



THE IMPERIAL SPA
and salon



THE SPA OIL NARRATIVE

Choose the right body oil for your skin type

Embark on a wellness sojourn as you walk down through the cool labyrinths of the imperial spa and select your signature oil for a holistic treatment. Choose as per your skin type and pick your fragrance as per your mood, which can be woody, spicy or floral.

The oils tend to cool or give warmth and work on sore muscles, relieve tension and improve blood circulation, helping to revive the skin and promote sleep. Once the oil is picked, the therapist freshly mixes it with the base oil to begin the ritual and the guest is then guided to a blissful massage. Finishing on a calming note, our oils provide a bespoke journey personalized for each individual and are available for retail as well.

OUR RANGE OF BESPOKE OILS

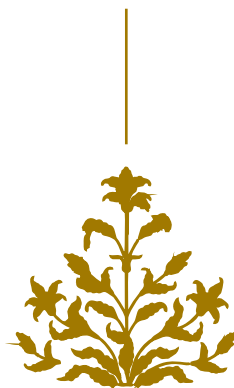
The Imperial Spa has a range of hand-picked essential oils and carrier oils that are suitable for all skin types, for an absolutely personalized wellness experience in an exquisite environment of serenity and awakening. From *Nargis* to *Oudh* to *Mandarin* and *Black pepper*, the distinguished essential oils are carefully prepared with botanical herbs to suit your penchant for a luxurious spa journey, curated just for you at our temple of well-being. Celebrating the state of being with our philosophy of knowledge *Mudra*, we encourage you to treat yourself to our rituals with our unique line of blended oils aligned to your body needs, preferences and skin types. These patented massage oils have an insightful process with each ingredient being painstakingly sourced.



LUXURY WELLNESS AT THE IMPERIAL SPA

AN OASIS OF TRANQUILITY

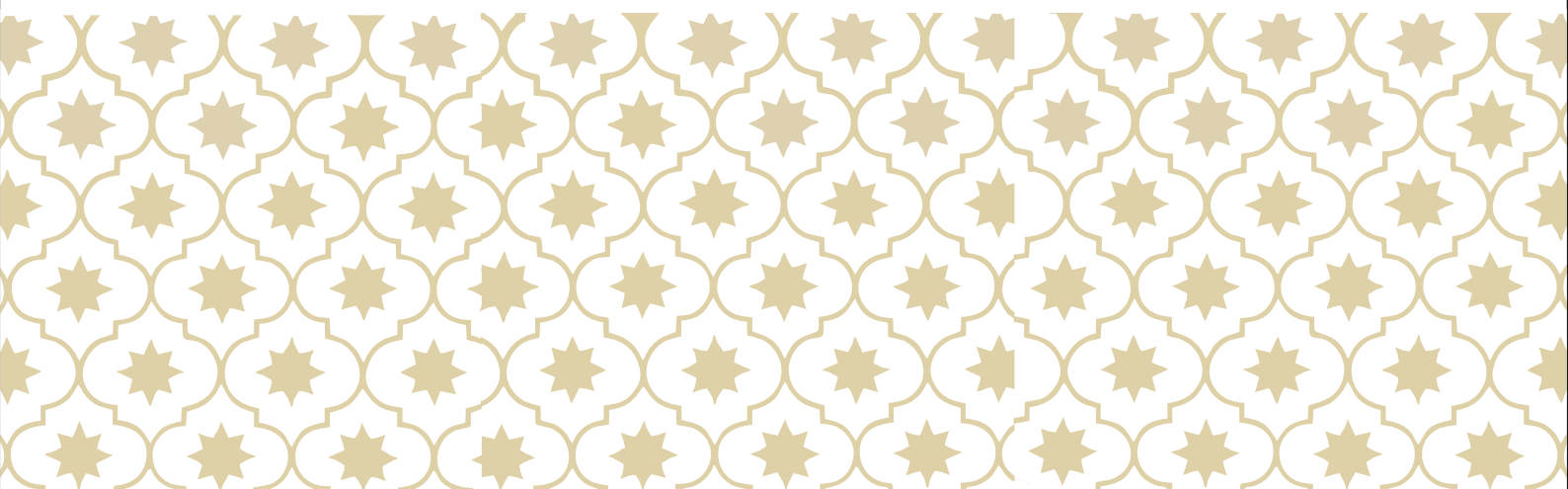
Embody the intention of holistic well-being at The Imperial spa. A sanctuary to escape to for restoration, relaxation, and rejuvenation. Imbibing the wellness traditions and principles of *Ayurveda*, which was a way of life in early India, The Imperial Spa's philosophy is sealed with the knowledge '*Mudra*' wherein the spa journey is curated to carefully balance the body, mind and soul.







