



# *Spa Hibiscus*

MAKING A BEAUTIFUL DIFFERENCE

SPA AND SALON SERVICES MENU

*Avail our services!*

HIBISCUS WELLNESS

# Our Philosophy

## “SPA HIBISCUS- MAKING A BEAUTIFUL DIFFERENCE”

Hibiscus began its journey as a spa and wellness brand in 2008 as a flag bearer for affordable luxury in the Indian Spa and salon industry. Within a decade, Hibiscus has become synonymous with integrity and innovative wellness approach in an ever-changing scenario. With several awards and accolades that affirm our commitment to the cause, we have grown and evolved over time.

Here we bring our sense of innovation and the concept of sustainable wellness, to provide a wide range of wellness services. Today, Hibiscus is a brand spanning across several locations in diverse formats like day spas, corporate hotels, wedding destinations, resorts, luxury residences and cruise ships in India. It is our vision to create and help create a world of wellness where each of us can live better and meaningful lives with reasonable and sustainable lifestyle changes.

Your well-being is at the heart of every thought and action that has gone into creating therapies and services at Hibiscus. Each of the products we choose are tested to match our stringent standards whether they are market acknowledged brands or they are Ayurveda based therapies or our own hand blended Natural products. We are proud to consistently present to you, the power of choice- to choose as you deem necessary- whether you choose to use market leading brands for immediate results or the long term benefits of Natural products. We are with you at every step of well-being.

# Our Services

## SERVICES USING COMPLETELY NATURAL PRODUCTS

We believe every human body has the power to heal itself naturally... Nature might not provide instant quick fix solutions, but its results are long lasting. We always test products for their short-term and long-term effects before we bring it to you. Our natural range is in line with this principle. You can choose to go natural when you are at Spa Hibiscus. The only thing you need is patience! We encourage you to live our belief and allow nature to work its magic on you.

## SERVICES USING MARKET LEADING PRODUCTS

We have carefully chosen and selected only the best market-leading products. We have been very selective while choosing these brands, as we want to provide you the best. We have stayed away from giving you too many brands to choose from; we have done that homework on your part. More products create more confusion and are difficult to manage operationally by therapists. Since each product has a unique philosophy, mixing and matching doesn't work. Consequently, when we say that we bring you the best market leading products, we mean it!

# Our Policies

## CANCELLATION POLICY

Cancellation or no shows within six hours will incur 100% charges. Please keep in mind that arriving late for a service may require us to shorten the length of the treatment, with full charges applied, so as not to inconvenience other guests.

## RESTRICTION ON THE USE OF FACILITIES

Guest under the influence of alcohol, high energy drugs and medications will not be allowed to use the spa and avail of treatments. No eatables will be allowed inside the spa. The spa is strictly a non smoking area.

## DISCLAIMER

Although we have taken utmost care in selecting and controlling ingredients, we cannot guarantee against allergic reactions. If you have any previous experience of any allergic reactions please inform the reception immediately. We shall not be liable for any accident or injury suffered by a member or guest. Please note that we cannot be held responsible for any loss or damage to personal articles. We urge you to keep all valuables in the locker and remember to take them all before leaving. All Prices are in Indian rupees. All Prices are INCLUSIVE of all applicable government taxes.

# Hibiscus Spa Massages

## HIBISCUS TOUCH

**₹1150 • 30 MIN.**

Hibiscus Touch is a stress relieving massage for the head, neck and shoulders/ full back/ full legs which improves blood circulation and revives your energy. (This is not a full body massage and does not include steam or shower)

## SWEDISH MASSAGE

**₹1650 • 1 HR (45 MIN MASSAGE 15 MIN STEAM)**

Swedish massage is a relaxing, medium pressure massage that works on the superficial layers of the muscles and eases tension. It uses long gliding strokes and is exceptionally beneficial for increasing the level of blood oxygen, decreasing muscle toxins and improving flexibility.

