




SPA MENU

The background is a soft watercolor wash transitioning from bright yellow on the left to a deep orange-red on the right. Delicate white line drawings of various plants, including daisies, ferns, and leafy herbs, are scattered around the edges of the frame.

TAKE CARE
OF
your body
it's the
only place
YOU HAVE TO
live

SIGNATURE EXPERIENCE

Laamu Balinese Bliss

75 mins | ₹4500

A Balinese-inspired massage using Signature uplifting oil is followed by the application of a warm wrap made of ginger, cloves and nutmeg, and a relaxing head massage. A cucumber/ Aloe vera conditioner is then applied to cool and refresh the skin making it feel smooth and hydrated.

Benefits: Promotes vitality | Improves circulation | Gives a healthy glow to the skin | Improves muscle tone.

Rasayana (Detox Therapy)

75 mins | ₹4500

Revitalize and tone the body with this purifying treatment. A skin detoxify neem, tulsi and spirulina infused mineral mask and the experience concludes with the Shithila Massage. The application of aromatically infused oils and the wrap provides intense nourishment, leaving the skin glowing and the body re-energized.



MASSAGE

Shithila

60 mins | ₹3500

90 mins | ₹5000

Shithil, (literally means to relax) has a balancing effect on all the three doshas or body types which helps mobilize toxins, promotes youthfulness and increases energy. Suggested for those who likes medium to less pressure that helps in inducing better sleep or mental relaxation.

Benefits: Promotes vitality | Improves circulation | Gives a healthy glow to the skin Improves muscle tone

Sama Yama

60 mins | ₹3700

90 mins | ₹6000

Sam-Yama means holding together, tying up, binding, or integration by striking a perfect balance of deep pressure, soothing movements and stretching.

Benefits: Relieve & Eases Pain | Improves circulation | Invigorating | Improves muscle tone

Mithunam

60 mins | ₹7200

90 mins | ₹9400

Couples massage allows two individuals to have a shared experience that can result in a closer bond. A couple may choose this time to simply relax and enjoy the experience together.

We recommend the specially crafted **Shithila**



SCRUBS

These treatment starts with a brisk scrub using detoxifying herbal powders which aid in eliminating excessive oiliness, heaviness and lethargy from the body.

Benefits: Removes dry flaky skin | Helps in better absorption of skin products | Detoxification by drawing toxins Allows the younger skin to reach the surface.

Coffee Cinnamon Scrub

30 mins | ₹2000

The aroma of roasted coffee beans and the fragrance of orange peel, along with cinnamon powder and yoghurt, scrubbed for deep skin cleansing and a great 'pick-me-up' experience with a wonderful fragrance.

Honey Sesame Body Glow

30 mins | ₹2000

A mixture of Honey and Sesame seed, which is rich in amino acids and vitamin E, this gentle exfoliation treatment is effective for dry skin. It helps protect the skin from sun damage, soften tissue and encourage the growth of new skin.

Udhwarthina

30 mins | ₹2000

For a longer lasting suntan, shed those dead layers of skin with a thorough body exfoliation using an age-old Ayurveda formula renowned for its strong herbal antioxidants.





KEEP
CALM
~ AND ~
SPA ON



WRAPS

This aims to treat on blockages and stiff areas by applying a natural and organic paste or mix over the body and covering it with a light fabric for some time.

Papaya

30 mins | ₹2000

If you love papaya then you will cherish this wrap with papaya pulp containing enzymes known as Papain, which softens and revitalises your skin to a silky smooth texture. The fresh fruit pulp is gently massaged into your skin, then wrapped and left for a while to be absorbed. This sweet smelling body wrap will moisturise and soften your skin leaving a high level of freshness.

Detox (Neem tulsi)

30 mins | ₹2000

A combination of ancient herbal knowledge with modern day spa techniques is used to create a wonderful and effective combination of Neem, Tulsi and Aloe Vera. Neem relieves dry skin, soothes itching, redness and skin irritation; it also combats bacterial infections, such as acne. Extracts of Tulsi, the holy plant also known as Basil, is anti-fungal and anti-bacterial. Aloe Vera is claimed to be useful in the treatment of wound and burn healing.

Benefits: Brings younger skin on the surface | Skin Nourishment | Wound Healer | Fights eruptions i.e crust or Acne | Removal of Toxins | Improves metabolism

Spirulina

30 mins | ₹2000

Spirulina is a blue-green algae with detoxifying, calming and nourishing properties that are very beneficial for any skin type. It possesses a powerful mix of essential amino acids, proteins, vitamins, minerals, carotenoids, natural pigments ie chlorophyll, which make it a highly versatile skin care ingredient, packed with nutritional and healing topical properties.

FACIAL

Treatment Facial

Ultra Bright (Gold & Pearl Dust)

75 mins | ₹3500

A Two mask process i.e, kavas mud which is a Ukrainian beauty ritual and an additional brightening, Gold Peel Off Mask, which has two special active ingredients, 24 Carat Gold and micronized pearl that purifies and gives radiance to the skin. All the products used in this facial are fine in nature and come with a silk like texture which ensures smooth abrasion of the skin for an even skin and tone after feel.

