



**THE ZEN AURA**  
— **SPA** —



**THE ZEN AURA**  
— SPA —

You have chosen The Zen Aura Spa and we are very grateful. 'The Zen Aura' is a peaceful and calm energy around you, which exists only when you are physically and mentally relaxed. To try and help you create that, is our purpose! We welcome you and thank you for choosing us in your journey towards a relaxed and holistic living.

We wish you good health, today and always!



Pre-Paid

Membership

## “Benefits of Pre-Paid Membership”



A limited edition ‘members only’ menu of therapies



Membership plan can be used by friends & family



Complimentary 60 min massage on your birthday



Cashless transactions

Easy  
**Emerald**

Super  
**Sapphire**

Royal  
**Ruby**

Up-front Payment

₹ 14,160  
(₹ 12,000 + GST)

₹ 20,060  
(₹ 17,000 + GST)

₹ 29,500  
(₹ 25,000 + GST)

Discount @ Spa

50% (Mon-Fri)

50% (Mon-Fri)  
20% (Sat-Sun)

50% (All days)

Validity

12 months

15 months

18 months

Available on Easy EMI





### Easy Emerald

#### Weekdays only

₹12,000

₹2,500

**₹1,250 (@50%)**

₹1,250

₹10,750

### Super Sapphire

#### Weekdays

₹17,000

₹2,500

**₹1,250 (@50%)**

₹1,250

₹15,750

#### Weekends

₹17,000

₹2,500

**₹500 (@20%)**

₹2,000

₹15,000

#### Example: @spa

Opening balance

Price of Therapy

#### Less: Discount

Price after discount

Closing Balance

### Royal Ruby

#### Weekdays

₹25,000

₹2,500

**₹1,250 (@50%)**

₹1,250

₹23,750

#### Weekends

₹25,000

₹2,500

**₹1,250 (@50%)**

₹1,250

₹23,750

#### Example: @spa

Opening balance

Price of Therapy

#### Less: Discount

Price after discount

Closing Balance

Available on Easy EMI

Government taxes, as applicable, will be added to the prices above.

# MASSAGES | PAIN RELIEF

## Deep Tissue Massage

With Rosemary and Marjoram

The massage aims at releasing chronic patterns of stress in the body by realigning deeper layers of connective muscle tissues. Slow strokes and deep pressure is applied to help reduce chronic aches and pains. The oil used is a pain-relieving oil blend of Rosemary and Marjoram.

Duration	60 min	90 min
Guest	2200	3400
Sapphire Members	1760	2720
Emerald/Ruby Members	1100	1700

## Swedish Massage Premium

With Wintergreen & Eucalyptus

Performed using Swedish techniques using a pain relieving oil blend, the massage is best to give you relief from muscular pain. The oil blend contains Wintergreen and Eucalyptus which are known for their anti inflammatory and topical pain relief properties.

Duration	60 min	90 min
Guest	2000	2800
Sapphire Members	1600	2240
Emerald/Ruby Members	1000	1400

## Swedish Massage

The massage involves soft, long, kneading strokes, as well as light, rhythmic, tapping strokes, on topmost layers of muscles. It's very helpful to loosen up tight muscles caused by daily activities specially in the lower back and shoulders. Sesame oil which is used for the massage is known for it's anti-inflammatory property.

Duration	60 min	90 min
Guest	1800	2500
Sapphire Members	1440	2000
Emerald/Ruby Members	900	1250





## Back Massage

Performed using Swedish techniques, this massage is very effective in reducing back pain and is a boon for those who spend time on desk jobs. The muscle of the back are worked upon with slow firm strokes, immediately reducing muscular stress. The massage is done using Sesame Oil which is known for it's anti-inflammatory property.

<b>Duration</b>	<b>30 min</b>
Guest	1200
Sapphire Members	960
Emerald/Ruby Members	600

## Back Massage Premium

Performed using Swedish techniques, this massage is very effective in reducing back pain. The massage is done using a pain relieving oil blend of wintergreen and eucalyptus.