## BALINESE MASSAGE

**₹1150 • 30 MIN.**

Balinese massage is a full body, medium pressure, holistic treatment. It uses a combination of gentle stretches, acupressure, reflexology and aromatherapy to stimulate the flow of blood to bring a sense of well being, calm and deep relaxation.

## DEEP TISSUE SPORTS MASSAGE

**₹1650 • 1 HR 15 MIN (1 HR MASSAGE 15 MIN STEAM)**

Deep tissue massage therapy is similar to Swedish massage but applies deeper pressure on the muscles. The focus is on the deepest tissues, ligaments and tendons, and the therapy aims to remove stiffness of the muscles and releases chronic muscle tension.

## ABHYANGAM

**₹1950 • 1 HR (45 MIN MASSAGE 15 MIN STEAM)**

Abhyangam is an Indian Ayurvedic therapy to strengthen the bones and joints, regulate the flow of blood, and also build the immunity of the body to fight against seasonal changes. In fact, it is recommended as the first treatment in Panchakarma, thanks to its ability to retune the energy cycles. The benefit of taking Abhyangam is that it improves blood circulation, longevity, better sleep and vitality.

## BRIGHTENING BODY POLISHING

**₹1650 • 1 HR 15 MIN (1 HR MASSAGE 15 MIN STEAM)**

Body polishing is like a facial for the body that completely exfoliates and hydrates the skin and gives the perfect shine and smoothness. The procedure includes gentle massage, complete exfoliation followed by a nourishing body wrap.

## ANTI-TAN BODY POLISHING

**₹3750 • 2 HR**

Special anti tan pack is applied before body polishing ritual to bring new life to complexion. Highly recommended for brides to be.

# Hibiscus Body Rituals

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# Ayurvedic Rituals

## SHIRO ABHYAMGAN

**₹1550 • 30 MIN.**

Shiro Abhyangam (Ayurvedic head massage) focuses on your head, neck & shoulder. It is a deep oil massage which uses a variety of pressure and Marma techniques that tap into your path of energy and encourages healing and balance in the whole body.

## ABHYANGAM

**₹4050 • 1 HR (45 MIN MASSAGE 15 MIN STEAM)**

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## UDHWARTHANAM

**₹4450 • 1 HR (45 MIN MASSAGE 15 MIN STEAM)**

Udwarthanam is a combination of an exfoliation, massage therapy and is administered using a specially-prepared dry powder to improve blood circulation and treat numbness of the limbs. In Udwarthanam, dry herbal powder is applied as a scrub all over the body. This treatment also exfoliates the skin to give a toned and firm look, and is effective in reducing body fat. This is commonly known as the slimming massage.

## SHIRODHARA

**₹4950 • 1 HR**

This Ayurvedic treatment involves gentle pouring of herbal liquids onto the forehead from a hanging pot. This process is said to cure many diseases, relieves tension and improves general well-being.

## KIZHI / POTLI

### HOT HERBAL COMPRESS

**₹4450 • 1 HR 15 MIN (1 HR MASSAGE 15 MIN STEAM)**

This nourishing technique alleviates the pain in strained body parts and targets sore muscles and joints. A heated cloth bolus containing Ayurvedic Herbs is dipped in medicated oils and softly pressed onto the affected areas. This therapy is effective for back pain, soreness and other soft inflammations especially joint pain.

## AYURVEDIC PACKAGES

### AYURVEDIC RETREAT

**₹7750 • 1 HR 45 MIN. (1HR. 30 MIN. MASSAGE, 15 MIN. STEAM)  
ABHYAMGAN + UDWARTHANAM  
+STEAM**

A complete retreat to rejuvenate your body mind and soul. The package consists of 45 minutes of Udwarthanam followed by Abhyangam.

### AYURVEDIC BLISS

**₹8150 • 1 HR 30 MIN (45 MIN. ABHYANGAM MASSAGE + 30 MIN SHIRODHARA + 15 MIN. STEAM)**

A complete ritual to rejuvenate the body. The ritual starts with Shirodhara and is followed by a relaxing Abhyangam.

Weight loss and detoxification packages, customised as per individuals' needs, according to their PRAKRATI and physical, medical conditions, are available. Please consult the recep on for details.

