

# SPA OASIS

ELEVATE YOUR MIND, BODY & SOUL

*Deep peace of the running waves to you,  
Deep peace of the flowing air to you,  
Deep peace of the quiet earth to you,  
Deep peace of the shining stars. to you,  
Deep peace of the shades of night to you. . . .*

*Traditional Gaelic blessing*



*Deep Peace. . .*

*That is what you will find at the Spa Oasis at The Grand New Delhi. Peace that comes from a mind, body and soul that are elevated to a new level of being and consciousness.*

*The spa is truly an oasis from the hustle and bustle of the city, a perfect retreat from stressful modern living.*

*Spa Oasis is the beginning of your journey to a newly rejuvenated you, with a personalized therapy and activity program designed to meet your individual needs.*

## Full Day Packages

### A Day of Bliss

**Time: 5.5 hrs**

**Price: 11,000**

The cleansing process begins with your choice of full body scrub that will leave your skin smooth and renewed. The therapist then treats you to a full body massage using warm aromatic oils. The oil enriches the skin and produces a warming effect to improve blood circulation and relieves tired muscles. Your choice of body wrap rich in vitamins and minerals is then applied for skin toning and detoxification. Relax in the steam and sauna to maximize your treatment benefits with a cup of herbal tea. Moisturizing facial using algae extracts follows to leave your skin glowing and renewed. The session ends with pedicure and manicure

### Oasis of Harmony

**Time: 5 hrs**

**Price: 10,500**

Your full day journey to Harmony begins with a Thai massage to release energy blockages and stretch the muscles leaving the body relaxed while preparing it for the aromatic oil massage that follows. A brief session in the herbal steam opens the pores to absorb the benefits of the aromatic oils and stretching during Thai treatment. To restore harmony to the body's function a foot and head massage is given

## Half Day Packages

### Spirit of Ayurveda

**Time: 2.5 hrs**

**Price: 7,300**

Experience the Indian Ayurvedic treatments as practiced in India since ancient times. The treatments help you to detoxify and cleanse while relaxing you. A herbal body scrub, Udhvartnam using medicated powders is applied. The technique helps to reduce fat patches from the body known as cellulites and helps toning of muscles. Traditional Marma Abhyanga massage using healing therapeutic oils then follows. The massage is completed with application of herbal poultices. This relieves the body of pains and improves blood circulation.

### Rejuvenation

**Time: 2.5 hrs**

**Price: 7,300**

Experience the Hot Lava stone therapy to relax muscles and relieving the pain. Heated basalt stones are used alternatively with chilled handcrafted marbles as therapeutic instruments. The thermo therapy benefits of hot rocks enhance and prolong the benefits of health and beauty treatments for the body. Complete the rejuvenation with an anti-aging facial that brings back the suppleness to the skin weakened by aging process.

## 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 focus on those tight and sore muscles. The massage is focused on your deeper muscles to relieve one of the knots and stress related tension. Warm herbal leaves are then applied topically to swollen joints, sore muscles, sprains, and sore feet.

While the body derives from the benefits of the herbs a relaxing massage is performed. Highly recommended for those who maintain an active lifestyle or after rigorous workout.

### **Relaxation**

**Time: 90 minutes**

**Price: 5,800**

The treatment begins with a full-body exfoliation with the use of herbs and spices. While removing the dead skin cells and impurities from the surfaces, the spices re-mineralize, hydrate, improve circulation. A combination of strokes with moderate pressure and stretching, the massage is then offered for complete relaxation. Warm compression is given by Poultrices made of carefully selected fresh herbs. This removes fatigue while restoring the body's balance and providing sensation of absolute well-being

The body is deeply relaxed and the skin is left feeling beautifully soft.

### **Indian Warrior Massage**

**Time: 45 minutes**

**Price: 4,500**

Detoxify, Energise 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: 45 minutes**

**Price: 5,500**

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 well being.

## Inspirational therapies

### **Hot Stone therapy.**

**Time: 75 minutes. Price: 4,800**

This treatment is especially suggested for people 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, thus balancing the mental, physical and emotional energy.

