

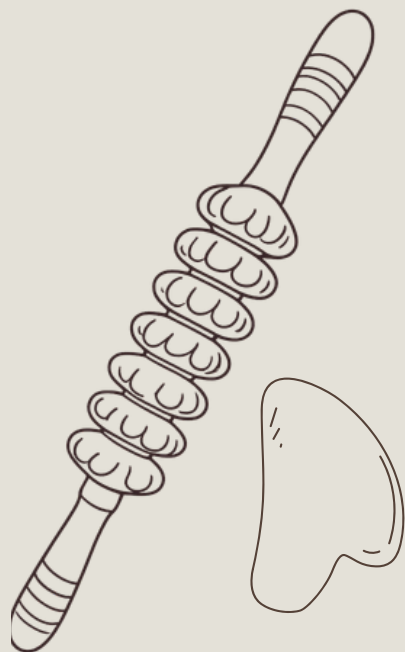
Pause.

SPA & STUDIO DESIGNED FOR WOMEN



DETOX & DEBLOAT

Duration	Price
30 minutes	₹2,500
70 minutes	₹6,000
95 minutes	₹8,500



Udvartanam

(70/95 mins)

A traditional Ayurvedic body treatment using warm herbal powders and massage techniques to boost circulation, support lymphatic drainage and deeply exfoliate the skin. This detoxifying ritual helps smooth the texture, promotes toned skin, and leaves the body feeling lighter, refreshed, and re-energised.



Lymphatic Flow Detox

(70/95 mins)

This calming detox treatment begins with 10 minutes of dry brushing to gently exfoliate the skin and boost circulation. Slow, rhythmic massage techniques then help support lymphatic drainage, reduce puffiness and encourage natural detoxification while lightly sculpting the body. Perfect for enhancing skin firmness and relieving heaviness, it leaves you feeling refreshed, balanced and revitalised.



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.

Gut Reset

(30 mins)

A soothing digestive wellness treatment designed to support digestion, release built-up tension and restore balance within the body. Using gentle massage techniques focused around the gut area, this grounding ritual helps ease heaviness, improve comfort and promote a lighter, more balanced feeling from within.



Dry Brushing

(30 mins)

A gentle exfoliating ritual using a natural bristle brush to boost circulation, support lymphatic drainage and smooth the skin. This refreshing treatment helps remove dull, dry skin cells while allowing natural oils to better nourish and moisturise the skin, leaving it soft, smooth and refreshed.



Face Massage

(30 mins)

A rejuvenating facial therapy designed to release tension, boost circulation and promote a naturally radiant glow. Gentle lifting and sculpting techniques help relax facial muscles, reduce puffiness and enhance skin vitality, leaving your skin refreshed, toned and beautifully revitalised.



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.