

## HEALING WITH AYURVEDA & WELLNESS SPA PROGRAM 3-21 DAYS

A perfect way to boost your immune system and improve vitality. We have a series of well researched outcome based Ayurveda & Wellness Programs spanning from 3 to 21 days. Our wellness experts will guide you to select suitable programs based on your unique health and lifestyle requirements. Limited slots available.

### Our exclusive Ayurveda and Integrated Wellness programs for 3 days to 21 days

#### Experience Ayurveda - 3 days (Rs 18000)

A three days customized wellness program to introduce the overall wellbeing. Your basic health condition will be analyzed by our experts and an effective bespoke treatment plan will be designed. Body therapies, Scrubs, Abhyanga, Herbal Pouch therapy, Indian head massage are some of the therapies in our repertoire.

#### Rejuvenation Package - 5 days (Rs 32000)

A perfect treatment plan with a large range of Ayurveda and Wellness therapies that will impress you with results of deep relaxation. The results are an invigorated body, a calm mind and vigorous immunity.

This package includes various Ayurveda and non- Ayurveda therapies such as Abhyangam , Shirodhara, Aroma /Swedish therapies with body scrubs ,head and face therapies and many more.

**"SPA MEMEBRSHIPS ARE AVAILABLE"**  
(For details please contact our Spa Reception )

#### Spa Guidelines

Kindly turn off your cell phones and leave all your valuable in your room safe. We are not responsible for the damage or loss of any personal belonging. Children aged below 16 can avail treatment only under parental supervision .

All spa packages are discounted prices, so they are not eligible for discounts or promotions..

#### Service Charges

We do not levy any service charge to the cost of treatment. Additional gratuities your therapist is subject to your discretion.

#### Cancellation Policy

In case of any change or cancellation, please notify our Spa two hours prior to your scheduled appointment to avoid paying 50% of the cost as a cancellation fee.

**Corporate wellness programs are available**

**\* Rates are without GST- Tax will charge Extra**

**\*Prices are shown in Indian Rupees**



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www.saespas.com | www.thriphala.com

THE PINK ROOM BY SAE SPA

Planet Hollywood Beach Resort Goa

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PINK ROOM BY



## SPA PACKAGES

**Jet Lag reviver / Stress Buster** 120 minutes **Rs 8500**

### Body Scrub- Marma Head Massage – Swedish therapy

Vital energy points on the head and face are gently activated to re-balance the body clock and harmonize your unique bio-rhythm.

**Essence of Wellness for Women** 120 minutes **Rs 8500**

### Scrub – Aroma massage –Express Facial

Designed for the multitasking new age women, this treatment re-energizes the skin, and leaves you feeling refreshed, revitalized and deeply relaxed. The facial softens and smoothes your skin texture, and increase the radiance that won't go unnoticed.

**Essence of Wellness for Men** 120 minutes **Rs 8500**

### Scrub- Balinese Massage – Choice of head massage / Herbal pouch therapy

While the scrub detoxifies and smoothen your skin texture, the Balinese body massage and herbal pouch therapy gently erases the stiffness, aches and pain

**Romance Couple Package** 120 minutes **Rs 17000**

### Scrub -Body massage -Indian Head Massage

Spa therapies for you and your partner in a serene ambience. A highly relaxing and deeply rejuvenating wellness experience.

**Raja Rani Rose & Milk Bath At Room** 30 minutes **Rs 3800**

### Exclusively in suite room only

Spa therapies for you and your partner in a serene ambience. A highly relaxing and deeply rejuvenating wellness experience.

**My Wellness Day** 4 Hours **Rs 13999**

### (Scrub, Body massage, Head Massage, Foot reflexology, & Facial)

This Package will help you plan your wellness day in a perfect way. A combination of body scrub, body massage, Indian head massage, suitable facial and foot reflexology will leave you totally pampered for the day with immense relaxation and rejuvenation.

## BODY THERAPIES

**Senses & Elements signature therapy** 90 minutes **Rs 5699**

**Swedish / Aroma Massage -Soft to Medium** 60 minutes **Rs 4299**  
90 minutes **Rs 5499**

**Aroma Massage - Soft to Medium** 60 minutes **Rs 4299**  
90 minutes **Rs 5499**

**Balinese Massage – Medium** 60 minutes **Rs 4299**  
90 minutes **Rs 5499**

**Deep Tissue Massage - Deep pressure** 60 minutes **Rs 4299**  
90 minutes **Rs 5499**

**Thai Massage - No oil Body therapy** 60 minutes **Rs 4299**  
90 minutes **Rs 5499**

**Hot Stone Therapy** 60 minutes **Rs 4299**  
90 minutes **Rs 5499**

## BODY TREATMENTS - SCRUBS

**Relaxing Rejuvenating Jasmine body Scrub** 30 minutes **Rs 3800**

**Soothing Sandal wood Scrub** 30 minutes **Rs 3800**

**Lavender detox Scrub** 30 minutes **Rs 3800**

## Face Therapy

**Express facial** 30 minutes **Rs 3299**

**Hydramoist ( For dry skin)** 60 Minutes **Rs 4699**

**Balancing (Oil control)** 60 Minutes **Rs 4699**

**Anti – aging Facial** 60 Minutes **Rs 5299**

**Brightening Facial** 60 Minutes **Rs 5299**

## AYURVEDA PACKAGES

**Essence of Ayurveda** 2 hours 30 minutes **Rs 9900**

### Abhyanga –Hot Herbal Pouch Therapy- Shirodhara

A combination of three Ayurveda therapies effective before or after a hectic journey or a long day's work. You can experience an instant stimulation of body and mind, and will feel absolute relaxation and rejuvenation to be ready to face the challenges.

## AYURVEDA THERAPIES

**Abhyanga Ayurveda Marma Massage** 60 minutes **Rs 4299**

**Shirodhara** 45 minutes **Rs 6000**

**Hot Herbal Pouch Therapy** 45 minutes **Rs 4500**

**Indian Marma Head, Neck & Shoulder Massage** 40 minutes **Rs 3299**

**Udwarthanam - Herbal Powder Massage** 60 minutes **Rs 4400**

## AYURVEDA - MEYAM PACKAGES

The best preventive care therapies to improve your totality. (A researched and result oriented combination of Marma-Ergonomics-Yoga-Ayurveda- Meditation treatment rituals)

**Shanthi – The peace ( Abhyanga & Local Kizhi )**  
**1 hour 15minutes Rs 5499**

Warm medicated full body oil massage followed with hot herbal pouch therapy on your repeated strained joints and muscles. This is a perfect relaxation and soothing Ayurveda program.

**Smrithi – The Memory ( Abhyanga & Shirodhara )**  
**1 hour 30 minutes Rs 7499**

A full body warm oil Ayurveda massage followed by continuous streaming of medicated oil over the forehead –Shirodhara. A combination of therapies, provides you deep relaxation and rejuvenation which can enhance your sleep.

**Sampoorna- The Completion ( Abhyanga & Herbal Pouch)**  
**1 hour 30 minutes Rs 9399**

A complete body massage with selected warm medicated oil followed by hot herbal pouch therapy to ensure to reduce the joint pain and stiffness with absolute relaxation.

**Indo- Thai Fusion Therapy (Thai Massage -Abhyanga)**  
**100 minutes - Rs.6999**

## ADD ON therapies / Express Services

**Foot Reflexology** 30 minutes **Rs 2999**

**Soothing Back Massage** 30 minutes **Rs 2999**

**Indian Head Massage** 30 minutes **Rs 2999**