



THE GRAND
NEW DELHI

SPA OASIS

ELEVATE YOUR MIND, BODY & SOUL





SPA OASIS SIGNATURE TREATMENTS

Grand Signature

Time: 90 min

Price: 6,300

Treat your body to a full body massage while deriving the benefits of heated herbal leaves. This treatment is meant for the ones who like to ease out tight and sore muscles. The massage is focused on your deeper muscles to relieve one of the knots and stiffness. Warm herbal leaves are then applied topically to swollen joints, sore muscles, sprains, and sore feet. While the body absorbs the benefits of the herbs, a relaxing massage is performed. This treatment is ideal for those who maintain an active lifestyle and post work out.

Relaxation

Time: 90 min

Price: 5,800

The treatment begins with a full-body exfoliation using herbs and spices to remove dead skin cells and impurities from the skin surface. The spices re-mineralize, hydrate, and enhance blood circulation. With a combination of strokes using moderate pressure and stretching, the massage renders complete relaxation to the body. Warm compression is given by Poultices made of carefully selected fresh herbs. This therapy restores the body's balance and leaves you feeling deeply relaxed and skin feeling beautiful and soft.



Indian Warrior Massage

Time: 45 min

Price: 4,500

Detoxify, energize and enhance your metabolism with this traditional Indian energizing massage. The massage is given in rhythmic motion using the forearms as well as the hands. It works gently yet deeply into the muscles with continuous flowing strokes. Your body is nurtured totally with the use of eucalyptus oil for relaxation and pain relief.

Grand Symphony

Time: 90 min

Price: 5,800

Two Therapists work in tandem offering massage to soothe tired muscles and to release tension. The movements are synchronized while offering deep relaxation. The massage is completed with reflexology and a scalp massage to create a sense of calmness and wellbeing.



INSPIRATIONAL THERAPIES

Hot Stone therapy

Time: 75 minutes

Price: 4,800

This treatment is recommended for those leading stressful or sedentary lifestyles, which results in dull skin. The use of alternating temperatures in this therapy allows the muscles to relax and relieves pain, and balances mental, physical and emotional energy.

Balinese Massage

Time: 60/90 minutes

Price: 4,500/7,000

Originating from the island of Bali, this unique massage uses a combination of techniques. It is an intense, medium to strong massage, given using palm and thumb pressure along with sweeping strokes to improve energy flow in the body that relieves muscle tension.

Oriental - Thai body art.

Time: 60 minutes

Price: 4,800

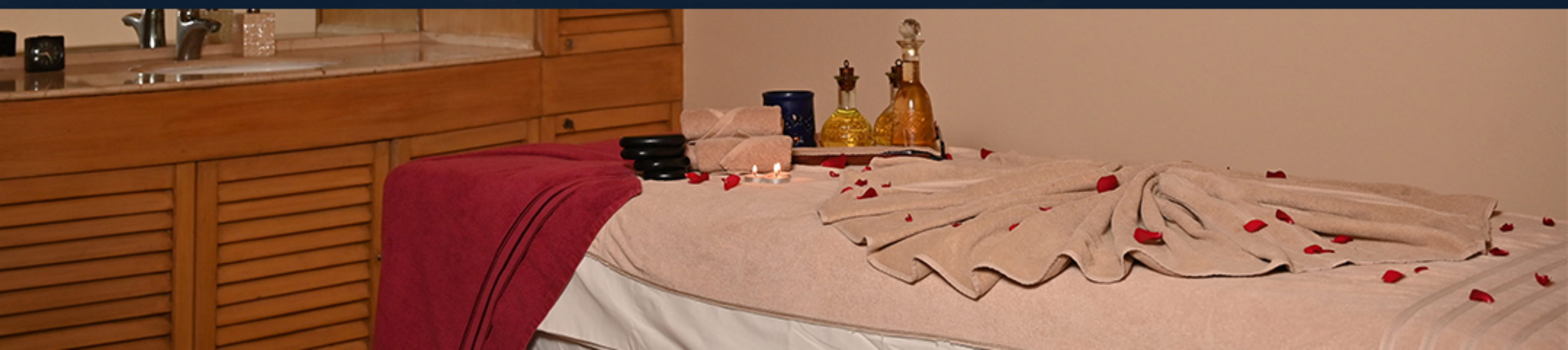
An Oil-less practice loosens tight joints and muscles with minimum exertion. Makes the whole body supple and unblocks the flow of body energy.

