

## AYUR WELLNESS PACKAGES

### AYUR DETOX

2 HOURS \$255

- 30 Min. Udwarthanam
- 30 Min. Herbal Body Lepa
- 60 Min. Abhyanga Massage

### AYUR DE-STRESS

2 Hours 15 min \$275

- 15 Min. Indian Head Massage
- 30 Min. Hasthapadha (Reflexology)
- 30 Min. Shirodhara
- 60 Min. Hot Stone Massage

### ISLAND COOLER

1 Hour 30 min \$210

- 30 Min. Soothing Bamboo Scrub
- 30 Min. Cooling Aloe Wrap
- 30 Min. Relaxing Aroma Massage

### TREASURE OF THE SEA

2 Hours \$245

- 30 Minute Sea Salt Scrub
- 30 Minute Seaweed Wrap
- 60 Minute Sea Stone Massage

### DECLEOR ENVELOPMENT

3 Hours \$365

- 30 Min. Decleor Fruit Seed Exfoliate
- 30 Min. Decleor Intense Firming Mask
- 60 Min. Decleor Aroma Massage
- 60 Min. Decleor Vitamin Facial

### JET LAG RECOVERY

2 Hours \$245

- 60 Minute Deep Tissue Massage
- 30 Minute Oxygen Facial
- 30 Minute Reflexology

### TWIN DELIGHT

2 Hours \$220

- 60 Minute Deep Tissue Massage
- 50 Minute Reflexology (or)
- 60 Minute Ultimate Swedish
- 60 Minute Decleor Oxygen Facial

## TRADITIONAL TREATMENTS

### INDIAN BEAUTY

2 Hours 15 min \$ 285

- 30 Min. Udwarthanam
- 45 Min. Age Defying Neem Facial
- 60 Min. Abhyanga Massage

### BALINESE BEAUTY

2 Hours 15 min \$285

- 30 Minute Lulur Scrub
- 45 Minute Balinese Facial
- 60 Minute Balinese Massage

### CLEOPATRA BEAUTY

2 Hours 15 min \$325

- 30 Minute Dead Sea Salt Scrub
- 30 Minute Honey & Milk Glow
- 45 Minute Anti Cellulite Massage
- 30 Minute Caviar Facial

## GUIDELINES FOR SPA GUESTS

### Spa Hours

9 AM - 6 PM / 7 Days a week

### Reservations

Can be made any time of the day through phone or by E-mail. Please have a credit card number available to hold your reservation.

### Mobile Service

Available at your Villa / Resort / Yacht / Beach located anywhere on the Island. Outcall charges apply.

### Arrivals

In consideration of next guest's start time, Late arrivals will be subject to reduced time for the scheduled treatment.

### Cancellation Policy

6 Hours notice is required and rescheduling will be subject to space availability. Last minute cancellations & No shows will be charged the full price of scheduled services.

### Gift Certificate

Available for all spa services. All certificates are Non-refundable and Non-transferable.

### Tax


Taxes are additional.



# AYUR SPA


Detox - Destress - Rejuvenate



 1-649-245-0839

Open Daily: 9 AM – 6 PM

 [ayurspatci@gmail.com](mailto:ayurspatci@gmail.com)


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## AYURVEDIC TREATMENTS

### ABHYANGA MASSAGE

60min \$130 90min \$170

Abhyanga is a full body head to toe massage using warm herbal oil massaged into the skin with long lymphatic drainage strokes and intuitive movements dialogs the toxins and brings deep relaxation for body and mind. (4 Hands available upon request)

### SHIRODHARA (3rd EYE)

60min \$130 90min \$170

Starts with head, back and neck massage followed by warm herbal oil gently poured on the 3rd eye and crown chakras to relieve stress, anxiety, depression and insomnia.

### UDWARTHANAM

50min \$120

This exfoliating herbal massage helps in the reduction of cellulite and treat obesity related disorders, leaving the skin beautiful.

### INDIAN HEAD MASSAGE

30min \$70 50min \$110

Traditional divine treatment for head, neck & back helps to relieve stress and mental fatigue. Leaving you calm, tranquil and relaxed.

### HASTHAPADHA ABHYANGA

30min \$70 50min \$110

Ayurvedic hand and foot massage begins with pressure points, has a very relaxing and balancing effect on the entire body which eases the tired feet syndrome.

### KATI BASTI

30min \$70 50min \$110

Kati Basti treatment helps to relieving lower back pain, begins with warm medicated oil contained with in an herbal paste followed by herbal compress massage.

