



## AURA

Nestled in the heart of Chennai, Aura invites you to enjoy an experience of complete relaxation, guided by gentle hands that help you explore your inner world as they restore and rejuvenate your mind and body.

Aura brings you an unforgettable experience with handpicked ingredients, which are used for their purifying and detoxifying properties. Our Spa therapists are professionally and extensively trained in a variety of styles and massages that can be customized for you.

Our therapy rooms are nine opulent colored sanctuaries created in vibrant tones of the precious gems that form the “Navratna”. Dramatic bustling blue sapphire, elegant emerald, lustrous pearl, dazzling diamond and stunning ruby red cocoon in your personal haven.

## Signature Rituals

### AURA MASSAGE

The signature massage of Aura is a well-balanced treatment between ancient Indian and contemporary massage techniques. The therapist uses the entire palm in vigorous strokes to release toxins in the body.

Duration : 90 mins

Price : Rs 4999

### THE CHENNAI EXPERIENCE

A luxurious pampering session created for you by our therapists with traditional South Indian ingredients. Treat yourself to a body polish with tender coconut, turmeric and honey followed by a customized massage with aromatic oil.

Relax and unwind with an express “chamak” facial personalized to suit your skin.

Duration : 120 mins

Price : Rs 5999

### COUPLE RETREAT AT AURA

Walk into this stunning suite in vibrant reds replete with relaxation divan sprinkled with sequined cushions in gold, fuchsia and red with golden drapes. Sink into the extravagant whirlpool or lie back on rich ruby silk and pamper yourself and your partner in this luxurious, private room for two.

Choice of massages from Swedish, Aromatherapy, Balinese  
and Stress Relief Massage for 60 mins  
Herbal Bath for 30 mins

Duration : 120 mins

Price : Rs 9999

## Contemporary Massages

### CLASSICAL SWEDISH MASSAGE

This restful and enriching olive oil treatment profoundly relaxes the muscles through subtle movements, eliminating fatigue as well as improving vascular circulation.

Duration : 60 mins / 90 mins

Price : Rs 3999 /Rs 4999

### AROMA THERAPY

Experience the benefits of massage with individually chosen essential oils in one of the finest anti-stress treatments. These oils are absorbed through the skin and carried to the muscle tissue, joints and organs. This massage focuses on acupressure points and helps to strengthen the nervous system and restore lost energy.

Duration : 60 mins / 90 mins

Price : Rs 3999 / Rs 4999

### STRESS BUSTERS

Relieve sore muscles, aching joints and calm frazzled nerves with a full body massage that address your aching needs. An invigorating blend of rosemary peppermint and geranium essential oils coax the weight of the world from your shoulders, back and feet as you unwind during this customized Massage

Duration : 60 mins / 90 mins

Price : Rs 4499 / Rs 5499

### HAWAIIAN MASSAGE

Hawaiian massage incorporates long, flowing strokes using the forearms, elbows, wrists and hands in a continuous, fluid, rhythmic motion that can energize and ground you at the same time. Hawaiian Bodywork is a cleansing, powerful and healing massage that may assist in balancing you on many levels - physical, emotional and spiritual.

Choose light to deep pressure.

Duration : 60 mins / 90 mins

Price : Rs 4499 / Rs 5499



### **DEEP TISSUE TRIGGER POINT THERAPY**

A trigger point is a tight area within the muscle tissue that can cause pain in other parts of the body. We combine deep tissue techniques and trigger point therapy to release these knots, excellent for chronic shoulder stiffness, neck, lower back problems and sciatica. Elbows, thumbs and hands are used to work deep and alleviate knots, tension and increase circulation.

Duration : 60 mins / 90 mins

Price : Rs 4499 / Rs 5499

### **BALINESE MASSAGE**

This is a traditional massage from the island of Bali. The Balinese touch uses the thumb and the palm for a full body massage to improve blood circulation, relax the body and mind. Soothing essential oils like ylang, rose and jasmine are used in this massage.

Duration : 60 mins / 90 mins

Price : Rs 4499 / Rs 5499

### **HOT STONE MASSAGE**

This is a form of alternative medicine massage therapy and bodywork involving the placement of a heated basalt stones on the body for pain relief, increased circulation, and to enhances relaxation, releasing body tension

Duration : 90 mins

Price : 4800

### **THAI MASSAGE**

This treatment will stretch, energize and relax you all at the same time. Also called "Lazy Man's Yoga", this traditional massage from Thailand is done on a special floor mat. Our therapist uses different techniques to stretch you into various yoga-like positions. This addresses blocks in energy and promotes greater flexibility and stress release.

