



# Spa Menu



# The Experience Series







Experience rejuvenation and relaxation at Amber Wellness Spa, where holistic well-being meets luxury. Founded by passionate professionals, our bespoke treatments are crafted to awaken your senses and restore your natural glow. Indulge in soothing massages, luxurious skincare rituals, or refreshing hair services. Whether pampering yourself or seeking a stylish makeover, Amber Wellness offers an unparalleled escape into tranquillity and transformation.

## AMBER PRITIVI KARMA

### Sukha - Bliss - 60 min

Draw out your inner radiance. You begin with a deeply nourishing scrub and indulge in exfoliating the dead skin cells with blends of Almond and Honey. The skin get free from exfoliation and a soothing wrap with the essence of Sandalwood and vetiver is applied to smoothen and polish your skin to give a radiance.

### Soundarya - Beauty - 180 min

Soothe your senses and pamper your body. Begin with a deeply nourishing scrub and a moisturising wrap. Relieve sore muscles with our Indian blends powerful massage and end with a Brightening Facial.

### Ventoz - Indian Cupping - 90 min

An ancient Indian treatment where pressure induced cups are used to create vacuum and ease knots and sore points of the body. This is followed by recuperating deep massage with our signature blends which are absorbed by the skin. These cups may cause mild bruises but guest always report immediate pain relief from chronic ailments. This recuperating massage is then followed by the application of a steam poultice of therapeutic Indian herbs and is wrapped up with gentle strokes which helps the muscles to slip in to ultimate bliss.

All prices are listed in INR. Excluding tax.



# The Rejuvenation Series









## ABHISARANA KARMA

Traditional body therapies that were exclusive curated from different countries for their royalty. Our trained therapist offers an authentic royal experience with venerable treatments that pampered and healed kings and queens of ancient times.

### Amber Vishrama - Signature Massage - 75 min

Our Signature massage to melt your stress away. An application of Hot compress of therapeutic Indian herbs works on your tired and sore muscles. Combining a natural aromatic muscle easing blend of indigenous oils relieves your tensions and your senses will be soothed away. Our signature massage gives you a choice of selecting of different oils, to relish the aroma of your choice.

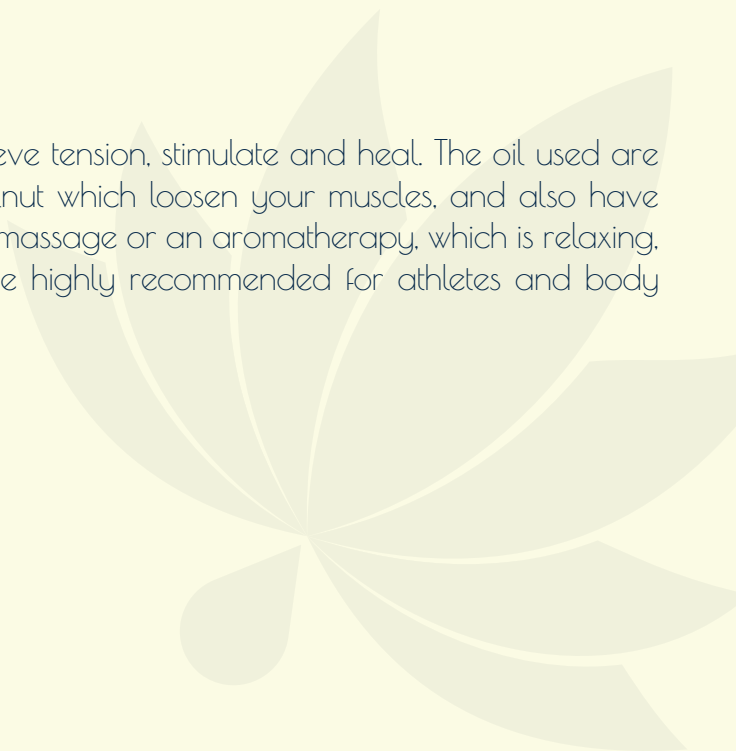
### Hot Stone Massage - 75 min

A warm flowing massage of the unique stones derived from the medicated rains and sands which is believed to relieve sluggishness, poor circulation and eliminate toxins from the body. Helps in deep relaxation and various acupressure techniques helps to relieve the pain. The overall result is an irresistible feeling of relaxation releasing stress and relieving you of tension. These stones have a healing power to relive your aches and pains.

