





NEW DELHI



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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 outside the retreat.

'escape to peace and purity'



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AHELI DIVINE JOURNEYS

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 | ₹ 5500/6000/6500

Tranquility

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

60/75/90 minutes | ₹ 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 | ₹ 6000/6500/7000

Muscle Tension Relief

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 | ₹ 6000/6500/7000

Aheli Signature Experience

This signature therapy is performed with a medicated herbal pouch that soothes tired, tense, stiff muscles, and induces harmony in the body and mind.

60/75/90 minutes | ₹ 6500/7500/8500

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 | ₹ 7000/8000

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.

80/90 minutes | ₹ 6500/7000

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 | ₹ 7000/8000

prices above are exclusive of taxes

Traditional Thai Experience

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.

80/90 minutes | ₹ 6000/7000

Holistic Healing Experience

This therapy includes 15 minutes of sound therapy and a 60/75 minutes' deep serenity experience with infused oils. The deep meditative vibrations of the singing bowls calm the mind while the healing properties of pure oils alleviate emotional and physical stress.

75/90 minutes | ₹ 7500/8000

Back Detox Experience

Sound therapy offered by trained experts helps reduce back pain, usually caused by working for long hours, wrong posture, unsupervised work out or lifting heavy weight. The experience includes a Singing Bowl Therapy followed by a 30 minute back massage.

45 minutes | ₹ 3500

Heal Your Back & Shoulder

Relax your back & shoulder with a warm medicated pouch which soothes stiff, tense muscles, reduces chronic pain and helps in improving flexibility.

40 minutes experience with singing bowl | ₹ 3500

30 minutes of back therapy | ₹ 2500

Happy Feet

A massage with a warm herbal pouch improves blood circulation, promotes muscle relaxation and eases pain from the feet.

40 minutes | ₹ 3500

30 minutes of foot massage | ₹ 2500

Aheli Bath

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

30 minutes | ₹ 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 | ₹ 8000

(Exclusive to The Roseate New Delhi)

prices above are exclusive of taxes

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 | ₹ 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 | ₹ 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 | ₹ 7000/8000

BODY REJUVENATION

For a Radiant Skin - Pearl Scrub

Exfoliating scrubs formulated with the powder of pure pearls remove dirt and stimulate skin cells to make the skin soft and radiant while scrubs blended with lemon, epsom salt & sunflower renew and brighten the skin, owing to their powerful anti-inflammatory and antioxidant properties.

40 minutes | ₹ 4000

Tone Your Skin - Coffee Scrub

Exuding the refreshing aroma of coffee, this scrub exfoliates, removes dead skin, helps in reducing skin tan and evens the skin tone. Its key ingredients include pure coconut oil and coffee powder which moisturize, nourish, polish the skin and stimulate blood flow.

40 minutes | ₹ 4000

Shine - Orange Scrub

An extremely effective blend of orange peel extract & orange oil ensures fresh, glowing skin while cocoa butter & almond oil act as fantastic emollients that soften & condition the skin.

40 minutes | ₹ 4000

Anti-Oxidant

Ubtan keeps the skin hydrated, refreshed, toned and moisturized and protects skin from environmental damages owing to its anti-inflammatory and antioxidant properties.

40 minutes | ₹ 4000

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BODY ENVELOPS

Rejuvenating Body Wrap

A treatment that brings a sense of balance to the body and mind, nurtures and rejuvenates the skin. It includes a deep inhalation ritual, a relaxing scalp massage and a regenerative body wrap.

40 minutes | ₹ 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.

40 minutes | ₹ 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.

100 minutes | ₹ 9000

AHELI FACE RITUALS

Tranquilizing Facial

Exfoliating scrubs formulated with the powder of pure pearls remove dirt and stimulate skin cells to make the skin soft and radiant while scrubs blended with lemon, epsom salt & sunflower renew and brighten the skin, owing to their powerful anti-inflammatory and antioxidant properties.