Duration : 60 mins / 90 mins

Price : Rs 4499 / Rs 5499

### **ABHYANGA**

Experience our contemporary Ayurveda "Abhyanga" followed by the Swedana. Warm medicated oil massage acts as a powerful recharger and rejuvenator of the mind and body. Swedana (steam) bath therapy drains the toxins from the deep tissues. This helps to establish a state of balance, promoting general health and wellbeing.

Duration : 60 mins

Price : Rs 3999

### **REFLEXOLOGY**

A stimulating treatment concentrating on the “reflex points” of the feet. This treatment restores harmony and energy of the body and improves blood circulation with unimpeded nerve functioning.

Duration : 60 mins

Price : Rs 3999

### **TRADITIONAL SCALP MASSAGE**

Our therapist works on the upper back, face, head, and lightly on the shoulders, using a combination of gentle pressure, stroking. The massage focuses on vital energy points. This compact treatment using olive oil relieves stress, headaches, helping one relax and increase blood circulation.

Duration : 60 min

Price : Rs 3999

### **BACK MASSAGE**

Focused on the stressed back and neck muscles, our back treatment consists of acupres-  
sure applied on both sides of the spine, the lower back, towards the shoulders and neck.  
This massage uses cedar wood and geranium oils to relieve built-up stress.

Duration : 60 mins

Price : Rs 3999

## **Body Polishes**

From : Rs.3999

Duration : 60 minutes

### **RICE & OAT SCRUB**

A mild scrub made with organic rice, oats and milk used as a soft abrasive gently removes dead skin cells, grime and pollutants. The scrub leaves the skin feeling incredibly clean and refreshed.

### **COFFEE & SALT SCRUB**

The stimulating caffeine in coffee benefits the skin by drawing out toxins from the body. Coffee and its rich aroma with anti-depressant properties also helps to refresh and revitalize your body.

### **COCONUT, TURMERIC & HONEY**

A luxurious pampering session created for you by our therapists with traditional South Indian ingredients. Treat yourself to a body polish with tender coconut, turmeric and honey.



## **Skin Care**

### **ANTI - AGING FACIAL**

A rejuvenating facial to reduce photo aging, early signs of premature aging and wrinkles with ancient secrets of Indian beauty like sandalwood. The organic mask of honey and banana tighten and renew the elasticity of the skin that gives a radiant glow to your skin.

Duration: 60 mins

Price: Rs 3200

### **FRUIT FACIAL**

An all natural, fresh fruit facial benefits all skin types. Fresh fruits are rich in vitamins, minerals and are a source of nutrients and antioxidants. This facial focuses on softening the skin, adding to a natural glow.

Duration: 60 mins

Price: Rs 2800

### **DEEP CLEANSING**

Deep cleaning hydrates your skin and keeps it soft and nourished.

Duration: 45 mins

Price: Rs 2500

## Rules & Regulations

### HOURS OF OPERATION

Gymnasium, Sauna and Steam	Daily	06 : 00 - 22 : 00 hrs
Spa Treatments	Daily	09 : 00 - 22 : 00 hrs
Hair Salon	Daily	10 : 00 - 20: 00 hrs

### SPA ADMISSION

All guests of The Park Chennai are entitled to use the Spa facility during their stay. This includes the use of fitness rooms, sauna, steam, whirlpool and swimming pool. Using of the Spa facilities by the members is restricted and encoded. Entry to the treatment rooms and massage areas for guests will only be by appointment.

### SPA BOOKING

We recommend that you book well in advance of your arrival to secure your preferred date and time of treatment. A credit card number is required at the time of booking, but no charges will be made until you have checked out of the spa.

### SPA ETIQUETTE

Aura is a retreat for your body, mind and spirit. Out of consideration for others, we request that visitors keep noise to a minimum. Dedicate your time at our spa retreat for complete relaxation. Switching off cellular phones and other electronic devices disconnects you from the world and would help take your mind off worldly concerns.

Children below 16 are not be permitted within the Spa and Gym area.

### SPA ARRIVAL

Please arrive well in time for your appointment so you can be completely relaxed. Please do not eat at least 30 minutes prior to your appointment. Gentlemen are advised to shave 3 hours prior to their facial treatment

To further enhance your treatment, we recommend you to unwind at our terrace by the poolside, or in our relaxation rooms.