## BODY SCRUBS

### AYUR LULUR SCRUB

50min \$110

Signature herbal treatment using indigenous herbs and spices (Rice powder, Turmeric & Sandal wood) to exfoliate and with yogurt for moisturizer leaves your skin silk & smooth.

### ISLAND SALT & LIME GLOW

50min \$110

This mineral rich local salts with cleaning effects of lime & lemongrass helps to gently remove dead skin cells leaving skin soft and cleansed.

### COCONUT & TURMERIC RUB

50min \$110

Natural anti-inflammatory and anti-oxidant properties of turmeric and the deep moisturizing and nourishing properties of fresh coconut, enhances your skin's own natural rejuvenation process for glowing beautiful skin

## MASSAGE THERAPIES

### ULTIMATE SWEDISH

30min \$70 60min \$110 90min \$150

This massage includes medium to light pressure to relieve muscle tension, improve circulation and bring relaxation to body and mind.

### DEEP TISSUE MASSAGE

30min \$80 60min \$120 90min \$160

Created to alleviate stress deep down and release the discomfort of aching muscles. Leaves your mind feeling less cluttered and muscles intensely relaxed.

### DECLEOR AROMA MASSAGE

30min \$80 60min \$120 90min \$160

Decleor aroma balm with an enveloping & rapid-dissolving texture contains essential Oils of Tonka Bean, Ylang Ylang & Vetiver plus Vanilla extract helps soften skin & relieve tension.

### HOT STONE MASSAGE

30min \$80 60min \$130 90min \$170

Individually shaped, these magical warm stones help to release tension, soothe aches and rebalance energy levels.

### PRENATAL MASSAGE

60min \$130 90min \$170

Gentle massage specially blend oil to reduce water retention in feet and ankles, ease headaches, backaches, & fatigue.

### BALINESE MASSAGE

60min \$120 90min \$160

Balinese massage is a full-body, deep-tissue, holistic treatment. Traditional Balinese massage uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and "qi" (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation.

### COUPLES CONNECT (FOR 2)

30min \$140 60min \$220 90min \$300

Immerse yourself in this delicious treat for two, side-by-side ultimate Swedish massages in our couple's suite.

## BODY WRAPS

### AYUR NEEM WRAP

50min \$120

Locally grown Neem leaves have therapeutic properties. They are made into paste and applied on the body. It detoxifies, invigorates and reduces blemishes, leaving the skin clear and silky smooth.

### AYUR HERBAL LEPA

50min \$120

Traditional herbs are used to cleanse, exfoliate, tone and finally hydrate.

### ALOE & CUCUMBER SUN SOOTHER

50min \$120

We apply a blend of soothing aloe vera and cucumber paste onto your sunburn before gently massaging using acupressure techniques.

### DETOX SEAWEED WRAP

50min \$120

Seaweed detox body wrap certainly benefits to the skin. In addition, the entire process for a seaweed body wrap is an excellent way to relieve daily stress and to help the body feel new and improved.

## FACIALS

### AGE-DEFYING (NEEM) FACIAL

30min \$70 50min \$110

Neem Oil contains the necessary fatty acids, which also promote wound healing and make your skin healthy. Neem also has anti-inflammatory property that reduces acne.

### DECLEOR OXYGEN FACIAL

30min \$70 60min \$120

A facial cleanses, exfoliates, and nourishes the skin, promoting a clear, well-hydrated complexion and can help your skin look younger.

### DECLEOR VITAMIN FACIAL

30min \$80 50min \$130

Power-packed with vitamins and antioxidants, the award-winning facial melts away stress.

### DECLEOR GENTLEMANS FACIAL

30min \$70 60min \$120

This facial is enriched with Vitamins and Anti-Oxidants. The unique massage movements help to release tension and the bamboo movements help to smooth out the appearance of lines and wrinkles.

## HAIR REMOVAL (WAXING)

FULL SERVICE AVAILABLE

Traditional Threading  
Eyebrow / Top Lip / Chin \$35

## MANI & PEDI

Spa Manicure \$50 Deluxe Manicure \$70

Spa Pedicure \$65 Deluxe Pedicure \$85

### REIKI

30min \$60

This natural, holistic, complementary healing modality can restore and maintain your health by balancing the chakras and auras.

## YOGA

\$120 for 60 mins session per person

\$50 for each additional person

A personalized session, tailor-made to your needs, for improving concentration, Physical and Mental fitness, pain relief, to help control diabetes and more. Ayur Spa conducts yoga sessions regularly. Call the spa to get the schedule for group yoga sessions.