



Recover. Rejuvenate. Revive.

Western Massages

Foot & Leg Refresher

This treatment will help to balance water retention, stimulate lymphatic flow, and energize tired feet and legs.

45 min | Rs 1,100

Stress Away Back to Scalp

From your sore back up to your tensed shoulders, the nape of your neck to the top of your crown this deeply relaxing, flowing massage sequence helps to open up your shoulders, create space, teasing and stretching out the back of the neck, whilst softening the scalp. Restores comfort and mobility to the back, neck and shoulder area.

45 min | Rs 1,100

Relaxing Aromatherapy Massage

A relaxing body massage with essential oils to relax the body and the mind.

60 min | Rs 1,700

75 min | Rs 2,100

90 min | Rs 2,400

Deep Tissue Intense Relief

A pressure massage beneficial in releasing chronic muscle tension.

75 min | Rs 2,500

90 min | Rs 2,800

Re-energising Hot Stones

To dispel stress and tension and restore the body's balance. Effleurage and strokes are used in combination with the penetrating warmth of basalt stones and revitalising essential oils.

90 min | Rs 2,500

Foot Reflexology

Based on acupuncture points, foot reflexology is a method of stimulating the reflex points in the feet, which leads to relaxing and rejuvenating each and every part of your body. In addition to easing tension, foot reflexology will also help to increase circulation and boost your immune system.

60 min | Rs 1,800



Kairali's Body Treatments

Kairali's Coconut Body Polish

Coconut, a household ingredient in India, has many uses to its name. As a natural skin softener, it has been used for centuries. The body will be gently exfoliated and moisturised with a mix of ingredients. This treatment has a cooling effect on the body.

60 min | Rs 1,600

Kairali's Royal Makeover

This is KAIRALI's special therapy to make you feel Royal.

- Head massage
- Body scrub
- Full body Ayurvedic

Massage

- Eye wash
- Mukha Lepam
- Body wrap
- Head pack
- Steam bath

120 min | Rs 4,300





Ayurveda by Kairali Ayurvedic Group (Kerala|India)

Kairali Ayurvedic Group encourages a comprehensive approach to health, which understands the individual as a complex combination of elements capable of being brought into harmony. We are committed to enhancing positivity and wellbeing in individuals, the environment and the global community. Kairali continues to advance the use of Ayurvedic practices around the world to give our clients the best wellbeing experience.

Nasyam | For the Sinus

Administration of herbal extract through the nostrils, followed by a herbal oil massage and steam for head and face. Effective for headache, sinusitis, migraine, stress.

30 min | Rs 900

Netradhara | For tired eyes

An effective treatment for the eyes that includes washing of the eyes with a medicated mixture of oils. It helps in removing the stress & strain of the eyes, bringing lustre to the eyes and soothing away wrinkles.

30 min | Rs 1,000

Mukha Lepam | For the face

A gentle massage of the face with a special oil to nourish, cleanse and beautify the tissues, bringing a smooth youthful glow to the complexion, thus reducing wrinkles.

30 min | Rs 1,000

Thalapothichil | For the hair & nervous system

Head massage followed by a head pack with special herbal ingredients to relieve from stress and give a glow to the hair.

30 min | Rs 1,100

Abhyangam (with steam bath) | For the body

A traditional and soft head to toe massage to rejuvenate the body and maintain physique.

60 min | Rs 1,700

Poultice neck & head massage

Supports the nervous system by alleviating stress and stimulates the lymphatic system, encouraging the elimination of toxins. Head massage can also be used to stimulate hair growth, improve concentration, and relieve migraine pain.

30 min | Rs 800

Udwarthanam (with steam bath) | Dry anti-cellulite massage

A mixture of herbal powder is massaged directly onto the body in the effective for reducing body fat. This massage tones the skin and muscles, while improving blood circulation.

60 min | Rs 1,900

Shirodhara (with steam bath)| For the mind

Oil is dripped gently and continuously across the forehead to revitalize the mind and body. Dhara is also a special massage therapy for stress and strain, while reducing hypertension.

