



Kairali

— Spa —





Western Massages

Foot & Leg Refresher

This treatment will help to balance water retention, stimulate lymphatic flow, and energize tired feet and legs.

45 min | Rs 800

Stress Away Back to Scalp

From your sore back up to your tensed shoulders, the nape of your neck to the top of your crown this deeply relaxing, flowing massage sequence helps to open up your shoulders, create space, teasing and stretching out the back of the neck, whilst softening the scalp. Restores comfort and mobility to the back, neck and shoulder area.

45 min | Rs 800

Relaxing Aromatherapy Massage

A relaxing body massage with essential oils to relax the body and the mind.

60min | Rs 1,400

75min | Rs 1,700

90min | Rs 2,000

Deep Tissue Intense Relief

A pressure massage beneficial in releasing chronic muscle tension.

75min | Rs 1,800

90min | Rs 2,100

Re-energising Hot Stones

To dispel stress and tension and restore the body's balance. Effleurage and strokes are used in combination with the penetrating warmth of basalt stones and revitalising essential oils.

90 min | Rs 2,100

Foot Reflexology

Based on acupuncture points, foot reflexology is a method of stimulating the reflex points in the feet, which leads to relaxing and rejuvenating each and every part of your body. In addition to easing tension, foot reflexology will also help to increase circulation and boost your immune system.

65 min | Rs 1,500



Kairali's Body Treatments

Kairali's Coconut Body Polish

Coconut, a household ingredient in India, has many uses to its name. As a natural skin softener, it has been used for centuries. The body will be gently exfoliated and moisturised with a mix of ingredients. This treatment has a cooling effect on the body.

60 min | Rs 1,300

Kairali's Royal Makeover

This is KAIRALI's special therapy to make you feel Royal.

- Head massage
- Body scrub
- Full body Ayurvedic Massage
- Eye wash
- Mukha Lepam
- Body wrap
- Head pack
- Steam bath

120 min | Rs 3,900



Ayurveda by Kairali Ayurvedic Group (Kerala|India)

Kairali Ayurvedic Group encourages a comprehensive approach to health, which understands the individual as a complex combination of elements capable of being brought into harmony. We are committed to enhancing positivity and wellbeing in individuals, the environment and the global community. Kairali continues to advance the use of Ayurvedic practices around the world to give our clients the best wellbeing experience.

Nasyam

For the Sinus

Administration of herbal extract through the nostrils, followed by a herbal oil massage and steam for head and face. Effective for headache, sinusitis, migraine, stress.

30 min | Rs 600

Netradhara

For tired eyes

An effective treatment for the eyes that includes washing of the eyes with a medicated mixture of oils. It helps in removing the stress & strain of the eyes, bringing lustre to the eyes and soothing away wrinkles.

45 min | Rs 700

Mukha Lepam

For the face

A gentle massage of the face with a special oil to nourish, cleanse and beautify the tissues, bringing a smooth youthful glow to the complexion, thus reducing wrinkles.

45 min | Rs 800

Thalapothishil

For the hair & nervous system

Head massage followed by a head pack with special herbal ingredients to relieve from stress and give a glow to the hair.

45 min | Rs 1,000

Abhyangam (with steam bath)

For the body

A traditional and soft head to toe massage to rejuvenate the body and maintain physique.

60 min | Rs 1,400

Poultice neck & head massage

Supports the nervous system by alleviating stress and stimulates the lymphatic system, encouraging the elimination of toxins. Head massage can also be used to stimulate hair growth, improve concentration, and relieve migraine pain.

30 min | Rs 600

Udwarthanam (with steam bath)

Dry anti-cellulite massage

A mixture of herbal powder is massaged directly onto the body in the effective for reducing body fat. This massage tones the skin and muscles, while improving blood circulation.

60 min | Rs 1,600

Shirodhara (with steam bath)

For the mind

Oil is dripped gently and continuously across the forehead to revitalize the mind and body. Dhara is also a special massage therapy for stress and strain, while reducing hypertension.

60 min | Rs 1,800

Kativasti (with steam bath)

For the sciatica

This is a specific treatment for inflame sciatica problem.

65 min | Rs 1,900

Podikizhi (with steam bath)

For body pain

This massage helps detoxifying the body and in reducing body/muscular pain. It is also very effective for people suffering from arthritis.

65 min | Rs 1,900



Facials by Shahnaz Herbals

Shahnaz Herbals has taken India's Ayurvedic tradition to every corner of the globe, offering the best and purest herbal care to the people. Based on Ayurveda and the principle of "Care & Cure", Shahnaz Herbals products offer a line of proprietary treatments for Skin, Hair and Body that enhances the benefits of its products and ensures the best result.

Thermoherb Facial

Anti ageing

The Thermoherb Mask is a mini face-lift, which deep cleanses, restores balances and tightens the skin. Based on an ancient thermal mask, it has been improved with herbal extracts. The mask hardens, generates heat and creates the ideal temperature between itself and the skin, at which skin absorption is highly efficient. As it hardens, it tightens the pores, sculpting the facial contours, minimizing wrinkles and improving skin elasticity. The Thermoherb mask itself contains extracts of rose, basil and mint.

