





ROSEATE GANGES

RISHIKESH

The Roseate Ganges is destined to be a place of calm, tranquility and wellness.

Therapies offered at The Roseate Ganges are designed to bring wellbeing and are crafted in consultation with experts after an in-depth understanding of a guest's mental, physical and spiritual state of mind and body. Guests are welcome to select their preferred objective – relaxation, stress management, detox or weight management, however we recommend a thorough consultation with our experts to ensure a complete sense of wellness during and after their stay with us. This is essential to ensure that a retreat guest takes back with them all the knowledge and learnings to ensure a continued healthy lifestyle and genuine wellbeing. A professionally trained team of lifestyle experts will be delighted to curate itineraries of bespoke experiences outside the retreat.



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 DIVINE JOURNEY

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 tranquility 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

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

prices above are exclusive of taxes

AYURVEDA THERAPY

Abhyangam

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.

60/90 minutes | ₹ 6000/7000

Shiroabhyanga

The term shiro means head and abhyanga means massage. A traditional Ayurveda head massage that relieves tension in the head and neck by increasing the flow of oxygen in the brain. Shiro Abhyanga induces a state of calm, peace, tranquility and brings high level of alertness and concentration.

45 minutes | ₹ 4500

Padabhyanga

The term pada means foot and abhyanga means massage. This unique form of massage revitalizes, calms and balances the nerves of our feet. According to the ancient tradition of Ayurveda, feet are an important part of our body since our nerves end at our feet. The therapy releases negative energy from the feet and induces soothing comfort and relaxation.

45 minutes | ₹ 4500

Pristhabhyanga

The term prishtha means the back and abhyanga means massage. Prishthabhyanga is performed by massaging the back with warm Ayurveda herbal medicated oils to relieve acute & chronic back aches, and neck & shoulder strain. An ancient art of rebalancing the center of our energy, the therapy destresses and strengthens the back.

45 minutes | ₹ 4500

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.

90/120 minutes | ₹ 7000/9000

prices above are exclusive of taxes



AYURVEDIC BODY AND FACE RITUALS

Navara Body Scrub

An ayurveda therapy where special rice, 'navara' is cooked in a decoction of milk and herbs and used to scrub and massage the body. This rejuvenating treatment beside being an anti- ageing therapy, strengthens the body, rejuvenates the tissues, improves muscle tone and blood supply by opening up the channels of circulation.

45 minutes | ₹ 4500

Udvertanam

This ayurvedic treatment is performed with an ubtan, an invigorating combination of exfoliating herbs, finely ground cereals, pulses and nuts. The Udvartanam body scrub & massage helps in deep cleansing, toning and energising.

45 minutes | ₹ 4500

Kayalepam

Kayalepam is a herbal body wrap which nourishes and revives the skin, enhancing its glow and texture. The body wrap contains turmeric, sandal and various Ayurveda ingredients that soothe the skin, slough away dead cells and impart a natural radiance to the body.

60 minutes | ₹ 5000

Navarakayalepam

The Navara Kayalepam is a herbal body wrap prepared with special rice called Navara, processed with milk and herbs in accord with the ancient principles of Ayurveda. It sloughs away dead cells, nourishes and softens the skin.

60 minutes | ₹ 5000

Mukhalepam

Mukha Lepam is an ayurvedic facial massage that includes the application of a special face pack, prepared with medicated oils, navara rice processed in milk and herbs. It nourishes and rejuvenates the skin by sloughing away dead cell and imparting natural glow and radiance. It is especially beneficial for healing acne and other skin problems.

60 minutes | ₹ 5500

BODY REJUVENATION

For a Radiant Skin

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

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

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

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.

It exfoliates dead skin cells leaving your skin looking fresh and glowing.

40 minutes | ₹ 4000

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 tranquility and rejuvenation, while nourishing the skin using a special body scrub and polish for an ultimate glow.

100 minutes | 9000

prices above are exclusive of taxes

AHELI FACE RITUALS

Tranquilizing

A tranquilizing facial especially designed to calm inflammation, alleviate irritation and restore balance to sensitive skin. This soothing treatment includes gentle cleansing, natural exfoliation, marma point massage and a refreshing cooling mask. A treatment best suited for conditions like rosacea. Post facial, pamper yourself with a relaxing hand/foot massage

60/80 minutes | ₹ 6000/7000

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

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

prices above are exclusive of taxes



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 podikhiizi 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

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

prices above are exclusive of taxes

YOGA & MEDITATION

Asanas | Prananyam | Dhyana Asanas

Asanas (body posture)

Asanas are positions of the physical body that cultivate awareness, relaxation and concentration. The correct asanas and technique ensure physical and mental wellbeing by stretching, massaging and stimulating the pranic channels and internal organs. Scientific research has proved that asanas prevent diseases, promotes health and have curative abilities.

75 minutes | ₹ 4500

Yoga alignment

The method of yoga alignment is designed to systematically cultivate strength, flexibility, stability and awareness, thereby imparting therapeutic benefits for specific health conditions.

60 minutes | ₹ 4500

Pranayama (breathing practice)

In the practice of Pranayama, one is conscious and aware of our breath, the life force that energizes and relaxes the body. The term is derived from the Sanskrit word, prana, meaning 'life force', and ayama, meaning 'extension'. Thus, the word means extension or expansion of the dimension of prana. If respiration is disturbed, the mind also gets disturbed. Pranayam develops steadiness of the body and mind.

