

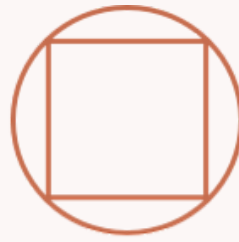
RUDRĀ

THE SPA

It is time to relax

Time: 9:00 AM - 9:00 PM

For appointments, kindly call the front office



Ayurveda Therapies

Abhyanga: 60 Minutes | INR 2500

Indulge in the timeless tradition of Ayurvedic oil massage, expertly crafted with pure, medicinal oils. Let the soothing touch dissolve stress, calm the nervous system, and invigorate immunity. Conclude your experience with a warm cup of herbal tea for complete relaxation and rejuvenation.

Abhyanga & Swedhana: 90 Minutes | INR 3500

Revel in a personalized herbal steam bath, easing muscles and tension while gently purging toxins. This rejuvenating treatment revitalizes body and spirit, offering a blissful escape. Conclude your experience with a warm cup of herbal tea for complete relaxation and rejuvenation.

Marma Abhyanga: 60 Minutes | INR 3000

Marma points, crucial energy centers in the body, hold Prana energy. Applying gentle pressure during massage channels Prana, revitalizing both body and mind for ultimate rejuvenation. Conclude your experience with a warm cup of herbal tea for complete relaxation and rejuvenation.

Pada Abhyanga: 30 Minutes | INR 1500

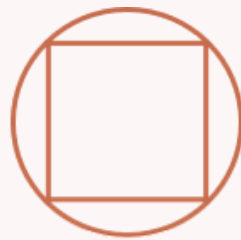
Ayurvedic foot therapy, integral to holistic wellness, utilizes herbal oils to massage pressure points, ensuring complete rejuvenation. Conclude your experience with a warm cup of herbal tea for complete relaxation and rejuvenation.

Shiro Abhyanga: 30 Minutes | INR 1500

Experience the holistic Shiro Abhyanga, a rejuvenating massage ritual focused on the head, neck, and shoulders, employing Ayurvedic herbal oils for profound relaxation and revitalization. Conclude your experience with a warm cup of herbal tea for complete relaxation and rejuvenation.

Herbal Facial Massage: 30 Minutes | INR 1500

A soothing facial massage using herbal-infused oils and natural extracts to nourish the skin, improve circulation, and promote a radiant, refreshed look. Conclude your experience with a warm cup of herbal tea for complete relaxation and rejuvenation.



Western Therapies

Deep Tissue Massage: 60 Minutes | INR 3000

Experience the therapeutic benefits of deep tissue massage, employing firm pressure and deliberate strokes to target deep muscle layers and fascia, the connective tissue enveloping muscles. Rejuvenate and alleviate tension, promoting relaxation and enhanced flexibility. Conclude with a soothing cup of herbal tea for total relaxation.

Aroma Therapy: 60 Minutes | INR 2500

Harnessing the therapeutic properties of aromatic plant compounds, traditional essential oil therapies promote holistic well-being, targeting both mental and physical health enhancement. Conclude with a soothing cup of herbal tea for total relaxation.

Foot Reflexology: 30 Minutes | INR 2500

Discover reflexology's healing touch as precise foot pressure points correspond to internal organs, promoting relaxation and holistic well-being. Conclude with a soothing cup of herbal tea for total relaxation.

Foot and Head Massage: 30 Minutes | INR 1800

Indulge in a rejuvenating Foot & Head massage, soothing from head to toe. Relieve tension in neck and shoulders, promoting tranquility of mind. Experience blissful relaxation in just one session. Conclude with a soothing cup of herbal tea for total relaxation.

Back, Neck & Shoulder: 30 Minutes | INR 2000

Revitalize muscles, alleviate stress, and improve circulation with this therapeutic massage. Targeting specific areas, it eases discomfort, enhances relaxation, and aids in overall muscle recovery. Experience relief from aches and pains while fostering a sense of deep relaxation. Conclude with a soothing cup of herbal tea for total relaxation.

Foot, Back, Neck & Shoulder: 30 Minutes | INR 2200

This therapy effectively alleviates nervous system pain and promotes muscle relaxation, enhancing overall well-being. Conclude with a soothing cup of herbal tea for total relaxation.

walk in, float out

Please let us know if you're allergic to any ingredients. We do not levy any service charge. Prices are in Indian rupees and applicable of 18% Government Tax.