Shiatsu

Time: 60 minutes

Price: 4,200

Shiatsu is a Japanese form of body work that uses fingers, thumbs and palm pressure in a continuous rhythmic sequence along with stretches to improve the energetic pathways, called meridians. As a result, an overactive nervous system gets calm, which improves circulation, relieves stiff muscles, and alleviates stress.



Deep Tissue Massage

Time: 60/90 minutes

Price: 4,500/7,000

The warming properties of natural spice oils such as black pepper, eucalyptus and ginger combined with a deep tissue massage, increases blood circulation and soothes sore muscles, leaving you refreshed.

Western Classical Massage

Time: 60/90 minutes

Price: 4,500/7,000

This is a full body massage that enhances blood circulation and soothes tensed muscles. Using medium pressure, the massage is a combination of the circular, kneading and long stroke methods.

Jet Lag Combat

Time: 45 minutes

Price: 3,000

A combination of treatments specially selected to combat the after effects of a long flight. We begin with an invigorating back massage that improves blood circulation and is followed by a foot reflexology that loosens aching muscles.

Foot Reflexology

Time: 30 minutes

Price: 2,500

Based on the principle that the body contains constantly flowing energy which unites as reflex points on the feet, this specialized foot therapy helps to improve circulation and fosters a restoration of the body's natural state of equilibrium.



ADD-ONS

Express Eye Treatment

Time: 15 min

Price: 600

A great supplement to any body treatment, this is a quick and effective way to reduce puffiness and dark circles or soothe irritation or tension. Following gentle cleansing of the eye area, specialized massage movements and a skin firming gel leave the eye area looking and feeling lifted and toned.

Cleanse & De-stress Back Treatment

Time: 30 min

Price: 1,600

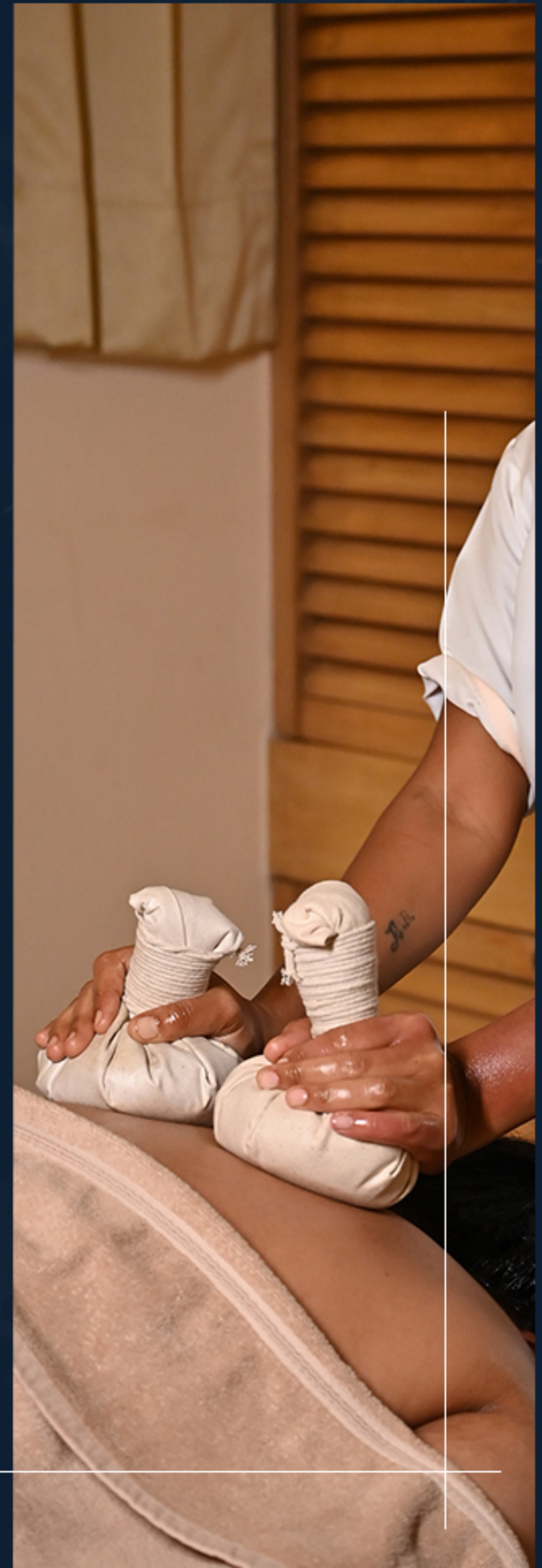
The treatment begins with a deep cleansing exfoliation; hot compression is followed by an application of a mud mask to eliminate impurities.

