

Radisson

BAREILLY



SPA HERBAL TREATMENT MENU



The image features the Radisson Bareilly logo centered on a light cream background. The word 'Radisson' is written in a large, elegant, dark grey script font, with a horizontal brushstroke underline. Below it, the word 'BAREILLY' is written in a smaller, dark grey, all-caps sans-serif font. The background is decorated with several large, overlapping circles in various shades of red and pink, some with a fine, stippled texture. The overall design is modern and artistic.

Radisson®

BAREILLY

SIGNATURE EXPERIENCE

Laamu Balimese Bliss

75 mins | ₹4000

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/Aloevera 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 | ₹3500

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.

Benefits: Helps against water retention | Lymphatic drainage | Detoxification by drawing toxins out through the sweat glands | Natural Healer, may help in mild skin conditions and repair.

Mithunam

90 mins | ₹8000

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**

MASSAGE

Shithila

60 mins | ₹2800

90 mins | ₹4000

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

SamaYama

60 mins | ₹3150

90 mins | ₹4650

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

Hastaratni

90 mins | ₹4250

The massage begins with a small healing prayer and the gliding movements of the forearm covers a larger surface area at one go, hence creating a sense of harmony between the mind and body.

Benefits: Eases from general body stiffness | Provides tranquillity to the mind | Deep relaxation

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.

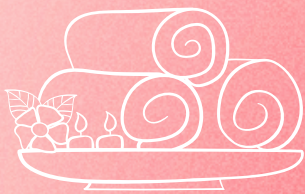
Udhvarthina (Organic Herbal Body Scrub) 30 mins | ₹1800

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.

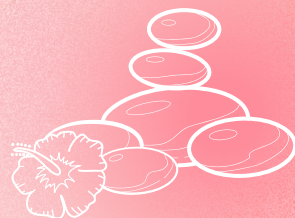
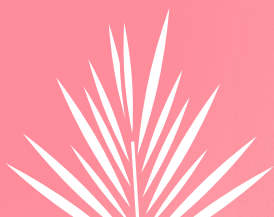
Pavitra 30 mins | ₹1800

An emollient scrub which contains:

- Natural bees wax - nourishes and moisturises the skin
- Marigold - a beautifer and skin colour enhancer
- Tulsi - a blood and lymph purifier, immunity booster and a skin repairer.



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.

Yoghurt Turmeric (Skin Smoother)

30 mins | ₹1800

Yoghurt, turmeric, sandalwood, aromatic oil mixed together and applied to the whole body. Slow long strokes used to apply the mixture sloughs off dead skin and smoothens the skin.

Benefits: Brings younger skin on the surface | Skin nourishment | wound healer | fights eruptions i.e crust or acne | Removal of Toxins | Improves metabolism

Detox (Neem Tulsi)

30 mins | ₹1800

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

FACIALS

TRUE LADY FACIAL

Youth Revival (Anti-Ageing)

60 mins | ₹2200

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

Energize! Anti Pollution (Detox Treatment) 60 mins | ₹1800

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

GENTLEMAN FACIAL

Him!

60 mins | ₹1800

A skin care routine starting from the basics, i.e a complete regime which is extremely hydrating, nourishing, brightening and mattifying to address many issues like irritation, dryness and sensitivity in one.

Define!

60 mins | ₹1800

Define Facial is a corrective ideal for ageing skin, especially addresses skin issues for men. The intensive blend of actives like Squalene minimizes fine lines and boosts collagen.

FACIALS

CLEAN-UP FACIAL

Fruitilicious

30 mins | ₹1500

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

Purify

30 mins | ₹1500

Purify clean up is a unique combination of Tea Tree & Lavender extract which helps in controlling Sebum production. It also smoothens, rebalances and restores the skin nutrients.

White & Bright

45 mins | ₹1500

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

Padabyanga

30 mins | ₹1500

(Foot Massage)

(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

Anti-Stress

30 mins | ₹1200

(Head, Neck & Shoulder Massage)

(Shiro = Head, Abhyanga = Exercise)

Shirobhyanga 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

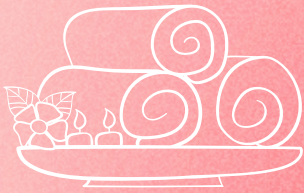
30 mins | ₹1500

(Back Massage)

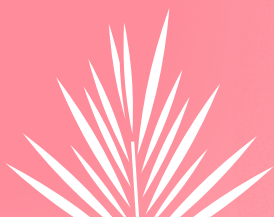
(Prishtha = Back, Abhyanga = Exercise)

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.



TAKE CARE
OF
your body
IT'S THE
ONLY PLACE
YOU HAVE TO
live





GIVE
your body
A LITTLE LOVE
IT
deserves it.

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