105 min | Rs 1,800

Vegetable Peel Facial

For Blemishes

A powerful treatment for acne prone skin, scars and blemishes, restoring health and beauty to the skin. The herbal extracts not only help to heal and soothe the skin, but also aid the regeneration of new cells.

60 min | Rs 1,100

Herbal Facial

Clean up

The herbal facial will help to maintain the youth and natural beauty of the skin through natural & herbal products.

65 min | Rs 1,100

Pearl Facial

For Oily Skin & Pigmentation

Based on Ayurveda, the Pearl Facial uses products which contain powder of pearls. Research has revealed that pearls influence the transfer of melanin (natural pigment) to the skin surface, filtering the sun's rays and counteracting sun damage. Pearls also contain powerful nutritive elements, like amino acids, minerals and proteins, which strengthen the skin and improve its moisture retention ability. The facial gives way to a healthy radiant skin, with an even colour tone.

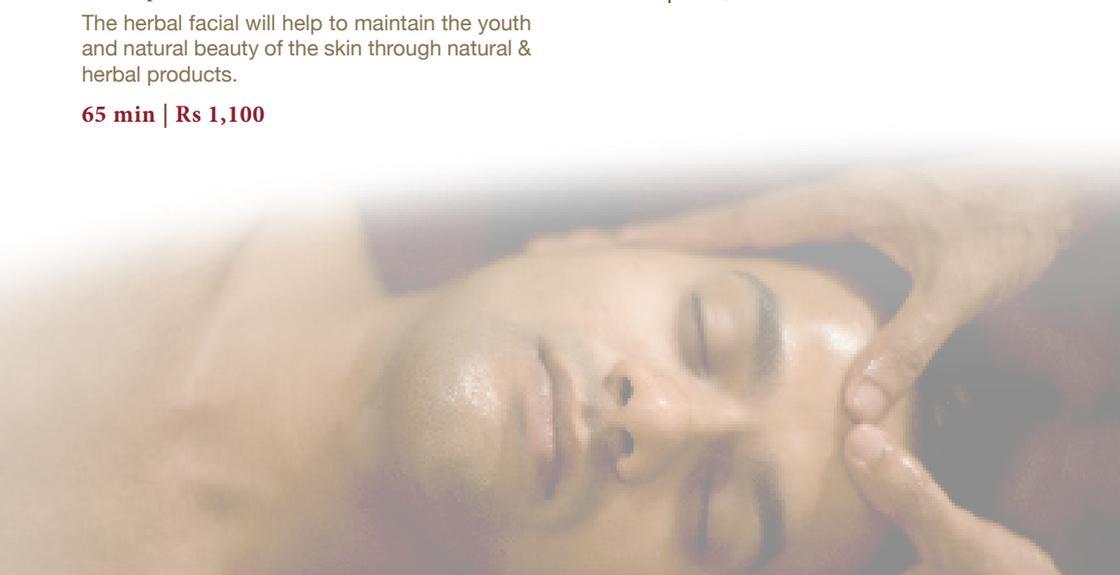
90 min | Rs 1,400

Gold Facial

Illuminates and brightens the skin (For all skin types)

The Gold Facial, based on Ayurveda, is a powerful anti-ageing treatment, with revitalizing and rejuvenating effects. Gold is one of the softest metals and is easily absorbed by the skin. It helps lymphatic drainage and facilitates the removal of toxins and wastes. It also stimulates blood circulation and improves skin elasticity, accelerating cell renewal and reversing oxidation damage.

90 min | Rs 1,500





Signature Treatments by Elemis, UK

ELEMIS begins with the earth's natural resources. Powerful marine and plant actives coupled with intricately-blended aromatics form the foundation of all products. Ethically sourced and extracted, harnessing and boosting remarkable natural properties through technology. ELEMIS is where the science of nature meets the science of skin.

Pro Radiance Hands and Nails*

Redefine the hands of time. Cuticles and nails are conditioned and strengthened, whilst the indulgent Elemis Skin Nourishing Milk Bath combined with the anti-ageing Pro-Radiance Hand and Nail Cream intensely hydrates for irresistibly.

60 min | Rs 1,200

Pro Radiance Feet with Pedicure*

Treat your feet to this nourishing foot treatment. Your feet will be exfoliated, smoothed, rehydrated and conditioned.

75 min | Rs 1,300

High Performance Skin Energiser for Men

Refreshes, Energises, Brightens

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.

60 min | Rs 1,600

Pro Collagen Facial

Age defying benefits

An anti-ageing treatment that improves appearance and firmness of the skin. Delivers a progressive lifting effect and promotes healthy cell renewal. This facial tackles fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

120 min | Rs 2,300

*No nail polish included

Body Milk Therapy

Nourishes, Conditions, Softens

Milk & honey offer delicious body treatments, along with scrubs and steams. These treatments strongly focus on the largest organ of your body, your skin. Our body treatments not only provide relaxation, but noticeably softer skin and detoxification through exfoliation, hydration, and massage. Ideal for problematic and really dry skin.

