





santani

SPA & WELLNESS
SERVICES

A male therapist in a white short-sleeved shirt is performing a massage on a male client lying face down on a massage table. The client is covered with a white sheet, and the therapist is using his hands to massage the client's back. The scene is set in a dimly lit room with a dark wood-paneled wall in the background. The overall atmosphere is calm and professional.

INTERNATIONAL
THERAPIES



SPORTS

60/90 minutes | USD 90 / 120

This massage will keep you, the athlete, primed for your sport. It is a great choice if you are recovering from an injury or overuse. This deep tissue, full pressure treatment focusing on the areas of injury or tension, can improve muscle tone and release muscle spasms.

DEEP TISSUE

60/90 minutes | USD 90/120

Deep tissue massage uses a blend of aromatherapy oils of your choice. Firm and steady pressure will release muscles deep within the body which will give you increased range of motion and provide pain relief.

SWEDISH

60/90 minutes | USD 80/140

A deeply relaxing full-body oil massage using gentle flowing strokes. The benefits of this massage range from improved circulation and flexibility, joint pain relief and promotion of deep rest and relaxation. You will have the option of choosing your own personal aromatherapy oils from the aroma bar.

LOMI LOMI

60/90 minutes | USD 80/140

A traditional massage from Hawaii and Polynesia, Lomi Lomi or 'loving Hands massage' works gently yet deeply into the muscles. A continuous flow of strokes nurtures and restores the body, enabling the guest to relax, let go and simply be.

THAI MASSAGE

60/90 min | USD 100/140

This is an authentic healing art and unique form of body therapy which includes yogic movements, stretching and acupressure movements. Experience how pressure point and stretching techniques effectively release tension, increase flexibility and boost vitality.

HOT STONE

60/90 minutes | USD 90/120

A full-body aromatherapy relaxation massage accompanied by warm stones placed on specific areas of the body. The heat from the stones penetrates deeply into the muscles nourishing and restoring the nervous system in a calming, balanced manner.

DETOX FACIAL

60 minutes | USD 100

A purifying treatment for oily and combination skin. Cleansing and exfoliation are followed by steaming and a hot towel compress to refine the pores. This uses drainage techniques to improve circulation and help eliminate toxins, while special pressure points ease tension and stress. A detox mask is then applied to draw out dirt and harmful impurities, and refreshes and balances the skin for a fresh and clean complexion.

DETOX SCRUB

60 minutes | USD 120

This treatment is a full body exfoliation to remove dead cells. A layering of richly nourishing products will leave the skin looking radiant and feeling wonderfully smooth.

REFLEXOLOGY


60 minutes | USD 60

This treatment is focused on the feet, but addresses the entire body through the nerve connections on the soles of the feet. The treatment reduces anxiety levels, increases relaxation and improves organ function.

CLEANSING WRAP

60 minutes | USD 130

A finely reformed wrap to refine the pores and reveal fresh new skin, whilst encouraging the release and elimination of toxins.

A close-up photograph of a person's hands, coated in a thick, golden-brown oil, pouring the oil into a shallow, light-colored bowl. The person is wearing a white garment. The background is dark and out of focus. The text "AYURVEDIC THERAPIES" is overlaid in the center of the image.

AYURVEDIC THERAPIES

ABHYANGAM

60/90 minutes | USD 90/125

Abhyangam is the traditional Ayurvedic massage. Different oils are selected for different individuals depending upon their constitution, the season and also the ailments if the individual is suffering from any. Numerous benefits of Abhyangam include prevention of ageing, relief from fatigue, strengthened immunity and it also makes one capable of tolerating strain and exertion.

PATRA PINDA SWEDANA

60/90 minutes | USD 100/140

The body is subjected to exude profusely through the application of boluses containing chopped and dried leaves of specific medicinal herbs, after dipping in advised medicated oils. This therapy is effective for various kinds of arthritis, spondylosis, back pain, sports injuries and for all other soft tissue inflammations, especially joint pains.

UDWARTHANAM

60 minutes | USD 100

This is a typical deep and dry massage using herbal powders. This massage stimulates hair follicles and subcutaneous fat tissue to break down subcutaneous fat storage. The dry powder massage reduces blood cholesterol, obesity, skin problems, imparts mobility to the joints, strengthens muscles and refreshes the body. The most promising effect is the slimming of the body.