60 min | Rs 2,100

Kativasti (with steam bath) | For the sciatica

This is a specific treatment for inflame sciatica problem.

65 min | Rs 2,200

Podikizhi (with steam bath) | For body pain

This massage helps detoxifying the body and in reducing body/muscular pain. It is also very effective for people suffering from arthritis.

65 min | Rs 2,200





Facials by Shahnaz Herbals

Shahnaz Herbals has taken India's Ayurvedic tradition to every corner of the globe, offering the best and purest herbal care to the people. Based on Ayurveda and the principle of "Care & Cure", Shahnaz Herbals products offer a line of proprietary treatments for Skin, Hair and Body that enhances the benefits of its products and ensures the best result.

Thermoherb Facial | Anti ageing

The Thermoherb Mask is a mini face-lift, which deep cleanses, restores balances and tightens the skin. Based on an ancient thermal mask, it has been improved with herbal extracts. The mask hardens, generates heat and creates the ideal temperature between itself and the skin, at which skin absorption is highly efficient. As it hardens, it tightens the pores, sculpting the facial contours, minimizing wrinkles and improving skin elasticity. The Thermoherb mask itself contains extracts of rose, basil and mint.

105 min | Rs 2,100

Vegetable Peel Facial | For blemishes

A powerful treatment for acne prone skin, scars and blemishes, restoring health and beauty to the skin. The herbal extracts not only help to heal and soothe the skin, but also aid the regeneration of new cells.

60 min | Rs 1,400

Herbal Facial | Clean up

The herbal facial will help to maintain the youth and natural beauty of the skin through natural & herbal products.

60 min | Rs 1,400

Pearl Facial | For oily skin & pigmentation

Based on Ayurveda, the Pearl Facial uses products which contain powder of pearls. Research has revealed that pearls influence the transfer of melanin (natural pigment) to the skin surface, filtering the sun's rays and counteracting sun damage. Pearls also contain powerful nutritive elements, like amino acids, minerals and proteins, which strengthen the skin and improve its moisture retention ability. The facial gives way to a healthy radiant skin, with an even colour tone.

90 min | Rs 1,800

Gold Facial | Illuminates and brightens the skin (For all skin types)

The Gold Facial, based on Ayurveda, is a powerful anti-ageing treatment, with revitalizing and rejuvenating effects. Gold is one of the softest metals and is easily absorbed by the skin. It helps lymphatic drainage and facilitates the removal of toxins and wastes. It also stimulates blood circulation and improves skin elasticity, accelerating cell renewal and reversing oxidation damage.

90 min | Rs 1,800



ELEMIS Treatment Philosophy

“ELEMIS therapists make it personal. *They look. They listen.* They tune in to you, performing transformative treatments, personalised to respond to the ever-evolving rhythm of your life and the ever-changing nature of your skin. A healing hub where touch and technology are turbo charged by the power of minerals, plants and active natural aromatics.

All the treatments are designed to support great skin health; to respect that skin is alive. No two skins are the same. And no two bodies are the same. Every spa therapy is shaped and moulded around you. Personalised for a results-driven, personalised experience.

ELEMIS pushes the boundaries. We push to develop unique textures, ground-breaking formulations and conduct clinical trials to confirm what we already know; that we are delivering real results. There are no short cuts and there are no gimmicks”.

Pro Radiance Hands and Nails*

Redefine the hands of time. Cuticles and nails are conditioned and strengthened, whilst the indulgent Elemis Skin Nourishing Milk Bath combined with the anti-ageing Pro-Radiance Hand and Nail Cream intensely hydrates for irresistibly.

60 min | Rs 1,400

Pro Radiance Feet with Pedicure*

Treat your feet to this nourishing foot treatment. Your feet will be exfoliated, smoothed, rehydrated and conditioned.

75 min | Rs 1,500

High Performance Skin Energiser for Men | Refreshes, energises, brightens

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.

