DISCOVER BEAUTY BEYOND SKIN







REVITALISING BODY TREATMENTS

In ancient India it is traditional to prepare the body through a cleansing ritual. To honor this tradition, we have created various body scrubs and envelopments to help cleanse the body and improve skin tone. Enjoy these moments of bliss with our carefully selected Body Treatments



AYURVEDIC BODY SCRUB

(45 min)

Total body scrub is given with medicinal oil based cream and herbal scrubber, followed by hot sponging.

POMEGRANATE SUGAR (40 min)

Revive your body with an exotic exfoliation ritual to invigorate and revitalize your senses. Kaya Kalps signature blend of exotic Pomegranate polishes and softens the body to perfection.

TAMARIND & MINT COCONUT BODY POLISH (40 min)

A natural blend to remove dead skin cells formulated with powerful nutrients that promote your healthy skin and whitens your complexion. Your skin softens and rebound from being extremely dehydrated.





RELAXATION RITUALS

Relax your mind, body and soul with one of our mystic massage that help to increase circulation, removes physical tension, nourishes the skin and leaves you with a sense of well-being, total relaxation and rejuvenation.

KAYA KALP MASSAGE

THE ROYAL TREAT (60/90 min)

Our signature treatment is designed to relax the entire body, focused on relieving muscular tension while combining wonderful soothing strokes for the ultimate massage. This powerful aroma-therapeutic massage incorporates dynamic blends of essential oils personalized according to your specific needs, choose from one of the following:

*Stress Soother: Soothe and relax with a destress calming blend of Mysore Sandalwood.

*Revitalize: Uplift, detoxify and renew your zest for life with a blend of Lime & Ginger

*Muscle Ease: Ease away tired, aching muscles with a muscle-easing blend of warming Eucalyptus and Black Pepper

TENSION RELIEVER MASSAGE (30 min)

The ideal massage to relax the tension retaining areas of the back, neck and shoulders. Soothe away the stresses of the day with this treatment. A perfect way to start your holiday or relax after a busy day at the office, using natural aromatic Indian blends. This treatment revitalizes the mind, eliminates tension and inspires total rejuvenation.

LYMPHATIC DRAINAGE MASSAGE (60/90 min)

This exquisite massage has been exclusively created by our team of spa experts to provide you with the ultimate in pure spa relaxation. Your therapist will provide an amazing lymphatic drainage massage using fingertips and palms to deliver gentle, slow paced, soothing techniques.



DEEP TISSUE MASSAGE

(90 min)

This massage incorporates bodywork that reaches the tension retaining areas of the muscle tissues of the back, neck, shoulders and legs. Combining a natural aromatic muscle easing blend of indigenous oils with a warm herbal poultice treatment, your tensions will be soothed away.





ESSENCE OF CHOLA (60/90 min)

This Massage is based on long history of shared culture and knowledge as of Chola Empires journey through the Far East. A state of pure mind and spirit transmitted through the hands of our therapists using a unique blend of Asian techniques which help to bring back balance at every level. Essence of Chola begins with body brushing; this massage uses a combination of Ayurveda, Chinese, Thai, Indonesian and Japanese techniques with pure essential oil extracts from flowers and herbs that will enhance your experience of truly deep relaxation.

LOMI LOMI MASSAGE (60/90 min)

Lomi Lomi massage is a traditional healing technique from Hawaiian families practiced down the generations. This unique massage frees your physical energy flow by releasing stress and tension in the body with long, slow full body strokes to restore balance and well-being.

INDIAN FOOT MASSAGE (45 min)

Relax, listen to the soothing music and put your feet up. We will begin with an Indian foot ritual which deep cleanses, relaxes and refreshes tired feet. This therapy will send you on the royal road to pure relaxation with a lavish foot massage using ancient techniques that will leave you in a state of bliss







AYURVEDIC RITUALS

Ayurveda means "Science of life" which teaches the old Indian holistic tradition that unites mind, body and spirit. These wellness-enhancing rituals are uniquely designed to detoxify, purify and bring balance, well-being and energy to the body and mind. They release physical tension, harmonize these energies, and deeply nourish your core, bringing tranquility and peace to every cell of your body.

