



**CHILLARU**

SPA & RESORT

“Never put off your massage until tomorrow if you can get it today” – Thomas Jefferson

An epitome of tranquility amid the hustle and bustle of the city, Chillaru Spa is a welcoming escape. Offering holistic experiences with therapies designed to suit your needs, it is the perfect retreat for your body, mind and soul. Our dedicated team of masseuses are well-trained in European, Oriental and Ayurvedic philosophies that focus on your health and well-being. A brief consultation with our therapists ensure that your treatments are customized to best suit your needs.

Welcome to the beginning of your journey to discovering a more rejuvenated, revitalized and relaxed you!

## SPA MENU

- **SWEDISH MASSAGE 60/90 mins | ₹2800/3800**

A relaxing and soothing body massage, it is one of the oldest and most effective massage techniques, using various traditional, long kneading strokes over the body. Light to medium pressure is applied, which relaxes muscle tension and improves blood circulation.

- **BALINESE MASSAGE 60/90 mins | ₹2800/3800**

This therapy soothes damaged tissues and relieves strained muscles and joint pains. It is a rigorous and luxurious spa treatment that uses a variety of massage techniques leaving the body and mind relaxed and spiritually renewed.

- **DEEP TISSUE MASSAGE 60/90 mins | ₹3200/4400**

This is a particularly effective massage for muscular pain. It helps to refresh and relax muscles, increase blood flow and therefore, the circulation of oxygen through the body. It also aids in ridding toxins in very sore and strained muscles, which in turn helps to strengthen and heal them.

- **PADA (FOOT) MASSAGE 20 mins | ₹1200**

An ancient healing (acupressure) therapy that is as blissful as it is beneficial, it works on the principle of reflexology which believes that all organs are connected to reflex points in the feet through a constant flow of energy.

- **MASTAKA (HEAD) MASSAGE 20 mins | ₹1200**

This luxurious hair Invigorating treatment promotes growth and restores the natural sheen and glossiness of the hair fiber. Our signature blend of traditional ingredients propagates long lasting and enriching benefits. This massage releases muscular tension from the head, neck and shoulders, creating a deep sense of relaxation.

- **ROMANTIC JACUZZI TIME 60 mins | ₹5000**

Embark on a romantic escape in a private Jacuzzi, where warm bubbles embrace you both. Share a bottle of exquisite wine, its notes echoing laughter and whispered sweet nothings. Let the ambiance envelop you in a cocoon of love, creating timeless memories.



## SPA ETIQUETTE

### RESERVATIONS

- Advance reservations are strongly recommended
- Please contact the spa or reception to request an appointment
- Prices are subject to change without prior notification.

### CHECK-IN

- Please arrive 15 minutes prior to appointment to take full advantage of our facilities.
- All appointments begin at the scheduled time. If you arrive late, the session is shortened to allow the therapist to be on time for the next appointment.

### POLICIES

In consideration of other guests, we ask that cell phones and pagers are turned off. Alcohol and smoking are not permitted.

### SPECIAL NEEDS

At the time of making the reservation, please let the receptionist know of any allergies, ailments or disabilities, especially if you have high blood pressure or are pregnant.

### CLOTHING

We provide you with a robe, disposable undergarments and slippers, and you are draped during your massage.

### CANCELLATION POLICY

- Cancellations and changes for treatments are accepted up to four hours prior to the appointment without incurring a charge
- No information and no show will attract a full charge of the service booked..

### TAX POLICY

All treatments incur GST 18%.

The Spa & wellness therapies are rendered for general purpose only and are not a substitute for professional medical treatment for any condition