



SPA  
MENU





The essence of Sohum



“ I Create, I Preserve and I Destroy ”

## **Welcome Wellness...**

At Sohum Spa and Wellness Sanctuary we have integrated healing and wellness modalities from various streams of healing coupled with relaxing and pampering experiences. After all, getting back to being healthy should be an enjoyable experience. By adapting only those therapies that have scientific validity, we have ensured that all our therapies are highly effective and safe. Additionally, all our services are truly personalized, ranging from face therapy wherein the ingredients are chosen as per the various skin types, to body works, and the ambience settings entailing music volume, lighting level and the pressure applied.

We welcome you to an enjoyable experience at Sohum...

Welcome to wellness, relaxation and healing!



## BODY WORK

To commence your journey at our spa, each treatment begins with an offering of a cool, caffeine-free beverage, which is followed with a relaxing foot-wash ritual to symbolically cleanse stress away. Manipulation of trigger points on the head, neck and rest of the body, is administered to effectively relieve tension and ease you into a state of relaxation and healing. This beautiful experience gets completed with a serving of hot beverage, cut fruits and positive affirmations, thus, bringing abundance of positive feelings and wellbeing.

### **Relaxing Experience (Swedish)**

**60 minutes ₹ 2799**

**90 minutes ₹ 3799**

Boost your energy levels and re-energize your body with the classic Swedish massage. We use rejuvenating seasonal blend of oils to provide a firm and deeply relaxing experience. We recommend it for its effectiveness in relieving muscle soreness and stimulating the overall blood circulation. Also, to facilitate the process of healing, please do let our therapists know on which areas they should focus and also those areas that experience pain so that they can be left untouched, thus ensuring a smooth therapy execution.

### **De-stressing Experience (Aroma)**

**60 minutes ₹ 2799**

**90 minutes ₹ 3799**

Indulge in this authentic massage, influenced by stalwarts from homeopathic healing tradition. An uplifting combination of aroma oils selected from carefully preserved global bio-reserves, are blended with cold pressed anti-oxidant rich base oils to provide a gentle relaxing massage, which is effective on the senses as well as on the skin and nerve endings. Surrender yourself to a thoroughly pampering experience!!!

### **Jet Lag (Thai)\***

**60 minutes ₹ 2799**

**90 minutes ₹ 3799**

This is an offering adapted from Buddhist monasteries where the austere monks perfected the art of preparing the body to become a temple for soul. Here, we bring you the same art, combining the use of Marma points with traditional Thai Meridian Massage. While this ritual involves deep tissue body work, the use of gentle rhythmic pressure and stretching, it helps to balance the energy flow throughout the body.

*\*This treatment uses no oil. You will be provided with pure cotton garment to wear during therapy.*

*Taxes as applicable*



### **Energizing Experience (Bali)**

**60 minutes ₹ 2999**

**90 minutes ₹ 3899**

The traditional Balinese Royal Massage is a technique of relaxing the body through acupressure, skin rolling, and firm smooth strokes along specific energy channels. This ritual is a confluence of the best of healing traditions of erstwhile Thailand, China and India. It re-awakens your inner self and evokes peace of mind, by releasing energy blockages and restoring smooth flow of energy.

### **Therapeutic Experience Deep tissue (Sports Massage)**

**60 minutes ₹ 2999**

**90 minutes ₹ 3899**

A medium to strong deep pressure massage with slow strokes to reach deeper layers of muscle and fascia, which minimizes recovery time for stressed and tense muscles. The intensive strokes work to loosen and relax the muscles. Deep tissue reduce stress hormone levels and heart rate while boosting mood and relaxation by triggering the release of oxytocin and serotonin. It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

### **Rejuvenating Experience Abhyanga - Two Hands**

**60 minutes ₹ 2699**

A part of the daily ritual of the ancient Indians, which uses long strokes and warm herb infused sesame oil to stimulate circulation, enhance joint mobility, relieve muscle soreness, hydrate the skin and speed up detoxification, this technique is an effective stress reliever. At the end of the session, medicated herbal powder is applied on the crown to re-balance energy flow and awaken the senses.

### **Sohum Signature Therapy Experience**

**90 minutes ₹ 3999**

Our senior Spa trainers have developed this signature bodywork only for regular spa and fitness enthusiasts. This bodywork has an integration of Sports Massage and Thai Acupressure techniques, to effectively work on irritated deep tissue, fascia and muscles. Recommended only for those who require deep bodywork to undo muscle knots and loosen fibrous tissue, this therapy accounts to be one of the most chosen and appreciated treatments by our clients.

### **Add on Healing Experience with Spice Poultice**

**30 minutes ₹ 1499**

A part of the daily ritual of the ancient Indians, which uses long strokes and warm herb infused sesame oil to stimulate circulation, enhance joint mobility, relieve muscle soreness, hydrate the skin and speed up detoxification, this technique is an effective stress reliever. At the end of the session, medicated herbal powder is applied on the crown to re-balance energy flow and awaken the senses.