45 minutes | ₹ 3000

Advanced pranayama with bandhas

The Sanskrit word bandha means to hold. Pranayma with bandhas means controlling the breath and redirecting its flow. It is a powerful technique that imparts a subtle awakening of the mind and soul. It opens blockages and energy flows freely, thus alleviating stress and mental restlessness to bring inner harmony and balance.

45 minutes | ₹ 3000

Dhyanas (meditation)

Yoga is a journey towards self-awareness. Through dhyana or meditation we are able to enter the inner recesses of the mind and body, gather disparate energies, bring undisturbed composure, tranquility, focus and inner balance.

45 minutes | ₹ 3000

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SOUND HEALING THERAPY

Deep Sleep

Sound waves can be highly effective for deep relaxation and have therapeutic benefits like reducing stress levels, inducing deep sleep and increasing focus. They also activate self-healing- mechanisms which help in curing mental oremotional disorders.

Vibration of the sound is considered to be helpful for those suffering from critical disorders.

45 minutes | ₹ 3500-Single/ 6000-Couple

Back Detox

Sound therapy helps reduce back pain, usually caused by working for long hours, wrong posture, inappropriate postures or unsupervised working out or lifting heavy weight.

Guided sound vibrations aim to work on the mental aspect of a guest's pain, which reduces the sensation of pain.

30 minutes | ₹ 3000-Single/5500-Couple

Singing Bowl healing therapy

(for digestive disorders)

The deep meditative vibrations of the singing bowl calm down the mind and help cure several health disorders. The healing sound particularly helps in curing chronic digestion issues and stomach related problems.

30 minutes | ₹ 3000-Single/5500-Couple

Heart Healing

This therapy helps strengthen ourselves physically, mentally and spiritually. It promotes elimination of toxins & activates self-healing mechanisms in the body. It also helps in getting relief from headaches, reduces insomnia and releases stress by inducing a deep state of relaxation.

30 minutes | ₹ 3000

Aura Healing

Cleansing the aura and space around you is a significant step towards holistic wellbeing

The Singing Bowl & Bell Meditation therapy helps remove negative energy and harmonises your body, mind & soul, thus inducing positivity, deep relaxation and tranquility.

30 minutes | ₹ 2000

prices above are exclusive of taxes

WELLBEING AT AHELI

Aheli Holistic Wellbeing

Aheli Holistic Well-being is the beginning of a journey of self-exploration. This comprehensive program begins with an introduction to Sound Healing along with Yogic asanas, Yōg Nindra, Meditation and Pranayam for complete relaxation of the body and mind. It also includes Abhyangam massage (for 60 minutes).

Aimed at creating positive changes in one's approach towards daily life, it opens the mind to effectively reduce and manage stress, enhance harmony in the body and mind through a mindfully balanced lifestyle.

180 minutes | ₹ 12000

Aheli Wellness Holistic Retreat

This program is designed for rejuvenation, both mental and physical and includes a holistic mix of therapies drawn from ancient healing traditions that de-stress, replenish depleted energy levels and boost the immune system to ensure optimum balance and calm.

Includes:

Yoga and meditation under a tree at sunrise

Nature walk amidst serenity

Naadi check and consultation with an Ayurveda expert

Brain wave relaxation therapy with singing bowls, followed by a relaxing head and body massage, bespoke therapies designed especially for eliminating joint, back and shoulder discomfort and releasing stress and anxiety

Water therapy

Body detox/cleansing with Navara Body Scrub

Meditation alongside aura healing with Singing Bowls

A wholesome lunch as suggested by the Ayurveda Doctor in accord with the Ayurvedic principles of a guest's Prakriti - Vatta, Pitta and Kapha

A visit to our private white sand beach by the river Ganges.

3 nights package | ₹ 25000 Single / ₹ 45000 Couple

prices above are exclusive of taxes

Nourish your Body, Mind & Soul

A curated 5 day wellness retreat offering bespoke therapies tailor made to offer you complete rejuvenation, relaxation and transformation.

Includes a session each of the below for a single guest and 2 sessions each for a couple:

Brain wave Relaxation | Body Scrub

Aheli Signature Therapy | Rejuvenating Facial

Body Wrap | Heart Chakras Healing

Back Detox | Head & Foot Massage

Aura Healing

5 nights package | ₹ 30000 Single / ₹ 55000 Couple

Holistic Detox

The comprehensive Holistic Detox Programme is a 7 day retreat designed to flush out toxins from the oesophagus by means of ayurvedic cleansing methods. It includes yoga asanas which release physical and psychic blockages. This program also helps achieve heightened energy levels, improved focus and concentration, better digestion and absorption of nutrients, better immunity and stamina, glowing skin and a toned body.

Includes a session each of the below for a single guest and 2 sessions each for a couple:

Abhyanga | Shiroabhyanga

Ubtan scrub | Kaya leepam

Mukhalepam | Jala neti and kunjal

Yogic detox practices | Sound Healing

Aura Cleansing

5 nights package | ₹ 30000 Single / ₹ 50000 Couple

prices above are exclusive of taxes

WELLBEING CUES

- exercise daily
- start your day with a glass of luke warm water
 - get at least 7 to 8 hours of restful sleep
 - drink minimum of 3-5 liters of water daily
- take 3 wholesome meals a day - breakfast, lunch & dinner
 - eat fresh, warm, well cooked, light 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 spa. 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 pregnant ladies 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.

prices above are exclusive of taxes

CANCELLATION

- Guests may request rescheduling of appointments, however confirmation is subject to availability.
 - All spa therapies and salon services 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 4 hours in advance. If not, 50% of 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 :

- 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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