CHOORNA SWEDANA

60/90 minutes | USD 100/140

A full body massage with oil will first be performed; following this a herbal poultice made of herbal powder is warmed and applied all over the body to induce therapeutic sweating. It is highly effective in relieving muscle pain and joint stiffness. It improves blood circulation and helps to eliminate toxins, and alleviates rheumatism, arthritis, sports injuries.

SHASHTIKA PINDA SWEDANA

60/90 minutes | USD 120/170

Navara rice is boiled in kurunthotti kashayam (a decoction of sida root and milk) and is made into a bundle (kizhi). The kizhi is dipped in a mixture of milk and medicinal decoction and is applied all over the body. It is used in convalescence period of injury and trauma, muscular wasting, arthritis, general weakness, paralysis, pains related to the joints and sore muscles.

PIZHICHIL

60/90 minutes | USD 120/180

A lukewarm medicated herbal oil is applied all over the body from a piece of cloth that is periodically soaked in a vessel containing the oil. Pizhichil is soothing and relaxing, relieving body pain and muscle spasms. This increases immunity and prolongs lifespan with its anti-aging properties. Rheumatic diseases, sexual weakness and nervous disorders are alleviated during Pizhichil.

SHIRO DHARA

60/90 minutes | USD 120/180

This unique Ayurvedic treatment is done in conjunction with a body massage. After the massage, the lukewarm oil is poured in a continuous stream on the forehead. It slows down the ageing process, improves memory and is known to have a curative effect in insomnia, depression, anxiety, hypertension and other neurological issues.

DHANYAMLA DHARA

60 minutes | USD 60

Dhanyamla is a specially fermented medicinal preparation. Dhanyamla is then poured over the body in lukewarm condition as a continuous stream. It is kept lukewarm during the full course of the treatment procedure. The therapy is very effective in treating obesity, reducing inflammation, muscular pain, and activating nerves. It is a remedy for paralysis and rheumatic complaints.

TAKRA DHARA

60/90 minutes | USD 100/140

In Thakradhara treatment, buttermilk processed with medicinal herbs is continuously streamed over the forehead or affected part of the body. It is effective in managing hypertension and sleeplessness. In addition, it is also known to treat issues such as premature greying of hair, migraine headaches, Alzheimer's, paralysis and depression. It also alleviates psoriasis, and reduces cracks and fissures in hands and feet.

SNEHA/ KASHAYA VASTHI

45 minutes | USD 100

Vasthi means medicated enema. Since the medicine reaches your bowels directly without enzymatic actions, its effectiveness is very high. This treatment is used to flush the loosened doshas out through the intestinal tract. It alleviates constipation, distension, chronic fever, the common cold, sexual disorders, kidney stones, heart pain, vomiting, backache, neck pain, and hyper acidity. Vata disorders such as sciatica, arthritis, rheumatism, and gout can also be treated by Vasti treatment.

TAN LEPANAM

90 minutes | USD 150

Tan Lepamam is a treatment procedure similar to a body pack, in which medicated powder is mixed with suitable medium to make a paste. This herbal paste is applied all over the body. Body scrub with a dry herbal powder/ salt precedes the body pack, ending with a gentle saffron oil massage. This is ideal for toning and pampering the skin to enhance complexion and radiance.

PICHU

30 minutes | USD 30

Pichu is a palliative treatment for ailments of the head and spine. During this treatment, a long, thick layer of cotton wool soaked with warm medicated oil is applied over the affected area. The oil is replaced periodically to keep it warm and therapeutic. Pichu is beneficial for combating chronic headaches, reducing insomnia, curing degenerative injuries, relieving spondylitis and alleviating back pain.

MUKHALEPANAM

60 minutes | USD 100

This treatment starts with a soothing head massage with medicated oil, followed by a facial treatment with herbal products. A hand massage and foot massage will be performed during the treatment. Removal of dead skin cells will provide a soothing and relaxing effect on your skin. It will help to restore the lost shine and glow of skin in a short span of time. This will also assist in the prevention of premature aging of skin.

NASYAM

30 minutes | USD 30

This treatment is one among the panchakarma in which medicated oil is instilled through both the nostrils. The procedure is preceded by a facial massage and fomentation. This is useful in the healing of cervical spondylosis, frozen shoulder, premature greying and falling of hairs, headaches, migraine, rhinitis, and other nasal infections.

THARPANAM

30 minutes | USD 40

In this process, medicated ghee is retained over the eyes by making an enclosure using an herbal mixture or gram paste. A medicated preparation of ghee is poured into this structure and retained for a certain time period. Netra Tharpanam is an effective eye treatment that rejuvenates and greatly nourishes the eye with essential supplements present in the medicines.