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WELLNESS PROGRAMMES

Yoga with our Experts

1.MR.DEVENDER

Devender is an advanced *Yoga* instructor trained in *Kerala*, and also a *Naturopathic*

2.MR.SURENDER

Surender is trained in *Hatha Yoga* for elderly people, meditation, fitness and specialises in *Pranayam*

IMPERIAL WELLNESS THERAPIES

Explore the undiscovered restorative therapies with the healing hands of the experts and embrace the ultimate well-being with us.

IMPERIAL ICONIC MASSAGE

The signature Iconic massage at The Imperial Spa incorporates a hot moisturizing candle massage, western healing and balancing methods for your complete well-being. The *Kansa* wand releases natural healing energies, stimulates pressure points, eliminates impurities & offers a thoroughly rejuvenating therapy that induces a peaceful state of quiet. The pure aromatic essential oils engulf the mind in tranquility.

60 minutes – INR 8500 | 90 minutes – INR 10500

BALINESE MASSAGE

The harmonious Balinese massage involves fine blended aroma therapy oils to deeply alleviate muscular tension for relaxing the nervous system, to reset your energy channels. Unique firm strokes are used with a combination of stretching & acupuncture to connect energy paths and release blockages.

60 minutes – INR 7500 | 90 minutes – INR 9500

THAI MASSAGE

The ancient & traditional oil-free massage therapy increases the mobility of joints through stretching and bending with applied pressure, to relieve muscular tension and to restore vital energy.

60 minutes – INR 7500 | 90 minutes – INR 9500

FITNESS MASSAGE- THE LONDON SCHOOL OF SPORTS MASSAGE

Fitness Massage is a specialised and personalised area of remedial massage therapy and deep tissue techniques that are applied to effectively treat musculoskeletal aches and pains. The treatment supports recovery from sports or repetitive strain injuries and occupational stress, improving posture, reducing pain or chronic discomfort.

60 minutes – INR 8500 | 90 minutes – INR 10500

REBOOT EXPRESS MASSAGE

The signature massage for head, face, neck and feet releases mental and physical tensions. The essential oils help in soothing the nervous system and eyes while creating a holistic wellness experience.

45 minutes - INR 5000

TRAVELLERS FOOT MASSAGE

The Indian style of reflexology includes treating the reflex points on the foreleg, feet and toes. It is combined with soothing massage strokes for promoting blood flow and for improving flexibility of your tendons. It restores the root of the body and soul.

30 minutes INR 4000 | 60 minutes INR 7500

IMMUNITY BOOSTER

This effective form of massage therapy is designed to drain the lymphatic system of excess toxins and fluids. This treatment helps to stimulate the lymph glands, guiding the flow back to enhance blood circulation as the therapist uses smooth strokes to relax external muscles and stimulate the body's ability to cleanse.

90 minutes INR 9500

HOT STONES MASSAGE

Tailored to deeply unravel muscular tension while re-aligning physical and emotional stress. The pure aromatic essential oils with hot, soothing and charged stones expand the blood vessels for better circulation which helps to release chronic pain, minimise stress and promote deep restorative sleep.

75 minutes INR 9000 | 90 minutes INR 11000



NOURISHING THERAPIES

Reunite your body, mind and soul by welcoming the nurturing art of compassion and self care for a new sense of comfort and re-assurance.

CLEANSING RITUAL

Transform yourself with the exquisite and musky essence of *Oudh* and *Green Tea* scrubs to remove dry and dead skin cells, leaving your skin feeling luxuriously smooth and beautifully radiant.

30 minutes INR 4000

REGAL PURIFYING WRAP

Unlock the impurities of dead skin cells with the rich *Nargis* sugar scrub and envelope your skin with the nourishing & moisturising wrap to restore balance & treat sun-damaged skin.