### Deep Tissue Massage - 60 min / 90 min

It's a massage that concentrates on the muscle groups to relieve tension, stimulate and heal. The oil used are blended with the ingredients of Orange, Cinnamon and walnut which loosen your muscles, and also have the anti-septic effect on your body. It's different to a Swedish massage or an aromatherapy, which is relaxing, in that it is usually more intense. This massage techniques are highly recommended for athletes and body builders.

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## Swedish Therapeutic Massage - 60 min / 90 min

This treatment stimulates blood circulation and fills you with renewed vigour. Swedish massage techniques are designed specifically to concentrate on individual body parts and has therapeutic effect on the body. This treatment is an absolute relaxation of the whole body.

## Indo - Thai Fusion Massage - 60 min

For centuries wrestlers have taken powerful massage. Experience this traditional vigorous massage with our signature oils or olive oil, which is extremely good for our skin and relieves aching, sore and tense muscles. As the muscles relax, we conclude the treatment with Thai stretches to loosen up the body to ease and feel light.

## Stress Relieving Massage - 30 min

As the name represents this massage is a stress reliver, your therapist will concentrate on your back, neck and shoulder. The techniques are designed to remove the excessive knots and stiffness around your neck, and shoulder. This is the best relaxing way in a short duration and energises your body which makes you feel brisk.

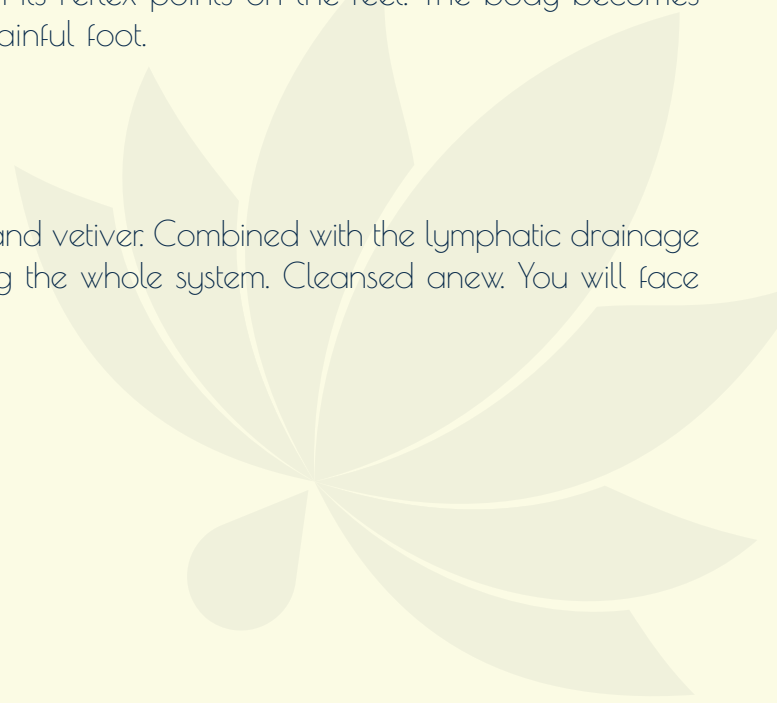
## Indian Foot Massage - 20 min / 45 min

A smoothening massage treatment performed on the soles of your feet to create a profoundly relaxing experience. This treatment stimulates the entire body with its reflex points on the feet. The body becomes light and you experience a royal extravagance for a painful foot.

## Lymphatic Drainage Massage - 60 min

A unique blend of oils with the goodness of Sandalwood and vetiver. Combined with the lymphatic drainage technique, works from within eliminating toxins and refining the whole system. Cleansed anew. You will face the world again revived and energised.