These treatments are chosen to meet your specific individual needs according to your specific Dosha.

ABHYANGA MASSAGE (60 min)

A traditional Abhyanga massage is performed by therapist's using the long stroke technique. This offering is a delightful way to relax the body and allow the mind to drift away, using a traditional blend of medicinal oils to awaken the inner wisdom.





BEAUTY ESSENTIALS

Experience an Indian head massage using specific ayurvedic oil for certain hair and scalp condition.

JAPAPATI TREATMENT FOR DRY, THIN AND DULL HAIR

Allow your hair, body and senses to be taken away with the natural elixirs. The healing properties of rich coconut milk, pure coconut oil, hibiscus, and japapatti leaves will leave your hair looking and feeling hydrated, silky, strong, nourished and revitalized with a radiant shine.

BHRINGRAJ TREATMENT FOR SPECIAL CONDITIONS (30 min)

If you are experiencing a challenge with your hair or scalp, our specialists can prescribe personalised, specialty treatments to cure and heal that stubborn discomfort. Our Ayurvedic herbs will gently assist with conditions such as hair loss, dandruff, pre-mature greying, chlorine build-up and Psoriasis.

SUGANDHA TREATMENT FOR COLOUR ENHANCED HAIR

(30 min)

This is an intensive treatment that literally shocks dull, dry and chemically processed hair back to life. Excellent after any chemical treatment to replenish lost moisture utilizing organic Vetiver, Jasmine flowers, Indian spikenard, and coconut oil. Your hair will shine more brilliantly than ever before.







| DESCRIPTION | DURATION | COST | | | |
|---|---------------|-------------|--|---------------------------|----------|
| Revitalising Body Treatm | <i>M</i> ENTS | | Beauty Essentials | | |
| Ayurvedic Body Scrub | 40 min | 3,000 | Japapati Treatment for Dry, Thin and Dull Hair | 30 min | 1,50 |
| Tamarind & Mint Coconut Body Polish | 40 min | 3,000 | Tilli alia Duli Hali | | |
| Pomegranate Sugar Scrub | 40 min | 3,000 | Bhringraj Treatment for Special conditions | 30 min | 1,50 |
| Relaxation Rituals | | | Sugandha Treatment for Color Enhanced Hair | 30 min | 1,50 |
| Kayakalp Signature Massage | 60/90 min 4, | 200 / 5,250 | | | |
| Lymphatic Drainage Massage | 60/90 min 4, | 200 / 5,250 | Harra an Oran Intern | | |
| Tension Reliever Massage | 30 min | 2,625 | Hours of Operation | | |
| Deep Tissue Massage | 90 min | 5,250 | Monday through Sunday | | |
| Indian Foot Massage | 30/60 min 2 | ,625/3,675 | Spa Treatment | 7am to 10 | pm |
| • Essence of Chola | 60 min | 4,200 | Fitness Centre | 24 hrs | |
| • Essence of Chola | 90 min | 5,250 | Pool | 0600 hrs - | 2100 hrs |
| • Lomi Lomi Massage | 60 / 90 min | 4200/5250 | All prices are exclusive of all government taxes and levies as a All prices in Indian Rupees. We levy no service charge. | applica <mark>ble.</mark> | |

4,200

60 min

AYURVEDIC RITUALS

• Abhyanga Massage



1,500

1,500

1,500



HAIR SALON SERVICES

LADIES

| • Shampoo & Conditioning | 500 |
|-------------------------------|---------------------------------------|
| Blow Dry (Short/Medium/ | |
| Long /Extra Long) | 800/1000/1200/1500 & above |
| • Shampoo & Blow (Dry/Short/M | edium/ |
| Long /Extra Long) | 1000/1200/1500/1800 & above |
| Hair Cut & Style | 1500 |
| • Hair Trim | 900 |
| Hair Braiding | 1000/1500/2000/2500 |
| • Straight Finish (Ironing) | |
| Short/Medium/ Long / Extra Lo | ng 1000/1500/2 <mark>0</mark> 00/2500 |
| • Roller Set | 1000/1500/2000/2500 |
| Hair Crimping | 2500/3500/4500 & above |
| Bridal Hairstyle | 2500/3500/4500 |
| • Special Occasion Up Do | 2500/3500/4500 |
| • Extra Long Hair | 300 |
| • Hair Tong | 2500/3500/4500 & above |

