



Nestled in the heart of Indore, 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 luxurious Spa has been inspired by the architecture of the Mughal Era using concrete, slate and mosaics. 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 wellness.

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.

### SPRITUALITY

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.

# *Signature Rituals*

## *Aura 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 Massage
- P r i c e : I N R 5500 +18% taxes

## *Contemporary Massages*

### *Hawaiian Healing*

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: 60 mins / 90 mins
- P r i c e : I N R 4000 / INR 6000 +18% taxes

### *Classic 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 / 90 mins
- P r i c e : I N R 3500 / INR 5500 +18%taxes

## Balinese Massage

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 / 90 mins
- P r i c e : I N R 4000 / INR 6000+18%taxes

## 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
- P r i c e : I N R 2500+18%taxes

## Back Massage

Focused on 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 essential oils to relieve built-up stress.

- Duration: 30 mins
- P r i c e : I N R 2500+18%taxes

## *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, Sauna and Steam	Daily	07 : 00 - 22 : 00 hrs
Spa Treatments	Daily	08 : 00 - 22 : 00 hrs

## ***SPA Admission***

All Guests of The Park Indore are entitled to use the Spa facility during their stay. This includes the use of Gymnasium, Steam, Jacuzzi 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.
- Gentlemen are advised to shave 3 hours prior to their facial treatment.
- 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.