75 minutes INR 9000

BESPOKE REGENERATIVE WRAP

Delight yourself with a detoxifying sea salt scrub and *Red Mud* wrap to promote the regeneration of skin cells, leaving your skin smooth and supple.

75 minutes INR 9000



AYURVEDA-ANCIENT HEALING THERAPIES

The Kerala Suite is dedicated to Ayurveda and offers those seeking authentic Ayurvedic treatment, the opportunity to experience one of the world's most original forms of healing, in traditional Kerala style. The Ayurvedic rituals here with their innate methodologies can be combined with our resident Ayurvedic doctor's consultation and applied by our therapists to assist in your private journey.

AYURVEDIC DOCTORS CONSULTATION

A highly skilled Ayurvedic practitioner, our Ayurvedic doctor-Dr. Sheema has immense knowledge of ancient Indian medicines and treatment of ailments, based on specific body *Doshas* with experience in healing and yoga.

30 minutes INR 4000

LIFESTYLE BALANCE RECOMMENDATIONS

Promote your lifestyle in harmony with your natural healing abilities while encouraging whole-body healing, which includes physical, mental, and emotional health. Our *Ayurvedic* doctor's dietary and lifestyle recommendations have been quite useful in curing many guests from around the globe.

75 minutes INR 9000

SHIRODHARA – OLEATION THERAPY ON THE FOREHEAD

This ancient practice that brings harmony to the body and mind begins with a long soothing stroke massage to initiate relaxation. Warm oils are poured slowly and continuously onto the forehead to calm and balance the mind. Deeply relaxing and an effective stress buster.

75 minutes INR 9000 | 120 minutes INR 13000

ABHIYANGA – TRADITIONAL AYURVEDIC MASSAGE

Herbally infused hot oils are liberally applied to the body in traditional long strokes smooth massage of medium pressure, to improve circulation throughout the vital organs.

75 minutes INR 8500 | 90 minutes INR 9500

FOUR HAND MASSAGE

Benefit from the traditional style of this popular massage with the healing power of two therapists working in harmony to deepen relaxation, eliminate toxins and to improve sleep patterns.

60 minutes INR 12000



POTLI - HOT HERBAL POULTICE

It combines *Abhyanga* massage with the application of hot poultices filled with herbal remedies, massaged into the joints and muscles for deep therapeutic results.

75 minutes INR 8500 | 90 minutes INR 9500

AYURVEDA FACIAL

Ayurvedic skin care remedies are blended to treat specific skin conditions based on whether your skin has *Kapha*, *Pitta* or *Vatta* tendencies or even is a combination.

A unique, enjoyable and traditional approach to holistic skin care. Not advised for sensitive skin conditions.

60 minutes INR 7500

GHARSHANA - FRESHLY POUNDED NEEM AND ROSE SCRUB

The traditional *Ayurvedic* ingredients of healing *Neem*, purifying *Turmeric* and enriching *Rose* are blended with *Green Gram* to create a detoxifying body scrub that has anti-ageing and skin renewal benefits. An excellent stand-alone treatment or a pre-massage therapy.

40 minutes INR 5000



BEAUTY ELIXIRS- FACIALS

TIMELESS RADIANCE

Youth-enhancing, elixir face therapy for powerful & enriching results. It promotes the production of epidermal stem cells and provides protection from environmental stress and UV Rays. High- performance techniques improve skin tone, moisturise and elicit timeless radiance.

90 minutes INR 12000

HOLLYWOOD FACE LIFT

Dynamic firming and lifting skin treatment that softens wrinkles caused by mature or loose skin. This superb anti-ageing therapy restores natural tone and fullness to the face and neck, redefining jawlines and reducing baggy skin. Containing an abundance of regenerative ingredients with bio mimetic peptide derived from *Elafin*. It has naturally sourced collagen and organic silicon. Superb results!

90 minutes INR 15000

OXYGEN DETOXIFYING

This double-action treatment provides energizing oxygen to detoxify the skin, creating a barrier against environmental pollution and future toxicity to help regenerate healthy skin tissue. Benefits include purified and deeply hydrated skin packed with a powerful combination of anti-oxidants plus *Malachite* extract to protect and restore a natural fresh healthy glow.

