

SIX SENSES SPA

FORT BARWARA

WELLNESS AND SPA MENU

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Wellness is freedom. It's an invitation to explore, to find a clear sense of purpose, to understand what makes life meaningful in pursuit of a healthier and happier you. To live smarter now for a future of living awesome.

Our overarching philosophy, Six Senses Integrated Wellness, provides the best base possible to help you flourish, in tune with your natural flow. From our pioneering experts, doctors and practitioners to our unique blend of high-tech science and high-touch therapies. From the food you eat to the way you sleep, the people you meet and the earth beneath your feet.

Wellness is integrated into your whole Six Senses experience and becomes a joyful way of life.



PERSONALIZED WELLNESS



If you wish to go further, our wellness experts can assess your health and lifestyle and recommend a personalized program for you in steps that you feel comfortable with. Move further along your path to well-being, with us cheering you on.

WELLNESS CHECK-IN, 20 MINUTES

In a hurry? If you would like the screening results to review yourself and receive treatment suggestions for the duration of your stay, opt for a check-in.

Our named programs give a guide of what we cover while our wellness screening allows us to totally personalize the program to your needs and goals.

WELLNESS SCREENING, 45 MINUTES

A non-invasive screening which analyzes your key physiological biomarkers and enables our experts to build a personalized program that blends high-tech science with ancient healing traditions, alternative therapies, holistic spa treatments and wellness activities.

SLEEP TRACKING

Good quality sleep is linked to health, mental well-being and even avoiding serious long-term illnesses, so using a sleep monitor to check you're getting enough rest is a no-brainer.

EAT WITH SIX SENSES

Whatever wellness journey you take, our experts follow the guiding principles of Eat With Six Senses: natural ingredients (where possible from our own organic gardens and farms), local and sustainable, and less is more, focusing on quality, balance and food made from scratch. We provide advice on nutrition that is right for you to amplify the benefits of your daily treatments and activities.

SLEEP

Feeling tired, lacking energy, experiencing bouts of colds, suffering from headaches or finding it difficult to handle stress and adversity? Rest the mind and rejuvenate the body by combining practical advice from our Sleep Doctor with the many benefits of yog nidra and meditation, sleep tracking and binaural beats, as well as relaxing wellness therapies.



AYURVEDIC REJUVENATION

Improve vitality, boost the immune system and discover Ayurveda, the ancient science of life and longevity. The resident Ayurvedic doctor recommends suitable combinations of therapies based on your dosha (ayurvedic body type) along with activities and the food to favor or avoid.

DETOX

Cleanse mind and body to promote mental clarity, boost immunity, and improve digestive function, all with a slice of fun and color on your plate! We combine techniques of yogic cleanse to help your body detox safely with low intensity training, signature detox massages, stimulating scrubs, detoxifying body wraps and facials, as well as personalized wellness activities. A top to toe cleanse.

YOGA

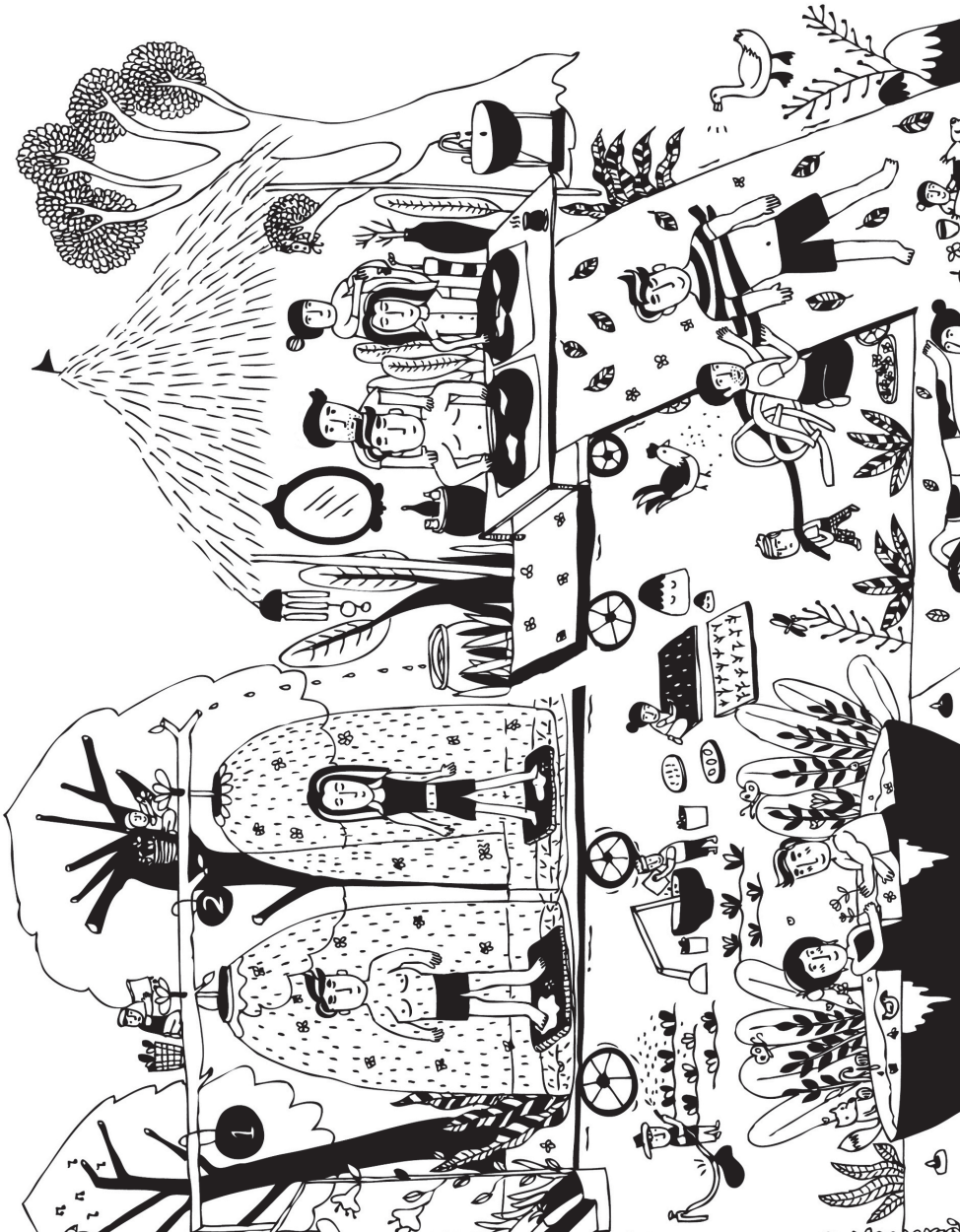
For beginners and improvers, as there is a yogi in us all! Experience a new form of mind and body movement to release stress, improve flexibility, handle uncertainty, and build a stronger you. Guided by our expert yogi, we combine private sessions of yoga, guided meditation, and breathing exercises with signature massages and energy treatments.