40 minutes | ₹ 4000

Purity

A restorative therapy that uses a signature herbal blend and specialized techniques used to treat oily and combination skin by eliminating impurities, revealing soft, supple, revitalized skin. Elevate your skin care routine with this clarifying, rejuvenating facial, designed to bring back clarity, radiance and a renewed sense of liveliness to your skin.

60/80 minutes | ₹ 6000/7000

Rejuvenating

A transformative treatment designed to deeply nourish and rejuvenate ageing skin. With a double cleanse, unique lifting techniques and an intense massage, this treatment uses a mask prepared with a signature blend and the soothing touch of an Ayurveda Kansa wand. This skin renewal treatment promotes firmness, youthfulness and a radiant complexion.

80/90 minutes | ₹ 8000/8500

Vitality Boost Facial
A rejuvenating and brightening treatment that deeply purifies and invigorates the skin. A luxurious face exfoliator infused with kumkumadi oil and exotic ubtan, applied with stimulating and oxygenating techniques brings a renewed sense of vitality to fatigued skin, leaving it hydrated and refreshed.
60/80 minutes | ₹ 6000/7000

Youthful
A hydrating and balancing treatment that uses special techniques of exfoliation, a signature mask alongside an Ayurvedic kansa wand technique and gently massages marma points. This restorative facial results in visibly glowing, rejuvenated skin
60/80 minutes | ₹ 6000/7000

Men's Exclusive
This bespoke facial is designed to revitalise and nourish stressed skin using a signature blend of active marine ingredients alongside a relaxing massage. Results in relaxed and recharged skin.
60/80 minutes | ₹ 6000/7000

Express Facial
Based on a customised skin analysis, this facial is designed for deep cleansing, nourishing and enhancing the skin.
30/45 minutes | ₹ 3000/4000

BESPOKE RETREATS

Detox Body Exfoliation
A complete pampering treatment with full body exfoliation using our signature range of bespoke products, followed by a 60 minute relaxing therapy and an express facial.
140 minutes | ₹ 13000

Renew, Restore & Revive
A relaxing experience that nourishes and nurtures the skin with a customized massage, followed by a rejuvenating facial.
120 minutes | ₹ 11000

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

Relax & Restore
Surrender yourself to the healing touch of a herbal poultice massage which soothes tense muscles followed by a bespoke body exfoliation.
90 minutes | ₹ 9000

prices above are exclusive of taxes

Indulge
A deep cleansing, luxurious facial that refreshes and rejuvenates the skin, followed by an indulgent pedicure and manicure treatment.
100 minutes | ₹ 9000

Renew You
An ultimate spa experience featuring a bespoke therapy (60 minutes) followed by an indulgent pedicure and manicure treatment.
120 minutes | ₹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 | ₹ 15500

Time to Reconnect
Nothing says love like the gift of relaxation. Enjoy bespoke sound therapy offering therapeutic benefits like reducing stress levels, inducing deep sleep and replenishing energy levels. Escape, relax and unwind.
110 minutes | ₹ 16000

