



**Kairali**  
— Spa —



**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 1,200

## **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 1,200

## **Relaxing Aromatherapy Massage**

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

60 min | Rs 1,800

75 min | Rs 2,200

90 min | Rs 2,500

## **Deep Tissue Intense Relief**

A pressure massage beneficial in releasing chronic muscle tension.

75 min | Rs 2,700

90 min | Rs 3,000

## **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 2,800

## **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 1,800**

## **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 Lapam
- Body wrap
- Head pack
- Steam bath

**120 min | Rs 4,500**





# 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 1,100

## **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 1,100

## **Mukha Lepam | For the face**

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 soothing away wrinkles.

30 min | Rs 1,100

## **Thalapothishil | 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 1,300

## **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 1,900

## **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 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 2,200

### **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.

60 min | Rs 2,400



## Facials by Guinot

### **Age Summum Treatment**

This treatment works to reduce the visible appearance of aging signs such as fine lines, wrinkles, and sagging, making them look less pronounced. The skin becomes rejuvenated, giving a more youthful and fresh appearance. Wrinkles and fine lines are visibly softened, leading to a smoother skin texture. The treatment enhances skin firmness, making the face look more toned and lifted, reducing the appearance of sagging. Dark spots, pigmentation, or age spots are lightened or diminished, resulting in a more even skin tone. The complexion becomes brighter, glowing with a healthy and luminous look. The skin's resilience and tightness are improved, providing a more toned and elastic feel.

75 min | Rs 3,800

### **Hydra Peeling Treatment**

The Peeling Hydrabrasion for Sensitive Skin is a skin-renovating treatment designed to address multiple skin concerns while being gentle on sensitive skin. The treatment helps reduce the appearance of fine lines, wrinkles, and other aging signs by exfoliating the skin's surface and promoting the regeneration of fresh, youthful skin. It works to restore the skin's natural glow, leaving it looking fresh, rejuvenated, and more luminous. The exfoliation process helps fade dark spots, pigmentation, and discoloration, leading to a more even and balanced skin tone. The treatment helps to brighten the skin, giving it a healthy, youthful glow and improving overall skin clarity.

75 min | Rs 3,200



### **Hydraclean Treatment for men**

The Hydraclean Treatment for Men is a specialized deep cleansing facial designed to target specific skin concerns, particularly in the T-zone, which tends to accumulate excess oil and impurities. The treatment thoroughly cleanses the skin, effectively removing dirt, excess oil, and other impurities from the pores. It focuses especially on the T-zone, an area prone to blockages and breakouts. By cleansing deeply, the Hydraclean treatment helps to clear up the skin, preventing clogged pores and promoting a fresh, smooth complexion. The treatment not only cleanses but also brightens the skin, leaving it with a healthy glow and improved texture. The Hydraclean treatment uses a unique, world-first technique, ensuring a thorough cleanse and optimal results. This treatment is tailored for men, especially those who may struggle with oiliness or clogged pores in the T-zone. By combining deep cleansing with a radiance-boosting effect, it revitalizes the skin and promotes a fresher, clearer look.

**60 min | Rs 1,900**

### **Pure Balance Treatment**

The Pure Balance Treatment is a purifying and anti-imperfection facial designed to restore balance to the skin, especially for those dealing with excess oil, blemishes, or uneven texture. The treatment helps restore the skin's natural balance by regulating oil production and promoting overall skin health. This is particularly beneficial for oily or combination skin types. It targets blemishes, acne marks, and other imperfections, helping to fade them and improve the overall clarity and appearance of the skin. The treatment works to visibly shrink and tighten enlarged pores, giving the skin a smoother and more refined texture. The skin is left looking clear, glowing, and healthy without excess shine, offering a beautiful matte finish. The complexion also becomes more even-toned. This exclusive treatment is ideal for those looking to balance and purify their skin, especially for those struggling with imperfections or oily skin. It helps clear out impurities, tighten pores, and create a fresh, radiant, and balanced complexion.

**75 min | Rs 2,500**



## 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.

75 min | Rs 2,200

### **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 1,500

### **Herbal Facial | For all skin types**

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

60 min | Rs 1,500

### **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 2,000



### **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 2,800**



## Couple Treats

### **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 4,600

## 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 45min 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 mini-facial for a more relaxed moment.

75 min | Rs 1,700





## Treats for Teens \* (13 to 17 years old)

### 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 200

## **Upperlips**

10 min | Rs 200

## **Chin**

10 min | Rs 200



## Waxing for Her\*

### **Bikini line**

15 min | Rs 450

### **Underarms**

15 min | Rs 450

### **Chest**

20 min | Rs 500

### **Full arms**

30 min | Rs 550

### **Back**

30 min | Rs 550

### **Half legs**

30 min | Rs 600

### **Face**

30 min | Rs 650

### **Full legs**

40 min | Rs 700

## Waxing for Him\*

### **Chest**

40 min | Rs 550

### **Back**

40 min | Rs 700

\*Add on Rs 250 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 500

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

20 min | Rs 600

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

30 min | Rs 800



## 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 3,800**

### **Happy Bride**

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

**3h30 | Rs 3,800**

### **Radiant Bride**

- Kairali's Body Polish
- Herbal facial
- Manicure
- Pedicure
- Waxing Full Arms
- Waxing Full Legs
- Waxing Underarms
- Waxing Oriental

**5h | Rs 6,000**





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