Programs of two, four, six or more nights are available. It depends on how much time you have to invest in your well-being.



LOCALLY INSPIRED TREATMENTS




1
2

THE ALCHEMY BAR WORKSHOP, 45 MINUTES

Learn how to make clean potions and cures to carry on the good work back home. You will be guided by our knowledgeable Alchemist on how to create your bespoke product in this interactive workshop.
Not to be missed!

ALCHEMIST BODY SCRUB, 45 MINUTES

You will be guided by our expert Alchemist who will share their extensive knowledge of the abundant, local herbs and produce. Immerse yourself in the varied textures, extraordinary aromas and create your unique natural products that will be used in your treatment afterwards.

DREAM CATCHER, 90 MINUTES

Evoke a deep sense of relaxation. Your skilled therapist will release tension from back, neck and shoulders before finishing with a deep scalp massage and acupressure on the feet. This therapeutic experience promises a peaceful slumber. Receive a Sleep Balm as a gift to continue the benefits at home.

TIGER'S EYE, 90 MINUTES

Tiger's Eye, with beautiful bands of gold, helps you to release fear and anxiety and aids harmony and balance. Our expert therapists will use this powerful crystal in a full body massage journey that includes stretches to tone the nervous system, breathwork, visualization and healing sound to restore a sense of inner peace and wellbeing.