Scalp Therapy

Time: 30 min

Price: 1,300

An intensive herb and oil based Marma treatment; the therapist will focus on your scalp and spine. Working directly to calm the mind, this traditional technique also provides deep conditioning for the hair and scalp.



HOLISTIC HEALING - THE ANCIENT AYURVEDA WAY

Ayurveda is a science of life that is almost 5000 years old. These are ancient holistic healing principles of India that emphasize the prevention of illness and promote longevity through various methods.

Shirodhara

Time: 60 min

Price: 4,700

Shirodhara is derived from Sanskrit words Shiro (head) and Dhara (flow) and is known to be one of the most divine Ayurvedic ritual. During the session a fine and steady stream of warm herbal oil is poured on the 'third eye'. The treatment induces tranquility and leaves you with mental clarity. Shirodhara is also an effective way to treat stress, anxiety, insomnia, restlessness.

Shiroabhyangam

Time: 90 min

Price: 5,100

A deeply relaxing treatment where lukewarm herbal oil is poured in a slow, continuous stream onto the 'Third eye' or Anjana Chakra, It is accompanied by a slow, gentle massage. This treatment improves the memory, promotes deep sleep, relieves insomnia, migraines and stress related problems. Experience a complete holistic cleansing by including the Abhyanga prior to enjoying the Shirodhara and enhance the relaxation process.

Marma Abhyanga

Time: 60 min

Price: 4,500

A traditional method of external cleansing of the body with special techniques that helps the body to soak in the healing therapeutic oils. A stimulating massage with oil that suits your body type of VATA, PITTA or KAPHA helps in toning and detoxifying the internal body systems, leaving you feeling refreshed and rejuvenated. Abhyanga soothes tired eyes, induces sound sleep and also helps in reducing mental tension.



Grand Abhyanga (Four Hands)

Time: 45 min

Price: 6,000

Two specialized therapist simultaneously massage your body from head to toes to optimize the effect. Grand Abhyanga improves physical consistency, helps to liquefy toxins and induces relaxation, whilst normalizing blood pressure and eliminating impurities.

Kizhi – Herbal Bundle Massage

Time: 60 min

Price: 4,700

This therapy begins with the application of Dosha specific massage oils. The therapist applies rhythmic strokes, after which the body is subjected to perspire freely with the application of herbal poultice. This relieves neurological disorders, rheumatism, arthritis and sports injuries.

Udvarthanam

Time: 60 min

Price: 4,700

The whole body is gently massaged with medicated powders prepared with special herbs. This massage helps to reduce fat patches from the body known as cellulites, toning of muscles, improves blood circulation. Regular Udvarthanam massage are good for cellulites and also helps to lose weight by increasing the basal metabolic rate.



NATURE'S TRAIL

Use the bountiful gifts of nature to enhance and soothe your senses and bring yourself back to the balance of life. These chemical free treatments take you on a trail of beautification using the very essence of fruits, flowers and grains, leaving you in sync with nature.

Tropical Coconut Cream Therapy

Time: 90 min

Price: 6,300

This tropical delight infuses the body with the goodness of coconut and cashew nuts to deep cleanse and thoroughly nourish every pore. Pure coconut cream from tender coconut is used for the body massage and then a natural cashew scrub is used for the body exfoliation routine, which removes the dead cells and leaves your body so fit and glowing.

