



Aura invites you to a world of complete relaxation, where gentle hands help restore and rejuvenate your mind and body, while you reconnect with your spirit

Our spa present organic luxury through signature treatments inspired by nature. Within the cocoon of our two therapy suites Gulab (rose) and mallika (Jasmine), pure essential oils blended with all-natural plant and mineral ingredients are used to purify detox your body. Our spa therapists have extensive training in a variety of styles and massages that can be customized to suit your requirements. The treatments at aura are created using the “Panch-mahabhuta” concept, which harness the power of the five elements of nature, to ensure your holistic well-being.

Aura massage
Refreshing

OUR INGREDIENTS

The Aura treatment philosophy is holistic. Our ingredients are a careful selection of naturally grown products, best known for their scientific properties and ancient wisdom, and are completely devoid of chemicals.

Please choose from four custom created massage oils exclusively developed by aura, with a base of cold pressed sesame or gingili oil, to best compliment your mood.

HAPPINESS

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

FREEDOM

An invigorating blend of lemongrass, rosemary and peppermint, which aids in combating fatigue and relieves muscular pain.

SPIRITUALITY

A refreshing blend of clove, thyme and spearmint, which detoxifies while dispelling negative emotion and calms the senses.

INNOCENCE

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

SPA PACKAGES

The Bangalore Experience

A luxurious pampering session created especially for you by our therapists, using traditional south Indian ingredients. Treat yourself to “Ubtan” a body polish with mustard seeds, turmeric, rose power and saffron followed by a customized massage with a range of detoxifying blend of oils.

Experience an express Crystal Face Massage, personalized to suit your skin and enjoy the complete experience sipping on a soothing cup of lemongrass tea.

- . Ubtan-30 minutes
- . Choice of massages from Swedish, Balinese Jasmine Remedy and Aromatherapy massage -60 minutes
- . Crystal Face Massage-30 minutes

2 hours INR 5000

A Zen Day

Discover a day of Zen with this incredibly indulgent treatment package. Start the day by taking a dip in our Swimming pool, if you please and then move onto some skin enhancing body rituals, de-stress through an hour of massage and pamper your skin with a luxurious facial suited to your skin type. Give a thorough revamp to your nails with manicure or pedicure to give yourselves gorgeously tinted nails .Go ahead, take time off and enjoy this fabulous getaway!

Day package 4 hours INR 8000

- . Customized natural scrub and fruit wrap -1hours 15 minutes
- . Choice of massage from Balinese Jasmine Remedy, Aromatherapy massage and Swedish massage-1 hour
- . Pedicure-45 minutes
- . Choice of facial -1 hour

Taxes and Service charge as applicable

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OUR SIGNATURE RITUALS

Aura Awakening

Combining therapeutic disciplines of ancient traditions and western practices, this treatment nurtures and rebalances the five essential elements of the human constitution.

Dalim or a pomegranate scrub is used first to soften and cleanse the body and is followed by the signature Aura massage. Warm sesame or gingili oil is used in harmonizing strokes blending ancient India and contemporary massage techniques, to improve blood circulation and boost immunity.

The “Aura Awakening “experience is completed by a gentle face massage, which drains the lymph and leaves you luminous and rejuvenated.

This treatment package includes

- . Floral Foot Ritual
- . Signature Dalim Scrub
- . Aura massage
- . Refreshing

2 hours 45 minutes INR 5500

Crystal Facial Therapy

This treatment begins with an organic fruit scrub, rich in enzymes, followed by a face massage using 20 heated crystal, such as Aventurine to induce relaxation, carnelian to bestow courage and jade to create calm and balance. The treatment is completed by applying a clay mask to restore facial luster, leaving your skin feeling firmer and relaxed. This facial is suitable for all skin

1 hour 15 minutes INR 3500

Healing Hot Gems Body Massage

The ancient Japanese massage art form, Shiatsu, is coupled with a heated gemstone therapy that harnesses the mystical properties of precious stones such as Jasper for self-preservation and obsidian to ward against negative energy. This intense treatment relieves tension in your muscles and eases lower back aches and stiff shoulders.