60 min | Rs 1,900

Pro Collagen Facial | Age defying benefits

An anti-ageing treatment that improves appearance and firmness of the skin. Delivers a progressive lifting effect and promotes healthy cell renewal. This facial tackles fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

90 min | Rs 2,400

*No nail polish included

Body Milk Therapy | Nourishes, conditions, softens

Milk & honey offer delicious body treatments, along with scrubs and steams. These treatments strongly focus on the largest organ of your body, your skin. Our body treatments not only provide relaxation, but noticeably softer skin and detoxification through exfoliation, hydration, and massage. Ideal for problematic and really dry skin.

90 min | Rs 2,600

Anti-Cellulite Massage | Detoxifying

Excellent massage for both men & women. This treatment treats mainly cellulite all over the body. It is done through deep effleurage and use of detoxifying massage oil called Cellutox Oil brought from England and Body Brush made from Cactus and Steam Bath. This treatment is favourable to be done also as a package.

90 min | Rs 2,800





ELEMIS FACE | Technology

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works to switch the skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Thriving, visibly healthy and energised skin.

Biotec Line Eraser

Wrinkles are targeted with firming and toning microcurrent pulses to stimulate the skin cells towards dynamic functionality. Circulation is improved, increasing the production of collagen and elastin, whilst the dermis is flooded with super Hyaluronic hydrating activators, sealed with a re-energising Amber balm. Red and blue light therapy warms and de-stresses the skin whilst a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.

1h30 min | Rs 4,400

Biotec Firm-a-Lift

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting technology. Circulation stimulating Arjuna, Gardenia stem cells and Alaria Esculenta Seaweed are activated by microcurrent pulses to tighten slackening skin. Galvanic currents infuse the skin with bio-active formulas that hydrate and tone. The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted.

1h30 min | Rs 4,200

Biotec Anti-pigment Brightener

This powerful, targeted skin-brightening treatment visibly illuminates the complexion, dynamically treating the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy is combined with precision massage to help wash out melanin and reduce dullness. A peel off mask of Vitamin C and Daisy extract reduces pigmentation, while mineral-rich Sea Algae intensely moisturises. The result is skin that is youthful, refined and naturally translucent.

1h30 min | Rs 4,400

Biotec Skin Resurfacer

This revolutionary resurfacing facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion using a combination of Lactic and Hyaluronic acids, Sandalwood, Thyme and Lemon oils. Steam and extraction deeply cleanse and detoxify before massage and light therapy restores equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.

1h30 min | Rs 4,200

ELEMIS SKIN SOLUTIONS | Technology

Biotec Radiance Renew

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions. The ultrasonic peel pumps vibrational energy into the skin to exfoliate and stimulate the removal of impurities and dead skin cells, while the Galvanic rejuvenating current harnesses the power of Elderberry and Orange flower extracts to restore moisture and vitality. Skin is left profoundly reinvigorated. Instantly clearer, visibly brighter and radiant.

1h30 min | Rs 4,400

Biotec Blemish Control

A deep cleansing facial that detoxifies the skin and repairs damaged tissue. This treatment uses ultrasonic vibration, massage, steam and galvanic currents to thoroughly decongest and exfoliate. A powerfully anti-oxidant, anti-bacterial activator containing Salicylic acid and inflammation-reducing Iris soothes and smoothes while light therapy helps balance and clear the complexion, speeding up recovery.

1h30 min | Rs 4,200

Add-On Biotec Eye Treatment

30 min | Rs 1,200

Add-On Biotec Neck Treatment

30 min | Rs 1,200

ELEMIS FACE FOR MEN | Technology

Biotec Super-Charger For Men

This is the facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep clean, simultaneously exfoliating and powering up Kalpariane's anti-wrinkle properties and Samphire's hydrating potency. An oxygen infusion is the final blast of energy for real, best face forward results. A multi-tasking, time efficient solution.

1h30 min | Rs 4,200



Couple Treats

Couple Aromatherapy Massage (For 2)

Enjoy a relaxing stress-reducing and muscle-relaxing experience with the person you care deeply for.