Define (Firming)

75 mins | ₹3200

A Two mask process ie dead sea mineral mud mask for skin tightening and a four wonder peel off mask for skin lifting, combination of both are a corrective ideal for ageing skin with involves a non-invasive high penetration technology, the intensive blend of actives like Squalene minimizes fine lines and boosts collagen.

Rejuvenating (Vitamin C)

60 mins | ₹2800

Contains Activated Bamboo Charcoal which helps to detoxify skin and improves blood circulation. It promotes pores tightening & skin lightening.

Energize (Anti-Pollution)

60 mins | ₹2500

Contains Activated Bamboo Charcoal which helps to detoxify skin and improves blood circulation. It promotes pores tightening & skin lightening.

Pigment Factor

60 mins | ₹2500

Hydra boost plumps up the collagen and skin cells by retaining moisture for a long time, hydrating the skin cells and lightening discolouration of skin due to dehydration. Helps in Some of the most visible damages including dry, dull, rough and tight skin as well as fine lines that become visible around the eyes.

FACIAL

Facial For All

Him! (Men Facial)

60 mins | ₹2500

Exclusive Facial For Men. Him! Facial is one of the most effective and safest approaches to skin lightening by reducing Melanin production. Contains broad spectrum sun filters which minimizes photo damage, promotes even skin tone reducing skin tanning after UV exposure. This facial is specially formulated to give a softening, soothing, calming & relaxing effect to the skin.

Youth Revival

45 mins | ₹2200

Youth Revival contains algae extracts which helps in natural upliftment of skin. It encourages firmer and healthier texture of skin.

Fruitilicious

30 mins | ₹1800

Fruitilicious Cleanup supports natural skin regeneration by enhancing blood circulation and exfoliating dead skin cells present on epidermal layer, giving it a healthy glow.

Moisture Balance

30 mins | ₹1800

Increases the moisture level of the skin. It helps to boost antioxidants which results in growing healthy skin cell for an even skin tone.

White & Bright

30 mins | ₹1800

White & Bright cleanup has Papain enzyme which helps in removing the dead skin and simultaneously helps in skin rejuvenation. It results in enhanced skin glow & improved skin texture.

EXTENDED WELLNESS

Padabhyanga

(Foot Massage)

30 mins | ₹1900

(Pad = Feet, Abhyanga = Exercise)

Padabhyanga is a gentle and soothing foot therapy focusing Marma energy centers from the knee to the toes.

Benefits: Energizing | Treats jet lag | Reduces cramps and leg pains | Strengthens leg muscles | Deeply relaxing.

Shiroabhyanga

(Head Massage)

30 mins | ₹1900

(Shiro = Head, Abhyanga = Exercise)

Shiroabhyanga is a deeply relaxing massage, where emphasis is given on treating “marmas” or energy points of the head, neck and shoulder, to release tension and enhance circulation using a combination of oil and vigorous movements.

Benefits: Relieves headaches | Promotes hair growth and luster | Improves circulation in the upper body | Relaxing.

Prishthaabhyanga

(Back Massage)

30 mins | ₹1900

(Prishtha= Back, Abhyanga = Exercise)

Prishtha is a specialized form of treatment focusing on the spine, lower and upper back, with the help of warm therapeutic oils which releases tension and blockages in this area.

Benefits: It is a very effective treatment for curing all kinds of back problem | Treats water and air retention in the body Highly energizing | Improves circulation and metabolism.

Spa Etiquettes

What to wear?

Bath robes and slippers are provided in your private spa suite. You may wish to wear your own undergarments or we can provide you with hygienic disposable briefs. Our therapists will always use draping techniques to respect your privacy.

Arrival Time

Please arrive 15 mins before your schedule time to check in and change.

Jewellery and Valuables

Please take care of your jewellery and valuables, Iyasya spa will not be responsible for loss of any of your belongings. You may ask the therapist for a Jewellery Box.

Cancellations

The treatments you select are reserved especially for you. A 2 hour prior cancellation notice will help pass on the reserved slot to our next valued customer. One hour and below notice will be charged 50% of the booked service value along with applicable taxes. For a 'NO SHOW' a full charge will be levied against the booked service value along with applicable taxes.

Late Arrivals

Arriving late will limit the time of your treatments. Your treatments will end on time so that the next guest is not delayed. However, if no guest follows your booking, you can enjoy the full duration of your Treatment time.

Should men shave before the Facial?

It is recommended that men shave 4 hrs before the Facial Treatment.

The Spa Environment is one of Tranquility and Relaxation, Please respect the peacefulness and help in maintaining the Sanctuary of Silence. Kindly differ from smoking and using mobile phones within the spa vicinities.



MUMBAI | VASHI | PUNE | CHENNAI | BANGALORE
HAMPI | YERCAUD | PUDUCHERRY | KARUR | VARANASI
COIMBATORE | HYDERABAD | SAKLESHPUR | BAREILLY
MYSORE | GHOLVAD | SILVASSA | AMRITSAR

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