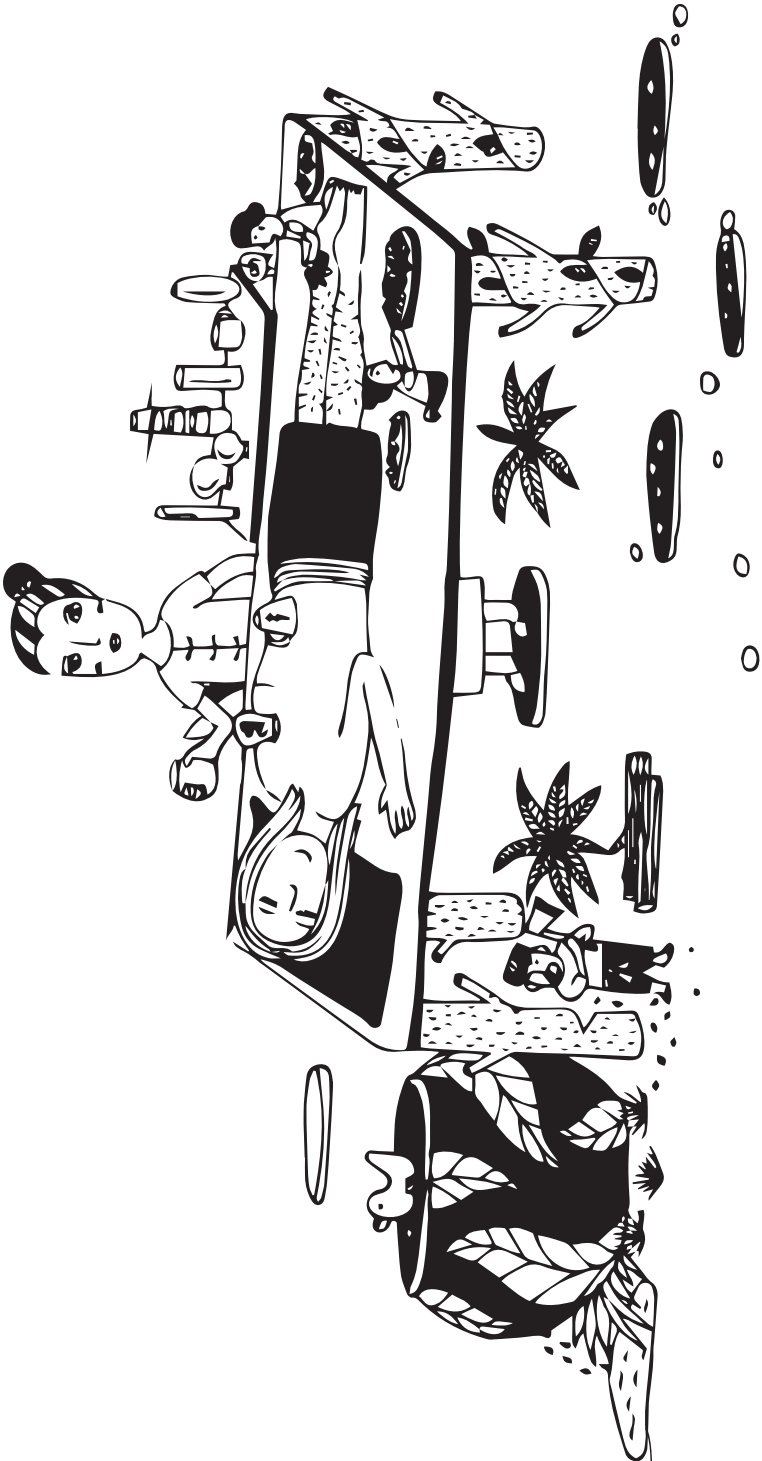
AGE-DEFYING GUA SHA FACIAL, 90 MINUTES

A rejuvenating facial combining ancient Gua Sha techniques with advanced botanical skincare to lift, sculpt, and restore radiance. This deeply relaxing treatment boosts circulation, supports collagen production, reduces puffiness and fine lines, and leaves the skin visibly firmer, smoother, and naturally glowing.





SIGNATURE TREATMENTS



SIX SENSES SIGNATURE MASSAGES:

All Six Senses massages are enhanced with a therapeutic blend of bio-actives to bring the chakra system into balance, addressing your specific needs in the present moment.

Deep Tissue, 60/90 minutes - Release stress, ease muscle tension and improve mobility. Silicone cups, hot stones or warm compresses might enhance this treatment.

Holistic, 60/90 minutes - Combining flowing, soothing, rhythmical, and medium pressure movements on specified areas of concern to bring about a balance.

Detox, 60/90 minutes - Focused on the upper legs, glutes, lower back, hips, and abdomen. We use dry brushing, a bamboo stick and silicone cups to stimulate, improve skin tone and reduce the appearance of cellulite.

Tension Soother, 30/60 minutes - A reviving back, neck and shoulder massage using acupressure techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

Head Massage, 30/60 minutes - A deeply relaxing oil-based massage of head, neck and shoulders using craniosacral techniques to ease tension in the muscles, fascia of the head and upper body. Induces a deep sense of calm.

Relaxed Feet, 30/60 minutes - Restore the body's balance and release aches and pains with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

JET LAG SOOTHER, 90 MINUTES

After a long journey, this treatment begins with dry body brushing to stimulate blood circulation. Your back, neck and shoulders will be massaged using a refreshing blend of essential oils. A relaxing scalp massage and face acupressure follows whilst enjoying compression therapy on the legs to get the lymph flowing and help reset your body clock.

PREGNANCY MASSAGE, 90 MINUTES

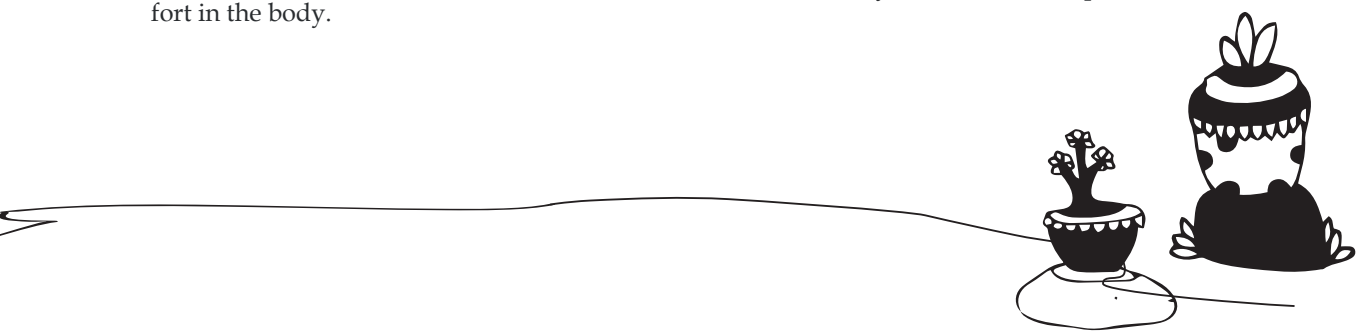
A full body, advanced massage tailored to the needs of the individual. Combining Eastern and Western techniques, including very gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body.

