



Kaya Kalp

— THE ROYAL SPA —

SWAGATAM WELCOME TO KAYA KALP

Experience the spiritual and medicinal legacies of India through a healing journey of mind, body and spirit. Nature, music and healing hands will guide one through an integrated path towards wellness - where stresses and tensions melt away and the eyes are opened to the deep peace and harmony which lies within.

Nestled in the peaceful surroundings of the ancient Aravalis, Kaya Kalp-The Royal Spa is committed to enhancing your wellbeing. Treatments are based on a deep understanding of the ancient healing wisdom which can be found in India's rich heritage. Using time honoured practises of Ayurveda and Yoga, along with the best international therapy techniques, an experience at Kaya Kalp transports you to the heart of wellness.

SPA MENU



Kaya Kalp Rejuvenating Therapy (60/90 minutes)

INR 5,500/6,500

This Powerful aroma-therapeutic massage incorporates dynamic blends of essential oils to restore balance of body and mind.

Deep Tissue Massage (60/90 minutes)

INR 5,500/6,500

A Personalized full body massage that targets sore spots, scapular region, lower back and back of the legs, reducing deep seated muscle tension, restoring the energy of the body.

Abhyanga (60 minutes)

INR 5,500

This Traditional Indian full body massage has the techniques of light pressure, flowing of long strokes and conducted with herbal infused sesame oil that relaxes the mind and eases the muscle tension.

Choorna Swedanam (60 minutes)

INR 5,500

Following a full body massage with dosha specific oil, therapeutic sweating is induced by the application of warm herbal poultice. This increases circulation, speeds up the elimination of toxins, relieves muscular pain and stiffness.

Shirodhara (60 minutes)**INR 6,500**

The treatment begins with a relaxing head massage followed by a steady stream of lukewarm ksheerabala herbal oil is poured onto the third eye. Shirodhara is used to provide relief in a variety of conditions including anxiety, depression, insomnia, sinusitis and memory loss.

Reflexology (60 minutes)**INR 4,200**

This healing treatment stimulates the movement of energy along nerve channels, balancing body system and relaxing the mind.

Back & Shoulder Recovery (30 minutes)**INR 3,500**

Ideal massage to relax the tension retaining areas of the back, neck and shoulders. Soothe away the stresses of the day with this treatment.

Foot Massage (30 minutes)**INR 2,800**

Relax, listen to the soothing music and put your feet up. This ancient technique includes stimulating pressure points that will leave you in a state of bliss. Highly recommended for those who lead a stressful life.

Head Massage (30 minutes)**INR 3,800**

Allow your hair, body and senses to be taken away with natural elixirs. The healing properties of the blend will leave your hair looking and feeling hydrated, silky, strong, nourished and revitalised with a radiant shine.





Exotic Pomegranate Scrub (30 minutes)

INR 2,800

Revive the body and discover your ancient soul. An exotic exfoliation ritual designed to invigorate the mind and revitalise the senses. Kaya kalp's signature blend of exotic pomegranate polishes and softens the body to perfection.

The Royal Hamam Ritual (70 minutes)

INR 8,500

Let your thoughts drift away and body relax in the ultimate cleansing experience of the Royal Hamam. The treatment begins with gently steam followed by a soothing exfoliation leaving skin soft, smooth and rejuvenated. Tension disappears and stress melts away with a nourishing Himalayan mud mask and pressure point massage to the scalp to complete the journey.

Repair & Restore Facial (60/90 minutes)

INR 5,800/6,800

This restorative facial will leave the skin feeling clean, fresh and hydrated. Following effective cleansing to calm and soothe, the skin is gently exfoliated to remove dead skin cells and reveal lost radiance. A nourishing face massage and mask completes the treatment, restoring, elasticity and tone the skin.

Exotic Pomegranate Journey (120 minutes)**INR 9,500**

Using a unique combination of natural fruits such as pomegranate and lime mixed with brown sugar, a smoothening all natural scrub allows the body to be gently exfoliated. This exotic ritual includes the signature Kaya Kalp massage, using traditional oils to guide the receiver into a deeply relaxed state further enhanced by the rhythmic movements.

Hatha Yoga (60 minutes)**INR 2,500**

In this session you will receive attention with dialogue and adjustments specifically tailored for your needs. The instructor will guide your awareness to specific areas to enhance your body's natural intuition.

Yoga Nidra (45 minutes)**INR 2,500**

It is a guided process of relaxation to quieten the agitation of the conscious mind and awaken the awareness and immense healing potential of the subconscious mind.



KAYA KALP REJUVENATION

HALF DAY PACKAGE

(Inclusive of refreshments, Spa Lunch & Hydrotherapy facilities)

INR 10,250

Kaya Kalp Rejuvenating Therapy (60 minutes)

This powerful aromatic massage incorporates dynamic blends of essential oils to restore balance of body and mind. It focuses on relieving muscular tension while combining wonderfully soothing strokes for the ultimate massage.

Exotic Pomegranate Scrub (30 minutes)

Revive the body and discover your ancient soul. An exotic exfoliation ritual designed to invigorate the mind and revitalise the senses.

Foot Massage (30 minutes)

This therapy will send you on a loyal road to pure relaxation with lavish foot massage using healing cream and ancient techniques that will leave you in a state of bliss.



THE ROYAL HAMAM RETREAT

FULL DAY PACKAGE

(Inclusive of refreshments, Spa Lunch & Hydrotherapy facilities)

INR 13,000

The Royal Hamam Ritual (70 minutes)

Let your thoughts drift away and the body relax in the ultimate cleansing experience of the Royal Hamam. A soothing body exfoliation will leave your skin soft, smooth & rejuvenated. Tension disappears and stress melts away with a nourishing mud mask and pressure point massage to the scalp to complete the journey.

Repair & Restore Facial (60 minutes)

Our signature spa facial begins with a deeply relaxing back massage with aromatic oils to balance the mind, body & soul. The facial uses natural ingredients for specific skin types to rebalance the skin and ensure maximum results.



Pedicure (60 minutes)

A therapeutic treatment for your feet that removes dead skin, softens hard skin and shapes and treats your toe nails.

Manicure (45 minutes)

This treatment is ideal for those who want an ultimate relaxation experience.





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ITC HOTEL
RESPONSIBLE LUXURY



ITC GRAND BHARAT
RETREAT

NEW DELHI CAPITAL REGION
GURUGRAM

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