<b>Duration</b>	<b>30 min</b>
Guest	1400
Sapphire Members	1120
Emerald/Ruby Members	700

## Massage with Hot Potli

Performed using few steps of Swedish technique and an Ayurvedic Potli, this massage is very helpful in reducing pain. Heated Potli contains a mix of wheat and camphor oil and provides relief from chronic back pain. Choose between a Back Massage or a Foot & Calf Massage with the Hot Potli.

<b>Duration</b>	<b>45 min</b>
Guest	1700
Sapphire Members	1360
Emerald/Ruby Members	850

## Hot Stone Massage

The massage is done using smooth heated stones & oils. The stones are heated & placed on multiple acupressure points on the body & are used for performing the massage strokes. The massage promotes a deeply relaxed state of body and mind. The oil used is a pain relieving oil blend of wintergreen and eucalyptus.

<b>Duration</b>	<b>70 min</b>	<b>100 min</b>
Guest	2800	3900
Sapphire Members	2240	3120
Emerald/Ruby Members	1400	1950



# MASSAGES | RELAXATION

## Calming Aromatherapy Massage

With Lavender, Ylang Ylang & Mandarin

The massage involves slow, moderate pressure strokes designed to make you feel relaxed. While the massage relaxes physically, the aroma essential oils enter the body through absorption and inhalation, triggering a very relaxed state of mind and providing much relief from anxiety and mental stress. The oil used is a calming blend of Lavender, Ylang-Ylang and Mandarin essential oils which are all known for their relaxing fragrance.

Duration	60 min	90 min
Guest	2200	3100
Sapphire Members	1760	2480
Emerald/Ruby Members	1100	1550

## Rejuvenating Aromatherapy Massage

With Cinnamon & Basil

The massage involves slow, moderate pressure strokes designed to make you feel relaxed. While the massage relaxes physically, the aroma essential oils enter the body through absorption and inhalation, triggering a very fresh and energetic state of mind and helping you feel rejuvenated & energised. The oil used is a rejuvenating blend of Cinnamon and Basil which stimulates the mind and increases blood circulation.

Duration	60 min	90 min
Guest	2200	3100
Sapphire Members	1760	2480
Emerald/Ruby Members	1100	1550

## Balinese Massage

With Rosemary and Marjoram

Aimed at stimulating the flow of blood, oxygen and energy in the body, the massage uses a combination of gentle stretches, aromatherapy, acupressure and reflexology. It promotes a sense of well being, calm and deep relaxation.

The oil used is a pain relieving blend of Rosemary and Marjoram which are both known for their anti-inflammatory and topical pain relief properties.

Duration	60 min	90 min
Guest	2200	3100
Sapphire Members	1760	2480
Emerald/Ruby Members	1100	1550





## Thai Massage

The dry, no oil massage is a combination of assisted yoga postures and acupressure techniques. The muscles along the energy lines of the body are kneaded and pressed with the hands and feet. The massage is known for balancing the energy flow in the body, making you feel relaxed and energetic.

Duration	60 min	90 min
Guest	2000	3200
Sapphire Members	1600	2560
Emerald/Ruby Members	1000	1600

## Head & Shoulder Massage

Based on traditional Indian head massage techniques, this massage reduces stress-induced tightness in the head, neck and shoulder muscles and also enhances blood flow to the brain. It's very helpful for anyone working for long hours on a computer screen. The oil used is an Ayurvedic oil blend with goodness of age old Indian Herbs and oils like Salparni & Myrobalan.

Duration	30 min
Guest	1000
Sapphire Members	800
Emerald/Ruby Members	500

## Foot Reflexology

This involves acupressure techniques on the feet and massage on the calf muscles with oil. The massage helps to heal the sore muscles and remove tiredness in the feet. The massage is performed using Sesame oil known for its pain relieving property.