HOT & COLD STONE THERAPY, 90 MINUTES

When used along with hot stones that induce deep relaxation, cold stones have a stimulating effect. This helps increase the body's metabolism, muscle tone and ability to flush out toxins. This soothing massage is complemented by the placement of healing crystals on the body to bring about balance and harmony.

ORIENTAL MASSAGE, 90 MINUTES

Improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.



AYURVEDA





AYURVEDIC CONSULTATION, 45 MINUTES

A personal consultation with an in-house Ayurvedic doctor to determine your constitution or 'dosha' type, including lifestyle and treatment advice.

ABHYANGA, 60/90 MINUTES

This popular Ayurvedic body massage, also known as 'Kerala massage', reduces the signs of aging, relieves fatigue, induces sleep, strengthens the skin and boosts the immune system.

SHIRODHARA, 60 MINUTES

A deeply relaxing Ayurvedic treatment in which warm oil is poured in a continuous stream over the forehead and third eye, flowing across the scalp and through the hair. It calms the nervous system and promotes restful sleep and emotional balance.

AYURVEDIC EXPERIENCE, 90 MINUTES

This treatment combines Abhyanga and Shirodhara to deliver a deeply healing Ayurvedic experience.

CHOORNASWEDANA, 60 MINUTES

Also known as the bundle massage, warm poultices filled with dry herbs are used in this treatment to stimulate the circulation and aid the release of toxins and muscle tension.

UDHWARTANA, 60 MINUTES

A full body massage using medicinal powders to promote digestion, healthier skin, firmer muscle tone, increased circulation and a breakdown of cellulite.

KATI VASTI, 45 MINUTES

A nurturing back treatment in which warm medicated oils are pooled on the lower back, Kati Vasti promotes muscle and ligament strength to support the spine. Relieving lower backache and spinal conditions, it lubricates joints and is ideal for sports injuries and overall health.

FACIALS



24K GOLD AGE-DEFYING FACIAL, 60/90 MINUTES

Invigorate the skin and restore emotional balance with this exotic facial using the healing properties of Mogra, the Queen of Jasmines, to boost collagen production and stimulate cell renewal. Combined with the restorative powers of 24k gold leaf, this sensory experience penetrates and revives the deep layers of the skin, reducing fine lines and wrinkles. This treatment uplifts the spirit and creates a positive glow from inside and out. *Using Subtle Energies.*

WILD KASHMIR PURIFYING FACIAL, 30/60/90 MINUTES

Optimize your well-being and replenish the skin with renewed freshness with this detoxifying facial, using wild turmeric to purify and exotic Kashmir lavender to soothe and restore. Ideal for tired, congested and stressed skin, toxins will be eliminated through a double cleanse, exfoliation with saffron and frankincense, and a purifying mud mask made of Vedic herbs and extracts. *Using Subtle Energies.*

SOOTHE AND ENRICH ADVANCED ANTIOXIDANT FACIAL, 60/90 MINUTES

Designed for dry, sensitive, or damaged skin, this intensely calming and restorative facial delivers a nutrient-rich elixir to revitalize the aging skin. Following a deep cleanse and purification, the skin is infused with advanced antioxidants and essential fatty acids to fight free radical damage, protecting it from the visible signs of aging. The relaxing and soothing Marma massage delivers an active serum of neem, coriander seed and rhu khus to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. *Using Subtle Energies.*

GENTLEMEN'S FACIAL, 60/90 MINUTES

This deeply hydrating and nourishing facial restores natural vitality to the skin. Ideal for most skin types, it combines nature's best actives with gul heena, neem and carrot seed oil, which is known for its firming properties. A great option for men, leaving skin more revitalized, supple and resistant to the effects of urban living. *Using Subtle Energies.*

BODY TREATMENTS



DETOX BODY BUFF, 60 MINUTES

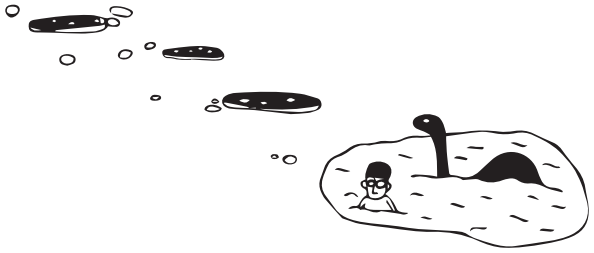
This rejuvenating light to medium exfoliation buffs away dead skin cells, reducing the signs of cellulite, as hot compresses are applied in between. Uplifting aromatics of Tulasi, Wild Turmeric and Limbu invigorate, ideal for jet lag and tired skin, followed by a personalized full body hydration to complement the detoxification process.
Using Subtle Energies

RASAYANA DETOX BODY WRAP, 75 MINUTES

Revitalize and tone the body with this purifying treatment starting with a zesty exfoliation using essential oils with cinnamon powder and walnut shells. It continues with a mineral-rich clay mask infused with powerful herbs of spiked ginger lily, spirulina, and green tea to detoxify the skin.
This experience concludes with the application of customized and aromatically infused body butter, lotions, or oils to provide intense nourishment, leaving the skin glowing and reenergized.
Using Subtle Energies.

