


THE
ROSEATE

READING



The Sanskrit derivation of 'Aheli' is pure, while in Hebrew,

it symbolises a feeling of purity, grace and elegance.

*Wellness at Aheli encompasses every element - design, service, experts
and a bespoke menu of treatments. Signature services at the spa are designed
to detox, cleanse, nourish, nurture, heal and rejuvenate.*

These include body rituals, scrubs, wraps, facial, skin, hair and salon services.

The spa has well appointed spaces, each designed to offer holistic wellbeing.

'escape to peace and purity'



AHELI EXPERIENCE

Aheli Signature

Exclusive to Aheli Spa, this unique therapy combines various therapeutic massage techniques customized specifically to suit the preferences of a guest. The therapy offers the ultimate relaxing and de-stressing experience.

60/80 minutes | £90/110

Podikizhi

One of the most effective Ayurveda treatments for pain relief, Podikizhi is delivered by massaging with a pure cotton compress filled with a heated mixture of herbs which helps in reducing inflammation caused due to arthritis and rheumatism.

80 minutes | £120

Indian Ayurveda

This unique form of Ayurvedic massage is performed with a gentle stream of warm herbal medicated oils. It involves rigorous strokes on the limbs and massage in circular motion on the joints, and is beneficial for healing, nourishing and detoxifying the body and mind.

75 minutes | £110

Reflexology

A gentle technique of applying pressure to specific points on the feet which improves cognitive health.

30/50 minutes | £50/85

Hot Stone Therapy

A unique massage technique that allows a therapist to work on deep tissues effectively using heated basalt stones on parts of the body to maximize therapeutic benefits, release stress and calm sore muscles.

80 minutes | £120

Classic

A proven technique suitable for all ages, Classic Massage includes soothing rhythmic strokes with medium pressure that improve blood circulation and offer relief from stress and tension.

50/80 minutes | £80/110

Essential Ritual

A holistic therapy featuring the lymphatic and pressure points technique using a selection of carefully blended essential oils that help to enhance physical and psychological balance.

50/80 minutes | £80/110

prices above are exclusive of taxes

Traditional Bali

A deep tissue holistic treatment that uses a combination of gentle stretches, acupressure, reflexology and aromatherapy to stimulate the flow of blood, oxygen, 'qi' (energy) and bring an overwhelming sense of relaxation and wellbeing

50/80 minutes | £80/110

Intense Strokes

A deep tissue massage with intense strokes that works on the deeper layers of muscle tissues, relieves chronic muscle tension throughout the body, breaks down scar tissues and knots in the muscles.

50/80 minutes | £80/110

AHELI REJUVENATION

BODY EXFOLIATION

Satin touch

Ideal for all skin types, even those with sensitive skin, poor circulation issues, back acne and body breakouts.

30 minutes rejuvenation | £40

Tropical Escape

A lathering, exfoliating papaya & pineapple scrub with anti-aging enzymes that detoxify and brighten the skin.

30 minutes rejuvenation | £40

Coconut Scrub

Essential for anyone with dry, rough and bumpy sensitive skin, this therapy leaves the skin feeling softer, smoother, moisturised and nourished.

30 minutes rejuvenation | £40

BODY WRAPS

Indulgence

For refreshed, nourished and radiant skin that is visibly repaired. Best recommended for ageing skin with uneven texture & tone.

Body scrub 30 minutes / Body wrap 45 minutes | £ 80

Coffee wrap

A unique wrap designed to stimulate the body's ability to break down fat, increase metabolism and eliminate water retention.

Body scrub 30 minutes / Body wrap 45 minutes | £ 80

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Chocolate wrap

The antioxidant components of this body treatment fight cellulite and signs of ageing, improving the suppleness and elasticity of your skin, providing revitalisation and relaxation. The aromatic experience, stimulated by cocoa elevates a deep sense of wellbeing and relieves stress.

Body scrub 30 minutes / Body wrap 45 minutes | £ 80

AHELI JOURNEY

Ultimate Relax & Rebalance Treatment

A luxurious treatment designed for an ultimate relaxing experience.

Includes:

30 minutes of body scrub | 50 minutes of relaxing massage | 60 minutes of facial | 45 minutes of body wrap | 45 minutes of hand care | 45 minutes of feet care | optional-fruit platter (at an additional £7 per person / £13 for a couple)

275 minutes | £330 for a single guest / £600 for a couple

Touch of heaven

A bespoke experience that rejuvenates, nourishes and nurtures.