Energizer

Time: 60 min

Price: 3,200

If you are in need of energy boost, this package is for you! Treat yourself to a massage using our finest energizing blends. Choose from mustard, sesame, almond oil.



Natural Body Polish

Time: 45 min

Price: 2,700

A gentle all over body exfoliation using rice and chick pea flour mixed with milk. Turmeric known to have deep cleansing properties and is added for a natural and healthy glowing skin. This treatment removes dead skin cells whilst oxygenating the skin and is suitable for most sensitive skins.

Ubtan

Time: 45 min

Price: 2,700

A ritual practiced by young royal brides in preparation for their wedding day. A soothing paste made of saffron, sandalwood and turmeric are applied on your body and left to dry after which this is slowly rubbed away using milk and rhythmic strokes. This treatment helps in skin tightening and blemish reduction.

Facials

Time: 45 min

Price: 3,700

Having fruits and fruit juice is healthy for oneself then how about a fruit Facial. Fruit juices and fruit pulps and vegetable packs are made from fresh ingredients as per your skin type. This is the best way to pamper your skin with fresh fruits which are free from toxins and harmful effects and leaving your skin feel and look hydrated.



BODY SCRUBS & WRAPS

Honey-Sesame Body Polish **Time: 30 minutes** **Price: 3,000**

Ground sesame mixed with honey makes for an exotic exfoliant. Natural sesame granules help to slough away rough patches of hardened skin. It is an ultimate care for dry skin. A luxurious experience that leaves you truly pampered.

Moroccan Spice Body Polish **Time: 30 minutes** **Price: 3,200**

This exotic body scrub contains Moroccan ingredients like dry ginger powder, nutmeg, cinnamon which deep cleanse the skin and exfoliate. The body is wrapped after the exfoliation so that heat draws out impurities from the body.

Cashew Body Polish **Time: 30 minutes** **Price: 3,000**

This exotic body scrub contains cashew with cocoa butter & almonds in olive oil to deeply cleanse the skin & exfoliate. Cashew softens the skin while almond & cocoa butter promote new cell growth.



Algae Body Wrap Bag

Time: 45 minutes

Price: 3,700

Highly concentrated in oligo elements, proteins, vitamins and mineral salts, this re-mineralizing wrap helps to hydrate and nourish skin to its core as well as rejuvenates the internal and external deficiencies of the body. The fucus algae in this wrap have slimming properties that enhance and quicken the sudation process and elimination.

Papaya Body Polish

Time: 45 minutes

Price: 3,700

Freshly mashed Papaya is applied on the body for a natural glow and detoxification. Papaya is soft on the skin and being a rich source of vitamin A is marvelous as a body treatment. Papain enzyme removes dead cells and draws out impurities from skin.

Herbal Body Wrap

Time: 45 minutes

Price: 3,700

A combination of natural herbs is applied for detoxifying naturally. This purifying and revitalizing mask helps in removing daily deposits of skin deterioration due to heat, humidity and pollution.





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SPA POLICY

CANCELLATION POLICY

- A 4-hour cancellation notice is required to help us reschedule your appointment, subject to space availability.
- No cancellation fee will be applied if cancelled 4 hours before appointment.
- 30% of the fee of the service booked will be applied if cancelled within 4 hours of time of appointment.
- No information & no show: 50% of the fee of the service booked.

REFUND POLICY

- Treatment packages & spa memberships are non-refundable, non-transferable & non-exchangeable

GIFT CERTIFICATES

- Gift certificates for our spa treatments are available & are valid for one month.

SPECIAL CONSIDERATION

- If you have high blood pressure, heart conditions, are pregnant or have any other medical complications, may we advise you to consult your doctor before signing up for any spa services.
Please make your spa therapist aware of any medical conditions.

SMOKING & ALCOHOL CONSUMPTION

- Out of consideration to other guests, please refrain from smoking and consuming alcohol within the spa premises. Alcohol dehydrates the body & will undo any hydrating benefits of our treatments.

VALUABLES

- A secure locker for valuables is provided in the spa, but we recommend that no jewellery be worn for your treatments. The management accepts no responsibility for the loss of money or valuables of any kind brought onto the spa premises.