PEARL INFUSED REMINERALISING WRAP, 90 MINUTES

Experience the power of pearls with this exceptional treatment which delivers multi-sensory results. Starting with a skin-softening exfoliation, the journey continues with a mineral-rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate and regenerate skin cells. While being cocooned in the mineral mask, the signature facial marma massage releases tension and stress, using potent anti-aging actives of mogra and Indian rose.
Using Subtle Energies.



YOGA & MINDFULNESS





AERIAL YOGA, 45 MINUTES

This yoga practice brings together stretching, breathing and meditation with gymnastics and aerial arts. A hammock, made of a soft and supple parachute-silk fabric, is suspended from the ceiling and used to support the body weight during a sequence of postures.

YOGA, 60 MINUTES

Yoga combines postures with conscious breathing and focus, and helps develop strength, flexibility and mental clarity. Practitioners can expect to learn how the body engages in each posture, while the yoga master guides the awareness to specific areas and aspects of the practice to enhance the body's natural intuition.

MEDITATION, 45 MINUTES

We will guide you through the meditation that you need on the day. This could include chakra balancing, yog nidra or loving kindness.

CHAKRA MEDITATION, 45 MINUTES

For thousands of years meditation has been used for healing, cleansing and balancing chakras (energy centers). This session enables you to consciously focus on inner light and love at the same time as bringing attention directly to the chakra centers, thereby uplifting their vibratory rate and increasing the light quotient within their energy fields.

SOUND JOURNEY, 60 MINUTES

Allow the sacred sounds to reverberate in your innermost. A transcendent experience not to be missed. Let the sound and vibration allow you to experience your true, limitless nature. We highly recommend sharing this transformative experience with your loved one.

YOGIC BREATHWORK, 45 MINUTES

Breathing techniques to remove blockages in energy channels, strengthen the respiratory system, and calm the mind by minimizing thought process.

TRATAKA - CANDLE MEDITATION, 30 MINUTES

A gentle gazing meditation into the flame of a candle. Known to improve memory, concentration, and willpower.



YOG NIDRA, 45 MINUTES

Also known as yogic sleep or sleep with awareness, this simple meditation practice is taught lying down while being guided by a teacher. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing psychological, neurological, and subconscious needs.



JAL NETI, YOGIC NASAL CLEANSING, 30 MINUTES

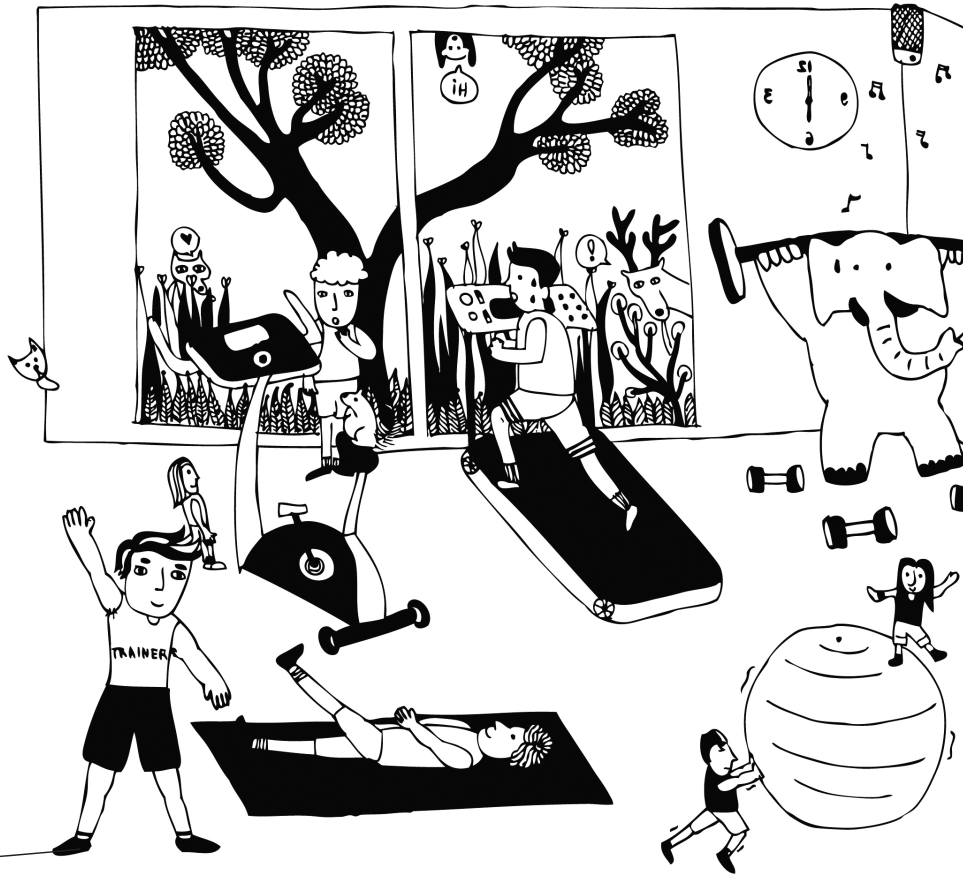
A traditional cleansing ritual that gently clears the nasal passages, improving breathing, focus, and mental clarity. This has a soothing effect to reduce stress on the nervous system.