Includes:

60 minutes of customised body massage | 60 minutes of bespoke facial

120 minutes | £145

Ayur Shanta

Restores balance and harmony between the mind & body. Induces calming sleep.

Includes:

30 minutes of Shiroabhyanga (head massage) with herbal oil | 75 minutes of Indian Ayurveda body massage

105 minutes | £140

Signature Bliss

A rejuvenating experience featuring the 'Aheli signature therapy' and bespoke care for your hands & feet.

60 minutes of massage | 45 minutes of Hand or Feet care
£140 per person

prices above are exclusive of taxes



AHELI COUPLED UP

Time to reconnect

Nothing says love like the gift of relaxation. Welcome to the special couple's suite at Aheli. Escape, relax and unwind.

*30 minutes body scrub | 60 minutes invigorating body massage.
90 minutes | £ 230*

Duo Therapy

Spend blissful moments with your loved one. Indulge in our hand-picked tropical body scrub specially designed for your skin, followed by a relaxing aromatherapy experience.

*Includes: 30 minutes of body scrub | 45 minutes of relaxing & stimulating massage |
45 minutes of body wrap
120 minutes | £320*

AHELI TOUCH

Head, neck & shoulder - 30 minutes | £50

Back relax with Poultice - 30 minutes | £55

Back relax - 30 minutes | £50

Bespoke face massage - £50

AHELI FACE RITUALS

Optimum Detox

This facial treatment combats dry, dehydrated skin. A Vitamin-enriched lift off mask infuses the skin with vitamins A, E, and D, fighting free radicals that cause premature ageing. This dramatic bi-thermal treatment mask first warms to promote vitamin absorbency within the skin, then cools to seal in hydrating benefits making the skin firm and rejuvenated.