90 min | Rs 4,100

Couple's Treat (For 2)

Indulge yourself with your dear one in our couple's room with scented candles for a welcome foot ritual, mini facial and an aromatherapy massage. For the pair who wants to share in the benefit of relaxation as much as experiencing it themselves, nothing is better than a Kairali's couple's treat.

105 min | Rs 4,400

Treat for Seniors

A pampering treat for our Seniors with head massage, mini facial and foot massage.

75 min | Rs 1,500

Mother to Be

Pregnancy Treat

A pampering 60min body massage for the mother to be that helps alleviate upper and lower back pain, aching knees and the overall fatigue often associated with pregnancy, This is followed by a 30min mini-facial for a more relaxed moment.

90 min | Rs 1,700





Treats for Teens

Facial Clean Up

A gentle facial will help clean out blackheads and clogged pores caused by oil production. Herbal skin care products are used to properly prepare and soften the skin.

45 min | Rs 1,000

Mini-Manicure OR Mini-Pedicure

30 min | Rs 600

Teens Massage

A relaxing body massage for the teens.

45 min | Rs 1,000

Back & legs massage

Muscle relaxation massage for the back and legs.

45 min | Rs 800

Hands & feet



Manicure

A cosmetic treatment of the hands involving shaping, removal of the cuticles, softening of the skin and nail polish application.

60 min | Rs 900*

Pedicure

A cosmetic treatment of the feet involving shaping, removal of the cuticles, softening of the skin and nail polish application.

60 min | Rs 1,000*

Shape, Cleanse & Polish

Normal

Rs 500

French

Rs 600

*Add on French polish Rs 250

Threading

Eyebrows 10 min | Rs 150

Upperlips 10 min | Rs 150

Chin

10 min | Rs 150

Tinting

Eyebrows

This creates greater definition and lessens the need for products such as eyebrow mascara and eyebrow pencil. This treatment is ideal for those with light-colored or graying brows.

Rs 600

Eyelashes

It is a quick and easy solution for those who depend on mascara to darken lightly-colored lashes.

Rs 600





Waxing for Her*

Bikini line

15 min | Rs 400

Underarms

15 min | Rs 400

Chest

20 min | Rs 450

Full arms

30 min | Rs 500

Back

30 min | Rs 500

Half legs

30 min | Rs 550

Face

30 min | Rs 600

Full legs

40 min | Rs 650



Waxing for Him*

Chest

40 min | Rs 500

Back

40 min | Rs 650

*Add on Rs 200 for excess hair





Add Me On...*

An extra time To Toss The Tox.

- **Add on massage**
- **Eyes Treatment** – for fine lines and wrinkles
- **Hot Stone Therapy**
- **Hands & arms massage**
- **Quick pulping face massage**
- **Body Brush (Pre-treatment)**
- **Steam Bath (Post-treatment)**
- **Express manicure**

15 min | Rs 400

- **Back exfoliation**
- **Mini booster facial**
- **Back Podikizhi**
- **Express pedicure**
- **Relaxing neck & shoulder massage**

20 min | Rs 500

- **Mini facial**
- **Mini reflexology**

30 min | Rs 700

Shirodhara

30 min | Rs 900

Express Hair Service

Shampoo & Blow Dry as from **Rs 350**

Shampoo & Brushing as from **Rs 500**

*Only applicable as top up on normal treatments



Pre-Wedding Packages

Our pre-wedding bridal packages are impeccably created to help you be pristinely beautiful, restored and revitalised, ready for the big day. So, let us take care of your beauty and make-over needs as you relax and indulge in your wedding bliss, and emerge effortlessly as a Dream Bride or Groom.

Happy Groom

- Kairali's Body Polish
- Herbal Facial
- Manicure
- Pedicure

3h | Rs 3,600

Happy Bride

- Kairali's Body Polish
- Gold Facial
- Manicure
- Pedicure

3h30 | Rs 4,100

Radiant Bride

- Kairali's Body Polish
- Gold Facial
- Manicure
- Pedicure
- Waxing Full Arms
- Waxing Full Legs
- Waxing Underarms
- Waxing Oriental

5h | Rs 5,600





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