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## THE BODY TREATMENT SERIES

### ABHISARANA KARMA

Indulge in the relaxing, exfoliating and nourishing properties of our scrubs and wraps prepared from the natural goodness of Sea salts, pure essential oils and Indian herbs and local rice have healing properties will cleanse , moisturise and refresh your skin.

Orange and Liquorice Scrub: Cleanses and refreshes your body and eliminates all toxins for complete purification.

Almond and Honey Scrub: Nourishes your skin and makes it silky smooth and supple.

Sandalwood and Vetiver Body Wrap: They are best taken after a scrub to encourage better results from the nourishing effects of the mask, sandalwood and vetiver.



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# THE AYURVEDIC SERIES









## AMBER AYUR KARMA

Keeping our mind healthy is essentially important for prevention of any diseases. As Ayurveda gives equal importance to both physical and mental health the treatment procedures includes psychological wellbeing and detox plays a vital role in all the therapies.

### Abhyanga Massage - 60 min

A traditional Abhyanga massage is performed by our therapist using the long stroke technique. These techniques helps to maintain the body temperature on the either side of the body by increasing the blood circulation and flushing your toxins. This massage is an absolute energizer.

### Shirodhara - Oil Dripping - 45 min

Shirodhara treatment is - "the king of therapies" in Ayurveda.

Shiro - means Head and Dhara - means Oil.

Medicated warm oil dripping on the forehead forms a major part of the detox therapy of our mind. This forms a thin stream of warm herbal oils over the forehead and eyes. It provides natural relief from stress, anxiety; depression. Shirodhara is therapy with no side effects as compared to other treatment methods.

### Shiro- Abhyanga Massage - 75 min

A divine combination of Traditional practises accompanies this journey of deep peace and spiritual awakening. Sink into the massage bed and allow the calming experience of Indian traditional massage and Shirodhara. Emerge with clarity and wonder after a gentle steam and shower and enjoy our classically Indian Herbal Chai.

### Podikizhi - 90 min

This unique therapy utilizes warm, medicated herbal poultices to promote healing, alleviate pain, and restore balance to your body and mind. The herbal poultices combined with specific oils effectively target pain points and reduce swelling. The warmth, aroma, and gentle massage technique induce deep relaxation, calming the mind and reducing stress.

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## Udwarthanam - 60 min

A proper massage is given by Ayurvedic powders. A deep tissue Ayurvedic massage using herbal powders and medicated oils. The therapy, involving upward massage strokes, is recommended as a daily routine for regulating proper blood circulation and complete detoxification. This therapy is a best to reduce accumulation of fat under the skin.

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## LADIES SPECIAL KRIYA

A tribute to women which further enhance their strength and health and empower their mind, body and soul with our specially designed treatments.

### Sakhi Ritual - 175 min

Designed to create well-being, confidence and independence. This is curated therapy is a combination of body treatments and beauty treatments which channelise the body within exfoliating body treatment followed by an energising body massage. We include this ritual with a cleansing facial.

### Snehidhi Ritual - 120 min

Woman has the power and skill to play many roles which enhance them. We at Amber wellness have designed a special ritual which initiates relaxation with an aromatherapy massage, followed by a facial to enhance the glow of vitality.

### Sthree Ritual - 90 min

Sthree means Divine. Divine is always considered superior. Familiarising Sthree with an aroma oil bath followed by a herbal body scrub to exfoliate, the dead skin cells and conclude the ritual with a hydrating moisturiser.



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# THE COUPLE SERIES





## Treatments for TWO

Shared relaxation treatment for partners or friends. Allowing individuals to unwind and enjoy each other's company in a tranquil space. Great getaway to bond and de-stress together.

### SOMA - Nectar - 120 min

We provide an enhancing experience at Amber for couples. We have created a blissful spa journey which unleash the stress, toxin and daily routine. These treatments help to unwind the tension and enrich the body to renew rejuvenate. A couple treatments include six body polishes for 30 minutes and a signature Massage 60 minutes milk bath 20 minutes.

### ABHISARANA - Togetherness - 120 min

Refreshing the minds with pleasant aroma and treating your vision with a blissful ambience. We offer a blissful relaxation 60 minutes karma of your choice and pamper with a brightening facial to enhance the beauty from within.



