





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

Unwind

Unwind with a relaxing Swedish massage which improves blood circulation and promotes a sense of calm by relieving muscle tension.

60/75/90 minutes experience | ₹ 5500/6000/6500

Tranquil

A calming massage with aromatic essential oils that heal, rejuvenate the senses and induce a sense of tranquillity and wellbeing

60/75/90 minutes experience | ₹ 5500/6000/6500

Traditional Bali

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

60/75/90 minutes experience | ₹ 5500/6000/6500

Intense Strokes

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

60/75/90 minutes experience | ₹ 5500/6000/6500

Yoga Therapy

A healing massage without the application of oil or lotion which reduces stress and improves overall blood circulation. Yoga therapy involves the stretching of various parts of the body for example, hands, arms, elbows, knees or feet during the session to energize and revitalize the body.

60/80 minutes experience | ₹ 6000/7000

Aheli Signature

Exclusive to Aheli Spa, this unique therapy is performed with a medicated herbal pouch that soothes tired, tense, stiff muscle, and induces harmony in the body and mind.

60/75/90 minutes experience | ₹ 6000/7000/8000

Travel Energizer

A special treatment designed for travellers to combat the feeling of sluggishness and fatigue. It includes a massage which focusses on relieving tension accumulated in specific spots after a long journey such as the spine, legs and head.

80/90 minutes experience | ₹ 7000/8000

prices above are exclusive of taxes

Aheli Balance

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.

90 minutes experience | ₹ 7500

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.

80/90 minutes experience | ₹ 7000/8000

Aheli Bath

An indulgent, aromatic bathing ritual that offers you a sensory experience that relaxes the mind and body

30 minutes experience | ₹ 5000 for a couple/ ₹ 3000 per person

Traditional Hamam

The hamam also known as the Turkish hamam or Turkish bath, is the mid-eastern variant of a steam bath. While the first hamam originated in Arabia and the culture of indulgent bath rituals was an integral part of Roman life, it was Turkey that popularized this tradition.

75 minutes experience | ₹ 8000
(Exclusive to The Roseate New Delhi)

Ayurveda Therapy

Ayurveda

This Ayurveda detox therapy is designed to reduce stress and eliminate impurities from the body. It is delivered using herbal oils that are most beneficial for healing and detoxification.

75/90 minutes experience | ₹ 6000/7000

Kizhi Abhyangam

Warm boluses filled with detoxifying herbal oils are applied to the body in a rhythmic movement to strengthen the muscles, release toxins and rejuvenate the skin. It deeply calms the nervous system and relaxes the whole body.

75 /90 minutes experience | ₹ 7000/8000

Shiro Abhyangam

A traditional Ayurveda head massage relieves tension in the head and neck by increasing the flow of oxygen and glucose to the brain. The flow of energy revitalises the mind, nourishes hair and induces an overwhelming sense of relaxation.

75 /90 minutes experience | ₹ 7000/8000

prices above are exclusive of taxes

Body Rejuvenation

Energise Body

A rejuvenating scrub that removes dead cells, gently energises, hydrates and invigorates the skin. Suitable for sensitive skin.

40 minutes experience | ₹ 4000

Shine

A relaxing scrub therapy using a light non greasy oil that exfoliates, hydrates and leaves the skin soft, supple and non-oily.

40 minutes experience | ₹ 4000

Revitalising

A therapy that improves blood circulation, smoothen, brightens and refreshes the skin. Suitable for sensitive skin.

40 minutes experience | ₹ 4000

Body Wraps

Awaken

This body wrap consists of natural mud with rich mineral content sourced from the Dead Sea. This therapy is designed to loosen tense joints, ease muscle pain and soften cellulite.

30 minutes experience | ₹ 4000

Detox

A rapid detox treatment using a body wrap of calcium and magnesium rich ‘Micronized Marine Algae’ that stimulates blood circulation, softens, moisturizes and revitalises the skin.

