






At Kenilworth, we offer to indulge you, lure you into a world of ease and serenity...

With a wide range of Ayurvedic therapies and an array of Western therapies too, you would love to pamper yourself with our very own brand in this pristine property!

Welcome to the world of bliss!

 +91 832 669 8888 Extn - 8711/ 8712

Timings 8 am to 8 pm All rates are exclusive of taxes*

WE ARE FOLLOWING
ALL SAFETY MEASURES



Ayurveda Therapies -

World's oldest holistic healing system

ABHYANGA DUR 45 min INR 3200

Abhyanga massage therapy revitalizes your senses and takes away your stress. Involves special massage maneuvers with ayurveda oils, and formulations to align your mind & body to its most natural form. Abhyanga massage therapy clears toxins from the body and energises the body cells to help restore the body's peak functioning. Experience this age old traditional massage.

MARMA DUR 60 min INR 4500

From the traditional Kalari martial art therapy, this full body massage involves palm warm oil application taking into mind the traditional marma points or energy meridians of the body. With due pressure and medium strokes this massage deeply relaxes and energises you leaving you feeling well balanced emotionally and physically.

REJUVENATION..... DUR 45 min INR 3700

A complete full body relaxing massage, involving therapeutic oils which are beneficial to soothe the tired muscles and sense organs, done with long strokes this therapy will leave you feeling refreshed and relaxed with bountiful energy to take on the day!



Ayurveda Therapies -

World's oldest holistic healing system

PRUSHTHA DUR 30 min INR 2200

Deep back massage therapy with medicated oils to relax your stiff back and shoulder muscles, relieving the tight knots, enabling free movement and ensuring great balance of body and mind.

PADABHYANGAM..... DUR 20 min INR 1600

A great way to relieve your stress, with special reflexology points and short strokes to ease your meridians of the body. This massage ensures blood circulation to the heart, a great way to release cramps and calf muscle strain thus leaving you refreshed and energetic.



Course Therapies 3/5/7/14/21 DAYS

(After consultation with our physician)

KIZHI..... DUR 60 min INR 4800

Along with Abhyanga, milk and medicated rice/leaves/sand/herbs made into poultices are heated and rubbed on the body to massage the muscles and joints where pain and stiffness prevail. This minimum oil or oil free treatment penetrates the remedial heat and medication deep into the focused muscles and joints reduces stiffness and pain.

UDWARTANAM..... DUR 60 min INR 4800

The Udwarthanam massage is a therapeutic deep tissue massage which is performed with rubbing oil and herbal powder. The intensity of the massage generates heat which then melts the excess fat in your body, helps to lose weight when therapy is taken as a course. Besides, it improves the immunity and lymphatic flow of the body.



Course Therapies

3/5/7/14/21 DAYS

(After consultation with our physician)

SHIRODHARA DUR 45 min INR 6400

The word 'Shirodhara' is derived from two Sanskrit words – 'Shiro' meaning the head and 'Dhara' meaning stream, pour or flow. Together, it means to pour or drip lukewarm herbal oils on the forehead in a continuous stream. It stimulates 'Ajna Marma' or the 'Maha-Marma', which brings stability in the mind and consciousness. Shirodhara treatment can help to significantly reduce the stress from the mind and body. Also as a long term therapy in insomnia and hypertension. In special cases also done with milk, buttermilk or medicated herbal concoctions It nourishes scalp & hair and induces good sleep.

KATI VASTI DUR 40 min INR 3200

Kati Vasti treatment is one of the most effective therapies specifically meant to treat backache. Kati means the lower back and Vasti means retention. This treatment is best taken as a course and helps to pacify vata dosha, improves blood circulation, reduces lumbar stiffness thus helping to strengthen spine.

INDIAN CHAMPI MASSAGE..... DUR 20 min INR 2200

A very deep relaxing head massage done to releases stress of neck, shoulder, scalp, making you feel refreshed and revitalized.



Western Therapies -

Immersive Experience by cutting edge expertise

FOOT RITUAL- BEFORE THE START OF ANY WESTERN THERAPY

Exclusive welcoming therapy by the therapist to make one feel grounded , peaceful and calm. It's done with aroma relaxing oils special Himalayan salts which help to unwind, comfortable to choose the therapy.

