



**THE ZEN AURA**  
— SPA —





The Zen Aura Spa was created with a simple belief—that regular self-care transforms how we feel, move, and live. Through thoughtfully curated therapies and serene spaces, we invite you to make wellness a lasting ritual, not an occasional escape.

**We wish you good health, today and always!**



## PRE-PAID MEMBERSHIP

### Benefits of our PRE-PAID MEMBERSHIP \*



Complimentary 60 min massage on your birthday



Membership plan can be used by friends & family



Cashless transactions in all your visits till membership and balance is valid

#### EASY EMERALD

#### SUPER SAPPHIRE

#### ROYAL RUBY

#### UPFRONT PAYMENT

Rs 15750  
(Rs 15000 + GST)

Rs 21000  
(Rs 20000 + GST)

Rs 31500  
(Rs 30000 + GST)

#### DISCOUNT @ SPA

50%(Mon-Fri)

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

50% (All Days)  
(Rs 30000 + GST)

#### VALIDITY

12 Months

15 Months

18 Months

\* Easy EMIs Available

\* Government taxes extra

Example@Spa	<b>EASY EMERALD</b>	<b>SUPER SAPPHIRE</b>	
	Weekdays Only	Weekdays	Weekends
Opening Balance	Rs. 15000	Rs. 20000	Rs. 20000
Price of Therapy	Rs. 2500	Rs. 2500	Rs. 2500
Less:Discount	Rs. 1250 (@50%)	Rs. 1250 (@50%)	Rs. 500 (@20%)
Price After Discount	Rs. 1250	Rs. 1250	Rs. 2000
Closing Balance	Rs. 13750	Rs. 18750	Rs. 18000

Example@Spa	<b>ROYAL RUBY</b>	
	Weekdays	Weekends
Opening Balance	Rs. 30000	Rs. 30000
Price of Therapy	Rs. 2500	Rs. 2500
Less:Discount	Rs. 1250 (@50%)	Rs. 1250 (@50%)
Price After Discount	Rs. 1250	Rs. 1250
Closing Balance	Rs. 28750	Rs. 28750

\* Easy EMIs Available

\* 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 are applied to help reduce chronic aches and pains. The oil used is a pain-relieving oil blend of Rosemary and Marjoram. Rosemary has anti-inflammatory properties, while Marjoram is pain relieving.

Duration	60 min	90 min
Guest	2400	3600
Sapphire Members	1920	2880
Emerald/Ruby Members	1200	1800

### Sports Recovery Massage

With Rosemary and Marjoram



Designed for active bodies and tired muscles, our Sports Recovery Massage focuses on relieving muscle soreness, improving flexibility, and speeding up recovery after physical activity. Using targeted deep-tissue techniques and assisted stretches, this therapy helps reduce stiffness, enhance circulation, and restore muscle balance—so you can get back to training, work, or daily life feeling stronger and lighter.

Duration	60 min	90 min
Guest	2400	3600
Sapphire Members	1920	2880
Emerald/Ruby Members	1200	1800

### Swedish Massage

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 topical pain relief properties.

Duration	60 min	90 min
Guest	2400	3600
Sapphire Members	1920	2880
Emerald/Ruby Members	1200	1800

\* Government taxes extra



Caring  
Homemaker  
Program



Fitness  
Recovery  
Program



Frequent  
Flyer  
Program

# MASSAGES

## Pain Relief

### Back Massage

With Wintergreen & Eucalyptus



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 muscles of the back are worked upon with slow firm strokes, immediately reducing muscular stress. The massage is done using a pain relieving oil blend of Wintergreen and Eucalyptus.

**Duration** **30 min**

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 back pain or pain in the calves. 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.

**Duration** **45 min**

Guest	2000
Sapphire Members	1600
Emerald/Ruby Members	1000

### Hot Stone Massage

With Wintergreen & Eucalyptus



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.

**Duration** **60 min** **90 min**

Guest	3000	4000
Sapphire Members	2400	3200
Emerald/Ruby Members	1500	2000



Elder Care Program



The Busy Professional Program



Holistic Balance Program



Fitness Recovery Program



Frequent Flyer Program

\* Government taxes extra

# 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 triggers a very relaxed state of mind and provides 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 triggering a relaxed state of mind.