Duration	30 min
Guest	1000
Sapphire Members	800
Emerald/Ruby Members	500

## Shirodhara

A classic traditional ayurvedic therapy, it involves pouring oil on the forehead in a rhythmic motion combined with gentle strokes on the head. The oil runs through the scalp into the hair and helps in reducing frequent headaches, anxiety and addressing insomnia. The oil used is an Ayurvedic oil blend with goodness of age old Indian Herbs and oils like Bala and Sesame.

Duration	60 min
Guest	2000
Sapphire Members	1600
Emerald/Ruby Members	1000

# MASSAGES | BEAUTY

## Nourishing Aromatherapy Massage

With Italian Neroli & Bergamot

The massage involves slow, moderate pressure strokes designed to make you feel relaxed while improving the texture of the skin. While the massage relaxes physically, the aroma essential oils enter the body through absorption, nourishing the skin, leaving it soft and radiant. The oil used is a nourishing blend of pure Italian Neroli and Bergamot which have the ability to revive the skin.

Duration	60 min	90 min
Guest	2400	3200
Sapphire Members	1920	2560
Emerald/Ruby Members	1200	1600

## Lymphatic Face Massage

With Apricot Kernel & French Lavender

Aimed at draining build-up of lymphatic fluids within the face, this gentle light massage enhances circulation in the face, promotes oxygen supply to the face, thereby pushing waste and toxins out. The massage is very effective to help reduce tiredness around the eyes due to long working hours. Pure Apricot Kernel and French Lavender constitute the oil blend used which is suitable for all skin types.

Duration	30 min
Guest	1200
Sapphire Members	960
Emerald/Ruby Members	600



# MASSAGES | IMMUNITY

## Ayurvedic Massage

Aimed at promoting blood and lymph circulation in the body, it is an ancient ayurvedic massage and has long downward strokes. It provides immense therapeutic benefits such as improving immunity, reducing joint pain and also very good to fight common cold and cough. The oil used is an Ayurvedic oil blend with goodness of age old Indian Herbs and oils like Salparni & Myrobalan.

Duration	60 min	90 min
Guest	1800	2600
Sapphire Members	1440	2080
Emerald/Ruby Members	900	1300



# MASSAGES | AGE DEFYING

## Firming Aromatherapy Massage

With Grapeseed Extracts & Almond Oil

The massage involves slow, moderate pressure strokes designed to make you feel relaxed while firming the skin. While the massage relaxes physically, the aroma essential oils enter the body through absorption making the skin firmer. Aromatherapy firming blend consists of grapeseed extracts and almond oil. Grapeseed is known for its anti-aging and skin firming properties, while almond oil which is rich in Vit E and anti oxidants improves the skin health.

Duration	60 min	90 min
Guest	2400	3400
Sapphire Members	1920	2720
Emerald/Ruby Members	1200	1700



## Vanilla Nutmeg Cream Massage

A cream based massage, it is done using Swedish techniques combined with Vanilla and Nutmeg cream. Vanilla is rich in antioxidants, known to prevent and reverse skin damage caused by free radicals and has anti-ageing benefits. Nutmeg is also known for its anti-microbial property.

Duration	60 min	90 min
Guest	2200	3100
Sapphire Members	1760	2480
Emerald/Ruby Members	1100	1550

# MASSAGES | SCRUB MASSAGE

## Green Tea Scrub Massage

It's a combination of massage and scrub which preserves the skin by reducing damage caused by the sun. Green Tea scrub acts as a great exfoliant to scrub off dead skin cells and pollutants, leaving your skin soft and smooth. This Scrub also has great anti-inflammatory properties and helps reduce blemishes and scars.

