





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

Classic

The Classic massage is a proven method suitable for all ages. It has soothing rhythmic strokes with medium pressure that improve blood circulation and offer relief from stress and tension.

60/90 minutes experience | INR 5000/6000

Essential Ritual

A holistic experience based on the selection of carefully blended essential oils using the lymphatic and pressure points technique to promote physical and psychological balance.

60/90 minutes experience | INR 5000/6000

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 a sense of wellbeing, calm & deep relaxation.

60/90 minutes experience | INR 5000/6000

Intense Strokes

A deep connective 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 deep in the muscle belly.

60/90 minutes experience | INR 5000/6000

Indian 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 Minutes experience | INR 7000

Reflexology

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

60 minutes experience | INR 4000

Yoga Therapy

A healing massage without the application of oil / lotion which helps in reducing stress levels and improves overall 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.

60/90 minutes experience | INR 5000/6000

prices above are exclusive of taxes

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.

90 minutes experience | INR 6500

Aheli Signature

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

90 minutes experience | INR 7000

Podikizhi

Podikizhi is one of the most effective ayurveda treatments for pain relief delivered by massaging with a pure cotton compress filled with a heated mixture of herbs which help in alleviating pain and reduce swelling caused due to arthritis, muscular pain and rheumatism.

90 minutes experience | INR 7000

AHELI
REJUVENATION

Body scrub

Satin Touch

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

30 minutes rejuvenation | INR 3500

Equatorial scrub

(Papaya & Pineapple)

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

30 minutes rejuvenation | INR 3500

Tropical escape

(mango & passion fruit)

A gentle mousse scrub that replenishes minerals in the skin and sloughs away dead cells & impurities.

30 minutes rejuvenation | INR 3500

prices above are exclusive of taxes

Body wraps

Indulgence

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

75 minutes rejuvenation | INR 6000

Skin smoothie

Deeply nourishing and rejuvenating wrap with a subtle fragrance of vanilla and tropical fruits that calms, nourishes and revitalizes the body.

75 minutes rejuvenation | INR 6000

Coffee spell

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

75 minutes rejuvenation | INR 6000

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.

60 minutes invigorating body massage | 30 minutes head/foot massage | aqua therapy
120 minutes | INR 17000

Invigorate

Time out from your busy schedule to be alone without worrying and bond with your partner in our exclusive couple suite. Indulge in our tropical range of body scrub specially designed for your skin needs, followed by a relaxing aromatherapy experience.

Scrub | 75 minutes relaxing & stimulating massage | aqua therapy
150 minutes | INR 20000

AHELI
JOURNEY

Wellbeing escape

Designed for an ultimate relaxing luxurious experience.

body scrub | 60 minutes relaxing massage | bespoke facial | head massage | manicure | pedicure
300 minutes for a single guest | INR16000
300 minutes for couple | INR 30000

Youth Elixir

Deeply repairing, smoothening and anti-ageing, this wrap is designed to render soft rejuvenated, firm & toned skin.

rejuvenating body exfoliation | 45 minutes customised massage | body wrap | head massage
120 minutes | INR 12000

prices above are exclusive of taxes



Aheli Signature Experience

Experience Aheli Signature therapy with a specially customized body scrub.

120 minutes | INR 9000

Touch of heaven

A bespoke experience that rejuvenates, nourishes and nurtures.

customised body massage 60 minutes | discovery treatment 60 minutes

120 minutes | INR 9000

Ayur Shanta

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

30 minutes Shiroabhyanga (head massage) with herbal oil

75 minutes Indian Ayurveda body massage

105 minutes | INR 8000

Traditional Hamam

The hamam also known as the Turkish hamam or Turkish bath, is the Mid-Eastern variant of a steam bath. Although the first hamam originated in Arabia and bath culture was an integral part of Roman life, Turkey popularized this leisure tradition.

75 minutes | INR 7000

(Exclusive to The Roseate New Delhi)

AHELI TOUCH

Head, neck & shoulder

30 minutes | INR 2500

Back relax

30 minutes | INR 2500

Foot massage

30 minutes | INR 2500

AHELI FACE RITUALS

High Performance Treatment by Olivier Claire, includes a skin analysis

Get radiant glowing skin with the High Performance treatment by Oliver Claire.

Designed to suit each skin type, this elixir of youth made with regenerating active healing ingredients sourced from the land & sea, illuminates and rejuvenates the skin, enhances facial features with its rare botanical active ingredients handpicked for their regenerating, hydrating and antioxidant powers.

This is the quintessence of Oliver Claire face care.

90 minutes | INR 10000

prices above are exclusive of taxes

Optimum Detox

This facial treatment combats dry, dehydrated skin. Vitamin-enriched, it 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. This is a lift off mask.

60 minutes | INR 6000

Skin Fit for Him

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

60 minutes | INR 5500

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 | INR 5500

Chrysalis

Elastin is recognized as the best skin strengthening protein. Chrysalis is an excellent facial for firmer, more youthful skin. Recommended for any skin type with loss of elasticity.

60 minutes | INR 5500

Bespoke Facial

Customised as per skin type.

45 minutes | INR 4000

Back Facial

A Back facial is relaxing and 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.

75 minutes | INR 6500

Facial add ons – INR 1500

Eye treatment

Lip treatment

prices above are exclusive of taxes

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 INR 3000

Meditation – 45 minutes INR 2000

Personal training – 60 minutes INR 2000

Post gym stretching – 15 minutes INR 500

HAIR

	Ladies	Gents
<i>Hair cut</i>	1500	1000
<i>Shampoo & conditioner</i>	800	500
<i>Root touch up</i>	2000	1800
<i>Global color</i>	3000 onwards	2000 onwards
<i>Highlights</i>	4000 onwards	3000 onwards
<i>Color application</i>	1500	1000

STYLING

<i>Blow Dry</i>	2000
<i>Ironing</i>	2500
<i>Roller setting</i>	2000
<i>Hair - do</i>	3000
<i>Hair Spa</i>	3500

HAND & FEET

<i>Manicure</i>	1200
<i>Pedicure</i>	1500
<i>Luxury Manicure</i>	2000
<i>Luxury Pedicure</i>	2500

WAXING

<i>Full body</i>	3000
<i>Full arms</i>	700
<i>Underarms</i>	200
<i>Full legs</i>	900
<i>Stomach</i>	900
<i>Back</i>	1000
<i>Full face</i>	700
<i>Upper lip</i>	200
<i>Brazilian</i>	1500

prices above are exclusive of taxes



Eyebrow
Upper lip/chin/forehead
Full face

THREADING

100
100 each
500

Full face
Arms
Legs
Full body

BLEACHING

800
1000
1500
3000

Eye make up
Light make up
Evening make up
Bridal make up
Saree draping

MAKE UP

3000
5000
8000
15000
800

Beard trim
Nail cut & file
Polish

EXTRAS

500
400
200

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 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 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.