



SPA MENU



ESSENTIAL OIL TO BOOST YOUR IMMUNITY

ROSEMARY

It helps to enhance immunity to reduces stress. Rosemary has the antibacterial and anti-inflammatory properties of this oil will keep you safe from infection and diseases.

CLOVE

It reduces body pain and moisturizes dry skin. It improves blood circulation. This essential oil has the highest antioxidant power and remedy for relieving motion sickness.

EUCALYPTUS

This essential oil is a nature stress buster and it also relieves sore muscles pain. It also infuses freshness and energy when you feel tired and exhausted.

LAVENDER

This essential oil is a mutipurpose oil. This oil promotes relaxation and believed to treat anxiety. It can also combat fungal infection, allergies and depression. This essential oil has wonderful healing properties.

SERVICE CHARGE@15% IS OPTIONAL

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AURA SPA MENU

Nestled in the heart of Kolkata, Aura transports you to another world. 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 Indian ingredients, which are used for their purifying and detoxifying properties. Allow our refined care and flawless personal service to relax the mind, restore the body and strengthen your spirit. Our spa therapists are professionally and extensively trained in a variety of styles and massages that can be customized for you.

Our therapy rooms narrate the story of six principle values of human life through colours and experiences leading you to *Ananda*: a state of bliss and harmony. Royal Blue representing truth and power, yellow representing wisdom and prosperity, red symbolizing love and passion, purple representing beauty culminate in emerald green which epitomizes the coexistence of all these values to create the colour of the heart and the state of *Ananda* or Bliss.

SERVICE CHARGE@15% IS OPTIONAL

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AURA SIGNATURE RITUALS



AURA MASSAGE

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

DURATION	1 HOUR	1 HOUR 30 MINUTES
	Rs.6106	Rs.8142

BALINESE MASSAGE

Balinese massage is a full-body, deep-tissue, holistic treatment. Balinese massage is a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and "qi" (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation.

DURATION	1 HOUR	1 HOUR 30 MINUTES
	Rs.6106	Rs.8142

SERVICE CHARGE@15% IS OPTIONAL

CONTEMPORARY MASSAGES



CLASSICAL SWEDISH

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

DURATION	1 HOUR	1 HOUR 30 MINUTES
	Rs.5835	Rs.7802

AROMATHERAPY

The healing power of essential oils is the main attraction in aromatherapy. The use of oils and pure aromatic herb oil in this massage extracts impurities, nurtures new cells and maintains the skin's natural pH balance for psychological and physical well-being.

DURATION	1 HOUR	1 HOUR 30 MINUTES
	Rs.6106	Rs.8142

THAI

This treatment will stretch, energize and relax you all at the same time. Also called "Lazy Man's Yoga", this traditional massage from Thailand. The therapist uses the whole body to stretch you into various yoga-like positions. This addresses blocks in energy and promotes greater flexibility and stress release.

DURATION	1 HOUR	1 HOUR 30 MINUTES
	Rs.5835	Rs.7802

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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 cedar wood and geranium oils to relieve stress built-up for those tensed, whether from life style or abuse of computers!

DURATION	40 MINUTES
	Rs.3910

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 sesame oil relieves stress & headaches, helps one relax, and increases the blood circulation.

DURATION	40 MINUTES
	Rs.3910

SERVICE CHARGE@15% IS OPTIONAL

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 MINUTES
	Rs.3426

SIMPLY RICE

Rich in amino acids and proteins this combination of rice along with nourishing benefits of rose and milk will leave your skin nurtured and hydrated.

DURATION	40 MINUTES
	Rs.3426

COCONUT COCOON WITH TURMERIC

In this treatment coconut and turmeric are used, as they are known for their multidimensional usages. The cream of coconut is an excellent skin-softening agent while both turmeric and coconut are known for their non-abrasive exfoliating properties. Enjoy the voyage of a skin softening ritual with this treatment.

DURATION	40 MINUTES
	Rs.3587

SERVICE CHARGE@15% IS OPTIONAL

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.

DURATION	35 MINUTES
	Rs.2524

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 MINUTES
	Rs.2914

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 MINUTES
	Rs.2914

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SPA PACKAGE



THE KOLKATA EXPERIENCE

A luxurious pampering session at our single suite, created for you by our therapists with traditional natural ingredients of Bengal. Treat yourself to a body scrub. Surrender to the skilled hands of our therapists for an invigorating stress buster massage and wrap up with a facial.

DURATION	2 HOURS
	Rs.10041

SPA GIFTS

Our Spa consultants will assist you in selecting packages of well being which can be presented in personalized gift certificates. Promote health and wellness and reward or pamper your employees, business partners, friends or spouse and indulge them with Aura's luxurious treatments.

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RULES & REGULATIONS



HOURS OF OPERATION

GYMNASIUM, STEAM, SAUNA, JACUZZI, SWIMMING POOL
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DAILY 0600 HRS – 2100 HRS

AURA TREATMENTS

DAILY 0700 HRS – 2100 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 retreat 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 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 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.

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MEMBERSHIP RATES

CATEGORY			
	12 MONTHS	6 MONTHS	3 MONTHS
INDIVIDUAL	75,000	50,000	30,000
COUPLE MEMBERSHIP	1,25,000	82,500	50,000
SWIMMING POOL	40,000	24,000	20,000
GYMNASIUM	50,000	30,000	22,000
YOUTH MEMBERSHIP	45,000	35,000	20,000
CORPORATE FITNESS MEMBERSHIP FOR 4	2,60,000	1,82,000	
	GYM	POOL	GYM+POOL
1 MONTH	8,450	8,450	14,800

ENTITLEMENTS

- ** ACCESS TO GYMNASIUM (AS PER MEMBERSHIP)
- ** ACCESS TO SWIMMING POOL (AS PER MEMBERSHIP)
- ** ACCESS TO WET AREA - STEAM/SAUNA/JACUZZI/SHOWER/LOCKER
- ** 20% DISCOUNT AT ALL F&B OUTLETS OF THE PARK, KOLKATA
- ** 20% DISCOUNT ON SPA TREATMENT

ENJOY AURA!