Duration	60 min	90 min
Guest	2700	3800
Sapphire Members	2160	3040
Emerald/Ruby Members	1350	1900

## Cocoa Butter Scrub Massage

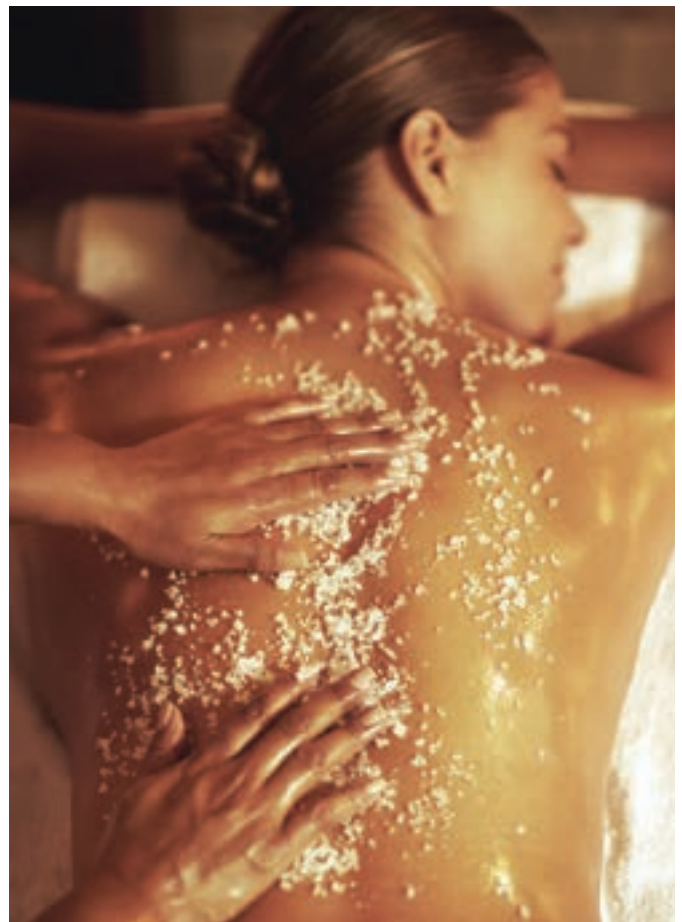
It's a wonderful combination of massage and scrub that gives dual benefit of exfoliation and relaxation. Cocoa Butter and Coconut Scrub are best known for being rich in vitamins and maintains the moisture levels leaving the skin smooth and firm.

Duration	60 min	90 min
Guest	2700	3800
Sapphire Members	2160	3040
Emerald/Ruby Members	1350	1900

## Charcoal Scrub Massage

Charcoal Scrub is best known as an antioxidant & for its cleansing property. It's a wonderful combination of massage and scrub that gives dual benefit of exfoliation and relaxation.

Duration	60 min	90 min
Guest	2700	3800
Sapphire Members	2160	3040
Emerald/Ruby Members	1350	1900



## Charcoal Scrub

Charcoal scrub used here exfoliates the skin and lightens the complexion. Charcoal when used as a scrub binds dirt and helps to pull it out of the pores.

<b>Duration</b>	<b>30 min</b>
Guest	1700
Sapphire Members	1360
Emerald/Ruby Members	850

## Charcoal Body Wrap

It begins with Charcoal body scrub followed by an application of wrap. Charcoal body wrap detoxifies and heals your skin.

<b>Duration</b>	<b>60 min</b>
Guest	2400
Sapphire Members	1920
Emerald/Ruby Members	1200

## Coffee Cane Sugar Body Scrub

A nourishing oil based polish consisting of Coffee Grains and Cane Sugar which thoroughly exfoliate the skin, leaving it soft, supple and smooth. Coffee stimulates and energizes dull, sluggish skin. The combination is excellent to reduce tan and even tone the skin.

<b>Duration</b>	<b>30 min</b>
Guest	1500
Sapphire Members	1200
Emerald/Ruby Members	750



## Ubtan Glow Body Scrub

A cream based scrub which exfoliates, tightens and gives the skin a glowing radiance. The traditional Organic Indian Ubtan has the anti-septic properties of turmeric along with the rejuvenating properties of saffron and almond.