YOGIC INTESTINAL CLEANSE, 75 MINUTES

Detox and cleanse the digestive system in a natural and non-invasive way with Laghoo Shankha Prakshalana, combining five yoga postures with the drinking of six to eight glasses of lightly salted water.

Bookings are required one day prior to the desired start date.

FITNESS





PERSONAL TRAINING, 45 MINUTES

Meet a personal trainer to discuss your goals and limitations, and explore how to improve your cardio, strength, and mobility.

ASSISTED STRETCHING, 30 MINUTES

Relaxing and personalized techniques to increase mobility and flexibility of a muscle or group of muscles. It also improves circulation and posture and helps relieve stress and pain. Massage gun followed by personalized assisted stretching.

THERMAL JOURNEY



ENJOY AS PART OF YOUR STAY BEFORE YOUR TREATMENT

Warm up, unwind, and let go. Our heat and water experiences draw on centuries-old traditions to loosen tight muscles, melt away stress, and restore a sense of well-being. Enjoy them during spa opening hours, or arrive early before a treatment: with your body warm and your mind at ease, it will feel deeper and its benefits will last longer.

Sauna

Support your body's natural cleansing and purifying systems with the 80 degrees C dry heat of the sauna. Freshen up with a cool shower.

Steam

Pause, reflect and take a deeper breath with the natural essences of the 45 degrees C steam. Finish with a cool shower.

Cold pool

After the sauna, take a cold plunge to stimulate the blood flow, flush away toxins, ease muscle aches and release endorphins. *3 hours' prior notice is required.*

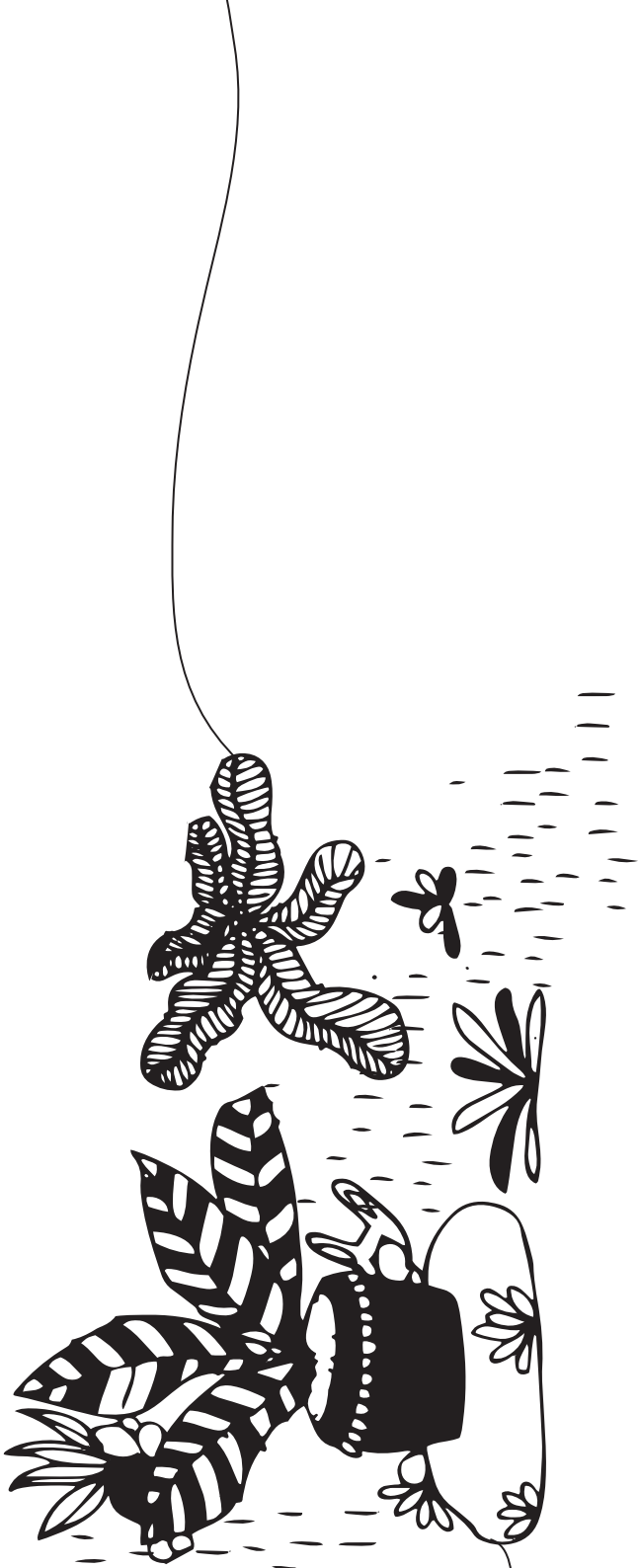
Temperatures are approximate



SPA TO SPAAAHH

Make the most of your spa time





SPA OPENING HOURS
Daily 9:00 am to 9:00 pm

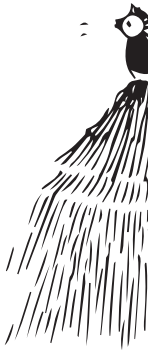
SPA RESERVATIONS
For spa enquiries or reservations, please contact the spa reception directly or the front desk. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL
We recommend that you leave all the jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

ARRIVAL
Please arrive 15 minutes prior to your treatment to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment. If you have a little more time, come 30 minutes earlier and enjoy the spa heat and water experiences to really help you unwind before your treatment.

