

## 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 and doctors 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 15000)

A three days customized Ayurveda program to introduce Ayurvedic wellbeing. Your basic body type ( Prakrithi) and present imbalance (Vikrithi) will be analyzed by our Ayurveda experts and an effective bespoke treatment plan will be designed. Abhyanga, Herbal Pouch therapy, Shirodhara, Indian head massage are some of the therapies in our repertoire.

#### Rejuvenation Package - 5 days (Rs 25000)

A perfect treatment plan with a large range of Ayurveda and Wellness therapies that will impress you with results of deep relaxation. The result is an invigorated body, 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 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.

#### 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 / Ayurveda center four 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**



**CONTACT: Spa extn -2280      Mob- +91 8484848150**  
**0832 663 2280 | Email ID: spa@holidayinngoacandolim.com**  
**www.saespas.com | www.thriphala.com**  
**SENSES & ELEMENTS WELLNESS SPA**  
**Holiday Inn Goa Candolim, Survey No. 52/5 & 8,**  
**Candolim, Bardez, North Goa - 403515**



**Holiday Inn**

AN IHG<sup>®</sup> HOTEL  
GOA CANDOLIM



*Seasalt*

BY



## SPA PACKAGES

**Jet Lag reviver / Stress Buster** 120 minutes **Rs 7500**

### 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 7500**

### 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 smoothen your skin texture, and increase the radiance that won't go unnoticed.

**Essence of Wellness for Men** 120 minutes **Rs 7500**

### 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 15000**

### 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.

**My Wellness Day** 4 Hours **Rs 13500**

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

A consultation with our wellness expert /doctor can help you plan your wellness day in a perfect way. A combination of body scrub, body massage, Indian head massage, suitable facial, foot reflexology and hot herbal pouch therapy will leave you totally pampered for the day with immense relaxation and rejuvenation.

## BODY THERAPIES

**Senses & Elements signature therapy** 90 minutes **Rs 5100**

**Aroma Massage - Soft to Medium** 60 minutes **Rs 3800**

90 minutes **Rs 4900**

**Balinese Massage – Medium** 60 minutes **Rs 3800**

90 minutes **Rs 4900**

**Deep Tissue Massage - Deep pressure** 60 minutes **Rs 3800**

90 minutes **Rs 4900**

**Thai Massage - No oil Body therapy** 60 minutes **Rs 3800**

90 minutes **Rs 4900**

## BODY TREATMENTS - SCRUBS

**Relaxing Rejuvenating Jasmine body Scrub** 30 minutes **Rs 2900**

**Soothing Sandal wood Scrub** 30 minutes **Rs 2900**

**Lavender detox Scrub** 30 minutes **Rs 2900**

## Face Therapy

**Express facial** 30 minutes **Rs 3100**

**Hydramoist ( For dry skin)** 60 Minutes **Rs 4800**

**Balancing (Oil control)** 60 Minutes **Rs 4800**

**Anti – aging Facial** 60 Minutes **Rs 4800**

**Brightening Facial** 60 Minutes **Rs 4800**

**Soundarya** 60 Minutes **Rs 4800**

**(Ayurveda facial for all skin types)**

## AYURVEDA PACKAGES

**Essence of Ayurveda** 2 hours 30 minutes **Rs 9000**

### 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 3800**

**Shirodhara** 45 minutes **Rs 4800**

**Hot Herbal Pouch Therapy** 45 minutes **Rs 3800**

**Indian Marma Head, Neck & Shoulder Massage** 40 minutes **Rs 3200**

**Udwarthanam – Herbal Powder massage** 60 Minutes **Rs 3600**

## AYURVEDA - MEYAM PACKAGES

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

### Shanthi – The peace ( Abhyanga & Local Kizhi )

**1 hour 15minutes Rs 4800**

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

### Smrithi – The Memory ( Abhyanga & Shirodhara)

**1 hour 30 minutes Rs 6200**

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

### Sampoorna- The Completion ( Abhyanga & Elakkizhi)

**1 hour 30 minutes Rs 7500**

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.

## ADD ON therapies / Express Services

**Foot Reflexology** 30 minutes **Rs 2300**

**Soothing Back Massage** 30 minutes **Rs 2300**

**Indian Head Massage** 30 minutes **Rs 2300**