

The background features a large, stylized circular graphic element with a gradient from orange to blue. Several butterflies in various colors (purple, pink, red, blue) are scattered around the circle. Below the text, there is a reflection of the circular graphic and butterflies, creating a symmetrical effect.

aura

## **Aura**

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

Our luxurious spa has been inspired by the architecture of the Mughal era using shells, slate and mosaics. It is within the walls of our four therapy, colored in hues shades of green, that pure essential oils blended with handpicked ingredients are used to purify and 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.

## **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 exotic blends of 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 emotions 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.

**Taxes and service charge as applicable**

## **Our Signature Rituals**

### **Aura Awakening**

Our signature ritual begins with the Aura Massage which combines the therapeutic disciplines of ancient traditions and western practices. Firm yet gentle strokes, using a warm blend of essential oils, promotes blood circulation, effective distribution of nutrients and boosts your immunity.

Following this is a blissful face massage, where your skin is first cleansed using extracts of Red Wine and then massaged with heated crystals such as Jasper and Carnelian to foster positive emotions and make your facial skin firm and toned.

Finally a divine Vanilla Crème Wrap envelops your body. Created by blending coconut cream with vanilla to rehydrate the skin, improve tone and elasticity and protect it from sun damage, this wrap is a delicious finish to this luxurious treatment.

This treatment package includes

- Aura Massage - 1 hour and 15 minutes
- Crystal Calm Face Massage – 30 minutes
- Vanilla Kiss Body Wrap – 45 minutes

Duration – 2 hours and 30 minutes

Price – Rs.6700/-

### **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.

Duration – 60 minutes

Price – Rs.3500/-

**Taxes and service charge as applicable**

## **Kindled Crystal Facial Therapy**

This treatment begins with an organic fruit scrub, rich in enzymes, followed by a face massage using 20 heated crystals, 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 types.

Duration – 60 minutes

Price – Rs.3200/-

## **Body Massages**

### **Aura Massage**

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

1 hour 30 minutes. Rs. 4200/-

### **Hawaiian Healing**

A massage inspired from Hawaii, this treatment is performed by using the hands, palms and elbows in rhythmic movements. The blend of oils, customized to suit your mood, is massaged into your skin in order to ease and loosen muscles, reduce tension, elevate you from anxiety, fear and negative thoughts and leave you feeling totally relaxed and refreshed.

60 minutes. Rs 3200/-

### **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. Rs 3200/-

**Taxes and service charge as applicable**

## **Balinese Jasmine**

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.

60 minutes. Rs 3200/-

## **The Goodness of Abhyanga**

This treatment is inspired by the Ayurvedic massage techniques of Abhyanga. Here a blend of warm essential oil is applied liberally over your body in rigorous strokes, leaving you rejuvenated and soft skinned.

45 minutes Rs 2700/-

## **Away with Stress**

Our therapist focuses on your upper back, face and head and lightly on the shoulders, using a combination of gentle pressure, thumb draining and techniques that focus on vital energy points. This compact treatment uses warm, medicated sesame oil to relieve stress and headaches and increases your blood circulation.

30 minutes. Rs 2000/-

## **Back Rest**

Our back treatment employs acupressure, which is applied on both sides of the spine, the lower back and towards the shoulders and neck. You can choose the oil best suited to your mood, from our custom-made range, which will then be massaged into your skin, to relieve and relax your stressed and aching muscles.

30 minutes. Rs.2000/-

## **Traditional Foot Massage**

This is a unique and elaborate treatment to moisturize, and soften your skin from your feet up to your knee. The acupressure points are stimulated with sesame oil to induce relaxation and ease tension.

30 minutes. Rs.1900/-

**Taxes and service charge as applicable**

## **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. Rs. 1700/-

45 minutes. Rs 2200/-

## **NATURAL FACIALS**

### **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. Rs 2200/-

### **Applicious Face Treatment**

Hydrate and revitalize your skin with this facial, which promotes the skin’s absorption of active ingredients and vitamins. This facial uses soft sliced apple with golden honey on your skin leaving you looking radiant and delicious.

60 minutes. Rs. 2500/-

## **BODY SCURUBS AND WRAPES**

### **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.

35 minutes. Rs 2000/-

**Taxes and service charge as applicable**

## **Tuticorin Sea Salt Body Scrub**

Myrrh and Frankincense, best known for their healing properties, have been used in treatments dating back to the era of the ancient Egyptian civilization.

This treatment involves a full body exfoliation using a blend of essential oils of Myrrh and Frankincense, along with mineral-enriched sea salt from “ Tuticorin“ a town in the south of Tamil Nadu.

Your body will be briskly rubbed with this blend, to remove the top layers of dead skin, leaving your skin soft, supple and radiant.

35 minutes. Rs 2000/-

## **Coffee and Cloves**

Awaken your senses with a wrap that blends the goodness of Coffee rich in “caffeine” which increases the supply of oxygen to cells and “eugenol” present in Cloves, which is a special ingredient that protects the skin from the harmful effects of free radicals while being a mild anesthetic and a pain reliever. This blend is rubbed briskly into your skin to stimulate it and releasing toxins.

35 minutes. Rs. 2000/-

## **Go Green**

Discover why your mother always told you to eat your greens. Green tea, with polyphenols, one of the best natural antioxidants is coupled with the rehydrating properties of aloe Vera to restore your skin and give you a glowing, youthful appearance.

35 minutes. Rs 2000/-

## **Soothing Pumpkin**

Pumpkin, rich in beta-carotene, contains anti-oxidant Vitamins A and C, as well as zinc and alpha-hydroxyacids. These properties blended with the power of sesame seeds help to reduce the signs of aging while hydrating the many layers of your skin.

35 minutes. Rs 2000/-

**Taxes and service charge as applicable**

## **Spa Gifts**

Reward and pamper your employees, business partners, friends and family spouse with a gift voucher from Aura.

Our spa consultants will be happy to help you select 'well-being' packages, which can be presented in the form of personalized gift certificates. Go ahead and gift someone pure indulgence.

## **Rules & Regulations**

### **Hours of Operation**

Spa Treatments & Sauna	Daily 0800 - 2000hrs.
Hair Salon	Daily 0900 - 1800hrs.
Gymnasium	24 x 7 access.

### **Spa Admission**

All room guests of The Park, New Delhi are entitled to use the Spa facility for the duration of their stay. This includes the use of Gymnasium, Sauna and Swimming pool. Using of the Spa facilities by members is restricted as per membership rules. Entry to the treatment rooms, massage areas for all guests will be by appointment. Walk-in guests with spa appointments are also entitled to use the lockers and sauna facilities.

### **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 for your body, mind and spirit. Out of consideration for others, we request our visitors to keep noise to a minimum and dedicate your time at our spa retreat to complete relaxation. Switching off cellular phones and other electronic devices disconnects you from the world if only just for a few hours, but will help take your mind off all worldly concerns. Children below 16 are not permitted within the Spa and Gym area.

**Taxes and service charge as applicable**



## **Spa Arrival**

- Please arrive well in time for your appointment so you can be completely relaxed.
- We request you not to eat 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 at our terrace by the poolside, or in our relaxation rooms.

## **Special Consideration**

If you have high blood pressure, heart conditions, allergies, are 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. Similarly, missed appointments will be charged at 100% of the treatment price.

## **Refund Policy**

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

**Taxes and service charge as applicable**