



# SPA MENU



## **AURA SPA MENU**

Nestled in the heart of Kolkata, 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.

Chakra colours enliven our seven – treatment room spa, which exude their own unique sensations and specific healing environments.

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.

Prices are exclusive of Taxes.  
We levy a 15% service charge.

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## **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.

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## **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: 60 mins / 90 mins

Price: INR 5000 / INR 6500

### **THE KOLKATA EXPERIENCE**

A luxurious pampering session created with gobindo bhog rice and locally sourced honey from Bengal awaits you at our suite. Treat yourself to a body scrub as you indulge yourself with a stress buster massage that is followed by a detoxifying facial.

Duration: 120 mins

Price: INR 8000

For Couples

Duration : 120 mins

Price : INR 18000

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## CONTEMPORARY MESSAGES

### 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  
Price: INR 5000 / INR 6500

### 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 6500

### CLASSICAL SWEDISH

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  
Price: INR 4500 / INR 6500

Prices are exclusive of Taxes.  
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## AROMATHERAPY

Experience the benefits of this 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.

Choice of oils – Happiness, Freedom, Spirituality, Innocence

Duration: 60 mins / 90 mins  
Price: INR 5000 / INR 6500

## THAI

This traditional Thai treatment stretches, energizes and relaxes you simultaneously. The whole body is stretched into various yoga-like positions to promote greater flexibility and stress release.

Duration: 60 mins / 90 mins  
Price: INR 5000 / INR 6500

Prices are exclusive of Taxes.  
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## COUPLE'S RETREAT AT AURA

Walk into this stunning couple suite for the ultimate spa experience. Sink into the extravagant Jacuzzi and pamper yourselves with your partner in this luxurious, private room for two.

Choice of massages from Aura Signature, Balinese, Aromatherapy for 60 / 90 mins

Duration : 90 /120 mins

Inclusive of a 30 mins herbal bath session

Price : INR 15000 / INR 18000

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## **BACK MASAGE**

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: 40 mins  
Price: INR 3500

## **TRADITIONAL SCALP MASSAGE**

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

Duration: 40 mins  
Price: INR 3500

Prices are exclusive of Taxes.  
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## **BODY POLISHES, WRAPS AND PACKS**

### **TRADITIONAL SEA SALT BODY SCRUB**

Enjoy a full body exfoliation using oil (*Thailam*) and Sea Salt (*Laban*), for an ultimate body glow. Your body is briskly rubbed with a combination of coarse salt and essential oils to remove the top layer of dead skin and stimulate circulation.

Duration: 40 mins  
Price: INR 3000

### **SIMPLY RICE**

*A mild scrub made with locally sourced gobindo bhog rice, rose and milk is used as a soft abrasive that gently removes dead skin cells, grime and pollutants. The scrub leaves the skin feeling incredibly clean and refreshed.*

Duration: 40 mins  
Price: INR 3000

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## FACIALS



### CHAMAK

This express facial includes cleansing, exfoliation and an application of a face pack to suit your skin tone. Our therapist will massage your hands while you wait with the face pack on.

Duration: 35 mins  
Price: INR 2000

### MILK AND HONEY FACIAL

Through history, milk baths have been used to improve the skin tone and texture. Natural lactic acids in milk gently exfoliate dead skin cells and invigorate new skin. Honey enhances the moisturizing experience.

Duration: 35 mins  
Price: INR 2500

### SAFFRON AND ALMOND FACIAL

The face is gently cleansed with milk, and then polished with semolina or raw. Fragrant saffron or *Kesar*, best known for its power of reducing facial lines is mixed with almonds for an indulgent beauty treatment.

Duration: 35 mins  
Price: INR 2500

### 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: 40 mins  
Price: INR 2500

Prices are exclusive of Taxes.  
We levy a 15% service charge.



## 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.

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## **RULES & REGULATIONS**

### **HOURS OF OPERATION**

Gymnasium, Sauna and Steam	Daily 06 : 00 - 22 : 00 hrs
Spa Treatments	Daily 07 : 00 - 22 : 00 hrs

### **SPA ADMISSION**

All Guests of The Park Kolkata are entitled to use the Spa facility during their stay. This includes the use of Gymnasium, Steam, Sauna, 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.

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## **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.

## **CANCELATION 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.

Prices are exclusive of Taxes.

We levy a 15% service charge.