



SPA MENU





THE SPA AT URVASHI'S RETREAT

An ideal Retreat in the Himalayas revolves around relaxation as much as it does around adventure. Hence, the Spa at Urvashi's Retreat has been designed to cater to your wellness requirements in a way that would further add fuel to your spirit of adventure.

Designed in sharp contrast to the conventional Zen aesthetics that most spas find themselves aligned to, the Spa at Urvashi's Retreat delves further down South and subtly rejoices the rich hues of Raja Ravi Varma and Kerala- his homeland where Ayurveda was born. In the mindful pairing of wood with stone, rich maroon silk with brass hangings and Raja Ravi Varma's art work with Himalayan wood panels, I wish to convey to all my visitors the sheer dynamism that manifests when contrasts are paired together.

Hence, just as adventure and relaxation provide dual benefits to the body, mind and soul, so does the pairing of two regional extremities of India- Kerala and Himachal Pradesh, which are seemingly opposite in their geographies but are uncannily alike in the tranquility that either of them harbours.

One in its backwaters, and the other in its gushing rivers.

One in its sprawling paddy fields and the other in its terraced fields that face cliffs.

One, in being God's Own Country and the other, in being The Valley of the Gods.

It is my sincere pleasure to welcome you to the Spa at my humble Retreat.

As you relax your senses and delve into greater wellness of body, mind and soul, I wish you nothing short of nirvana.

Wishing you peace & longevity,

Urvashi

FULL-BODY MASSAGE THERAPIES

SWEDISH MASSAGE.....INR 2,400/- (60 min) | INR 3,000 (90 min)

A general massage aimed at relaxing the entire body, Swedish massage entails long gliding strokes in the direction of blood returning to the heart, thereby providing relaxation and flexibility to the body and mind.

BALINESE MASSAGE.....INR 2,500/- (60 min) | INR 3,200 (90 min)

Balinese massage is a full-body, deep-tissue, holistic treatment that uses a combination of gentle stretches, acupressure, reflexology and aromatherapy to stimulate the flow of blood, oxygen and energy around your body. It brings a sense of well-being, calm and deep relaxation.

AYURVEDIC MASSAGE.....INR 2,500/- (60 min) | INR 3,200 (90 min)

Inspired by Kerala Ayurveda, this massage is a relaxing and full-body massage using a uniform oil application on the body and strokes of varying pressure. It serves as an excellent boost to the body's lymphatic system while also calming the senses and increasing blood circulation.

AROMATHERAPY.....INR 2,600/- (60 min) | INR 3,400 (90 min)

This massage comprises of the therapeutic use of plant-derived, aromatic essential oils in combination with massage to promote physical and psychological well-being

DEEP TISSUE MASSAGE.....INR 2,800/- (60 min) | INR 3,600 (90 min)

Designed to relieve pain and muscle tension, a deep tissue massage reaches out to the deepest layer of muscles and tendons. It is highly beneficial for those seeking to decrease muscle tension and alleviate pain.

REGIONAL MASSAGE THERAPIES

HEAD & NECK MASSAGE.....INR 1,200/- (30 min)

A wonderful way to heal shoulder and neck tension, relieve headaches, stress and anxiety.

FOOT MASSAGE.....INR 1,200/- (30 min)

This therapy involves applying pressure to specific points on the feet in order to improve circulation, stimulate muscles, reduce tension and ease pain.

BATH THERAPIES

SAUNA BATH.....INR 600/- (30 min)

STEAM BATH.....INR 600/- (30 min)

JACUZZI.....INR 600/- (30 min)

NOTE :-

- * A complimentary 15-minute sauna/ steam session will be provided at the end of all full-body massage therapies.
- * Additional governmental taxes and charges are applicable to all prices listed above.
- * In order to ensure your appointment, prior bookings are encouraged. Kindly dial the spa extension (222) for further assistance.
- * Should the requirement of grooming facilities arise (haircut, facial, manicure, pedicure, threading & waxing), kindly contact the reception staff, who will be happy to schedule a booking for you at the local beauty salon.
- * We at Urvashi's Retreat follow a centralised tipping policy. Hence, should you wish to leave gratuity for any of our staff, kindly do so in the Tip Box, which is placed in our reception area.

Opening hours: 8:00 a.m. to 8.00 p.m.

Spa extension: 222 (prior booking recommended)