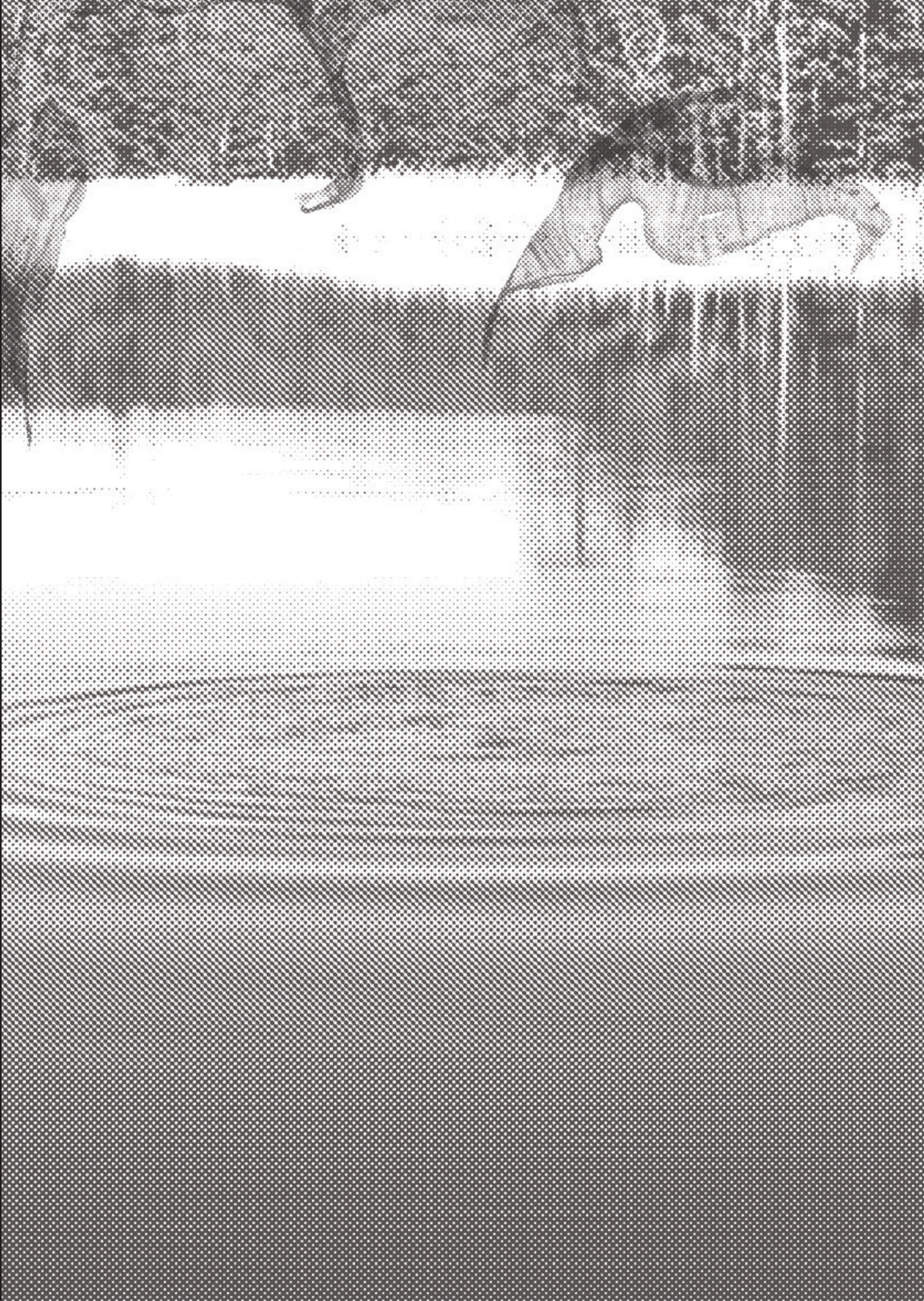
Time to Revitalize
A sensorial journey that stimulates the body and mind. Includes 60 minutes massage, 30 minutes body exfoliation and aqua therapy.
140 minutes | ₹ 20000

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 | ₹ 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 | ₹18000
300 minutes for couple | ₹ 35000

Add On Services
*Face Mask - ₹ 700
Herbal Poultice - ₹ 700
Stretching - ₹ 500
Hot stone therapy — ₹ 700*

prices above are exclusive of taxes



HAIR CARE

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

**Starting price*

PAMPER YOUR HAND AND FEET

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

HAIR TREATMENT

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

HAIR STYLING

<i>Blow Dry</i>	2000
<i>Ironing</i>	2000
<i>Ironing curls</i>	2500
<i>Roller setting</i>	2000
<i>Hairdo</i>	3000
<i>Shampoo & blow-dry</i>	2500

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WAXING

<i>Half/Full arms</i>	<i>600/800</i>
<i>Half/Full legs</i>	<i>700/1000</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 each</i>	<i>150</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>

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

- exercise daily
- 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 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.