60 minutes INR 7500

SENSITIVE SOOTHING

Skin recovery therapy with *Salies De Bearn* thermal water that treats sensitive and reactive skin conditions. Benefits de-sensitize skin by maintaining the flora of delicate tissue. Contains high content of magnesium mineral ever used, reducing redness, rosacea, spider veins while increasing the level of skin hydration and resistance. Healing results.

60 minutes INR 7500

BRIGHTENING VITAMIN C POWER FACIAL

Brightening anti-oxidant skin care with 10% pure Vitamin C boosted with the two super fruits Pomegranate and Acacia. This treatment brings a rejuvenating radiance to the skin lightening pigmentation, strengthening natural resilience while restoring a youthful glow with Jade Stone Massage. Techniques transform dull, lifeless skin by deep cleansing.

90 minutes INR 15000

CLEAR BALANCE FACIAL

This excellent deeply purifying treatment is for adverse skin conditions including *acne, hyper-seborrhea*, and other *infections*. It cleans, heals and repairs the imbalance using home-care products and ensures long-lasting results.

45 minutes INR 6000

BLUE AMBER EXPRESS (for all skin types)

Re-awaken and rejuvenate your skin with the goodness of new generation fruit-*AHA & Blue amber*. This treatment is suitable for all skin types and it stimulates all vital functions. Blue amber protects from the oxidative environment transforming tired dull skin, for a radiant texture.

60 minutes INR 7500

DIAMOND ANTI-STRESS FACIAL (for mature skin)

Experience the “anti-ageing” effect of the diamond dust which reclaims your skin's youth. Combined with *Poinsettia* and *Orchid flowers*, this timeless gem delivers precious care, instantly firming and improving the skin's tone & texture. The diamond micro-emulsion regenerates and invigorates the skin. Your skin will feel relaxed and smooth with visibly softened wrinkles.

90 minutes INR 15000

WHITE PEARL FACIAL (for pigmented & sun damaged skin)

This signature treatment uses the GEM WHITE complex to fight hyperpigmentation. Along with the micronized *Mother-of-pearl*, you will find *Bisabolol*, and other natural extracts from camomile, vitamin B3 and stabilized vitamin C. This virtuous combination reduces the intensity of skin discolouration and dark spots, protecting it from UV damage while improving radiance.

90 minutes INR 15000

REVIVING EYE TREATMENT

Revive tired eyes with this cooling therapy that soothes, minimises puffiness and dark circles. A stand-alone therapy or an excellent add-on to body wraps and massages.

30 minutes INR 4000

JADE TONIFYING CARE (for men)

Jade tonifying care for dry skin prevents cutaneous ageing by stimulating the cells. It regenerates and brings an immediate hydration, re-balancing the PH content. It also structures and preserves skin elasticity.

90 minutes INR 12000

TAILORED IMPERIAL EXPERIENCES

Discover the Imperial exotic treatments with our range of exquisite products and aromatic patented oils, for a luxury spa experience. Spend some quality time indulging and enjoying well-being with our wellness facilities.

IMPERIAL ENHANCEMENT

This intensely hydrating treatment involves body exfoliation with *Green Tea* and *Oudh*, combined with a revitalizing aromatic massage and a radiance soothing facial. This treatment reflects your commitment to a mindful life of self-awareness and conscious self-care.

3.5 hrs INR 19000

BEAUTY AND SOUL REVIVER

Enjoy the rejuvenation of the body and soul with a hot *Basalt stone* treatment to release the tight muscles for a new sense of comfort, followed by a choice of a high-performance facial along with a refining Imperial Manicure or Pedicure.

3 hrs INR 18000

SENSE OF RE-BALANCE

Indulge in a signature body wrap to nourish, balance and repair, followed by our signature Imperial body massage for the ultimate relaxation.

2 hrs INR 12000



THE MOGHUL SUITE WELLNESS VOYAGE

Indulge in luxurious wellness for couples in our palatial private spa suite embedded with exquisite tikri work. The Moghul suite features steam, sauna, bathing rituals and salon facilities, for one to escape from hectic city life. The suite is designed for you and your partner to unwind and relax with bespoke treatments, customised to your requests.

THE IMPERIAL SPA TOGETHER

Revive memories to unwind with someone special and share combined wellness, within our private spa. The luxury opulence package starts with Imperial Iconic massage to prepare for further greatness, followed by ultimate diamond and pearl high-performance facials, for a soft & youthful looking skin. The journey continues with its own private steam/sauna, royal rose and milk bath with a glass of champagne and a fresh fruit platter on the side.