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# SKIN CARE SERIES







## BEAUTY ENHANCEMENT TREATMENTS

Various procedures of cleansing, exfoliation, moisturizing and targeted treatments for specific skin concerns and maintain healthy skin and address various skincare issues.

### Skin Hydrating Treatment - 60 min

Our facial ingredients help to attract and retain moisture of your skin. Using the gentle moisturizer can be a daily routine to maintain the skin being hydrated. This also reduces wrinkles and other signs of aging.

### Skin Brightening Treatment - 60 min

The brightening facial of BLAB is a treatment designed to improve the appearance of your skin by addressing issues like dullness, blemishes, uneven skin tone and dark spots. Overall, the goal is to leave your skin, looking more luminous and even-toned.

### Skin Smoothing Treatment - 60 min

Smoothing treatment is likely focused on improving the texture of the skin by addressing roughness, unevenness and fine lines. It may involve exfoliation techniques to remove dead skin cells and promote cell turnover. The end result is smoother, softer skin with a more refined texture.

### Mineral Treatment - 75 min

With the all-purpose facial, feeling and looking good takes on a new meaning. Enjoy the feeling of a "second skin" which detoxifies and protects against environmental pollutants and instant radiance. Ideal for all skin types.





## Spa Services

### The Experience Series

		<u>PRICE</u>
Sukha ( Scrub + Wrap)	60 Minutes	4500
Ventoz ( Cupping Therapy + Massage + Poultice)	90 Minutes	5500
Soundarya( Scrub + Wrap + Massage + Facial )	180 Minutes	9000

### The Rejuvenation Series

		<u>PRICE</u>
Indian Foot Massage	30 Minutes	750
Head Massage	30 Minutes	900
Indian Foot Massage	60 Minutes	1500
Stress Releiving Massage	30 Minutes	2000
Swedish Massage	60 Minutes	3000
Indo - Thai Massage	60 Minutes	3000
Deep Tissue Massage	60 Minutes	3500
Swedish Massage	90 Minutes	3750
Deep Tissue Massage	90 Minutes	4000
Amber Vishrama signature massage	75 Minutes	4250
Hot Stone Massage	75 Minutes	4250

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## The Body Treatment Series

### PRICE

Almond and Honey Body scrub	30 Minutes	2500
Orange and Liquorice Body scrub	30 Minutes	2500
Sandal wood and Vetiver Body wrap	30 Minutes	2500

## Ayurvedic Series

### PRICE

Shirodhara	45 Minutes	2750
Abhyanga Massage	60 Minutes	3000
Udwarthanam	60 Minutes	3250
Shiro Abhyanga	75 Minutes	3750
Podikizhi	75 Minutes	3750

## Ladies Special Kriya

### PRICE

Sakhi Ritual (Scrub + Massage)	90 Minutes	5000
Snehidhi Ritual(Aroma Massage + Facial)	120 Minutes	5500
Sthree Ritual( Scrub + Massage + Facial)	175 Minutes	8000

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## The Couple Series

		<u>PRICE</u>
Couple Massage	60 Minutes	5750
Couple Massage	90 Minutes	6750
Soma Couple Package (Body Polish+Massage+Milk Bath)	120 Minutes	7500
Abhisarana Couple Package (Facial + Scrub + Massage)	120 Minutes	8500

## Skin Care Series

		<u>PRICE</u>
Soothing Facial	60 Minutes	2500
Hydrating Facial	60 Minutes	3000
Brightening Facial	60 Minutes	3000
Deep Cleaning Facial	75 Minutes	4000
Mineral Facial	75 Minutes	4500



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# The Salon Series







## The Salon Series – Ladies

	<u>PRICE</u>
Hair Trim	600
Shampoo & conditioning	600
Highlight per streak	600
Womens Kids hair cut	700
Blow Dry	1000
Basic Hair cut & style	1200
Hair wash & Blow dry	1200
Hair Crimping	1200
Creative Hair cut & style	1500
Root touch up	1750
Special Occasion Up Do	2000
Bridal Hairstyle	2500
Basic hair colour (Onwards)	3000
Crown highlight (Onwards)	3900
Balayage colour (Onwards)	4500
Hair Tong Short	1200
Hair Tong medium	1400
Hair Tong long	1600
Straight Finish (Ironing) Short	1200
Straight Finish (Ironing) Medium	1400
Straight Finish (Ironing) Long	1600
Roller Set Short	1200
Roller Set Medium	1400
Roller Set Long	1600