LATE ARRIVALS
Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATIONS
Please allow three hours' notice on individual treatments, packages and programs; otherwise, 50 percent of your treatment will be charged. Failure to keep your appointment will result in 100 percent charge.



DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

AFTER YOUR TREATMENT

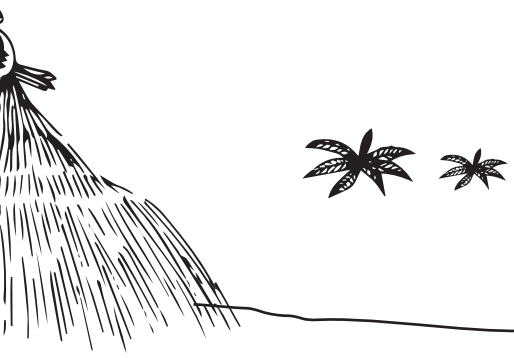
We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the spa retail store.

PAYMENT

For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.

CHILDREN

At Six Senses, we believe that everyone can benefit from receiving spa treatments, including children. Our services are adapted to a child's needs, and we offer two types of services: private treatments and therapies in an open room/group setting.
For private (one on one) treatments with children below 16 years, we recommend that the parent or guardian be present in the room at the time of service. You can either schedule a couple's massage to enjoy the service simultaneously or quietly observe the treatment.





JUNIOR SPA MENU

Pamper yourself with our selection of spa treatments, specially created for kids as part of our initiative, Grow With Six Senses. Incorporating all the dimensions of wellness, you'll understand more about what is going on inside you and the world around you.

JUNIOR BODY MASSAGE, 30/60 MINUTES/INR 5,000/7,500

Relaxation is the way to go with this soothing full body massage using unscented oil. Prepared in fun and quirky shapes, you can pick one up at the spa reception and also choose a removable tattoo to complete your treatment.

BACK, NECK AND SHOULDERS MASSAGE, 30 MINUTES/INR 5,000

Having fun at the pool or playing all day is exhausting, so why not unwind and release any tension with this reviving massage? It will leave you feeling supple and refreshed, and ready to go on new adventures tomorrow.

FOOT MAPPING, 45 MINUTES/INR 4,500

The various reflex areas on your feet form "maps" that correspond with different parts of your body. Learn all about these maps as the spa therapist massages your feet and restores your body's balance to its optimum state.

ANIMAL FLOW YOGA, 45 MINUTES/INR 4,500

PARENT AND CHILD SPA EXPERIENCE

Top to toe massage, 75 minutes/INR 19,000
Unwind after an active day with a full body soothing massage followed by a scalp massage.

All prices are presented in Indian Rupees (INR), subject to 18% government taxes. We levy 5% service charge.

SIX SENSES SPA

FORT BARWARA

WELLNESS AND SPA MENU
PRICELIST

PERSONALIZED WELLNESS	DURATION/MINUTES	PRICE/INR
Wellness Check-in	20	2,500
Wellness Screening	45	5,550
Sleep Tracking	per night	2,500

SLEEP	2 NIGHTS	4 NIGHTS	6 NIGHTS
Wellness Screening with Personalized Consultation (45 mins)	1	1	1
Personalized Yoga / Fitness Session (60 mins)	•	1	2
Yog Nidra (45 mins)	1	•	1
Yogic Breathwork (45 Mins)	•	1	2
Neti: Yogic Nasal Cleansing (30 mins)	•	1	1
Holistic Massage (60 mins)	1	1	2
Dream Catcher (90 mins)	•	1	1
Sound Journey (60 mins)	•	1	1
Bio- hack Recovery (20 mins)	1	1	1
Welcome Bag with Sleep Amenities	No	Yes	Yes
Sleep Tracking	Yes	Yes	Yes
Daily Thermal Journey	Yes	Yes	Yes
Weekly Group Wellness Activities	Yes	Yes	Yes
Price per person	**INR 20,443**	**INR 52,488**	**INR 77,138**
Price per couple	**INR 37,910**	**INR 93,500**	**INR 133,875**

All prices are presented in Indian Rupees (INR), subject to 18% government taxes. We levy 5% service charge. Prices are exclusive of accommodation and meals.