AROMATHERAPY.....DUR 45 min INR 4200

Aromatherapy, or essential oil therapy, refers to a range of traditional, alternative or complementary therapies that use essential oils to get relaxing effect. Apart from providing a pleasant smell, aromatherapy oils can provide respiratory disinfection, decongestant, and psychological benefits.

DEEP TISSUE..... DUR 60 min INR 4800

Deep tissue massage is a massage technique that's mainly used to treat musculoskeletal issues, such as strains and sports injuries. It involves applying medium pressure using slow, deep strokes to ease. This helps to break up scar tissue that forms following an injury and reduce tension in muscle and tissue. Helps to reduce inflammation and bring ease, aids faster healing by increasing circulation.



Western Therapies -

Immersive Experience by cutting edge expertise

BALINESE**DUR 60 min** **INR 4800**

Balinese massage is a full-body, deep-tissue, holistic treatment. Traditional Balinese massage uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and "qi" (energy), leaving you with a sense of wellbeing, calmness and deep relaxation. Therapists use specific aromatic oils as required by the clients. This therapy starts from the legs, moving upwards to the back, arms and last the face and scalp is massaged. Each massaged section is duly covered as to get maximum benefits of the aromatic oils.

SWEDISH.....**DUR 45 min** **INR 4200**

In the full body Swedish massage, massage starts from the back, neck, moving on to arms and legs and sometimes feet, followed by a relaxing head massage. This type of massage focuses on muscle relaxation, targeting superficial muscles and increasing blood circulation. to reduce inflammation and bring ease, aids faster healing by increasing circulation.



Western Therapies -

Immersive Experience by cutting edge expertise

SOOTHE....._DUR 90 MIN INR 7500

Full body scrub followed by aroma massage. While the Scrub detoxifies and smoothens your skin texture, massage re-balance the body clock and harmonizes feeling refreshed and deeply relaxed.

ENERGISE.....DUR 90 MIN INR 6000

Full body deep tissue massage, which relieves your pain and stiffness followed by reflexology to energize your being, leaving you to spring up and take on the day.

SUPPLE.....DUR 90 MIN INR 7000

Feel absolutely pampered and relaxed with a Swedish massage followed by a scrub which leaves you supple, soft and energetic.



Body Polish and Body Scrub-

Feel fresh, clean and rejuvenated.

Aroma coffee and salt scrub.....DUR 45 min INR 5800

With coffee which helps to soothe the skin and the Himalayan salt to scrub the dead cells this helps to soothe and tighten the skin leaving you with a lingering smell of coffee for a long time.

Coconut honey sugar scrub.....DUR 45 min INR 5800

For dry skin, this is a beautiful combination to gently soothe the skin and help it breathe with ease to get the supple soothe as desired, sugar being mild exfoliating helps to declog the pores and helps with the desired results.

Ylang ylang salt scrub.....DUR 45 min INR 5800

The Himalayan salt granules help to declog the skin and the aroma of ylang ylang leaves one with a sedative aroma alluring on your skin and shifts you into tranquility.



Myra Spa Special

INDULGENCE THERAPYDUR 90 MIN INR 6500

We pamper you with a Deep tissue massage followed by Jacuzzi . This experience is enhanced by a fruit facial which follows , thus helping you feel relaxed and at ease.

COUPLE MASSAGE..... DUR 60 MIN INR 7800

An hour massage with medium pressure for each of you of your choice! You can enjoy aromatic steam and Jacuzzi together.

MYRA SPA SIGNATURE

Pamper Package..... DUR full day/6 hours INR 15800

SESSION 1: 2 HOURS

- 1) Hand and feet reflexology
- 2) Full body massage followed by breakfast and rest

SESSION 2: 2 hours

Steam 20 min followed by body scrub (40min) and aroma massage for 1 hour

SESSION 3: 2 hours

- 1) Oil head massage or Shirodhara
- 2) Facial massage with aroma pack



Combat in Combo Therapies

AYURVEDA

SOUKHYA..... DUR 90 MIN INR 8000

Relax with a full body traditional abhyanga massage . Relax your mind and calm your senses with Shirodhara leaving you to feel the tranquility of mind and body.