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## Hair Spa Series

Dandruff Treatment  
Relaxation Treatment  
Hair Fall Treatment

### PRICE

1700(onwards)  
1700(onwards)  
1700(onwards)

## Hair Treatment

Keratin Treatment  
Smoothing Treatment  
Hair Straightening Treatment  
Botox Treatment

### PRICE

4000(onwards)  
4000(onwards)  
4000(onwards)  
5000(onwards)

## Waxing Series

Upper Lip, Chin Wax ( Each)  
Under Arm Wax  
Full Arm Wax  
Back & Shoulder Wax  
Half Leg Wax  
Full Face Wax  
Brazilian Wax  
Bikini Wax  
Full Body Wax

### PRICE

400  
400  
700  
700  
700  
900  
1000  
2000  
3500

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## The Threading Series

	<u>PRICE</u>
Eye Brow	90
Upper Lip	90
Chin	90
Upper Lip/ Chin	90
Sides Of Face	100
Full Face	400

## Mack Up Series

	<u>PRICE</u>
Special Events Mack Up	8000
Bridal Make Up	25000

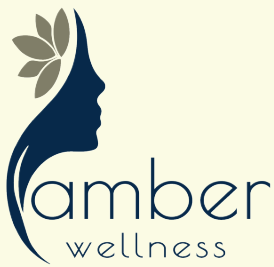
## The Nail Series

	<u>PRICE</u>
Nail Polish Application	300
Cut And File	300
Express Manicure	600
Express Spa Pedicure	900
Spa Manicure	1500
Spa Pedicure	1800

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## The Salon Series - Gents

	<u>PRICE</u>
Shave & Hot Towel	250
Shampoo & Conditioning	350
Beard Designing	350
Kids hair cut	400
Shampoo And Style	400
Beard Trim	400
Gentlemen Hair Cut And Style	600
Beard Colouring	600
Head Shave	700
Creative Hair Cut	900
Root Touch Up	1500
Anti Dandruff Hair Spa	1700
Relaxation Treatment	1750

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## GENERAL INFORMATION

### RESERVATION AND CANCELLATION

It is recommended that you arrive 15 minutes prior to the scheduled spa session. For the convenience of other guests, please intimate us about any cancellation a minimum of 4 working hours prior to your appointment. Late cancellations will attract a 50% cancellation fee.

### SPA ETIQUETTE

Help us maintain the serene environment of the spa by keeping your mobile phones silent and speaking softly. Guests under the age of 16 are not permitted within the spa, unless accompanied by an adult.

Smoking and consumption of alcohol are prohibited within the spa area.

The spa management has the discretion of not serving guests under the influence of alcohol. Gentlemen are advised to shave at least 3 hours prior to a facial session. What should guests wear during a treatment?

Guests will be provided with disposable undergarments. You are required to wear this for your comfort. Our therapists will always use draping techniques to respect your privacy.



## CONSIDERATIONS

Membership package are non-refundable can be availed membership card/booklet Pregnant lady guests and other guests with any medical condition, are advised to consult their doctors before signing up for any services and inform the spa therapist about the condition.

The spa treatments rendered by Amber Wellness are for general purposes only and are not a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. It's employees and representatives will not be held liable for any incident experienced by the guest during or after the spa service.

The spa treatments rendered by Amber Wellness are professional in nature. Any illicit or sexually suggestive behavior, remarks or advances made by the guest will result in the immediate termination of the session and may result in legal action. The guest will also be liable.





📍 First Floor, 144, Mount Poonamalle High Road,  
Iyyapanthangal, Chennai 600056

✉ care@amberwellness.in

🌐 www.amberwellness.in

📞 80781 99999

📞 044 4979 4090