90 min | Rs 2,200

Anti-Cellulite Massage

Detoxifying

Excellent massage for both men & women. This treatment treats mainly cellulite all over the body. It is done through deep effleurage and use of detoxifying massage oil called Cellutox Oil brought from England and Body Brush made from Cactus and Steam Bath. This treatment is favourable to be done also as a package.

90 min | Rs 2,500



Couple Treats

Couple Aromatherapy Massage (For 2)

Enjoy a relaxing stress-reducing and muscle-relaxing experience with the person you care deeply for.

85 min | Rs 3,500

Couple's Treat (For 2)

Indulge yourself with your dear one in our couple's room with scented candles for a welcome foot ritual, mini facial and an aromatherapy massage. For the pair who wants to share in the benefit of relaxation as much as experiencing it themselves, nothing is better than a Kairali's couple's treat.

105 min | Rs 3,800

Treat for Seniors

A pampering treat for our Seniors with head massage, mini facial and foot massage.

75 min | Rs 1,300

Mother to Be

Pregnancy Treat

A pampering 60min body massage for the mother to be that helps alleviate upper and lower back pain, aching knees and the overall fatigue often associated with pregnancy, This is followed by a 30min mini-facial for a more relaxed moment.

90 min | Rs 1,500

Treats for Teens

Facial clean up

A gentle facial will help clean out blackheads and clogged pores caused by oil production. Herbal skin care products are used to properly prepare and soften the skin.

45 min | Rs 800

Nail polish application with stickers

30 min | Rs 400

Mini-Manicure OR Mini-Pedicure

35 min | Rs 450

Teens massage

A relaxing body massage for the teens.

50 min | Rs 800

Back & legs massage

Muscle relaxation massage for the back and legs.

40 min | Rs 600



Hands & feet

Manicure

A cosmetic treatment of the hands involving shaping, removal of the cuticles, softening of the skin and nail polish application.

60 min | Rs 700*

Pedicure

A cosmetic treatment of the feet involving shaping, removal of the cuticles, softening of the skin and nail polish application.

60 min | Rs 800*

*Add on French polish Rs 100

*Add on OPI Infinite Shine Rs 300

Shape, Cleanse & Polish (OPI)

Normal **Rs 300**

French **Rs 400**

Infinite Shine **Rs 500**



Threading

Eyebrows

10 min | Rs 100

Upperlips

10 min | Rs 100

Chin

10 min | Rs 100

Tinting

Eyebrows

This creates greater definition and lessens the need for products such as eyebrow mascara and eyebrow pencil. This treatment is ideal for those with light-colored or graying brows.

Rs 400

Eyelashes

It is a quick and easy solution for those who depend on mascara to darken lightly-colored lashes.

Rs 400

Waxing for Her*

Bikini line

15 min | Rs 300

Underarms

15 min | Rs 300

Chest

20 min | Rs 350

Full arms

30 min | Rs 400

Back

30 min | Rs 400

Half legs

30 min | Rs 450

Face

30 min | Rs 500

Full legs

40 min | Rs 550

Brazilian

30 min | Rs 400

Oriental

40 min | Rs 600

Waxing for Him*

Chest

40 min | Rs 500

Back

40 min | Rs 650

*Add on Rs 100 for excess hair



Add Me On*...

An extra time To Toss The Tox.

- Add on massage
- Eyes Treatment – for fine lines and wrinkles
- Hot Stone Therapy
- Hands & arms massage
- Quick pulping face massage
- Body Brush (Pre-treatment)
- Steam Bath (Post-treatment)
- Express manicure

15 min | Rs 300

- Back exfoliation
- Mini booster facial
- Back Podikizhi
- Express pedicure
- Relaxing neck & shoulder massage

20 min | Rs 400

- Mini facial
- Mini reflexology

30 min | Rs 600

Shirodhara

30 min | Rs 800

Express Hair Service

- Shampoo & Blow Dry as from **Rs 250**
- Shampoo & Brushing as from **Rs 400**

*Only applicable as top up on normal treatments



Pre-Wedding Packages

Our pre-wedding bridal packages are impeccably created to help you be pristinely beautiful, restored and revitalised, ready for the big day. So, let us take care of your beauty and make-over needs as you relax and indulge in your wedding bliss, and emerge effortlessly as a Dream Bride or Groom.

Happy Groom

- Kairali's Body Polish
- Gold Facial
- Manicure
- Pedicure

3h | Rs 3,500

Happy Bride

- Kairali's Body Polish
- Gold Facial
- Manicure with OPI Infinite Shine
- Pedicure with OPI Infinite Shine

3h30 | Rs 4,000

Radiant Bride

- Kairali's Body Polish
- Gold Facial
- Manicure with OPI Infinite Shine
- Pedicure with OPI Infinite Shine
- Waxing Full Arms
- Waxing Full Legs
- Waxing Underarms
- Waxing Oriental

5h | Rs 5,500





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