



ORIENTAL SENSES  
WELLNESS SPA

AT



avataara

Welcome to Oriental Senses Wellness Spa at Avataara. Please choose from our selection of treatments, thoughtfully crafted for your relaxation and wellbeing by our team of experts. Let us help you energize your mind, body, and soul.

## *Facial*

### **Oriental Senses Signature Facial**

**60 mins ₹3499**

Our signature facial is a truly unique experience! It starts with a cleansing foot ritual followed by our signature relaxation techniques and pressure point stimulation of the face. Our skilled therapists then pamper your skin with a special ancient blend of hand-pounded herbs, including saffron, rose, turmeric, orange, and aloe juice, leaving your skin smooth, radiant, and soft. Indulge in a luxurious face massage using ghee washed 100 times with purified water in a copper pot. This special ghee, when washed in a copper pot, transforms into an odorless, silky cream that deeply nourishes your skin, penetrating all the way to the seventh layer without leaving any oily residue. To cap it off, we apply a moisture replenishing face mask infused with 4 varieties of turmeric & 10 different Ayurvedic herbs. A relaxing full leg massage is included. This facial is suitable for all skin types. If you have any skin related issues, we recommend avoiding any facial.

*Includes Foot Soak Ritual and Full Leg Massage.*

## *Body Scrub*

### **Rose Radiance Body Scrub**

**45 mins ₹2999**

Indulge in a luxurious body scrub experience where each treatment is crafted fresh for you. Our handmade scrub combines the natural exfoliating properties of pure ingredients with the delicate, soothing fragrance of rose essential oil. Blended just moments before your session, this gentle scrub works to rejuvenate and hydrate, leaving your skin glowing, silky smooth, and beautifully scented. Treat yourself to a truly personalized spa experience that refreshes both body and soul.

*\*Prices are exclusive of taxes*

# Massages

## Traveler's Revival Foot Massage

30 mins

₹1499

Refresh and revive after a long journey with our Traveler's Foot Revival, a foot massage tailored to ease the fatigue of travel. This rejuvenating treatment begins with a warm aromatic foot soak to soothe tired muscles and stimulate circulation, followed by a skillful massage that targets key pressure points to release tension, reduce swelling, and alleviate jet lag. Perfect for weary travelers, this treatment will leave your feet feeling light and energized, ready to continue your adventure or unwind in comfort. A must-have post-flight ritual!

## Tension Relief Neck & Back Massage

30 mins

₹1799

Unwind and release stress with our Tension Relief Neck & Back Massage, a focused treatment designed to ease muscle tightness in the areas where tension often builds. Our skilled therapists use a combination of deep, soothing strokes and targeted pressure to relieve stiffness, reduce pain, and promote relaxation in the neck, shoulders, and back. Perfect for those with desk-bound lifestyles or stress-related discomfort, this massage leaves you feeling lighter, more relaxed, and ready to take on the day with renewed ease.

## Relaxing Swedish Massage

60 mins

₹2999

Goal here is to provide you with sublime relaxation using traditional Swedish massage techniques. With the use of long gliding strokes, your therapist helps ease away any muscle tensions in your body leaving you completely relaxed. It is a great choice for those new to massages or prefer light to medium pressure.

*Includes our signature foot soak ritual, head massage and steam.*

## Stress Release Deep Tissue Massage

60 mins

₹3499

Need deeper work? This deep tissue massage is great for releasing tension and knots accumulated over time. Using medium to firm slow deep strokes, your therapist will work their magic on your body helping relieve stiffness and tension in your muscles and tissues. Ideal for those seeking relief from muscle stress, overly tight muscles, and stiffness.

*Includes our signature foot soak ritual, head massage and steam.*

## Oriental Senses Signature Massage

90 mins

₹4999

Indulge in the ultimate massage experience! It begins with our invigorating Foot Cleansing Ritual, setting the stage for pure bliss. Then, experience the tension-melting magic of our Traditional Thai Warm Up Massage, designed to unlock tight muscles, and restore the natural flow of energy. Our skilled therapists will then apply a harmonious blend of Swedish, Balinese, and Deep Tissue massage techniques, soothing every inch of your body. A soothing head massage with followed with a rejuvenating face massage employing gentle, soothing strokes, leaving you with a radiant glow. It is no wonder we call it our Signature Massage as it is an experience that transcends the ordinary!

*Includes Foot Soak Ritual, Traditional Thai Warm Up Massage, Fusion Body Massage, Head Massage, Face Massage, and steam.*

*\*Prices are exclusive of taxes*

# *Spa Journey*

## **Indulgent Avataara Escape**

120 mins

₹5499

Treat yourself to an experience that will leave you feeling truly rejuvenated! This dream escape begins with our signature foot soak ritual which is followed by an exfoliating and detoxifying session where your therapist will work on unclogging pores and cleansing your body using our luxurious handmade body scrub. Then after you have had a hot shower, your therapist will go on to give you the most relaxing face and body massage. The body aroma massage uses special Swedish massage techniques while incorporating the beneficial essential oils into your body. You are sure to leave the spa feeling luxuriously indulged and like a brand new you. We highly recommend you treat yourself to this one-of-a-kind indulgence!

*Includes our signature foot soak ritual, head massage and steam.*

## **Time For Two**

60+60 mins

5499

Share a moment of pure relaxation with our Romantic Time for Two Couples Massage, a gentle 60-minute experience crafted to bring calm and connection. In a peaceful, private setting, you and your partner will unwind side by side as our skilled therapists use smooth, flowing Swedish techniques to release tension and promote relaxation. Perfect for couples looking to reconnect and rejuvenate, this treatment soothes both body and mind, leaving you both feeling refreshed and deeply bonded. A serene escape for two, ideal for celebrating special moments or simply enjoying time together.

*Includes our signature foot soak ritual, head massage and steam.*

*\*Prices are exclusive of taxes*

## *Advice For Your Comfort*

### **What should I wear when going to the Spa and during my treatment?**

We will provide you with robe, slipper, and disposable underwear. You may choose to wear your own underwear - choose whatever is most comfortable for you.

### **When should I arrive for my treatment?**

Please arrive 10-15 minutes before your scheduled appointment, this will allow you to change without haste and leisurely enjoy our welcome drink of the day.

### **What if I am late for my appointment?**

Arriving late will limit time available for your treatment. Programs are carefully planned and to get maximum benefit, we kindly request you to be punctual

### **What if I have special health treatment consideration?**

Please notify our Spa Team before booking your treatments if you have high blood pressure, allergies, physical ailments, disabilities, or if you are pregnant.

### **Time to relax, unwind and feel good**

We strive to provide you a relaxing and tranquil environment and we appreciate your cooperation in keeping your mobile phones switched off. We want you to enjoy your complete experience so do let us know if you would like to change massage pressure, music volume, lighting levels or room temperature anytime during your treatment.

### **Where should I keep my valuables?**

We recommend you do not bring any valuables like jewelry that needs to be removed for Spa treatments. We kindly remind you we are not responsible for any items lost or stolen.

### **Our therapists**

Our therapists are well trained to provide you the best spa experience. However, in case of any inappropriate behavior, they are authorized to stop treatment - so we thank you in advance for your consideration.

### **Cancellation Policy**

Should you wish to modify or cancel a reservation, please do notify us at least 2 hours in advance, in order to avoid paying a cancellation fee.

### **Disclaimer**

Spa treatments, services & facilities received or utilized at Oriental Senses Wellness Spa at Avataara Resort & Spa are intended for general purposes only and not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have.