1 hours 15 minutes INR 3500

Taxes and Service charge as applicable

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Facials

All our facials are natural and give truly phenomenal results. Pevonia Botanica, an internationally renowned brand, uses the finest natural marine and botanical ingredients with advanced delivery systems for maximum absorbency.

Aromatherapy

The aromatherapy facial harnesses the healing power of essential oils such as tea-tree, geranium and vetiver to extract impurities, nurture new cells and maintain your skin's natural pH balance while enhancing your psychological and physical well-being. The oils are customized to your skin's requirements.

60 minutes INR 2200

Revive

A treatment for all skin types, this facial nurtures the skin leaving it healthy and glowing. Beginning with a gentle exfoliation using 'semolina' to remove dull surface skin cells, followed by a luxurious lymph drainage facial massage and is completed by applying a deep-cleansing, skin specific masque to rejuvenate and nourish your skin.

45 minutes INR 2200

AVA GLOW

The moisturizing facial with the soothing elixir of jasmine and lily oils will lighten the skin. Creamy milk mask with walnut and mulberry will bring back the nourishing glow. And, the skin texture is revived with the sweet notes of avocado and jojoba oil coupled with green tea. The facial ends with a mask of organic flowers and natural coconut water. The powerful anti-oxidants will give the skin an instant glow and natural beauty.

45 minutes INR 3000

Taxes and Service charge as applicable

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TRADITIONAL HEAD MASSAGE

Our therapist works on the shoulders, face and head, using a combination of gentle pressure and stroking that focuses on vital energy points. This compact treatment using Olive oil relives stress, helps one relax and increases the blood circulation.

Duration 30 minutes INR 1650

BACK MASSAGE

Focused on the stressed back and neck muscles, our back treatment consists of acupressure applied on both sides of the spine, the lower back and towards the shoulders and neck. This massage uses freedom oil to relieve stress and pain.

Duration 30 minutes INR 1650

BODY POLISHES

Enjoy a full body exfoliation using choice of Sea Salt, Oatmeal or Pomegranate, your body is briskly rubbed with your favorite choice, to remove the top layer of skin and stimulate circulation.

Duration 30 minutes INR 2000

BODY WRAP

Fresh fruits known for their active enzymes will soften and rejuvenate your skin. Fruit pack is applied on the body. The seasonal fruits are customized for different skin types.

Duration 45 minutes INR 2500

Taxes and Service charge as applicable

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BODY MESSAGES

Aura Signature Massage

A fusion of Ayurvedic and European techniques, this treatment specialize in draining and muscle manipulation by using warm sesame oil, aids in removing fatigue, improves vascular circulation through special attention to the calves and feet, while promoting effective distribution of nutrients.

1hour 30 minutes INR 4000

Bodywork

Experiment with a unique treatment that employs bodywork based on long, slow t'ai chi-like strokes to awaken your senses and instill awareness. As your tissues open under the warmth of touch, the contact deepens, encouraging coiled muscles to expend in movement. The treatment is completed by unleashing a relaxing sigh, which resounds through your body leaving it de-stressed and peaceful.

1hour30minutes INR 4000

Classical Swedish massage

This calming and enriching olive oil treatment thoroughly relaxes your muscles through soothing massage strokes, which eliminate fatigue as well as improve your vascular circulation.

60 minutes INR 3000

Balinese jasmine Remedy

We use a variety of Balinese techniques including skin rolling, kneading, acupressure and long soothing strokes, performed in a rhythmic manner to stimulate the flow of blood, oxygen and 'qi'(energy),around your body ,to finally bring deep relaxation and wellness. A cup of light, flavor-filled jasmine tea is served after the treatment to stimulate the metabolic process and hasten the pace.

60 minutes INR 3000

Reflexology

A stimulating treatment concentrating on the "reflex points" on the feet. This treatment restores your body's harmony and energy while improving your blood circulation through unimpeded nerve functioning.

30 minutes INR 1750

45 minutes INR 2250

Taxes and Service charge as applicable

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