



# Awaken Your Senses

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# Clear your Mind (Feel well)

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## **ASPIRE AROMATHERAPY**

Experience the Hyderabad's healing traditions of Nizam woven into culture of fragrance and massage where attars are instrumental waft through the air. Special curated blends of essential oils has the freshness from precious flowers and sacred plants in symphony and harmony with sensual warmth of spices that are used in a gentle rhythmic marma massage. Bring the relief based on the scent of you choosing to provide countless emotional, mental and physical benefits.

75 minutes

## **HEAVENLY SPA SIGNATURE MASSAGE**

with hot compress (Energize oil)

A heated herbal compress invites back muscles to relax with Swedish along with diverse massage techniques. A fully personalized treatment that works with customized pressure on specified areas of concern to relieve muscle tension and bring about a balanced, calm and stress-free state of being.

60/90 minutes

## **INDIAN HEAD MASSAGE**

A deeply relaxing oil-based massage of head, neck and shoulders using cranio-sacral techniques to ease tension in the muscles and fascia of the head and upper body and induce a deep sense of calm.

30 minutes

## **STRESS RELIEVER 30 MIN** (Relax oil)

Recommended for those who prefer focused attention on the back – a reviving back, neck and shoulders massage using acupressure techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

30 minutes

## **EARTHSTONE MASSAGE** (Relax oil)

This full body massage uses heated basalt stones to release stress and tension, and increase blood flow to the affected area. The heat from the stones provides the extra relaxation for fatigued and overworked muscles, and has a healing effect on damaged soft tissue. It is also known to promote better sleep.

90 minutes

# Refresh from within (Eat well)

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## **DEEPTISSE MASSAGE**

An experience recommended for those really tense, knotted and painful areas. Using a variety of muscle release techniques, the therapist will work within your pleasure/pain threshold to release and relax chronic tension. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers.

60/90 minutes

## **THAI MASSAGE**

Thai massage, performed without oil is indeed a sublime body workout that involves passive stretching and dry massage strokes to attain a true level of relaxation.

60/90 minutes

## REFLEXOLOGY

This healing art of ancient origin stimulates predefined energy points on feet to relieve stress. This therapy will help you to improve the blood circulation and helps to stimulate the internal organs.

30/60 minutes

# Recovering Traveller

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Travelling, particularly flying and jet lag, disturbs the body's natural flow of energy and this jetlag recovery massage aims to restore the body's natural biorhythms. It uses a combination of lymphatic drainage with pressure point techniques and gentle stretching. A perfect choice of treatment after a long journey for tired and heavy legs. Stimulates blood circulation and relieves fatigue.

60/90 minutes

# Body Treatments

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Body treatments restore balance, well-being and foster the benefits of water and touch. Through use of natural products, the body is able to combat fatigue and stress by awakening the senses and revitalizing the skin.

## PEARL PERFECTION

This highly addictive body polishing treatment pampers the skin luxuriously buffed in the beateous tradition of the Nizam that uses purifying pearl dust and rejuvenating minerals leaving your skin with a luminous complexion.

45 minutes

## ENERGIZING SEA SALT SCRUB

Essential oils of orange, eucalyptus and peppermint are infused into natural sea salt that is stimulating internal systems to heal and regenerate the skin.

45 minutes

## HYDRATING CRYSTAL SCRUB

Himalayan salts saturated with the sensual oil of Indian Rose and blended in a nourishing Apricot Kernel, Almond and Sunflower Oil base create the perfect scrub for hydrating, exfoliating and softening the skin.

## ANCIENT INDIAN BODY WRAP

Deep Cleansing, Toning and Rejuvenating Himalayan clay mask is made using ancient herbs, spices and career oils to make your skin smooth. This wrap draws out toxins and purifies skin while retaining its natural moisture balance.

45 minutes

# Bagni Di Pisa Thermal Mud by [comfort zone]

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## DETOXIFICATION & REMODELING

Thermal water from Bagni di Pisa, a blend of essential oils, focus and Luminaria algae: a synergic intensive cosmetic treatment that hydrates and tones. The skin is exfoliated with a special blend of natural acid extracts and Bagni di Pida Thermal mud. It concludes with a drainage massage using the Body Strategist Massage oil. Suitable for all types of imperfections of cellulite.