URO VASTHI

60 minutes | USD 80

In this treatment, a circular ring-like structure is made with dough on localized areas of the body to retain oil, and is continuously filled with heated medicated oil. It allows for deeper penetration and relaxation of stiff muscles and scar tissue. The herbal oil serves to open channels and release deep-seated emotional and physical tension.

YOGA



ASHTANGA YOGA

60 minutes | USD 80

Ashtanga yoga is a fast-paced, modern style of gymnastic exercises and stretching, practiced in combination with yoga breathing and ancient yoga philosophy. A detoxing sweat for body, mind and spirit.

AERIAL YOGA

60 minutes | USD 80

Aerial yoga is playful yet challenging providing traction to fully extend ones posture. the spine lengthens reducing compression of the vertebrae, improving the function of nerves and creating a sense of lightness and ease throughout the entire body.

VINYASA YOGA

60 minutes | USD 80

Vinyasa yoga is a moving meditation like a dance connecting movement and breath allowing for a sense of presence and grounding. It is also referred to as Flow yoga and can be practiced at a fast or slow pace.

PARTNER YOGA

60 minutes | USD 80

partner yoga is a variation of asanas where two people are involved in floor-based yoga postures. each person acts as an adjuster supporting, stretching and allowing for a deeper sense of opening.

YIN YOGA

60 minutes | USD 80

Yin yoga focuses on holding various postures for five minutes with support from blankets, bolsters, blocks and straps. The aim is to release tension in the connective tissue to allow for total relaxation of the muscles.

RESTORATIVE

60 minutes | USD 80

Using various forms of yoga equipment, the body is supported in all areas to allow for a total sense of deep relaxation. These postures can be held for ten minutes or more. This is deeply nourishing and restoring for ones wellbeing.

A woman is seen from the back, sitting in a thermal salt pool. She has her hair tied up and her hands are raised behind her head. The pool is surrounded by a lush tropical forest with various trees and a small building visible in the distance. The water in the pool is dark and reflects the surrounding greenery.

HYDROTHERAPY

Guests at Santani are invited to relax and detoxify in the steam room, cedar wood sauna and thermal salt pool.

SPA & WELLNESS CENTRE ETIQUETTE

OPEN HOURS - 9 am to 8 pm.

AGE LIMIT - Spa & Wellness centre provides therapies and treatments for adults (18 years of age and above)

RESERVATION - Reservation for spa and wellness services can be made by contacting spa /resort reception.

CANCELLATION POLICY - Please note that the following cancellation charges may apply:(this is not applicable for package guests)

- More than 24 hours: No charge
- On same day: 50% will be charged
- 4 hours or less: 75% will be charged
- No show: 100% will be charged

EATING AND DRINKING - Please avoid eating at least an hour before a treatment. Avoid any consumption of alcohol on the day of your treatment. Drink plenty of water, especially if you plan to enjoy warm therapies such as the steam, sauna or thermal salt pool.

JEWELLERY AND VALUABLES - For safety of your belongings, kindly leave them in the safety locker in your villa or keep them in private locker located at the Spa and Wellness centre.

ELECTRONIC DEVICES - Electronic devices are not permitted in Spa and Wellness premises to keep serenity and tranquillity of healing therapies.

PRIOR TO ARRIVAL - Guests are advised to take a shower to wash off any sunscreen lotion that has been applied previously. Male guests are advised to shave prior to any facial treatments to ensure maximum benefits.

ATTIRE - Guests are most welcome to avail spa and wellness services with minimal clothing; However, we do provide disposable undergarments, bathrobes and bath towels. Guests who intend to use sauna, steam and thermal salt pool are requested to carry swim attire.

ARRIVAL - Please arrive 30 minutes prior to your therapy timing in order to complete your health assessment form, consult with expert to finalise your individualised therapy session ; and to soak yourself in thermal salt pool to avail maximum benefit of therapies.

HEALTH CONSIDERATIONS - For your benefit, please fill the wellness consultation form and notify your specific health concerns. Personal consultations are offered to determine your specific needs and allow us to design your therapy experience. If you are wear contact lens, please inform therapist before commencement of therapy.

LATE ARRIVALS - Out of respect for other guests' reservations, please be aware that we are unable to provide therapy for stipulated time in case of late arrival; with full charges still applying.

AFTER YOUR THERAPY - We recommend that you do not sunbathe after any therapy for at least 2 hours.

PAYMENT - For resort guests, all therapies will be charged to your guest room folio and will appear on your account at the time of departure.