4 hrs INR 45000 for 2 persons

IMPERIAL PURIFYING RITUAL

This treatment is designed to balance the body, mind, and soul with its exceptional healing properties. This treatment transports you to the royal snow-clad hills of Kashmir with *Nargis* flowers and sugarcane body scrub and *Roturua* volcanic mineralizing wrap to promote the regeneration of skin cells for eliminating toxins and for purification. This is followed by a moisturizing candle massage to restore your body and mind.

2.5 hrs INR 18000 per person

NOURISH AND NURTURE TOGETHER

Pamper yourself and celebrate togetherness in the precincts of Moghul suite. Spend time with your loved ones while you indulge in our iconic foot massages & clear balancing facials and finish with our relaxing private spa facilities, for that ultimate radiance.

2.5 hrs for 2 persons INR 30500

EXCLUSIVE SPA EXPERIENCE PASS

Linger for longer in our luxury Moghul suite

60 minutes for 2 people INR 8000

45 minutes for 2 people INR 5000

30 minutes for 2 people INR 4000





WELLNESS PROGRAMMES

Our experienced and integrated team of Yoga teachers and well-being instructors bring specialized knowledge in their field to provide holistic healing for guests. Yoga fosters strength, balance and flexibility while deeply calming the mind. You don't have to be a connoisseur to imbibe this ancient discipline of physical and mental work out which elevates the self.

Sessions from 60 minutes INR 4000 per hr

MR. DEVENDER

An advanced Yoga instructor trained in *Kerala*, and also a Naturopathic, Devender is an expert in developing a deeper understanding of how your body engages in each posture and guides your awareness to specific areas, to enhance your body's natural intuition. It is like being with a Yogi during his sessions.

MR. SURENDER

Surender, trained in Hatha Yoga, meditation and fitness, specializes in breathing techniques of *Pranayam*, which helps in removing blockages while enhancing the level of vitality and relaxation, for those with a stressful lifestyle. His deep meditation and fitness skills are an asset to those looking for a quick reboot on the move or with a hectic lifestyle.





FITNESS TRAINING

Sessions from 30 minutes INR 2600 per person

From 60 minutes INR 3700 per person

EXTENDED SESSIONS

Longer sessions from our Body & Soul menu are available upon request

SPA ETIQUETTE AND INFORMATION

WHAT TO WEAR

For all spa guests, we have provided a luxurious robe and slippers to wear in the spa. We request our patrons to wear swimwear attire in the Jacuzzi and other hydrotherapy facilities. For *Thai* Massage and those on retreat, we will provide you with comfortable and bespoke pure cotton trousers and a *kurta*.

WHERE IS THE SPA, SALON & HEALTH

The spa is located on the grounds of the Hotel. From the lobby walk straight down the hall and follow our directional spa signs.

LATE ARRIVALS

Please note that we recommend you to arrive at least 30 minutes before your booked treatment to enjoy the luxury of the hydrotherapy suite as the perfect preparation for any spa ritual. In the event you are arriving late for your appointment, to save time we will take you straight through to the treatment room where there are facilities to shower and store your belongings. The treatment time booked will finish at the pre-booked time unless we are able to make an exception due to room and therapist availability.

CANCELLATION POLICY

Please note that we request guests to give at least a five-hour cancellation notice to avoid a 50% surcharge on your booked treatment. A no-show will incur a 100% surcharge.

HEALTH CONSULTATION

All guests visiting the spa will receive a health and well-being consultation to ensure that their chosen treatment is suitable. However, if you have any health concerns, please do not hesitate to consult the spa directly for advice.

SHAVING PRIOR TO TREATMENTS

Shaving for men or women prior to treatments can cause irritation and inflammation of the skin. Please shave at least 4 hours before your treatment time.

FOR INFORMATION AND BOOKING, PLEASE CONTACT OUR RECEPTION TEAM

Imperial Spa: +91 11 41116210/6211 | 8 am to 10 pm

Salon: +91 11 41116323/6324 | Salon 8 am to 8 pm

Health Club: +91 11 41116212 | 6 am to 9 pm (open also upon request)

