



Aalankrita
Spa

A decorative butterfly graphic with intricate black and green patterns, positioned to the right of the word 'Spa'.

Aalankrita ★★★★★TM
4 star resort & convention



Aalankrita Spa

Harnessing the time-honoured principles of various massage techniques, the SPA at Aalankrita Resorts seamlessly blends traditional wisdom with Modern conveniences, exuding a spirit of holistic health services to Invigorate and cure the body, mind and soul.

Our SPA treatments are specially developed to suite the purpose of Relaxation for body and mind while on vacation. We have combined the Best traditions of Ayurveda with aromatherapy, Swedish and Reflexology massage techniques to create and unique experience.

We use only natural oils, scrubs and scents and our therapists are Specially trained to give you a restful and an exclusive massage experience





Ayurvedic Specials

Abhyangam Complete Body Massage (60 Minutes)

Rs.4000

This is a totally rejuvenating full body massage using herbal oils. This massage will tone up the complete body and stimulate blood circulation. This Massage is guaranteed to perfectly balance your physical, emotional and spiritual well being.

Pizhichil – Luke Warm Herbal Oil Therapy (90 Minutes)

Rs.6500

An elaborate therapy where warm medicated oil is continuously allowed to stream all over the body from a moderate height. This is supplemented with linen, deeply hydrated in warm herbal oils and squeezed gently, while the therapist's hands work on your body. This is followed by a light and rejuvenating massage.

Shirodhara Rejuvenation Treatment (90 Minutes)

Rs.6000

Enjoy a deep relaxation massage with special attention to the needs of the head, neck, back and face. This begins with an anti stress massage and a liberal application of medicated oils on the head and body, as you lie on a special wooden plank. The specified medicine is made to drop gently and continuously on the forehead.

Head Massage + Shirodhara

Rs.3000

A long leather cap, open at the top is fitted around the head. Warm medical and herbal formulations are then poured into the cap. This specialized treatment is very soothing and also acts as a stress buster.

Ayur Head & Shoulder Massage (30 Minutes)

Rs.2250

Aalankrita Head Massage (20 Minutes)

Rs.1500

Aalankrita Ayurvedic Rejuvenation Massage (90 Minutes)

Rs.4500

This is a full body exotic and therapeutic massage using aromatic herbal oil. This massage stimulates the body's vital pressure points, using languid sweeping massage strokes.

Ayur Head, Neck and Back Massage (30 Minutes)

Rs.2500

The back of the neck and spine areas are gently massaged, using special herbal oils. Then a relaxing scalp massage completes this very relaxing and soothing massage.



Body Scrubs and Wraps

Aalankrita's Udvartina Herbal Body Scrub (60 Minutes)

Rs.4000

This age old Ayurvedic body scrub is applied all over the body using languid strokes which helps in shedding those dead layers of skin. This treatment cleanses and invigorates the body and leaves your skin feeling smooth, soft and saturated with antioxidants.

Aalankrita's After - Sun Cucumber Wrap (60 Minutes)

Rs.4000

This treatment has been specifically designed to relieve the pain and damage caused by over-exposure to the sun. A cooling puree of cucumber, blended with soothing oil is applied to the entire body, concentrating on the affected areas

Aalankrita's Papaya Body Polish (60 Minutes)

Rs.4000

The Fresh fruit pulp of papaya is gently massaged on your skin. This Sweet smelling body wrap will moisturize, soften and revitalize your skin to a high level of Freshness.

Aalankrita's yoghurt and sandalwood skin smoother (60 Minutes)

Rs.4500

This is a treat for all the tactile senses. An exfoliating scrub of rice powder, yoghurt, and sandalwood powder is mixed together and applied to the whole body using slow long strokes. This Massage sloughs off dead skin and smoothens the skin.

Swedish Exotica

Aalankrita Swedish Delite (60 Minutes)

Rs.4000

This Massage is designed to relieve tight and sore muscles. This is a deep tissue massage performed with a selection of aromatic oils to choose from. We believe that if you maintain an active lifestyle then is the deep tissue massage for you to soothe your senses and have a relaxing experience to regain your vigor and vitality.



Oils to Choose From

- Lavender
- Rosemary
- Tea Tree
- Olive
- Almond



Friends Packages at Friends Studio

Full Body Massage & Steam Bath
(60 Minutes)

Rs.8000

Full Body Massage, Body Scrub & Steam Bath
(60 Minutes)

Rs.8000

Full Body Massage, Facial & Steam Bath
(60 Minutes)

Rs.8000

Head Neck Back, Foot Massage and Facial
(60 Minutes)

Rs.8000

Full Leg , Foot Massage & Facial
(60 Minutes)

Rs.8000

Full Body Massage & Steam Bath
(90 Minutes)

Rs.10000

Full Body Massage, Body Scrub & Steam Bath
(90 Minutes)

Rs.10000

Full Body Massage, Facial & Steam Bath
(90 Minutes)

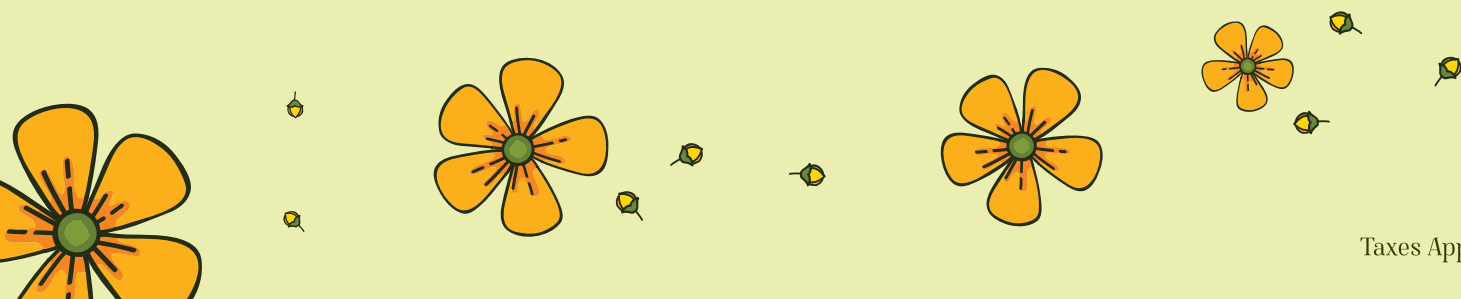
Rs.10000

Head Neck Back, Foot Massage and Facial
(90 Minutes)

