

Pause.

SPA & STUDIO DESIGNED FOR WOMEN



REST & RESTORE

Duration	Price
30 minutes	₹2,500
60 minutes	₹4,000
90 minutes	₹6,000



Balinese Massage

(60/90 mins)

A deeply restorative full-body massage combining gentle stretches, acupressure, reflexology and flowing massage techniques. Inspired by traditional Indonesian healing rituals, it helps improve circulation, release muscle tension and restore energy flow. Warm aromatic oils enhance the experience, leaving you relaxed, refreshed and renewed.



Serenity Ritual

(60/90 mins)

Long, flowing strokes and gentle kneading come together to ease everyday stress and restore a sense of calm to the mind and body. This deeply relaxing therapy is perfect for slowing down, helping you feel lighter, balanced and completely at ease.



Abhyanga

(60/90 mins)

A traditional Ayurvedic full-body massage using warm herbal oils to nourish the skin, boost circulation and relax the body. Flowing massage techniques help release built-up stress and toxins while restoring natural energy flow. Deeply calming and restorative, this therapy leaves you feeling relaxed, balanced and renewed from within.

Aromatic Essence Journey

(60 mins | ₹3500)

A sensory wellness ritual where calming massage techniques meet the therapeutic benefits of pure essential oils. Warm aromatic oils nourish the skin while soothing fragrances help relax the mind and body, leaving you feeling balanced, comforted and deeply restored.



Foot Reflexology

(30 mins)

A therapeutic foot treatment that uses targeted pressure points to stimulate energy pathways and support overall wellness. Designed to ease tension and improve relaxation, it helps you feel grounded, refreshed and rebalanced from head to toe.



Head & Shoulder Melt

(30 mins)

A deeply relaxing treatment focused on the scalp, neck and shoulders — the areas where stress builds up most. Gentle massage techniques help release tension, calm mental fatigue and leave you feeling lighter, refreshed and recharged.



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.