30 minutes experience | ₹ 4000

Aheli Glow

A signature spa treatment that stimulates metabolism, enhances the circulation of oxygen and is designed to induce an overwhelming sense of tranquillity and rejuvenation, while nourishing the skin using a special body scrub and polish for an ultimate glow.

80 minutes experience | ₹ 9000

Aheli Face Rituals

Skin Calming

A therapy that rejuvenates and nourishes the skin using a signature blend of rich algae extracts and essential oils. A treatment suited for dry and sensitive skin.

60 minutes experience | ₹ 6000

prices above are exclusive of taxes



Purity

A restorative therapy using rich algae ingredients, used to treat oily and combination skin by eliminating impurities, revealing soft, supple, rejuvenated skin.

60 minutes experience | ₹ 6000

Skin Renewal

The treatment consisting of Hyaluronic acid & procollagen instantly smoothens wrinkles and fine lines and plumps up the skin with its active and intensive massages technique. Results in a firmer and rejuvenated skin texture.

80 minutes experience | ₹ 8000

Illuminating Radiance

A tailor-made correction of pigmentation marks and uneven skin tone, this effective treatment addresses all facial skin concerns, reduces dark spots and enhances the skin tone with radiance.

75 minutes experience | ₹ 7000

Skin Fits for Him

This facial is designed to revitalise and nourish the skin. It combines active marine ingredients with a relaxing massage.

60 minutes experience | ₹ 6000

Express Facial

Based on a customised skin analysis, this facial is designed for deep cleansing and enhancing the skin.

30/45 minutes experience | ₹ 3000/4000

FOLLOW YOUR SENSES

Pamper

A complete pampering treatment with full body exfoliation using our customized products, followed by a 60 minute relaxing therapy and an express facial.

140 minutes experience | ₹ 13000

Harmony

Surrender yourself to the healing touch of a herbal poultice massage which soothes tense muscles followed by a bespoke body exfoliation.

90 minutes experience | ₹ 9000

Wish

A relaxing experience that nourishes and nurtures the skin with a customized massage, followed by a rejuvenating facial.

120 minutes experience | ₹ 11000

prices above are exclusive of taxes

Indulge
An indulgent experience that features a luxurious deep cleansing facial that leaves the skin refreshed, restored and smooth, followed by a luxurious hair spa treatment
100 minutes experience | ₹ 8500

AHELI COUPLE RETREAT

Divine Bliss
Spend blissful moments with your partner. Indulge in our hand-picked 60 minute massage, followed by a relaxing aqua therapy.
100 minutes experience | ₹ 15000

Revitalize
A multi sensorial journey that stimulates the body and mind. Includes 60 minutes massage, 30 minutes body exfoliation and aqua therapy.
140 minutes experience | ₹ 20000

Aheli Escape
Experience a bespoke spa therapy together with your partner. Our specially curated treatment includes a 60 minutes relaxing massage with a body scrub followed by a deep cleansing facial and aqua therapy.
200 minutes experience | ₹ 30000

Wellbeing Escape
Designed for an ultimate, luxurious experience.
body scrub | 60 minutes relaxing massage | express facial | head massage | manicure | pedicure
300 minutes for a single guest | ₹17500
300 minutes for couple | ₹ 34000

Ayur Santa
Restores balance and harmony between the mind & body. Induces calming sleep.
30 minutes Shiroabhyanga (head massage) with herbal oil
75 minutes podikkhizi body massage
105 minutes | ₹10000

prices above are exclusive of taxes

AHELI TOUCH

Head, neck & shoulder
30 minutes | ₹ 2500

Back relax
30 minutes | ₹ 2500

Foot massage
30 minutes | ₹ 2500

Living Consciously
Everyone needs space to introspect.
We invite you to be a part of a transformative journey through different realms and experience growth and transformation. Celebrate life.

