





NEW DELHI

The Roseate New Delhi is an oasis of calm and tranquillity. Wellness at the luxury resort's 'Aheli Spa', 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'



Holistic Wellness





MENU OF BESPOKE SERVICES

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

Shirodhara Abhyanga

*A combination of two powerful holistic healing therapies that includes both full body
massage and a stream of warm medicated oil 'shirodhara', poured on the forehead.*

*Promotes emotional stability & mental peace by reducing stress, fatigue, headache,
migraines. Balances Vata & Pitta doshas.*

90 minutes | ₹9000

Pizhichil Saravangadhara

*A rejuvenating Ayurvedic therapy in which warm medicated oil is continuously
poured over the entire body alongside a gentle massage, performed by two therapists.*

*Featuring the effects of oleation & fomentation, it manages inflammatory & degenerative
joint disorders, relieving muscles stiffness, spasms. Enhances neuromuscular strength.*

50/60 minutes | ₹7000/9000

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.*

40 minutes | ₹6000

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 | ₹6000

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 | ₹ 6000/7500

Shirodhara Therapy

Shirodhara Therapy is believed to open the ‘third eye’, resulting in a heightened sense of mindfulness. It starts with a head, neck and shoulder massage followed by herb infused oil which drips in a constant gentle stream over the forehead. This treatment de-stresses & relaxes the body.

45 minutes | ₹6000

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 | ₹7000

prices above are exclusive of taxes

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 minutes | ₹7500

Churna Pinda Sweda

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

60 minutes | ₹ 7000

Thakkradhara

A calming Ayurvedic therapy where medicated buttermilk is gently poured over the forehead in a continuous stream. A variant of Shirodhara, it is especially beneficial for stress relief, insomnia, and skin conditions, promoting deep relaxation and mental clarity.

50 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 | ₹ 6000

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

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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

Nadi Pariksha

An assessment based on palpitation of the pulse, this is a key component to diagnose imbalances and to assess overall health. This assists to determine the state of the internal energy and organ systems that allow our bodies to either thrive or weaken

30 minutes | ₹2000

Meru Chikitsa

An ancient Ayurveda healing therapy literally meaning 'setting right using the spine' It allows us to unwind into our most fundamental essence which increases awareness, opens access to infinite energy and creates a state of wellbeing eliminating stress, disease and pain.

60 minutes | ₹7000

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 minutes | ₹5000

Inspired by the internationally renowned humanitarian leader and spiritual master,

Gurudev Sri Sri Ravi Shankar,

Shankara is committed to making the world a better place

and supports the social welfare initiatives of

The Art Of Living

prices above are exclusive of taxes



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