



Soak in the wisdom of ancient wellness therapies, slow and steady like an aame (Kodava for tortoise). From a quick foot massage after your hike to a soothing full body treatment with natural oils and calming aromas, it's your time to treat yourself.

SOJOURNS

	DURATION	INR (+Taxes)
<p>Deep Sleep</p> <p>Deep Tissue Massage (60 min) • Head Massage (30 min) • Foot Reflexology (30 min)</p>	120 min	7971
<p>Nourish</p> <p>Choice between Full Body Swedish, Deep Tissue or Indian Abhyanga Massage (60 min) • Choice of Facial (60 min)</p>	120 min	7476
<p>Replenish</p> <p>Swedish Massage (60 min) • Choice of Body Scrub (45 min) • Soothe & Revive Body Masque (30 min) • Soothing Head Massage (15 min)</p>	150 min	9400
<p>Couple Retreat</p> <p>Choice of Full Body Swedish or Deep Tissue Massage (90 min) each</p>	90 min	11952



MASSAGE

	DURATION	INR (+Taxes)
Swedish Massage	60 min / 90 min	4162 / 6333
Deep Tissue Massage	60 min / 90 min	4429 / 6638
Indian Abhyanga	60 min / 90 min	4162 / 6333
Jetlag Recovery	90 min	7000
Potali Massage	60 min	5305
Sports Therapy	90 min	6638

REVITALIZING

	DURATION	INR (+Taxes)
Head Massage	30 min	2067
Foot Reflexology	30 min	2352
Back Massage	30 min	2352

BEAUTY

	DURATION	INR (+Taxes)
Purify Turmeric Body Scrub	45 min	3305
Renew & Glow Body Scrub	45 min	3305
Soothe & Revive Body Masque	30 min	2733
Shine Facial	60 min	3876
Pure Facial	60 min	3876
Rejuvenate Facial	60 min	5000

OILS

	INR (+Taxes)
Vimukti Oil	338
Sparsh Oil	381
Ojas Oil	381