HAIR COLOURING & HIGHLIGHTS

| • Hair Colour (Gents) | 1500/2000/2500 & above |
|-----------------------|------------------------|
| Highlighting | 3500/4500/5500/6500 |
| • Root Touch Up | 3000 & above |
| Hair Colour (Ladies) | 3500/4500/5500 & above |

HAIR SPA

Perming

| Dandruff Treatment | |
|-----------------------|----------------|
| Short / Medium / Long | 2500/3000/3500 |
| Relaxation Treatment | |
| Short / Medium / Long | 2500/3000/3500 |
| Hair Fall Treatment | |
| Short / Medium / Long | 2500/3000/3500 |

| Short / Medium / Long | 2500/3000/3500 | |
|-------------------------------------|---------------------------|---------|
| HAIR SCALP TREATME | NT | |
| • Intensive Deep Conditioning and | Scalp Massage | 2000 |
| • Japapati Treatment for Dry, Thin | & <mark>Dull H</mark> air | 1500 |
| • Bhringraj Treatment for Special C | on <mark>ditio</mark> n | 1500 |
| • Sugandha Treatment for Colored | Enhanced Hair | 1500 |
| • Henna Short/ Medium/ Long | 1500/2000/3000 8 | & above |
| PERMENANT CARE | | |
| • Keratin Complex Treatments | | |
| (Include Shampoo & Condition) | 4000/6000/8000 8 | & above |
| Smoothing | 6000/8000/10000 8 | & above |
| • Rebonding | 6000/8000/10000 8 | & above |



6000/8000/10000 & above

| GENTS | | Waxing | |
|---|----------------|---------------------------------|------|
| Gentlemens Hair Cut and Style | 900 | • Eye Brow, Upper Lip, Chin Wax | 350 |
| Makeover (Change of Style) | 1500 | • Full Body Wax | 5000 |
| Shampoo and Style | 500 | Under Arm Wax | 350 |
| Scalp Massage and Hair Tonic | 1500 | • Full Arm Wax | 1000 |
| Hair Touch Up Short /Medium /Long | 1000/1500/2000 | • Half Leg Wax | 1000 |
| Hair Colouring Short / Medium / Long | 1500/2000/2500 | • Full Leg Wax | 1500 |
| Deluxe Hair Cut | 1500 | Chest Wax | 1500 |
| • Mou <mark>stach</mark> e Trim | 250 | • Back Wax | 1000 |
| Beard & Moustache Trim | 750 | • Full Face Wax | 1700 |
| Moustache Colouring | 300 | Brazilian Wax | 1700 |
| • Shave & Hot Towel | 850 | Bikini Wax | 1200 |
| • Henna Short/ Medium/ Long | 1000/1500/2000 | Back & Shoulder Wax | 1700 |
| BRIDAL PACKAGE | | THREADING | |
| Bridal Make Up | 8000 | • Eye Brow, Upper Lip, Chin | 250 |
| • Special Events Make Up | 4500 | Sides of Face | 650 |
| Bridal Saree Draping | 500 | • Full Face | 1000 |
| HANDS, FEET & NAILS RITUALS | | BLEACH | |
| ZEN SPA PEDICURE | 1500 | • Upper Lip | 300 |
| Deluxe Pedicure | 1300 | Back Bleach | 1000 |
| Zen Spa Manicure | 1200 | • Full Face Bleach | 1000 |
| Deluxe Manicure | 1000 | Half Arm / Full Arm | 1000 |
| Express Manicure | 700 | Half Legs/ Full Legs Bleach | 1500 |
| Express Pedicure | 900 | • Full Body Bleach | 5000 |
| French Manicure | 1400 | | |
| French Pedicure | 1500 | | |
| Nail Polish Application | 250 | | |



COLLECTION

itchotels.in/itcgrandchola luxurycollection.com/itcgrandchola