Rs.10000

Full Leg , Foot Massage & Facial
(90 Minutes)

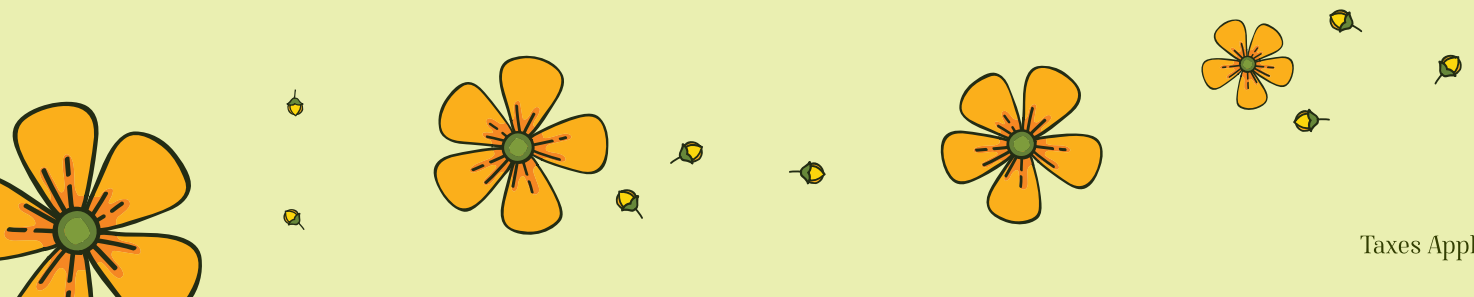
Rs.10000





Salon Services Packages

Facial and Hair Wash (60 Minutes)	Rs.3000
Hair Spa and Face Cleanup (60 Minutes)	Rs.3000
Head Massage and Facial (60 Minutes)	Rs.3000
Tan Pack and Facial (60 Minutes)	Rs.3000
Head & Neck Massage and Hair Wash (60 Minutes)	Rs.3000
Hair Wash and Dry (30 Minutes)	Rs.2000
Hair Wash and Face Cleanup (30 Minutes)	Rs.2000
Tan Pack and Face Cleanup (30 Minutes)	Rs.2000
Face Massage and Face Cleanup (30 Minutes)	Rs.2000
Head Massage and Cleanup (30 Minutes)	Rs.2000
Herbal Facial (45 Minutes)	Rs.2000
Fruit Facial (45 Minutes)	Rs.2000
Aroma Facial (45 Minutes)	Rs.2000
Pampering Facial (45 Minutes)	Rs.2500
Gold Facial (45 Minutes)	Rs.2500





Spa Policy

Spa Opening Hours

The Aalankrita Spa is open from 8:00am to 8:00pm

Age Requirements

The minimum age required is 18 years and above

Alcohol consumption

We advise that you do not have alcoholic beverages 2 hours prior to receiving a Service as the effects of alcohol may be intensified. If we feel the service may Endanger your health or safety we may ask that you reschedule your appointment

Food Consumption

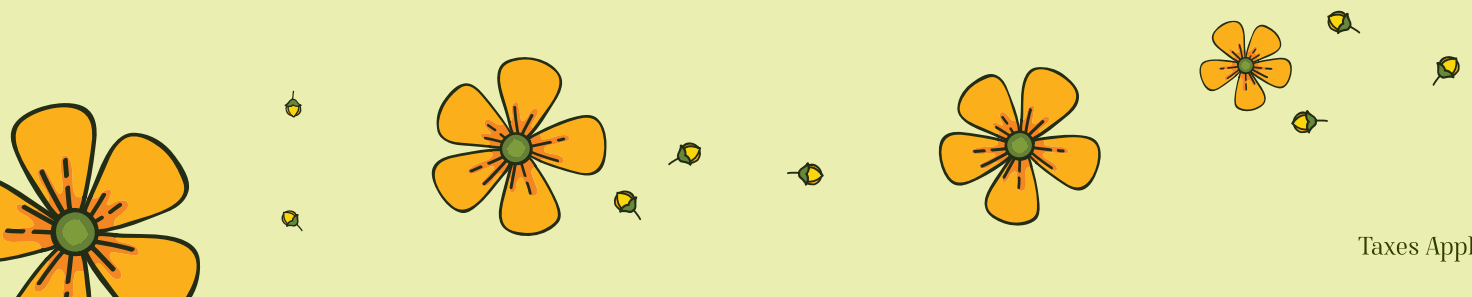
It is advisable to eat at least 1 hour before any body massages

Should I Bring my Valuables

For the safety of your valuables, we suggest that you leave them in your hotel room Or in the spa locker provided. We do not assume any liability for valuables lost

Spa Etiquette


The spa atmosphere is one of the tranquillity and relaxation, so respect the other guests right to privacy. Please ensure your cell phones are on silent mode and Please respect the spa's policy





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For Details & Bookings Call

 99121 12056

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4 star resort & convention

www.aalankrita.com

