

HOLISTIC WELLBEING

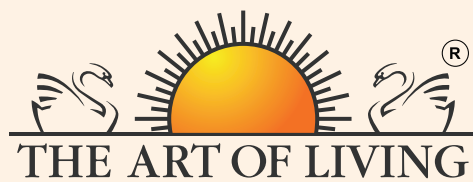
Immerse in an array of curated wellness therapies
deeply rooted in the ancient healing science of
Ayurveda delivered by certified experts from
'Art of Living'

A journey towards holistic well-being begins here.

At Roseate House New Delhi



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AYURVEDA SPA MENU

Abhyanga

A traditional, full-body Ayurvedic massage with a warm, medicated oil. It promotes blood circulation, reduces stress, stiffness & body pain and aids detoxification & rejuvenation.

60/75/90 minutes | ₹7000/8000/9000

Hilot Therapy

An ancient Filipino healing therapy, involving a combination of different massage techniques that stimulate the nervous system and boost blood circulation.

110 minutes | ₹9000

Abyangapodikhizhi

A powerful combination of full body herbal oil massage (Abhyanga) and warm herbal pouch therapy (Podikhizi) which helps to relieve muscles pain, joint pain, stiffness, and boost blood flow, detoxification and overall deeply rejuvenating Ayurveda therapy for mind and body wellness.

90 minutes | ₹8000

Marma Therapy

A restorative and therapeutic treatment that works on vital energy points, which are stimulated by applying controlled pressure, to soothe the skin and nourish the body. This procedure effectively provides deep relaxation, harmonizes the movement of prana, or 'the vital force' within the body, clearing any obstruction in the energy channels.

45 minutes | ₹3000

Meru Pichu

This restorative spinal care therapy focusses on the vital points of the spinal region where warm herbal oil is applied and retained for enhanced healing. Helps in relaxing muscle spasms & pain.

45 minutes | ₹5000

Nabhi Pichu

A traditional Ayurveda therapy focused on the abdomen, specifically targeting the navel. Nabhi Pichu is performed for its therapeutic benefits in treating digestive issues, menstrual disorders & overall abdominal health.

45 minutes | ₹5000

Netra Tarpana

A special Ayurvedic treatment for the eyes, Netra Tarpana relieves tiredness and improves eyesight. It is highly recommended for people who regularly work on computers, drive for long periods, or suffer from tired, aching or sore eyes.

30 minutes | ₹5000

Udwarthana

This Ayurvedic therapy includes a massage performed with dry herbal powders rubbed on the body in upward strokes. Aids detoxification, weight management & enhancing skin health

45/60 minutes | ₹ 5500/6500

Shirolepa

An effective Ayurveda treatment for scalp and head-related conditions, it is a unique treatment performed with a paste of various medicinal herbs and powders which are applied to the scalp.

45 minutes | ₹6000

Shirovasti

Involves pouring medicated oil on the head and retaining it for a specific duration. The procedure is designed to treat various head-related ailments and promotes overall well-being

45 minutes | ₹6000

Pinda sweda (Potli massage)

A rejuvenating therapy, Shastika Sali Pinda Swedam is tendered using poultices (kizhi) made of Shashti Rice (Navara rice) processed in a herbal decoction and milk. This procedure nourishes the tissues, reduces pain, enhances flexibility of the joints and draws the body into a deeper state of relaxation resulting in peaceful sleep.

60/75 minutes | ₹6000/7000

Churna Pinda Sweda

An Ayurveda treatment designed for bone, joint, muscle and nerve conditions, especially to cure inflammation, swelling or stiffness.

60 minutes | ₹7000

Greeva Basti, Kati Basti, and Janu Basti

These are targeted Ayurvedic therapies where warm medicated oils are retained in a dough ring over the neck (greeva), lower back (kati), and knees (janu). These treatments help relieve pain, stiffness and inflammation, and promote joint & muscle health.

60 minutes | ₹8000

Nasya (or Nasyam)

A traditional Ayurvedic therapy that involves administering medicated oils or herbal extracts through the nostrils. As one of the five Panchakarma detox treatments, it helps cleanse and heal the head & neck region, offering relief from sinusitis, migraines, headaches & respiratory issues.

45 minutes | ₹ 5500

Kati Pichu

A traditional Ayurveda therapy that offers a natural, non-invasive approach to treating issues and discomfort in the lower back pain. It includes the application of warm, medicated oil to the lower back, providing relief from various musculoskeletal issues. Particularly beneficial for those suffering from chronic pain conditions like sciatica, lumbar spondylosis & muscle stiffness.

45 minutes | ₹ 6000

Janu Basti

A soothing Ayurvedic therapy designed to strengthen weak or tired knees and reduce pain, wherein a ring made of black gram dough with a central opening is placed over the kneecaps and filled with warm medicated oil. The oil is retained for a set duration and replaced as it cools, helping to relieve joint stiffness & improve mobility.

45 minutes | ₹5000

Foot Massage with Kansa Wand

An ancient Ayurveda foot massage, that involves the stimulation of specific pressure points on the feet with a Kansa Wand, thus easing muscle tension, improving blood circulation, and promoting a deep sense of relaxation and rest.

45/60 minutes | ₹4000/5000

Shiro Abhyanga

A traditional Ayurvedic head massage with warm herbal oils and gentle, circular strokes to nourish the scalp and calm the mind. Helps relieve stress, improve sleep quality and promote mental clarity while supporting healthy hair & scalp

35/45 minutes | ₹3000/4500



Mukhalepa

An Ayurveda facial treatment that uses a herbal paste to cleanse, nourish and rejuvenate the skin. Mukhalepa is applied to the face and neck, which helps restore balance and radiance through natural, holistic care.

45/60 minutes | ₹4000/5000

Pada Abhyanga

A traditional Ayurvedic foot massage performed with warm herbal oils and gentle, rhythmic strokes to stimulate vital energy points. Helps improve circulation, relieve fatigue and promote deep relaxation while balancing the body's doshas.

35/45 minutes | ₹3000/4500

Uzhichil

A traditional Ayurvedic deep tissue massage that uses warm medicated oils and rhythmic strokes to improve blood circulation, relieve muscle tension, and balance the body's doshas. Often performed as a part of healing therapies to enhance flexibility, promote detoxification and support overall well-being.

60/90 minutes | ₹6000/7500

Shashtika Shali Kayalepam (Body wrap with Shashtika Shali)

Shashtika Shali Kayalepam uses a warm, nourishing paste of Shashtika rice cooked in milk along with herbal decoctions to deeply moisturize, soften and rejuvenate the skin. Enhances skin texture, improves natural glow and helps slow down the visible signs of aging. Also aids in strengthening muscles, reducing inflammation, and promoting healing in conditions like joint pain, stiffness and nerve weakness.

45/60 minutes | ₹6000/7500

Sthanika Potli (Localized Poultice)

Sthanika Potli is a localized Ayurveda therapy where warm herbal potlis/poultice filled with medicinal herbs are applied to a specific body part using gentle tapping and circular motions. Helps relieve pain, reduce stiffness and improve circulation for faster healing and comfort.

30 minutes | ₹3500

Mukha Abhyanga with Kumkumadi Oil (Face Massage with Kumkumadi Oil)

Mukha Abhyanga with Kumkumadi oil is a gentle Ayurvedic facial massage performed using the luxurious, herb infused Kumkumadi Tailam to nourish & rejuvenate the skin. Improves circulation, enhances natural glow and supports skin health while relaxing facial muscles and calming the mind.

60/80 minutes | ₹5000/6500

TO MAKE A RESERVATION, PLEASE CONTACT
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