<b>Duration</b>	<b>30 min</b>
Guest	1800
Sapphire Members	1440
Emerald/Ruby Members	900

## Ubtan Glow Body Wrap

It begins with Ubtan Body Scrub followed by a mud based wrap which further nourishes the already exfoliated skin. The mud in the wrap leaves the skin glowing and nourished.

<b>Duration</b>	<b>60 min</b>
Guest	2400
Sapphire Members	1920
Emerald/Ruby Members	1200



# BODY SCRUBS & WRAPS

## IMMUNITY

### Seaweed Scrub

A nutrient cream based scrub that gently exfoliates, cleanses, detoxes and hydrates the skin, leaving it nourished and soft. Seaweed cleanses and improves skin tone and is known for its detoxifying properties. It also delivers antioxidants to the skin to fight free radicals.

<b>Duration</b>	<b>30 min</b>
Guest	2000
Sapphire Members	1600
Emerald/Ruby Members	1000

### Seaweed Body Wrap

It starts with a Seaweed scrub followed by the application of a wrap which nourishes the exfoliated skin. It's a nutrient cream and mud based wrap that gently hydrates, tones and tightens the skin, leaving it nourished and soft. Seaweed de-toxifies, cleanses, balances and improves skin tone.

<b>Duration</b>	<b>60 min</b>
Guest	2800
Sapphire Members	2240
Emerald/Ruby Members	1400

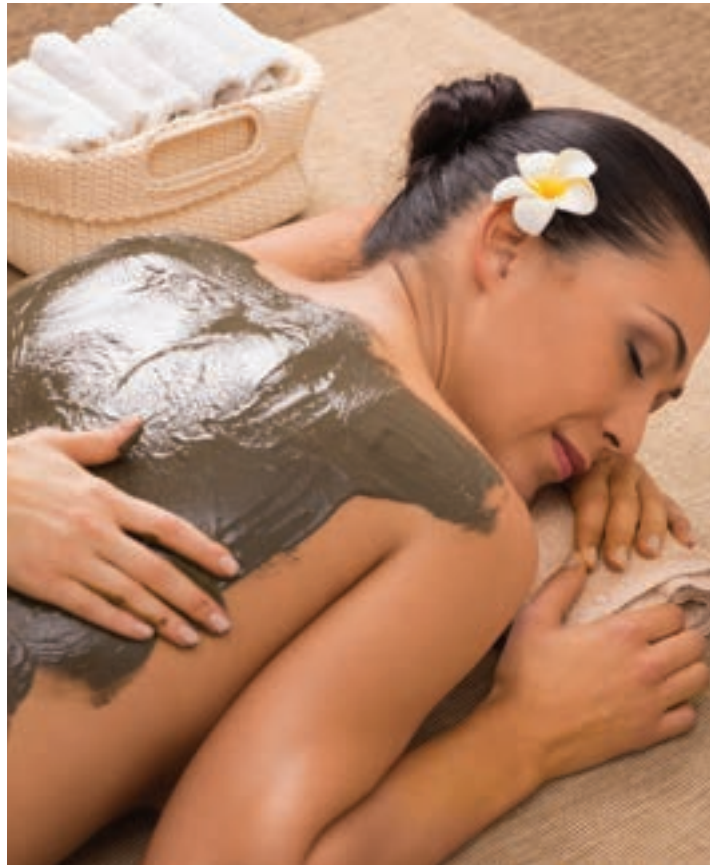
# BODY SCRUBS & WRAPS

## AGE DEFYING

### Firming Body Wrap

It begins with Coffee Cane Sugar body scrub followed by a detoxing mud based wrap useful to firm and tighten the skin. It energizes sluggish skin and reduces cellulite.

<b>Duration</b>	<b>60 min</b>
Guest	2400
Sapphire Members	1920
Emerald/Ruby Members	1200



# FACIALS

## Oil Balancing Facial

Very effective for oily and combination skin types, it contains the goodness of Geranium that is natural astringent, reducing inflammation and irritation. It also reduces skin's oiliness and makes it radiant.