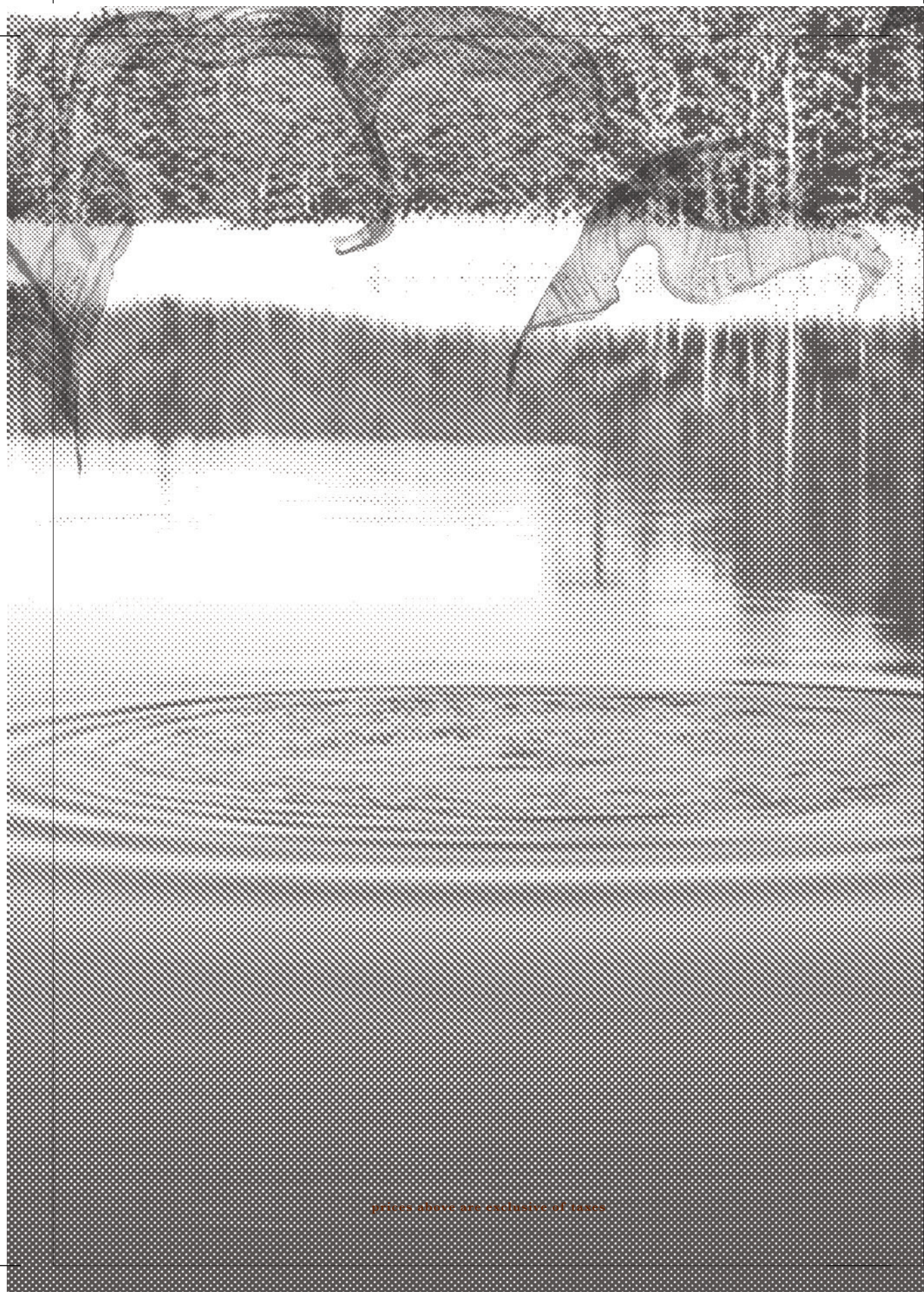
60 minutes | £90

Skin Fit for Him

A proven effective advanced treatment specifically formulated for men. Rejuvenating caviar and repairing freeze-dried Escutox® (Hibiscus Esculentus Blend) replenishes skin while counteracting congestion. Visibly resurfacing, this mask promotes healthy, youthful-looking skin.

60 minutes | £80

prices above are exclusive of taxes



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Skin Nectar

Ideal for delicate, sensitive skin, this soothing facial includes propolis sourced from beehive resin. This aromatic honey nectar finish is the ultimate 'buzz' in hydration and nourishment.

60 minutes | £85

Chrysalis

Chrysalis is an excellent facial for firmer, more youthful skin. Recommended for any skin type with loss of elasticity.

60 minutes | £85

Bespoke Facial

Enjoy a facial customised as per your skin type.

60 minutes | £75

Back Facial

A relaxing treatment that exfoliates an area that you cannot get to on your own. Designed for both men & women, a back facial effectively combats acne, exfoliates dead skin and moisturizes deeply.

60 minutes | £85

AHELI HAND AND FEET

Soothing hand or feet rituals - 45 minutes | £55 each

Pamper your hands with a complete repair treatment with a signature concentrate and mask, applied to repair, soften and hydrate.

