or Indulge body massage and Papaya body polishes or body wrap tea tree extracts.

Nourishing care  
**{90 minutes} 4300**

– Choose from Aromacean body polish or scrubbing gel with 3 tea and Marine ocean body wrap or Satin smooth body wrap.

**\*All rates mentioned in the menu are in Rupees. Taxes as applicable**



### **Cancellation Policy**

- A 4-hour cancellation notice is required to help us reschedule your appointment, subject to space availability.
- Cancellation before 4 hours of time of appointment: No cancellation fee.
- Cancellation within 4 hours of time of appointment: 20 % of the fee of the service booked.
- No Information and no show: 50% of the fee of the service booked.

### **Refund Policy**

Treatment packages and spa memberships are non-refundable, non-transferable or non-exchangeable.

### **Gift Certificates**

Gift Certificates/Vouchers for our spa treatments are available and are valid for 1 month.

### **Special Consideration**

If you have high blood pressure, heart conditions, are pregnant or have any other medical complications, may we advise you to consult your doctor before signing up for any spa services. Please make your spa therapist aware of any medical conditions.

Ayurveda treatments at Renaissance Spa Mumbai are performed as relaxing and rejuvenating spa treatments. These treatments are not meant to relieve/treat any medical conditions.

### **Smoking and Alcohol**

Out of consideration to other guests, please refrain from smoking and consuming alcohol within the spa premises. Alcohol dehydrates the body and will undo any hydrating benefits of our treatments.

### **Valuables**

A secure locker for valuables is provided in the spa, but we recommend that no jewellery be worn at the spa. The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa premises.

**\*All rates only for an individual treatment.**



## SPA DAY PACKAGES

Here's a chance to unwind and escape from the cities busy life. Specially designed day packages will leave to relaxed and energized.

### **SPA RETREAT**

The package includes welcome fresh drink followed by the following ritual

Spa Manicure and Pedicure

Head Massage

Foot Reflexology

Steam Relaxation

#### **Marine ocean body wrap**

Aroma Bliss Massage

Shower

(5 hours 15 minutes)

**Single Rs. 10000**

**Couple Rs. 18000**

### **SPA ESCAPE**

Welcome drink

Foot reflexology

Steam Relaxation

Renaissance Rejuvenation package

#### ***Soothing & Relaxing (Choice of body scrub & massage)***

Head Massage

Shower

Herbal Drink

(3 hours 15 minutes)

**Single Rs.8000**

**Couple Rs. 14000**

### **SPA SAFFIRE**

Welcome drink

#### **Thermo herb facial**

Spa Manicure and Pedicure

Head Massage

Foot reflexology

Steam Relaxation

#### **3 Tea extracts body wrap**

Aroma Body massages

Shower  
Herbal tea  
(6 hours 10 minutes)

**Single Rs. 12500**

**Couple Rs. 21000**

**\*All rates mentioned in the menu are in Rupees. Taxes as applicable.**

### **SPA MONTHLY PACKAGES**

Here's a chance to unwind and escape from the cities busy life. Specially designed day packages will leave to relaxed and energized.

#### **SPA RETREAT**

3 Aroma bliss + 5 Ayurvedic massage  
+  
2 Complementary \*Aroma bliss massage

**Single Rs. 26500**

Package valid for 45 days from date of purchase, package will not be extended or transferred.

#### **SPA ESCAPE**

10 Aroma Bliss Massage  
+  
2 Complimentary \*Aroma Bliss massage + 1 tension relief

**Single Rs. 30000**

Package valid for 45 days from the date of purchase, package will not be extended or transferred.

#### **SPA SAFFIRE**

5 Aroma bliss + 5 Swedish massage + 2 Rejuvenating blend (90 mins)  
+  
2 complimentary \*Aroma bliss and 1 Aromatic retreat

**Single Rs. 38000**

Package valid for 60 days from the date of purchase, package will not be extended or transferred.

**\*All rates mentioned in the menu are in Rupees. Taxes as applicable. No discounts applicable.**

**\*Complimentary massage will be for 45 minutes.**