**Calming Experience Champi (Head Massage)****30 minutes ₹ 1599**

Traditionally known in India as “Champi”, this remedy is the source of all modern scalp therapies. It is an invigorating experience where firm and quick strokes are combined with stimulation of trigger points on the head. This improves blood flow, nourishes the scalp and induces a deep sense of relaxation. We vouch for its ability to bring about quick stress relief in an instant way.

**Soothing Experience Meru (Back massage)****30 minutes ₹ 1599**

This therapy is based on ancient Indian healing science which uses the philosophy that a flexible and tension free back is the back bone for body alignment. When executed, it will help you to melt into total relaxation as our expert therapists dissolve the tension stored in the muscles of the back and help you to feel energized and refreshed. Moreover, the nerve points that are responsively connected to the abdomen organs are gently massaged for stimulating healthy organ functions.

**Detox Experience Feet Reflexology****30 minutes ₹ 1599**

Recognized by the ancient civilizations of Egypt, China and India and perfected by the healers of Siam, you can enjoy this relaxing and pampering treatment for tired feet, wherein an application of pressure on appropriate points helps to stimulate the reflex points that helps in corresponding to various internal organs. This ensures relaxation and ease in the feet and helps one to enjoy a pampering experience. Though practices in the past, this technique, even today, stands to be one of the most effective ones to relieve muscle fatigue after a long journey or a tiring day.

**Head, Neck, Shoulder & Back****45 minutes ₹ 1999**

## SKIN REFINEMENTS

Skin refinements are therapies where powders containing plant, fruit and cereal extracts are rubbed on the skin surface. This therapy removes dead skin cells and pollutants, increases circulation and energizes the body. Works well in conjunction with any bodywork.

### **Oriental Experience with Rice & Oatmeal**

**30 minutes ₹ 1799**

This accounts to be a traditional home recipe that polishes hydrates and nourishes the skin leaving it soft. This gentle and natural moisturizing body polish is made from anti-oxidants which are rich and cooling in nature. Organic rice blended with fiber-rich oatmeal, well known for its hydrating and nutritive properties are used which caters all skin types.

### **Nourishing Experience with Apricot & Lemongrass**

**30 minutes ₹ 1799**

Apricot is well-known for its anti-aging properties. The beta carotene, minerals and other plant compounds from this fruit seeps into the skin and triggers cellular renewal and maintenance. Lemongrass perfectly complements apricot with its antiseptic and mood elevating properties, thus providing a well being experience to the skin.

### **Exfoliating Experience Coffee**

**30 minutes ₹ 1799**

Re-invigorate the senses with this exfoliation ritual. An energetic rub with handpicked finely ground aromatic coffee, captures the mystery of this ancient Arabic skin treatment. It instantly increases circulation and makes the skin smoother and hence elevates your mood, making you happy and content.

### **Detoxifying Experience Ayurvedic Body Polish**

**30 minutes ₹ 1799**

When combined with an Ayurveda lifestyle, this therapeutic body scrub helps to eliminate toxins and excess water retained in the body. A time honored formula developed by the “Vaid” (physicians) of ancient India, this treatment stands effective till date, to kick start circulation and reduce cellulite.

### **Mineralizing Vanilla & Coco**

**30 minutes ₹ 1799**

The age old secret behind the glowing skin of the Amazon tribe is this mineral rich mud mask, which has trapped in it the goodness of forest swamps and jungle coco tempered with vanilla beans. This is a time tested skin therapy for improving skin texture, skin tone, reducing blemishes and gently balancing the skin.

## BODY ENVELOPMENTS

Also referred to as Body Wraps and Body Masks this Spa ritual begins with an invigorating body scrub to exfoliate dead skin cells and stimulate circulation. The all natural floral or marine extracts rich purifying mask is then applied to the whole body to ensure that the skin is soothed and rebalanced. It has anti-septic, skin toning and nourishing properties. This is highly recommended for a full body enhancement of look and feel.

### **Marine Experience with Seaweed Detox**

**60 minutes ₹ 2999**

In this therapy, a nurturing full body mask, combining the richness of sea plants, marine algae, minerals, vitamins and micro nutrients is applied. You feel cocooned in this comforting wrap. It stimulates the lymphatic system and assists in removal of accumulated toxins. This is highly recommended as a prelude before all slimming and firming therapies.

### **Mineralizing Vanilla & Coco**

**60 minutes ₹ 2999**

The age old secret behind the glowing skin of the Amazon tribe is this mineral rich mud mask, which has trapped in it the goodness of forest swamps and jungle coco tempered with vanilla beans. This is a time tested skin therapy for improving skin texture, skin tone, reducing blemishes and gently balancing the skin.

### **Thermal Experience Rejuvenating Bastar Mud**

**60 minutes ₹ 2999**

The age old secret behind the glowing skin of the Bastar tribals of central India, is the mineral rich mud mask which has trapped in it the goodness of forest swamps and is extremely effective in improving the skin texture and tone. It helps to reduce blemishes and gently balance the skin.

