

YO1 WELLNESS MENU

		Time	Price Single
ACUPUNCTURE			
	<i>Relieves pain / Boosts Immunity</i>	50	\$150
NATUROPATHY			
Swedish Massage	<i>Relaxes the body</i>	50	\$180
Deep Tissue Massage	<i>Helps with deep muscular pain</i>	50	\$180
Hot Stone Massage	<i>Helps with Spine Pain</i>	50	\$180
Aroma Massage	<i>Relaxes mind and body</i>	50	\$180
Vibro Massage	<i>Helps to burn fat</i>	30	\$130
Salt Glow Therapy	<i>Removes dead cells & exfoliates skin</i>	30	\$160
AYURVEDA			
Abhyangam	<i>Relaxes the body</i>	50	\$200
Padabhyangam	<i>Improves sleep and reduces stress</i>	30	\$130
Shiroabhyangam	<i>Promotes peace and tranquility</i>	30	\$130
Shiro+Padabhyangam	<i>Calms the mind and improve concentration</i>	50	\$200
Podikizhi	<i>Relieves body pain and detoxifies</i>	50	\$250
Udhwarthanam	<i>Helps to burn fat</i>	50	\$200
Shirodhara	<i>Relieves Stress and anxiety</i>	50 (15+35)	\$250
HYDRO THERAPY			
Enema	<i>Detoxifies the lower intestinal tract</i>	30	\$170
Underwater Massage	<i>Helps to burn fat</i>	30	\$110
Aroma Therapy Whirlpool Bath	<i>Relaxes the mind and body</i>	30	\$110
Jacuzzi Bath	<i>Deeply relaxes the body</i>	30	\$110
Immersion Bath	<i>Relaxes the muscles and joints</i>	30	\$110
Hip Bath	<i>Improves vigor and vitality</i>	10	\$90
Hot Foot & Arm Bath	<i>Relieves headaches and sinusitis</i>	10	\$90
Circular Jet Shower	<i>Activates the meridian points</i>	20	\$90
MUD THERAPY			
Therapeutic Eye & Abdomen pack	<i>Helps in digestive disorders & Insomnia</i>	30	\$130
Dead Sea Mud Application	<i>Skin detox and rejuvenation</i>	50	\$180
YOGA			
Private Yoga/ Pre-Natal	<i>Find a state of harmony (1-2 people)</i>	60	\$150
Group Private Yoga	<i>Find a state of harmony (3+ people)</i>	60	\$350

THERAPIES: WEEKDAYS 10:00AM - 8:00PM, WEEKENDS 12:00PM - 8:00PM

Arrive 10 minutes before therapy time. Therapist's gender subject to availability.

Cancellation Policy - For any cancellation or rescheduling, please notify the concierge 24 hours prior to your appointment, else you may be subject to a cancellation fee amounting to the cost of your scheduled service.

At this time in-room private massages have been discontinued.

An administrative fee of 18% will be added for all A-La-Carte Therapies. Please note that this administrative charge is for administration and overhead costs, is not a gratuity or purported to be a gratuity and is not distributed as gratuities to any employee. Should you wish to leave a gratuity, you may do so at your discretion.