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

### 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 triggers 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	2400	3200
Sapphire Members	1920	2560
Emerald/Ruby Members	1200	1600

### 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	2400	3200
Sapphire Members	1920	2560
Emerald/Ruby Members	1200	1600

\* Government taxes extra



Elder Care Program



Caring Homemaker Program



The Busy Professional Program



Frequent Flyer Program

# MASSAGES

## Relaxation



### 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	2200	3400
Sapphire Members	1760	2720
Emerald/Ruby Members	1100	1700



### 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	1400
Sapphire Members	1120
Emerald/Ruby Members	700



### 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 properties.

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

The Busy Professional Program	Elder Care Program	Holistic Balance Program	Caring Homemaker Program	The Bridal Bliss/regal Groom Program

\* Government taxes extra

# MASSAGES

## Relaxation



### 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 thus promoting a deeply relaxed state of mind. It is very helpful in reducing frequent headaches, in reducing 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	2200
Sapphire Members	1760
Emerald/Ruby Members	1100

## 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

\* Government taxes extra



Holistic Balance Program



Elder Care Program

# MASSAGES

## Beauty



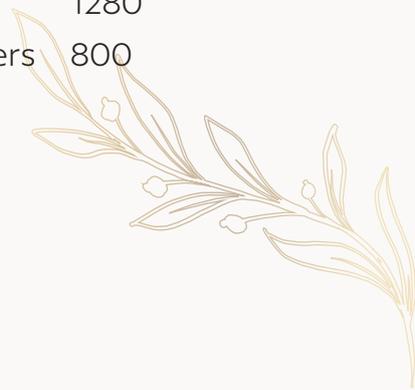
### Lymphatic Face Massage With Apricot Kernel & French Lavender



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 here. The oil is suitable for all skin types.

**Duration** **30 min**

Guest	1600
Sapphire Members	1280
Emerald/Ruby Members	800



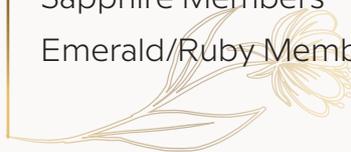
### Nourishing Aromatherapy Massage With Italian Neroli & Bergamot



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	2600	3400
Sapphire Members	2080	2720
Emerald/Ruby Members	1300	1700



Frequent  
Flyer  
Program



The Busy  
Professional  
Program



Holistic  
Balance  
Program



Caring  
Homemaker  
Program



The Bridal  
Bliss/regal  
Groom Program

\* Government taxes extra

# 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	2600	3400
Sapphire Members	2080	2720
Emerald/Ruby Members	1300	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 properties.

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

\* Government taxes extra



Elder Care  
Program

# BODY SCRUBS AND WRAPS

## Beauty



### 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.

Duration	30 min
Guest	1900
Sapphire Members	1520
Emerald/Ruby Members	950



### 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.

Duration	30 min
Guest	1900
Sapphire Members	1520
Emerald/Ruby Members	950



### Charcoal Body Wrap



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

Duration	60 min
Guest	2600
Sapphire Members	2080
Emerald/Ruby Members	1300

The Busy Professional Program

Holistic Balance Program

\* Government taxes extra

# BODY SCRUBS AND WRAPS

## Beauty

 **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 antiseptic properties of turmeric along with the rejuvenating properties of saffron and almond.

Duration	30 min
Guest	1900
Sapphire Members	1520
Emerald/Ruby Members	950

 **Ubtan Glow Body Wrap** 

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

Duration	60 min
Guest	2600
Sapphire Members	2080
Emerald/Ruby Members	1300

## Age Defying

 **Firming Body wrap** 

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

Duration	60 min
Guest	2600
Sapphire Members	2080
Emerald/Ruby Members	1300

 Caring Homemaker Program	 Elder Care Program	 The Bridal Bliss/regal Groom Program
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\* Government taxes extra

# BODY SCRUBS AND 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.

**Duration** 30 min

Guest	2200
Sapphire Members	1760
Emerald/Ruby Members	1100

### 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.

**Duration** 60 min

Guest	3000
Sapphire Members	2400
Emerald/Ruby Members	1500

\* Government taxes extra



Frequent  
Flyer  
Program

# FACIALS



## Moisturizing Vit C Facial



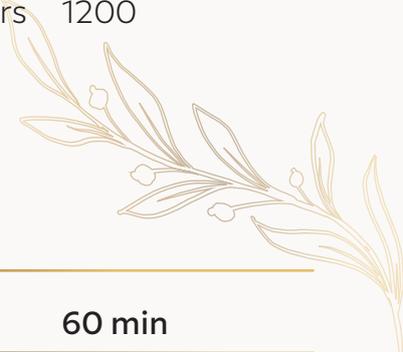
The facial works well for all skin types and contains goodness of Australian Kakadu Plum, Alpha Arbutin & Kojic Acid. It gently exfoliates, hydrates and also provides an even skin tone.

