

# Pause.

SPA & STUDIO DESIGNED FOR WOMEN



# HEAT THERAPY & RECOVERY

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



## Power Release

(60/90 mins)

A deep pressure massage designed to target muscle tension, stiffness and stubborn knots. Focused techniques work deep into tired muscles to improve mobility, relieve stress and restore strength. This energising treatment leaves the body feeling lighter, stronger and renewed with ease of movement.



## Thermal Stone Escape

(60/90 mins)

A deeply calming therapy using smooth, warm basalt stones to relax tense muscles and melt away built-up stress. The soothing heat helps improve circulation while creating a comforting sense of calm, leaving you feeling grounded, relaxed and completely restored.



## Herbal Potli Rejuvenation

(60/90 mins)

Warm herbal pouches filled with Ayurvedic botanicals are gently pressed and rolled across the body to ease deep-seated tension and promote relaxation. The comforting warmth and aromatic herbs help soothe the muscles, nourish the skin and restore balance, leaving you feeling calm, refreshed and rejuvenated.



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.

## Thai Vitality Therapy

(60/90 mins)

An ancient Thai healing therapy that combines acupuncture with assisted stretching to release tension, improve flexibility and restore energy flow. This oil-free treatment helps the body feel lighter, more open and deeply rebalanced while promoting overall vitality and relaxation.



## Infrared Sauna

(20 mins)

Relax in the soothing warmth of the infrared sauna as gentle heat helps ease muscle tension, boost circulation and support natural detoxification. This deeply calming experience leaves the body feeling refreshed, the skin glowing and the mind clear and relaxed.



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