120 min

## HYDRO AROMATIC BATH

In the Nizam dynasty, indulging in an aromatic bath was a regular practice. This therapy soothes, relaxes and provides pain relief for joints and sore muscles. High pressure water jets are used to massage the skin and stimulate circulation. Blends of invigorating, detoxifying or spice bath oils are added to the bath to suit your specific needs.

30 min

## SOOTHING REMEDY

### Cosmetically protects, smoothens and nourishes the skin

The advanced professional solution to soothe, renew and strengthen sensitive and redness prone skin. Smoothens and restores the protective skin barrier through a delicate dermal-affinity action and renews, nourishes and fortifies the skin barrier.

Recommended for skins which are sensitive, fragile and prone to redness

## ACTIVE PURENESS ADVANCED (deep cleansing)

### Revitalizing & rejuvenating treatment for purifying skin

This facial is an advanced deep-cleansing rebalancing and purifying treatment to deeply purify and rebalance oily, impure skin. With algae biphasic mask of spirulina algae which is an advanced deep cleansing and gives the skin a luminous, smooth, uniform appearance and rebalances the oily impure skin.

## HYDRAMEMORY ADVANCED

### Hydrating, cosmetically supports skin compactness, prevents visible signs of premature aging

Intensive hydrating treatment for face, neck and décolleté with biomimetic fragments hyaluronic acid and macro hyaluronic acid, for a bright and silky skin aspect. The exclusive application of the mask with brushes offers a unique experience. It cosmetically supports the compactness of the skin and helps to prevent the visible signs of a premature aging. Ideal for all skin conditions, specific for particularly dehydrated and stressed skins, exposed to air conditioned and very dry climates.

## SUBLIME SKIN-DOUBLE PEEL

### Anti-aging, lifting & re-plumping for mature skin

A state of the art, ultimate anti-ageing facial combines an Archi-Lift TM technology with the renewing effects of the double peel for an instant re-plumping effect. Ideal for mature skin with visible signs of ageing, this firming facial stimulates cellular regeneration using the exclusive active lift massage techniques to smooth and tone skin with ACHILLEA MILLEFOLIM and anti-oxidant properties of Goji berry extracts.

## SACRED NATURE REGENERATIVE ELIXIR

### Deep Cleansing, Illuminating, Rebalancing

With formulations certified according to COSMOS guidelines, it nourishes, reoxygenates and protects the skin. Its effectiveness is guaranteed by the personalized choice of mask and enhanced by specific techniques for each phase. Ideal for all ages, it is recommended: for all skin types that require deep cleansing and stimulation, in the version with GLOW CLAY/RUBBER MASK.

## EYE RELIEF

### Relieve, Refresh & Revitalize

A refreshing and revitalizing treatment for the eye area, improving dark circles, puffiness as well as providing hydration, therefore preventing the formation of fine lines and wrinkles.

## SKIN REGIMEN - MEN

### Formulated and dedicated to modern multitaskers, urbanites and skin-tellectuals

Stress and pollution makes skin dry, inflamed and impure and accelerates aging. This professional-grade, clean skin care formulas slow down aging and reveal a healthy glowing skin.

# Packages

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### HOPE

This wonderful experience begins with choice of scrub and Heavenly spa signature massage to renew and rejuvenate you skin and body.

1 hr 30 min

### BALANCE

This blissful journey starts with a holistic massage of your choice followed by illuminating facial that will bring your glow back to you.

2 hr

## **A GENTLEMAN'S JOURNEY**

Ideal for the active type or the constant traveler, this personalized journey rejuvenates the body, boosts immunity and brings back that healthy glow. It begins with an invigorating zesty body polish and continues with a full body detox massage, to help relieve adrenal fatigue. It concludes with a hydrating MENS facial to cleanse and balance the skin.

2 hr 30 min

## **RELAX TOGETHER**

Magnificent massage suites filled with soothing music and blissful aromas are the perfect setting to share a spa experience with a friend or loved one. Beginning with a massage of your choice, this wonderful experience promotes bonding and togetherness in a unique setting. Your therapy concludes with a fragrant meditation in a hydro aromatic bathing invoking a feeling of mysticism and deep sense of calm.

90 min/ 2 hrs

## **WISH**

Make your wish come true. Customize your own treatments from the array of massages, scrubs, facials and wrap.

3 hr