**Duration** **60 min**

Guest	2400
Sapphire Members	1920
Emerald/Ruby Members	1200



## Brightening 24K Gold Facial



Discover a radiant glow with this 24K Gold facial which brightens the skin's natural glow. Korean White Lotus, Glutathione & Peptides leave your skin with improved texture and a radiant glow. The facial is suitable for all skin types.

**Duration** **60 min**

Guest	2600
Sapphire Members	2080
Emerald/Ruby Members	1300



## Firming French Red Vine Facial



Discover youthful skin with this facial containing Resveratrol known for skin firming. Suitable for all skin types this facial is highly recommended for anyone seeking age defying benefits of French Red Vine.

**Duration** **60 min**

Guest	2600
Sapphire Members	2080
Emerald/Ruby Members	1300

\* Government taxes extra



Frequent Flyer Program



Elder Care Program



The Busy Professional Program



Holistic Balance Program



Caring Homemaker Program



The Bridal Bliss/regal Groom Program

# SIGNATURE THERAPIES



## 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 is best known for being rich in vitamins and maintains the moisture levels leaving the skin smooth and firm.

Duration	60 min	90 min
Guest	2800	3900
Sapphire Members	2240	3120
Emerald/Ruby Members	1400	1950



## Swedish Massage with Pain Relief Eucalyptus Balm

A pain-relieving Swedish Massage using a warming after sport & work out balm to soothe tired muscles as well as reduce aches & pain. The balm contains Eucalyptus & Rosemary which warm the muscles & increase blood circulation.

Duration	60 min	90 min
Guest	3200	4200
Sapphire Members	2560	3360
Emerald/Ruby Members	1600	2100



## Moroccon Scrub Massage With Argan Oil and Oudh

A rejuvenating & moisturizing cream-based body scrub massage with the natural, gentle exfoliation of cooling bamboo seeds. Moroccon Argan oil, rich in natural fatty acids & vitamin E, is very beneficial for all skin types, especially dry, mature skin. It protects against UV rays & hydrates the skin. Luxurious Oudh cools and rejuvenates the skin.

Duration	60 min	90 min
Guest	3200	4200
Sapphire Members	2560	3360
Emerald/Ruby Members	1600	2100

\* Government taxes extra



Frequent Flyer Program

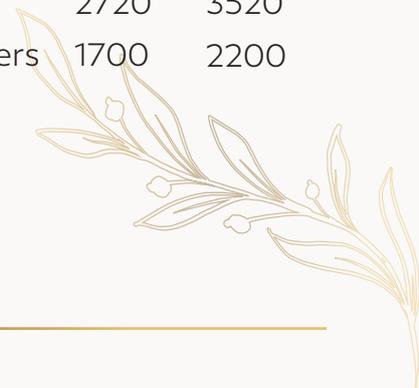
## SIGNATURE THERAPIES



### Brightening Aromatherapy Massage with Rosehip oil

A moderate pressure aromatherapy massage using a blend of Rosehip Oil, this massage helps reduce dullness of skin, protects against sun damage & keeps skin moisturized. Rosehip oil is extremely rich in Vitamin A & E which help hydrate & regenerate the skin. It also contains lycopene & beta carotene which help lighten the skin.

Duration	60 min	90 min
Guest	3400	4400
Sapphire Members	2720	3520
Emerald/Ruby Members	1700	2200



### Warming Velvet Massage with Cocum Butter & Beeswax

A deeply comforting aromatherapy massage that envelopes your body in silky warmth and rich aromatic blends. The molten goodness of Shea Butter, Cocum Butter, Almond Oil infused in Beeswax nourishes the skin leaves you feeling warm, luxuriously relaxed and restored from within.

Duration	60 min	90 min
Guest	3400	4400
Sapphire Members	2720	3520
Emerald/Ruby Members	1700	2200

# PACKAGES



## Couples' Spa Retreat

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

Duration	90 min
Guest	6000
Sapphire Members	4800
Emerald/Ruby Members	3000



## Ladies Spa Retreat

Calming/ Rejuvenating Aromatherapy Massage; Coffee Cane Sugar Body Scrub and a Moisturizing Vit C Facial

Duration	2 hour 30 min
Guest	6000
Sapphire Members	4800
Emerald/Ruby Members	3000



## Gentlemen's Spa Retreat

Swedish with Wintergreen & Eucalyptus Oil Blend; Head Neck Shoulder Massage and a Moisturizing Vit C Facial

Duration	2 hour 30 min
Guest	5000
Sapphire Members	4000
Emerald/Ruby Members	2500

\* Government taxes extra



**ADD ONS**

	<b>Duration</b>	<b>Price (Rs)</b>
Head Massage.....	10min	500
Steam.....	15min	500
Foot Reflexology .....	10min	500
Back Scrub .....	15min	900

\* Government taxes extra



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