



SPA MENU



MOKSHA

HIMALAYA SPA RESORT

Massage Therapies

Moksha signature Massage An oil massage done by two therapist using techniques from Kerala.	90 min	₹9500
Classical Swedish Massage A European massage incorporating light kneading from toe to forehead, including a face massage.	50 min	₹4500
Aroma Therapy An aromatic experience that combines fragrance and power of touch.	60 min 90 min	₹5000 ₹6500
Travel Recovery Massage This massage concentrates primarily on the back, neck, shoulders and the scalp.	45 min	₹4500
Balinese Massage Performed using long strokes and skin rolling movements with deep pressure.	60 min	₹5500
Thai Massage A blend of yoga and massage uses no oil or powder, concentrating on stretching movements.	90 min	₹7500
Head Massage A Series of synchronized movements are executed on head and neck for duration of 30 min.	30 min	₹3000
Hot Stone Massage Using smooth heated basalt stones, strategically positioned on pressure points	90 min	₹7500

Deep tissue Massage Involves the scientific manipulation of the soft tissues of the body.	60 min 90 min	₹5000 ₹7000
Pre-Natal Mother to be Relieves spasms, cramps and reduces stress in weight bearing joints. This increases circulation, which improves flow of oxygen and nutrients to the baby	60 min	₹5000

Ayurvedic Therapies

Abhyanga –Oil Application A full body Ayurvedic massage done in classical Kerala style by one therapist using warm, medicated herbal oil.	60 min	₹6000
Shiro Dhara – Oil treatment on the forehead Medicated herbal oils are streamed onto the forehead and scalp; preceded by a neck and shoulder massage.	60 min	₹8000

Body Therapies

Energizing Salt Glow Removes dead skin cells and cleanses the pores.	45 Min	₹4000
Moksha Signature body scrub A mixture of Neroli oil, Honey and lemon zest to reveal a soft and moisturized skin	45 min	₹4000
Hamman	90 min	₹9000

Facial Therapies

Moksha's Restorative facial	60 min	6500
Moksha's Age perfect facial	60 min	6500
Moksha's Clean- up facial	60 min	6500
Moksha's Purifying Facial	60 min	6500

Hand and foot care for Him & Her

Moksha's special manicure	50 min	₹3000
Moksha's special pedicure	60 min	₹4000

Packages

Time for two: body scrub, Aromatherapy massage and bath soak	150 min	₹20,000 Per couple
Couple side by side (aromatherapy or deep tissue)	60 min	₹10,000 Per couple
Stress relief: Body scrub, Massage & Facial	180 min	₹15,000 Per person

Prices are exclusive of Government taxes

Spa opening hours from 9:00 to 21:00 Last booking at 18:30

Please contact us for any requirements by dialing 610 or 611

After your treatment sauna and Jacuzzi are available separately for male and female in their respective changing areas.



HIMALAYA SPA RESORT