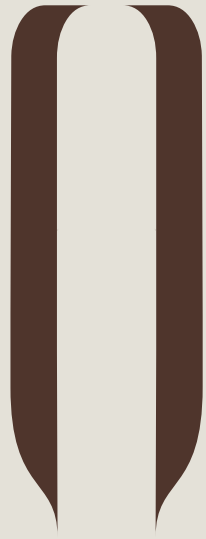


Pause.

SPA & STUDIO DESIGNED FOR WOMEN



CYCLE RHYTHM THERAPIES

Duration	Price
30 minutes	₹2,500
60 minutes	₹5,000
90 minutes	₹7,000



Follicular Renewal Massage

(60/90 mins)

A rejuvenating body therapy designed to support the body during the follicular phase. Long, flowing massage techniques help boost circulation, increase energy and promote a sense of lightness and vitality. This uplifting treatment leaves the body feeling refreshed, balanced and re-energised.



Ovulation Harmony Therapy

(30/60 mins | ₹2500/₹4000)

A calming wellness therapy created to support relaxation and emotional balance during the ovulation phase. Gentle massage techniques and soothing reflexology work together to ease stress, calm the nervous system and encourage an overall sense of wellbeing and harmony.



Luteal Relief and Balance Ritual

(60/90 mins)

Designed to comfort and support the body during PMS and the post-ovulation phase, this restorative therapy helps ease bloating, fatigue and heaviness. Combining lymphatic drainage, warm potli therapy and deep tissue techniques, it promotes relaxation, improves circulation and restores balance to the body.



Four Hands Massage is available as an enhancement for select therapies, subject to treatment suitability and availability. Therapy durations can be tailored and extended to suit your individual needs. Contact us to personalise your experience.

Menstrual Reset Therapy

(60 mins | ₹2500)

A deeply soothing therapy designed to support the body during the menstrual phase. Gentle massage techniques and calming aromatherapy help ease tension, reduce fatigue and promote comfort and relaxation. This restorative treatment leaves you feeling lighter, calmer and gently rebalanced.



Menopause Rebalance Ritual

(60/90 mins)

A grounding wellness ritual created to support the body and mind through the hormonal changes of menopause. Combining calming Shirodhara-inspired techniques with gentle, nurturing touch, this therapy helps reduce stress, restore balance and promote a sense of calm, clarity and overall wellbeing.



Four Hands Massage is available as an enhancement for select therapies, subject to treatment suitability and availability. Therapy durations can be tailored and extended to suit your individual needs. Contact us to personalise your experience.