

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

A perfect way to boost your immune system and improve your vitality. We have a series of well-designed Ayurveda & wellness Program from 3 days to 21 days suitable to make your preventive health care programs into a most perfectible way. Our wellness experts and doctors will guide you in selecting suitable program based on your days of availability, health status and lifestyle.

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 with the wellbeing of Ayurveda. Your basic body type (Prakrithi) and present imbalance (Vikrithi) will be analyzed by our Ayurveda expert and an effective treatment plan will be designed. Abhyanga, Herbal Pouch therapy, Shirodhara, Indian head massage are the few therapies which can be designed based on the consultation.

Rejuvenation Package* - 5 Days (Rs 25000)

A perfect treatment plan with varieties of Ayurveda and wellness Spa therapies will impress you with results of deep relaxation, invigorate the body, calm the mind and strengthen the system.

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

Panchakarma - Detox & Rejuvenation Program* (7 Days - 14 Days & 21 Days)

Your hectic work, travel, life style with wrong food habits are developing toxins in your body channels and increase in mental stress level which can damage your body cells and mind focus. This may lead into different diseases and mind balance. Through Ayurveda Panchakarma program our Ayurveda doctor can consult and suggest your suitable detoxification and rejuvenation program which can be lasting for 7, 14 OR 21 days. A combination of various types of Sneahna (oleation) & Swedana (sweating) along with selected cleansing therapies will provide the required results of detox and rejuvenations to retard the aging process and diseases get away.

Pancha Karma - Detox & Rejuvenation Package - 7 Days - (Rs 38000)

Pancha Karma Package - 14 Days (Rs 70000)

Pancha karma Package - 21 Days (Rs 90000)

Spa Guidelines

1. All Spa and Ayurveda Packages are offered at discounted prices, so they are not eligible for further discounts or promotions.
2. 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 cancellation fee

*** Rates are without GST- Tax will Charge Extra**

***Prices are shown in Indian Rupees**

Contact : Spa extn - 300 Mob - 9072217118

spa.thevalle@kondodyhotels.com

SENSES & ELEMENTS WELLNESS SPA & THRIHALA AYURVEDA CENTRE

THE VALLE MUNNAR BY KONDODY

KSEB Tunnel Road, Pallivasal, Munnar - 685612

www.saespas.com | www.thriphala.com

*T & C Applicable



THE VALLE
MUNNAR



sae spa
SENSES & ELEMENTS

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 smoothes 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 14000**

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 13000**

(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 5500**

Our signature therapy, a combination of dry body massage with palm pressure and stretching followed by oil massage

Swedish - Soft to Medium 60 minutes **Rs 3500**
90 minutes **Rs 4900**

Aroma Massage - Soft to Medium 60 minutes **Rs 3500**
90 minutes **Rs 4900**

Balinese - Deep Pressure 60 minutes **Rs 3500**
90 minutes **Rs 4900**

Deep Tissue Massage 60 minutes **Rs 3500**
90 minutes **Rs 4900**

Thai Massage - No Oil Body Therapy 60 minutes **Rs 3500**
90 minutes **Rs 4900**

BODY TREATMENTS SCRUBS

Relaxing Rejuvenating Jasmine Body Scrub 30 minutes **Rs 2800**

Soothing Sandal Wood Scrub 30 minutes **Rs 2800**

Lavender Detox Scrub 30 minutes **Rs 2800**

FACE THERAPY

Express Facial 30 minutes **Rs 2800**

Hydramoist (For Dry Skin) 60 Minutes **Rs 4500**

Balancing (Oil Control) 60 Minutes **Rs 4500**

Anti - Aging Facial 60 Minutes **Rs 4500**

Brightening Facial 60 Minutes **Rs 4500**



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 ready to face the challenges on.

AYURVEDA THERAPIES

Abhyanga - Ayurveda Marma Massage 60 minutes **Rs 3500**

Shirodhara 45 minutes **Rs 4800**

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

Pathra Pindada Swedam 45 minutes **Rs 3800**

Indian Marma Head, Neck & Shoulder Massage 40 minutes **Rs 2800**

Udwarthanam - Herbal Powder Massage 60 Minutes **Rs 3200**

Steam 10-15 Minutes **Rs 500**

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 15 minutes Rs 4500

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 6000

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

Sampoorna - The Completion (Abhyanga & Elakkizhi)

1 hour 30 minutes Rs 5400

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**

Yoga Session (Per Person / Session) 50 minutes **Rs 1200**