<b>Duration</b>	<b>60 min</b>
Guest	1700
Sapphire Members	1360
Emerald/Ruby Members	850

## Moisturizing Facial

The facial works well for dry skin and it contains goodness of Neroli that belongs to the citrus family. It is an effective re-hydrating and antiseptic oil that both heals and maintains the right skin moisture.

<b>Duration</b>	<b>60 min</b>
Guest	1700
Sapphire Members	1360
Emerald/Ruby Members	850

## Anti Acne Facial

Very effective for acne-prone skin, the facial contains the powerful extracts of Lavender that has both antiseptic and oil secretion control properties and is hence helpful in treating Acne.

<b>Duration</b>	<b>60 min</b>
Guest	1900
Sapphire Members	1520
Emerald/Ruby Members	950

## Skin Lightening Facial

The facial can be done for most skin types and contains the goodness of Saffron, a traditionally popular ingredient that is highly regarded as much for its skin lightening properties as its nourishing, healing and collagen boosting properties.

<b>Duration</b>	<b>60 min</b>
Guest	1900
Sapphire Members	1520
Emerald/Ruby Members	950





### Skin Lightening Facial Advanced

An enhanced version of Lightening Facial, it involves the application of an additional micro nutrient-rich Ocean Mist Mask containing seaweed extracts.

**Duration**                      **70 min**

Guest                              2100

Sapphire Members          1680

Emerald/Ruby  
Members                        1050

### Skin Firming Facial

Very effective in fighting signs of ageing, this facial contains skin regenerating benefits of Patchouli which prevent the skin from sagging.

**Duration**                      **60 min**

Guest                              1900

Sapphire Members          1520

Emerald/Ruby  
Members                        950

### Skin Firming Facial Advanced

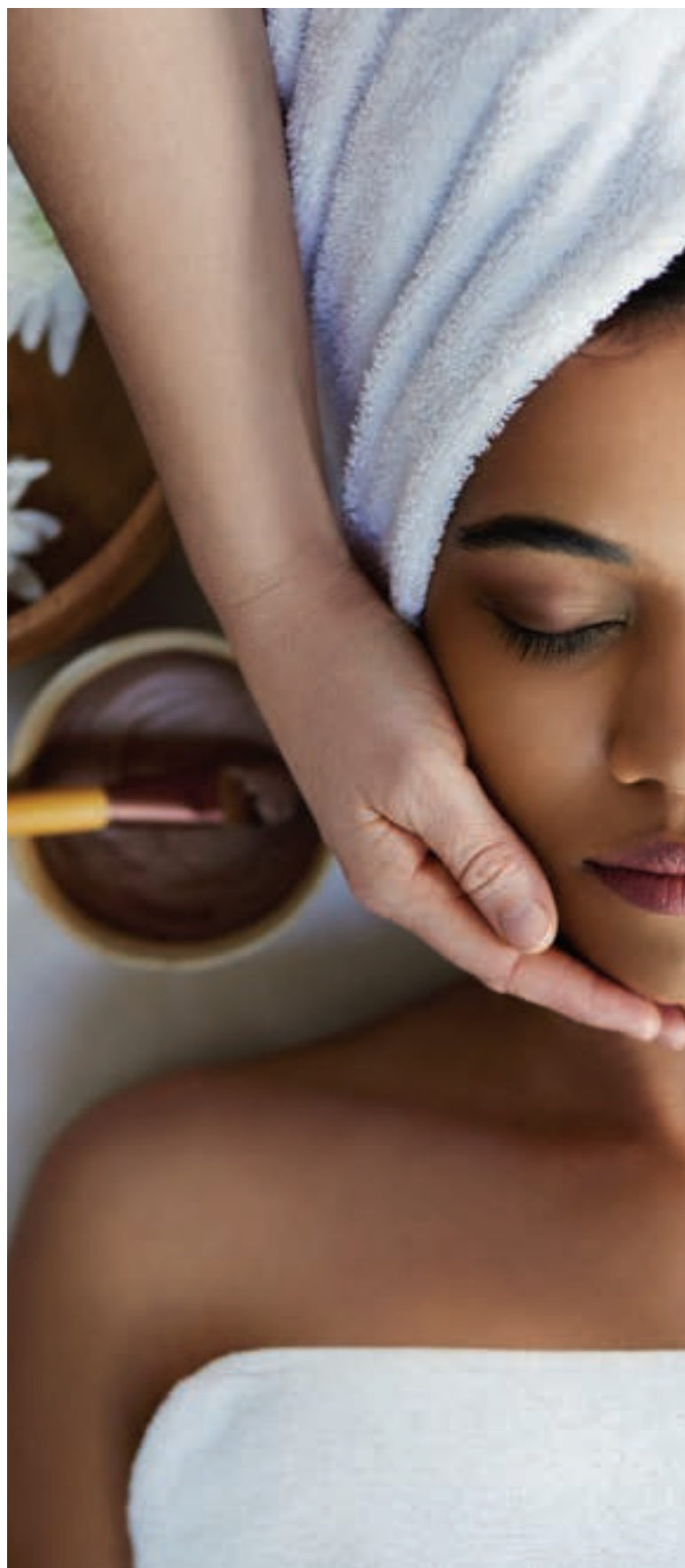
An enhanced version of Skin Firming Facial, it involves the application of an additional Sea Silt Mask rich in moisturising Seaweed extracts and mineral-rich Sea Silt.