Pedicure | £45

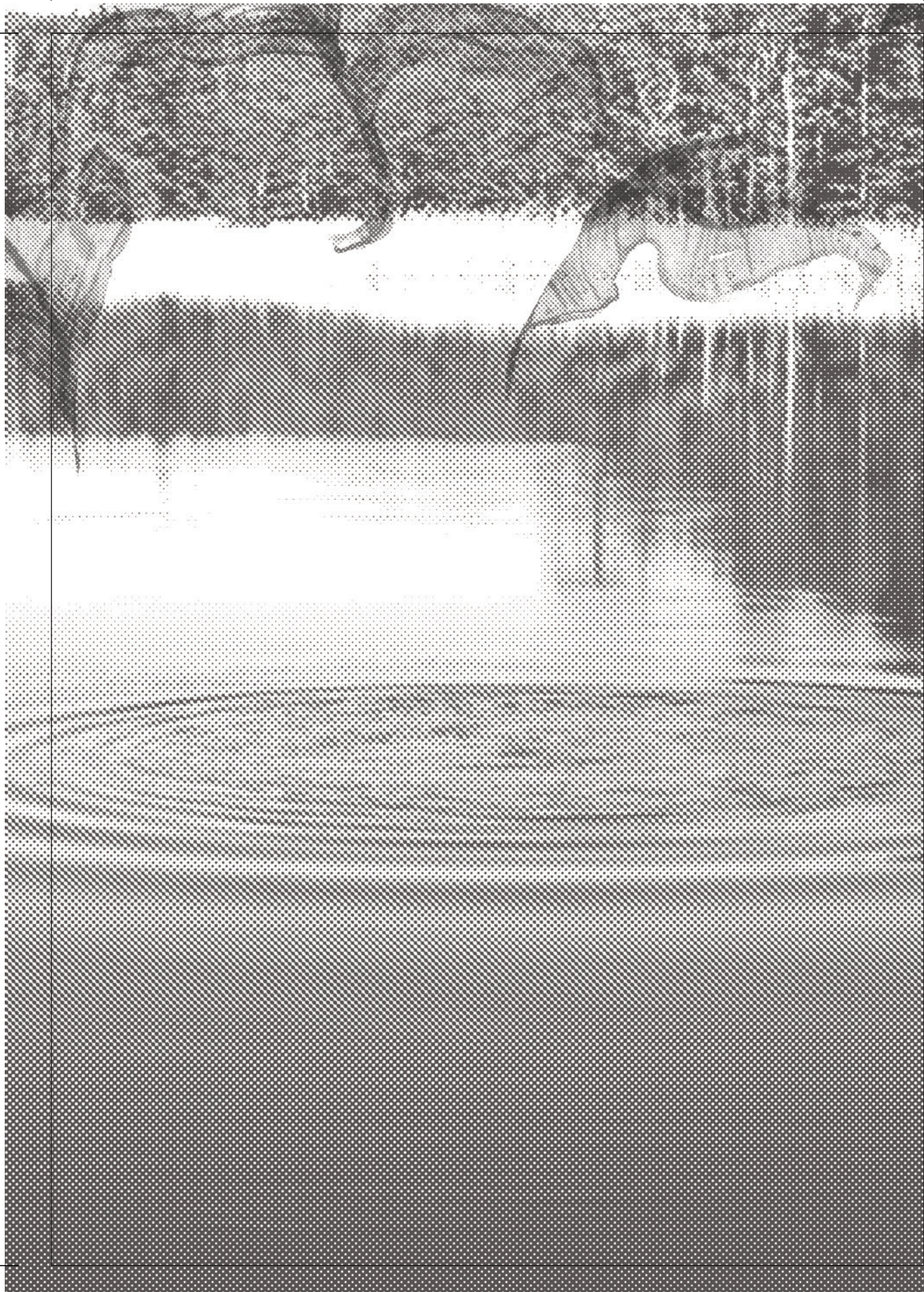
Manicure | £35

AHELI MINI ADD-ON

Eye treatment 20 minutes | £20

Lip treatment 20 minutes | £20

prices above are exclusive of taxes



FOR THE COMPLETE SPA EXPERIENCE

To ensure your spa experience is a relaxing journey into the 'Aheli' world, we recommend the following:

- *Consult our therapists who will be pleased to advise you on a therapy that suits your individual needs.*
 - *Guests at the Aheli spa must be at least 18 years of age for the use of the fitness facilities and spa treatments.*
 - *Cellular phones and electronic devices must be switched off for a complete Aheli experience.*
- *Arrive at the spa reception 15 minutes prior to your therapy in order to change, prepare yourself and enjoy a relaxing shower before your therapy.*
- *Arriving late will limit the time of your treatment, thus lessening its effects and your pleasure. Your treatment will end on time so the next guest is not delayed.*
 - *We request that you do not bring any jewelery and valuables to the spa. The Aheli Spa, Roseate Hotels & Resorts shall not be responsible for any lost items.*
- *Gentlemen who are having a facial are advised to shave at least 3 hours before their therapy.*
- *Guests with high blood pressure, heart condition or other medical complications and ladies who are pregnant should consult their doctor before scheduling an appointment for spa therapies.*
 - *Home spa - most of the body and skin care products that we use in our therapies are available for purchase.*

RESERVATION & CANCELLATION

- *Guests are requested to schedule their therapy 48 hours in advance in order to ensure availability. Once the booking is made, you will be sent a link to make payment.*
- *If payment is not received 72 hours before the treatment, your booking will automatically be cancelled.*
 - *Bookings made on the day of service and walk-in appointments are always welcome, based upon availability.*
- *To schedule your appointment(s) for The Roseate, please call our 'Spa service desk' at 011 89527770. Guests staying at The Roseate may dial extension 0 from their room.*
 - *All spa therapies may be re-scheduled by calling the spa service desk.*
- *In case of cancellation, guests are requested to please inform the spa desk at least 48 hours in advance.*
- *In case of no shows we shall be holding your appointment for 15 minutes before releasing it and you will be charged as per the price of the booking.*

PLEASE NOTE:

- *Aheli personnel will not be responsible for any loss.*
- *Aheli personnel will not be responsible for any unforeseen allergy or allergic reaction resultant of an ingredient used during a therapy.*
- *Needless to say, all therapies are delivered by exemplarily well-trained experts and all ingredients used are of the highest quality.*

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