# Natural Rituals

## NATURAL FACIALS

### KUMKUMADI FACIAL

**₹4050**

Gift yourself the luxury of nature. A detoxifying and lightening facial using specially formulated scrub and magical Kumkumadi oil to provide complete care. The facial oil is made with twenty five Ayurvedic herbs that were used to improve skin tone, lighten the skin, minimise blemishes and hydrate the skin.

### KUMKUMADI FACIAL

**₹4050**

Panchagavya is widely used in Ayurvedic medicines. It is a blend of five products including milk, curd, and ghee that have unique healing properties and aid in the complete detoxification and rejuvenation of the skin.

## NATURAL HAIR CARE

### NATURAL HAIR SPA

**KESH ABHA**

**₹2450 • 55 MIN**

This natural hair treatment starts with a scalp massage using hair strengthening oil to stimulate your roots followed by a hair mask rich with herbs, thereby nourishing your scalp and hair. From roots to tips, your hair will thank you for this treat from nature.

### NATURAL HAIR COLOUR

### AYURVEDIC HAIR COLOUR

**₹3050**

This colour uses Indigo (Neel) and beetroot pigments and combines them with Henna to give a hair colour of your choice. Like all things natural, there is no guarantee that you will get 100% grey coverage. However, if you are tired of using chemicals and have the patience to give natural products a chance, this is your best bet.

## HANDS AND FEET

### NATURAL FOOT SPA

**₹2150 • 1 HR**

Treat your tired feet to our all Natural Foot Spa. Although this ritual has all the ingredients of a pedicure, it combines the natural touch of a spa leaving your feet light, clean & beautiful. It uses a salt soak to detoxify your feet our natural brown rice scrub to gently exfoliate, and finally a massage with Neem oil followed by Neem pack to nourish and pamper your pedestals.

### NATURAL HAND SPA

**₹1850 • 45 MIN**

This Natural Hand spa is an excellent substitute for regular manicure. Let nature work on your hands - detoxify them with a warm salt soak, and then gently exfoliate them with our natural hand scrub. Follow this with our nourishing oil massage and finally a herbal pack to finish in style. You now have soft glowing hands and ready to face the world!

### ADD ON WITH FOOT AND HAND SPA

#### POTLI (HOT HERBAL COMPRESS)

**₹1850 • 45 min**

#### HEEL PEEL TREATMENT

**₹1850 • 45 min**

## HIBISCUS WELLNESS

# Facials

## FOR NORMAL/ DULL/ DEHYDRATED SKIN

### DEEP CLEANSING

₹4050 • 40 MIN

Deep cleansing is an exfoliating treatment that helps free you from dead skin cells and impurities. The process include cleansing, exfolia on followed by a pack, leaving the skin completely fresh. Recommended for normal and non-problematic skin.

### PANCHAGAVYA FACIAL

₹4950 • 75 MIN

Panchagavya is widely used in Ayurvedic medicines. It is a blend of five products including milk, curd, and ghee that have unique healing properties and aid in the complete detoxification and rejuvenation of the skin.

### KUMKUMADI FACIAL

₹4950 • 1 HR

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## FOR PIGMENTED/ TANNED SKIN

### WHITENING FACIAL

₹4950 • 1 HR

Whitening brings back uniform skin radiance working against dark and irregular pigmentation. Recommended for uneven tone, sun damaged and pigmented skin.

## FOR MATURED SKIN/ FINE LINES

### LIFTING TREATMENT

₹4950 • 1 HR

This specialized treatment uses lifting serums to visibly reduce fine lines, and works on the lower layers of the skin and has the additional effect of skin lightening.

## FOR PIGMENTED/ TANNED SKIN

### TROUBLE CARE FACIAL

₹4950 • 1 HR

Trouble Care Facial improves complexion, reduces inflammation, boosts the skin's immunity and helps prevent future irritation. It keeps the skin clean for longer duration. Recommended for shiny, oily, acne skin and specific problems. Balances sensitive skin and makes it healthier.