**Duration**                      **70 min**

Guest                              2100

Sapphire Members          1680

Emerald/Ruby  
Members                        1050



# PACKAGES

## Deep Relaxation Package

A Swedish Massage with Wintergreen & Eucalyptus Oil and a Head and Shoulder Massage

<b>Duration</b>	<b>90 min</b>
Guest	2800
Sapphire Members	2240
Emerald/Ruby Members	1400

## Ayurvedic Retreat

Therapeutic Ayurvedic Massage with Herbal Oil Blend, Shirodhara

<b>Duration</b>	<b>120 min</b>
Guest	3600
Sapphire Members	2880
Emerald/Ruby Members	1800



## Couples' Spa Retreat

A Swedish Massage with Sesame Oil for one person and a Calming/ Rejuvenating Aromatherapy Massage for the other

<b>Duration</b>	<b>60 min</b>
Guest	3800
Sapphire Members	3040
Emerald/Ruby Members	1900

## Couples' Spa Retreat Premium

A Swedish Massage with Sesame oil and a Head & Shoulder Massage for one person combined with a Calming Aromatherapy Massage and a Foot Reflexology for the other

<b>Duration</b>	<b>90 min</b>
Guest	5600
Sapphire Members	4480
Emerald/Ruby Members	2800

## Ladies Spa Retreat

Calming/ Rejuvenating Aromatherapy Massage; Coffee Cane Sugar Body Scrub and a Facial(Moisturizing/ Oil Balancing)

**Duration**                      **2 hrs 30 min**

Guest                              5200

Sapphire Members        4160

Emerald/Ruby  
Members                      2600

## Gentlemen's Spa Retreat

Swedish with Wintergreen & Eucalyptus Oil; Head & Shoulder Massage and a Facial(Moisturizing/ Oil Balancing)

**Duration**                      **2 hrs 30 min**

Guest                              4500

Sapphire Members        3600

Emerald/Ruby  
Members                      2250



# ADD-ONS

	Duration	Price (Rs)
Head Massage	10min	400
Steam	15min	400
Foot Reflexology	10min	400
Hand Reflexology	10min	400
Back Scrub	15min	750



**THE ZEN AURA**  
— SPA —

Disclaimer : Location, Services, Price & Duration may vary and are subject to change without prior intimation. T&C apply. Spa rules and regulations apply.



 [www.thezenauraspa.in](http://www.thezenauraspa.in)

Govt Taxes Applicable Extra



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