

aura

Nestled in the heart of Bangalore, Aura transports you to a world of bliss, peace and inner glow. We invite you to enjoy an experience of complete relaxation, guided by gentle hands that help you explore your inner world as they restore and rejuvenate you.

Our two therapy suites Gulab (rose) and Mogra (Arabian Jasmine) reflect organic luxury through signature treatments inspired by nature.

Immerse in the wellness of our 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 therapies that can be handcrafted for you.

OUR INGREDIENTS

Created with ancient wisdom, our ingredients are a careful selection of natural products, best known for their scientific and holistic properties.

Four exotic blends of massage oils exclusively developed by Aura, with a base of the purest form of sesame and jojoba oils to complement your mood.

HAPPINESS

A fragrant oil with floral notes and extracts of rose, ylang-ylang and jasmine, lavender and peppermint. This oil has sedative properties, is a good emollient for the skin and inspires positive thoughts.

FREEDOM

An invigorating blend of lemongrass, rosemary, peppermint, geranium and cedar. This aids in combating fatigue and relieving muscular pain.

SPIRITUALITY

A refreshing blend of clove, thyme, tea tree, lavender and spearmint, which detoxifies while dispelling negative emotions and calms the senses.

INNOCENCE

A sweet, fulfilling mélange of sweet basil, bergamot, patchouli and lavender which reduces cellulite, improves blood and vascular circulation while working against anxiety and depression

BODY MESSAGES

Aura signature massage

The signature massage of Aura is a well-balanced blend of 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: INR 4750

Bodywork

Bodywork Therapy is a broad term that encompasses a variety of techniques designed to invigorate the soft tissues of the body. This therapy relieves pain, improves circulation and promotes relaxation.

Duration: 90 mins

Price: INR 4750

Classical swedish massage

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

Duration: 60 mins

Price: INR 3500

Balinese jasmine Remedy

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. Our soothing essential oil Happiness is used in this massage.

Duration: 60 mins

Price: INR 3500

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: 30 mins / 45 mins

Price: INR 2250 / INR 2750

The background features a soft, light pink gradient. In the upper left corner, there is a decorative graphic consisting of a curved line and several butterfly silhouettes in various colors, including shades of pink, purple, and blue. The text is centered in the middle of the page.

GIFT VOUCHERS

Our Spa consultants will assist you in customizing packages of wellness and wellbeing for your loved ones. Promote health and wellness by rewarding your near ones with specially curated vouchers and pamper them with Aura's luxurious treatments.

RULES & REGULATIONS

HOURS OF OPERATION

Gymnasium and Steam	Daily	06:00 - 22:00 hrs.
Spa Treatments	Daily	08:00 - 22:00 hrs.

SPA ADMISSION

All Guests of THE Park Bangalore are entitled to use the Spa facility during their stay. This includes the use of Gymnasium, Steam and the Swimming Pool. Usage of the Spa facilities by members is restricted and encoded.

Entry to the treatment rooms 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 to your body, mind and spirit. For consideration to others, we request that visitors keep noise to a minimum. Dedicate your time at our Spa retreat for complete relaxation. Switching off cellular phone and other electronic devices will disconnect you from the world just for a few hours, but would definitely help take your mind off worldly concerns. Children below 12 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.
- To further enhance your treatment, we recommend you to unwind by the poolside, or in our relaxation area.

SPECIAL CONSIDERATION

If you have high blood pressure, heart conditions, allergies, 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

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. Guests under the influence of alcohol will not be entertained in the Spa.

VALUABLES

The management accepts no responsibility for the loss of money or valuables of any kind brought into the Spa premises.

CANCELLATION POLICY

Please note that there is a cancellation fee of 50% if the treatment is cancelled less than 3 hours prior to the appointment.

Likewise, no shows will be charged at 100% of the treatment price.

REFUND POLICY

Treatment packages are non-refundable, non-transferable or non-exchangeable.