*Taxes as applicable*





## FACE THERAPY

Our Face therapies are unique in every aspect; right from the service sequence to the products used. These facials invariably play a vital role in hydrating your skin as well as bringing a healthy glow on your face. Our facials are designed with utmost care and are customized to suit your skin type. They not only pamper your delicate skin but also your complete being. All our facials start with trigger point therapy that helps reduce puffiness. It is recommended once a week for lasting results.

### **Facial Express**

**30 minutes ₹ 1599**

Recommended for all kinds of skin types, the gentle softening exfoliator effectively removes dead skin cells built up on the skin's surface, is designed to restore skin's optimum hydration levels making the skin intensely nourished and supple.

### **Youthing Experience Anti aging**

**60 minutes ₹ 2699**

A blend of potent concentration of stabilized Vitamin C with pure, freeze-dried seaweed creates a mask to reduce fine wrinkle lines, strengthen skin's elasticity, counteract photo-aging, restore youthful appearance and render a visibly luminous face.

### **Hydrating Experience Hydra Moist**

**60 minutes ₹ 2599**

This ideal face treatment maintains the moisture level in the upper layers of the epidermis. This facial moisturizes and stimulates superficial circulation.

### **Acne / Oil Resist**

**60 minutes ₹ 2599**

This facial is especially formulated with botanical extracts to control the over-production of sebum, regulate the pH balance, tighten pores, refine the skin texture and deliver a healthy glow.

### **Firming Experience Combination Skin Facial**

**60 minutes ₹ 2599**

With select ingredients to balance the skin's oily secretion, this facial leaves the skin balanced and toned after execution.

## Tips to enhance your wellness experience

### **This is the first time I am having a Spa therapy. Will someone help me choose the most appropriate treatments?**

Any of our Spa team members will be happy to discuss our range of therapies with you and recommend what would be of benefit to you.

### **Can I have multiple Spa therapies in a day?**

Yes. Many Spa therapies complement each other and work very well to produce marked results. Please feel free to ask any member of our Spa team to tell you how best to combine therapies for optimal results.

### **What if I have any health concerns?**

You should discuss them with our team, especially if you are pregnant, suffer from cardiovascular disorders such as cardiac ailments or high blood pressure, have recently undergone surgery or have any implant or are suffering from skin diseases.

### **When should I eat before my Spa therapy?**

3 hours gap after moderate meal is ideal. A light snack is appropriate if you are hungry. We do not recommend any intake of alcohol before any Spa therapy.

### **What type of skin care products will you use in my Spa therapy?**

We have taken great pains to ensure that all of our products are gentle on your skin & have natural ingredients.

### **What should I wear during my visit to the Spa?**

You may arrive in your street clothes, since we shall offer you the appropriate disposable undergarments and other apparel while enjoying our Spa therapies.

### **What is the minimum age requirement to be able to enjoy Spa therapies?**

15 years. Guests between 15 to 18 years of age are permitted to experience selected Spa therapies only accompanied by a guardian of the same gender.

**How early should I arrive for my treatment?**

We recommend that you arrive fifteen minutes before your appointment time, so that you do not rush through things to do and have enough time to complete a health status questionnaire.

**What if I am running late for my Spa appointment?**

If you are running late for your treatment, we will shorten your therapy so as to be completed by the designated time booked by you. This is to ensure that the next guest is not delayed or inconvenienced.

**What do I do if I need to cancel my Spa treatment?**

Any Spa therapy appointment that is cancelled without a minimum of 3 hours notice or an un-informed “no show” will incur a charge equal to 100% of the value of the therapy/therapies booked. If a 3 hours notice is provided then a cancellation fee equivalent to 50% of the Spa therapies fee will be charged.

**How can I pay for the therapies that I have reserved?**

We accept cash (Indian Rupees only), all major credit cards and debit cards.

**Should I pay tips | gratuity?**

Gratuity is a reflection of your level of satisfaction and 15% -20% of the cost of therapies is appropriate.

**Is there anything else I should know so I have the best Spa Experience?**

By making a reservation with us you have paid for time to relax and rejuvenate. To maximize the value you derive, please inform your therapist on how comfort during your therapy can be enhanced. Temperature settings, music volume, amount of pressure etc. are some of the customizations possible.

**Can I use my mobile phone in the Spa?**

We do not permit the use of electronic devices, (including mobile telephones) into the Spa area as these not only detract you from your experience, but also interrupt other guests in their satisfaction of the Spa experience.

**Are Gift certificates and packages available?**

Please feel free to speak to our team members who will be glad to assist you in choosing the package and gift certificate most suitable to your needs.



Bajrang Baug Garden, Old Mumbai - Pune Highway, Tungarli, Lonavala - 410401.

Tel.: **02114 – 667300**, Spa Ext.: **7**

Spa Timings: 8 AM - 8 PM



[www.sohum-wellness.com](http://www.sohum-wellness.com)