Basic yoga
60 minutes | ₹ 3000

Meditation
45 minutes | ₹ 2000

Personal training
60 minutes | ₹ 2000

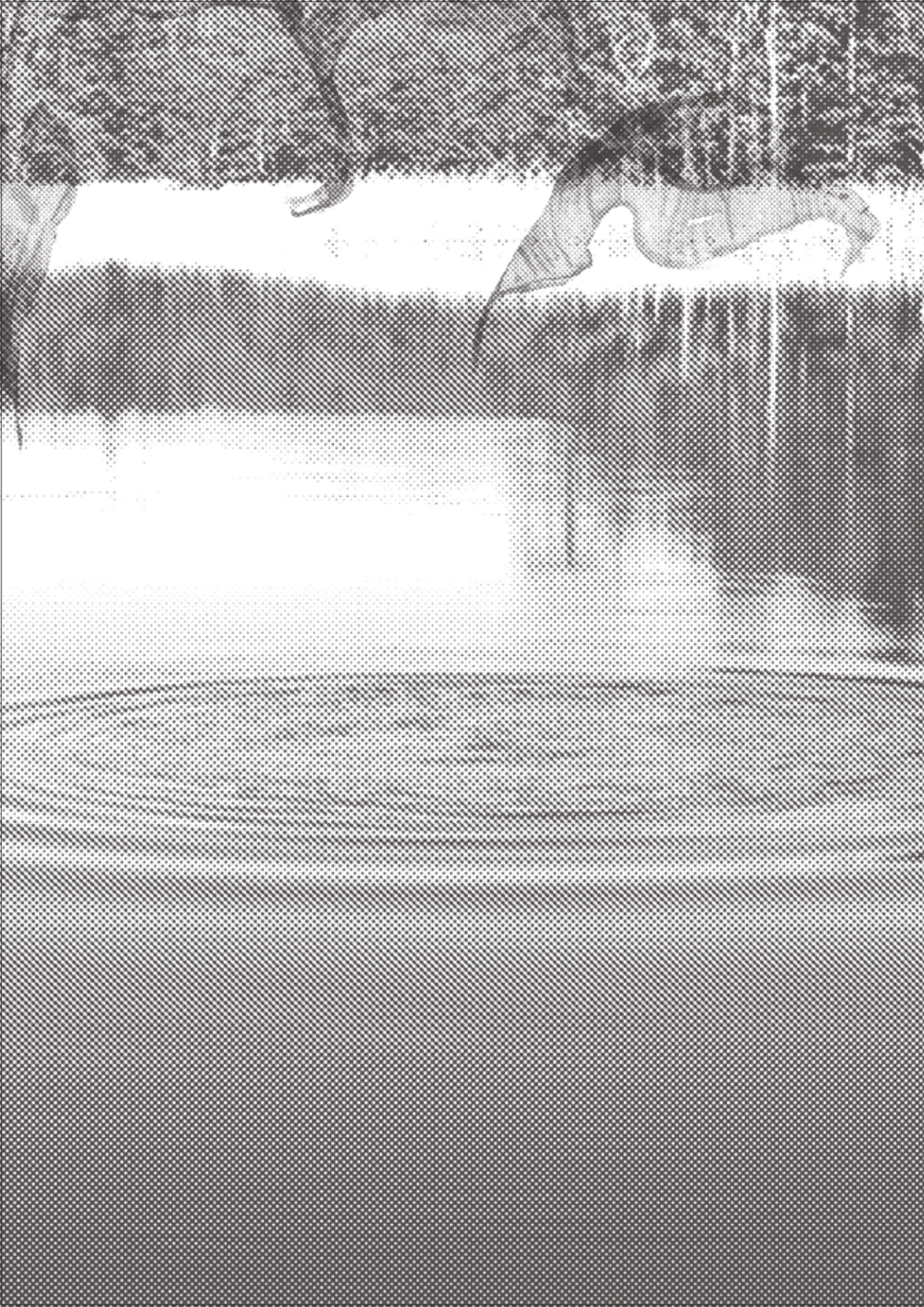
Post gym stretching
15 minutes | ₹ 500

	HAIR	
	Gents	Ladies
Hair cut	1200	2000
Shampoo & conditioner	500	800
Root touch-up	1800	2000
Global color	2500*	3000*
Highlights	3000*	4000*
Color application	1000	1500
Henna hair care	1500	3000
Shaving	600	
Hair styling	500	