### **Balinese Massage**

**Time: 60 minutes. Price: 3700**

Originating from the island of Bali, this massage is unique because it utilizes a combination of techniques. It is an intense, medium to strong massage, given using palm and thumb pressure and sweeping strokes to improve energy flow and relieves muscle tension.

### **Oriental - Thai body art.**

**Time: 60 Minutes. Price: 4,800**

An Oil-less practice which 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 minutes. Price: 3,900**

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 minutes. Price: 3,400**

This is a full body massage that improves 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 effects of a long flight. We begin by improving your circulation with the invigorating back massage, followed by a foot reflexology ritual to loosen up those aching muscles.

### **Foot Reflexology.**

**Time: 30 minutes. Price: 2,400**

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 minutes**

**Price: 600**

A great addition 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 and De-stress back treatment**

**Time : 30 minutes**

**Price: 1600**

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

### **Scalp Therapy**

**Time : 30 minutes**

**Price: 1300**

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 minutes. Price: 4,500**

Shirodhara is derived from Sanskrit words Shiro (head) and Dhara (flow) and remains 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 minutes. 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, accompanied by a slow, gentle massage. This treatment promotes deep sleep, relieves insomnia, migraines and stress related problems, and improves the memory. Experience a complete holistic cleansing by including the Abhyanga prior to enjoying the Shirodhara and enhance the relaxation process.

### **Marma Abhyanga.**

**Time: 60 minutes. 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.

### **Kizhi – herbal bundle massage .**

**Time: 60 minutes. Price: 4,700**

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

### **Udvarthanam.**

**Time: 60 minutes. Price: 4,700**

The whole body is gently massaged with medicated powders prepared with various herbs. This helps to reduce fat patches from the body known as cellulites, toning of muscles, improves blood circulation. Regular Udvarthanam is good for not only cellulites but it helps to lose weight by increasing the basal metabolic rate.

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## NATURE'S TRAIL

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

### **Tropical coconut cream therapy.**

**Time: 90 minutes. 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 soft and glowing

### **Energiser**

**Time: 60 minutes. 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. This uplifting experience will leave your entire body & soul revived and ready to go. Choose from mustard, sesame, almond oil

### **Natural Body Polish**

**Time: 45 minutes. Price: 2,700**

A gentle all over body exfoliation using rice and chick pea flour mixed with milk. Turmeric is 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 minutes. 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 is applied on your body and let 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: 3700**

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

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## BODY SCRUBS/WRAPPS

### **Honey-sesame Body Polish**

**Time: 30 minutes. Price: 2,700**

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: 2,700**

This exotic body scrub contains cashew with cocoa butter and almonds in olive oil to deeply cleanse the skin and exfoliate. Cashew softens the skin while almond and 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 speed up 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 marvellous 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.



## FACE CARE

### **Sea Pearl Facial Treatment**

**Time: 90 minutes.**

**Price: 5,100**

This is an intense ultra-moisturizing beauty treatment for a glowing complexion, and optimal relaxation. Detoxification and oxygenating using marine products are an intrinsic part of this facial. The treatment begins with a back massage and a self heating mud mask is applied on the back for complete detoxification while your facial treatment is being done.

### **Anti-aging facial treatment.**

**Time: 60 minutes.**

**Price: 4,100**

A combination of powerful marine ingredients are used to combat the signs of aging that render a double contouring and tensing effect on the facial contours. It promotes cell renewal, stimulates the synthesis of collagen and elasticity, and heightens the skin's antioxidant protection. This is a complete formulation that brings back the luster and suppleness to skin weakened by the aging process.

### **Moisturizing facial treatment.**

**Time: 45 minutes.**

**Price: 3,200**

Algae extracts and concentrated mineral content of the sea water used in the treatment enables to bind and retain moisture in the skin. This facial restructures the skin for an intense moisturizing effect.

### **Exclusively for gentlemen.**

### **Skins escape facial treatment.**

**Time: 45 minutes.**

**Price: 3,200**

Especially designed for men's tougher skin texture, this is an oxygenating, moisturizing and age defense beauty treatment. This high performance facial has that extra efficiency to soothe our environmental and lifestyle stress.