PERSONALIZED WELLNESS

AYURVEDIC REJUVENATION	2 NIGHTS	4 NIGHTS	6 NIGHTS
Ayurvedic Consultation (45 mins)	1	1	1
Personalized Yoga (60 mins)	•	1	2
Yogic Breathwork (45 mins)	1	1	1
Meditation (45 mins)	•	1	1
Abhyanga (60 mins) (2 hands)	1	1	2
Shirodhara (60 mins) (2 hands)	•	1	1
Ayurvedic Experience (90 mins) (2 hands)	•	•	1
Udhwartana (60 mins)	•	•	1
Choornaswedana (60 mins)	1	1	1
Bio-hack Recovery (20 mins)	•	1	1
Daily Thermal Journey	Yes	Yes	Yes
Weekly Group Wellness Activities	Yes	Yes	Yes
Price per person	**INR 29,750**	**INR 51,850**	**INR 90,100**
Price per couple	**INR 56,525**	**INR 93,925**	**INR 166,600**

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PERSONALIZED WELLNESS

DETOX	2 NIGHTS	4 NIGHTS	6 NIGHTS
Wellness Screening with Personalized Consultation (45 mins)	1	1	1
Private Fitness / Yoga Session (60 mins)	•	1	2
Yogic Breathwork (45 mins)	1	1	2
Neti: Yogic Nasal Cleansing (30 mins)	1	1	1
Detox Massage (60 mins)	1	1	2
Detox Body Wrap (75 mins)	•	•	1
Yogic Intestinal Cleanse (75 mins)	•	1	1
Sound Journey (60 mins)	•	1	1
Bio- hack Recovery (20 mins)	1	1	1
Daily Thermal Journey	Yes	Yes	Yes
Weekly Group Wellness Activities	Yes	Yes	Yes
Price per person	**INR 20,868**	**INR 44,668**	**INR 71,018**
Price per couple	**INR 37,910**	**INR 77,860**	**INR 118,660**

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PERSONALIZED WELLNESS

YOGA	2 NIGHTS	4 NIGHTS	6 NIGHTS
Yoga Consultation	1	1	1
Personalized Hatha Yoga (60 Mins)	1	2	3
Trataka Meditation (30 Mins)	•	•	1
Meditation/ Yog Nidra (45 Mins)	1	1	1
Yogic Breathwork (45 Mins)	•	1	1
Neti: Yogic Nasal Cleansing (30 Mins)	•	1	1
Yogic Intestinal Cleanse (75 Mins)	•	•	1
Holistic Massage (60 Mins)	1	1	2
Sound Journey (60 Mins)	•	1	1
Welcome bag with Yoga Amenities	No	Yes	Yes
Daily Thermal Journey	Yes	Yes	Yes
Weekly Group Wellness Activities	Yes	Yes	Yes
Price per person	**INR 24,268**	**INR 55,038**	**INR 79,688**
Price per couple	**INR 41,735**	**INR 88,825**	**INR 132,600**

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MASSAGE TREATMENTS	DURATION/MINUTES	PRICE/INR
Deep Tissue	60/90	9,500/12,000
Holistic	60/90	9,500/12,000
Detox	60/90	9,500/12,000
Tension Soother	30/60	6,000/9,500
Head Massage	30/60	6,000/9,500
Relaxed Feet	30/60	6,000/9,500
Jet Lag Soother	90	12,000
Pregnancy	90	12,000
Hot & Cold Stone Therapy	90	13,500
Oriental Massage	90	12,000

AYURVEDA		
Ayurvedic Consultation	45	5,500
Abhyanga	60/90	10,500/13,500
Abhyanga with 4 hands	60/90	13,500/16,500
Shirodhara	60	10,000
Shirodhara with 4 hands	60	15,000
Ayurvedic Experience	90	15,000
Ayurvedic Experience with 4 hands	90	20,000
Choornaswedana	60	12,500
Udhwartana	60	12,500
Kati Vasti	45	7,500

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TREATMENTS

LOCALLY INSPIRED TREATMENTS	DURATION/MINUTES	PRICE/INR
The Alchemy Bar Workshop	45	3,000
Alchemist's Body Scrub	45	7,500
Dream Catcher	90	12,000
Tiger's Eye	90	12,000
Age-defying Gua Sha Facial	90	12,000

FACIALS

24k Gold Age-Defying Facial	60/90	10,500/13,500
Wild Kashmir Purifying Facial	30/60/90	7,500/9,000/12,000
Soothe and Enrich Advanced Antioxidant Facial	60/90	9,000/12,000
Gentlemen's Facial	60/90	9,000/12,000

BODY TREATMENTS

Detox Body Buff	60	9,500
Rasayana Detox Body Wrap	75	11,000
Pearl Infused Remineralising Wrap	90	12,000

All prices are presented in Indian Rupees (INR), subject to 18% government taxes. We levy 5% service charge.

YOGA & MINDFULNESS

TREATMENTS	DURATION/MINUTES	PRICE/INR
Aerial Yoga	45	7,500
Yoga	60	7,000
Meditation	45	6,500
Chakra Meditation	45	6,500
Sound Journey	60	8,000
Yogic Breathwork (Pranayama)	45	6,500
Trataka - Candle Meditation	30	4,000
Yog Nidra	45	6,500
Jal Neti: Yogic Nasal Cleansing	30	3,000
Yogic Intestinal Cleanse	75	8,500

FITNESS

Personal Training	45	5,500
Assisted Stretching	30	3,000

All prices are presented in Indian Rupees (INR), subject to 18% government taxes. We levy 5% service charge.

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