SHAMANA..... DUR 60 MIN INR 7000

Full body rejuvenation with kizhi. A combination of 2 Ayurveda therapies effective before or after a hectic journey or a long day's work. You can experience an instant rejuvenation of body and mind.

SOUNDARYA.....DUR 60 MIN INR 6500

Full body marma therapy with udwartanam. The therapeutic relaxation with a marma massage, stimulating the energy flow of your body followed by herbal dry powder massage, leaves you fresh supple and renewed.



YOGA means Union

This ancient Indian healing life science offers balance in Mind, Body and Soul. Yoga offers to balance this through the practice of Yama, Niyam, Asanas, Pranayama, Pratyahar, Dharna, Dhyana and Samadhi which helps to achieve equilibrium and achieve good lifestyle. Yoga practice helps in attaining higher level of concentration, enhanced energy levels, leading to better productivity as well as immunity.

We at 'Myra spa' are happy to offer you this beautiful serene resort, group sessions, one-on-one sessions and also customized yoga therapies as a part of our wellness packages.

Group session

INR 500

One-on-one session

INR 800

Customised session

INR 1000

All rates are exclusive of taxes*





MYRA SALON MENU

Look refreshed, fresh and beautiful !

SERVICES

THREADING

1] Lower Lips	150
2] Upper lips	300
3] Eye brows	350
4] Forehead	250
5] Chin	300
6] Full face	1000

FACIALS

1] Herbal facial	3200
Organic herbal combination for all types of skin.	
2] Clean up	2700
Cleansing, scrub and pack.	
3] Fruit facial	3700
Cleansing, scrub, fresh fruit facial and pack.	
4] O3 Facial	5300
It's a special facial, includes, cleansing, scrub, d-tan pack, glow pack, massage, face mask and face moisturising. Individual kits for personalized use.	



D TAN

1] Face	840
2] Arms	1100
3] Legs	840
4] Back	800

HAIR

1] Hair spa	1200 [short]	1500 [medium]	1800 [long]
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Hair wash, mask, massage, wash and blow dry

1] Hair wash and blow dry	1400
2] Blow dry	1100
3] Hair wash	500
4] Ironing (short)	1350
5] Ironing (medium)	1800
6] Ironing (long)	2000
7] Ladies hair cut	1500
8] Hair Trim	600
9] Curling tongs	1600

WAXING

1] Under arms	500
2] Full arms	1200
3] Full legs	1900
4] Half leg	1100
5] Back	1600
6] Brazilian Wax	2500

	MANICURE	PEDICURE
1] ROYAL	1200	1500
(Cutting, filing, scrub)		
2] SPA	1600	2100
(Cleansing, scrub, nail cleaning, massage, soak, pack)		
3) Cutting filing.....		650
4) Nail polish hand and feet		1200

Service:

- You are usually asked to bring or wear loose, comfortable clothing to the massage.
- If it's your first time at the spa request you to arrive at least 15 minutes early to complete the necessary forms and change. In case of delay from your side with regards to the appointment timing, the spa team is not responsible to complete the full duration of your session. Will suggest a different time slot or may request a smaller session to be taken.
- Please be assured we are here to assist you. Our spa manager and team are happy to help you choose the services from our menu.
- Be sure that your massage therapist has your complete health history.
- If you feel discomfort at any time, let your massage therapist know.
- Kindly turn off your cell phones and leave all your valuables in your room safe. Spa lockers are available for your change of clothes etc and request you to kindly ensure to collect all your belongings from the spa before leaving the spa premises. We are not responsible for the damage or loss of any personal belongings.
- Children aged below 16 can avail treatments only under parental supervision subject to your discretion.
- Cancellation Policy- In case of any change or cancellation, please let us know 3 hours in advance to avoid cancellation fees amounting to the full amount of the treatment booked.

* ALL RATES EXCLUSIVE OF TAXES.

KENILWORTH
RESORT & SPA

GOA

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