## SALON MENU

### **HAIR**

### **Pricing in INR**

Hair cut (Ladies)	750
Hair cut (Men)	600
Hair cut (Children)	500
Shave	450

### **Hair Spa**

Regular hair	1300
Long hair	1600
Aroma scalp massage	1000
Almond oil massage	1000
Shampoo & blow dry	1000
Flat Ironing Long Hair	1100
Flat Ironing Shoulder Length	750
Curling Tong	1100
Roller setting	1100
Hair Styling	1100

### **Permanent color**

Global Color Shoulder length	3200
Global Color Long hair	4600
Color touch up	1600
Innoa Color Touch up	1800
Color Application	850
Natural Henna	1100

### **Highlights**

Highlights Short hair	4600
Highlights Long hair	5600
Shampoo	450

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## MAKE UP

Sari draping	600
Eye make up	2600
Light make up	4700
Party make up	7700
Bridal / reception make up	15500

## HANDS AND FEET

Grand Manicure	750
Grand Pedicure	900
French Paint application	750
Foot Massage	800
Reshape and polish	300

## GROOMING

### Waxing

Half Legs	650
Full legs	850
Half arms	450
Full arms	650
Underarms /bikini line	500
Full Face Wax	850
Back Wax	850
Chest Wax	850
Full body	3200

### Bleach

Full face	650
Neck, front and back	750
Full body	3700

### Threading

Lip and chin	300
Eyebrow shaping	200
Upper Lip	150

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## SELF TRANSFORMATIONAL YOGA AND MEDITATION CENTRE AT THE GRAND NEW DELHI

### **1. Self Transformation Yoga**

**Duration: 60 min Price: 2000**

A private Yoga session is conducted as per your requirements and needs and the level. Yoga asanas are practiced under trained Yoga Guru for maximum benefits aiming at four balances of life- physical, pranic and mental and psychic purification

### **2. Lifestyle Consultation and Yogic Chakra reading with Swami Vidyanand.**

**Duration: 30 min Price: 1200**

You may utilize the experience and knowledge of Yoga Guru, Swami Vidyanand for lifestyle concerns pertaining to insomnia, weakness, stress. Right solutions will be offered for the blockage of life chakras that lead to increased level of stress and low level of energy. He would offer advice on Yogic lifestyle based on Yogic posture and pranayama, mantra and simple meditation techniques.

### **3. TIME Meditation**

**Duration: 90min Price: 3000**

TIME: New concept in wellness through Yoga refers to Transformation Integrally through Meditation Education. This is achieved by meditation towards inner guidance and inner strength, inner balance and inner enlightenment. Regular meditation results in clearer thinking, quicker decision making, better memory and a sense of higher awareness.

### **4. International Yoga Teacher Training course Level 100**

**Duration : 10 days Price : Rs 25000**

Introduction of the physical body, Prana body, mental body and psychic body, Connection with the seven Chakras. Mechanism of Hatha Yoga, mechanism of Prana Yoga, mechanism of meditation and mechanism of Prayers, Purification of the four bodies.

#### **Level 200**

**Duration : 20 days Price Rs 50,000**

Mechanism of Asana and variation, mechanism of Pranayama and variation, mechanism of meditation and variation, mechanism of Prayers and variations. Introduction and connection of outer four bodies and inner four bodies.

After the completion of Level 200 one becomes an internationally certified Yoga Trainer with Yoga alliance international.

### **5. Pranayama course**

**Duration: 10 hours Price: 10000**

**Duration : 1 hour Price : 2000**

Most of the ailments arise from incorrect or incomplete breathing. Discover the healing potential of your breath. Breathing techniques are an essential component of Yoga. Benefits include improved concentration, more energy, deeper sleep, and reduced stress levels. Not only does it feed the brain, but revitalises the body, since breath is the bridge between the body and the mind. Pranayama course would guide you to various forms of breathing and expand your energy bodies and transform your blind emotions while generating the Yogic energy.

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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 and no show: 50% of the fee of the service booked.

### **Refund policy**

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

### **Gift certificates**

Gift certificates for our spa treatments are available and 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 and alcohol consumption**

Out of consideration to other guests, please refrain from smoking and consuming alcohol within the spa premises. Alcohol dehydrates the body and 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.