*Starting price

HAIR STYLING	
Blow dry	2000
Ironing	2000
Ironing curls	2500
Roller setting	2000
Hairdo	3000
Shampoo & blow-dry	2500

prices above are exclusive of taxes



HAIR TREATMENT

<i>Hair nourishing</i>	<i>40 min</i>	<i>3500</i>
<i>Anti-hair fall treatment</i>	<i>40 min</i>	<i>3500</i>
<i>Scalp treatment</i>	<i>40 min</i>	<i>3500</i>
<i>Scalp nourishment</i>	<i>20 min</i>	<i>2000</i>

PAMPER YOUR HAND AND FEET

<i>Feather hand</i>	<i>20 min</i>	<i>1500</i>
<i>Express your feet</i>	<i>20 min</i>	<i>1500</i>
<i>Pedicure</i>	<i>30 min</i>	<i>1700</i>
<i>Luxury pedicure</i>	<i>50 min</i>	<i>2500</i>
<i>Manicure</i>	<i>30 min</i>	<i>1500</i>
<i>Luxury manicure</i>	<i>50 min</i>	<i>2000</i>
<i>Nail polish/ Cut & file</i>		<i>500</i>

WAXING

<i>Half/ Full arms</i>	<i>600</i>	<i>800</i>
<i>Half/ Full legs</i>	<i>700</i>	<i>1000</i>
<i>Underarms</i>	<i>400</i>	
<i>Stomach</i>	<i>1000</i>	
<i>Back</i>	<i>1200</i>	
<i>Bikini</i>	<i>800</i>	
<i>Brazilian</i>	<i>2000</i>	
<i>Full body</i>	<i>4000</i>	

BLEACHING

<i>Full face</i>	<i>1000</i>
<i>Full arms</i>	<i>1000</i>
<i>Full legs</i>	<i>1200</i>
<i>Full body</i>	<i>4000</i>

THREADING

<i>Eyebrow</i>	<i>200</i>
<i>Upper lip/ Chin/ Forehead</i>	<i>150 each</i>
<i>Full face</i>	<i>600</i>

BEAUTIFUL YOU

<i>Light make up</i>	<i>5000</i>
<i>Evening make up</i>	<i>6000</i>
<i>Reception make up</i>	<i>8000</i>
<i>Bride-to-be beautiful</i>	<i>15000</i>

prices above are exclusive of taxes

WELLBEING CUES

- exercise daily
- start your day with a glass of lukewarm water
 - get at least 7-8 hours of restful sleep
 - drink minimum of 3-5 liters of water daily
- take 3 wholesome meals a day - breakfast, lunch & dinner
 - eat food which is easily digestible
 - eat fresh, warm & well cooked food
 - have an early dinner
 - avoid junk food, smoking & alcohol

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 16 years of age for the use of the locker rooms, fitness facilities, and spa treatments. Salon treatments are available for guests under 16 with parental supervision.
- Cellular phones and electronic devices must be switched off for a complete Aheli experience.
 - Arrive at the spa reception 30 minutes prior to your therapy in order to change and 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 jewelry and valuables to your spa experience.
 - The Aheli Spa, Roseate Hotels & Resorts shall not be responsible for lost, stolen or misplaced 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.

CANCELLATION

- Guests may request rescheduling of appointments, however confirmation is subject to availability.
 - All spa therapies and salon services may be rescheduled by calling the spa service desk.
- In case of cancellation guests are requested to inform the spa desk at least 4 hours in advance. If not, 50% of the due payment will be charged as cancellation fee.
- In case of no-shows we will be holding your appointment for 30 minutes before releasing.

PLEASE NOTE:

- Team Aheli Spa will not be responsible for any unforeseen allergy or allergic reaction resultant of an ingredient used during a therapy.
- All therapies are delivered by exemplarily well-trained experts and all ingredients used are of the highest quality.