



kemara<sup>®</sup>

Natural & Organic

# KEMARA SPA

Relax | Rejuvenate | Rediscover

All therapies at the Kemara wellness center begin with a complete consultation, which enables us to customize a treatment plan that is best for you including careful selection of the therapeutic essential oils suited for your individual needs.



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# MASSAGES

## DEEP RELAXATION AROMATHERAPY MASSAGE

A treatment that involves long gliding strokes that are rhythmic and flowing with pressure that is deeply relaxing, but not painful.

## DETOX MASSAGES

### - DR. VODDER MANUAL LYMPH DRAINAGE MASSAGE

Advanced form of massage that aims to stimulate the Lymphatic system to remove congestion.

### - BODY CONTOUR MASSAGE (inclusive of 15min Body Brushing)

Essential oils helps your body repair cells and remove toxic waste from the body.

## DEEP TISSUE MASSAGE

- Excluding face and scalp

- Including face and scalp

## THERMAL INTENSIVE MASSAGE

This involves fermentation with a heated medicated herbal bolus, followed by a deeply relaxing Ayurveda style massage.

### TIME

75 MIN

60 MIN

(Recommended three sessions)

90 MIN

90 MIN

90 MIN

105 MIN

120 MIN

### PRICE

RS. 5,950

RS. 6,500

RS. 14,500

RS. 7,450

RS. 6,950

RS. 7,450

RS. 7,600

## KEMARA SIGNATURE MASSAGE

A fusion of Deep Tissue, Relaxation, Reflex Pressure Point massage techniques, leaving you completely invigorated.

## HOT STONE MASSAGE

## REFLEXOLOGY

- Clinical Reflexology
- Thai Reflexology

## DAOYIN TAO (pressure point massage)

- Face and Shoulder only
- Face and Shoulder with Foot Reflexology

## INDIAN HEAD MASSAGE

## THAI SPORTS MASSAGE

## DEEP TISSUE BACK AND SHOULDER MASSAGE

## AROMATHERAPY BACK AND SHOULDER MASSAGE

### TIME

90 MIN

105 MIN

75 MIN

60 MIN

60 MIN

45 MIN

75 MIN

45 MIN

75 MIN

45 MIN

45 MIN

### PRICE

RS 7,500

RS. 7,950

RS. 5,950

RS. 3,500

RS. 3,000

RS. 3,750

RS. 5,950

RS. 2,950

RS. 5,950

RS. 4,000

RS. 3,500

## REMEDIAL SIGNATURE MASSAGE

An individual treatment plan for each client to deal with specific issues such as neck shoulder tension, frozen shoulder, tightness of the lower back etc.  
(Inclusive of 15min in the steam room optional)

## JAPANESE STYLIZED SIGNATURE MASSAGE

Performed by our highly competent Japanese therapist.

## INDONESIAN STYLIZED SIGNATURE MASSAGE

Performed by our highly competent Indonesian Therapist.

## GENTLE PREGNANCY MASSAGE

## KIDS

Special treatments for Kids up to 12 years  
**Aromatherapy Massage**

### TIME

60 MIN

75 MIN

90 MIN

105 MIN

60 MIN

75 MIN

90 MIN

60 MIN

90 MIN

120 MIN

60 MIN

60 MIN

### PRICE

RS 5,250

RS 6,250

RS 8,750

RS 9,000

RS. 6,000

RS. 8,000

RS. 9,000

RS. 6,000

RS. 8,000

RS. 9,000

RS. 5,250

RS. 4,500

## WHY NOT COMMENCE YOUR TREATMENT WITH ONE OF THE FOLLOWING?

### AROMATIC STEAM

Indulge in an Aromatic Steam on its own or as a prelude to treatments such as scrubs, wraps or massages.

### HYDROTHERAPY SPA

A warm Aromatherapy and Epsom salt bath that eases and relieves all over muscular tension. (To be combined with another spa treatment)

#### TIME

30 MIN

#### PRICE

RS. 1,750  
(on its own)

RS. 1,000  
(in combination)

30 MIN

RS. 2,500

# BODY EXFOLIATES (SCRUBS)

Choose the Kemara exfoliate to suit your needs.

We recommend the use of the steam room prior to Exfoliation for maximum benefits. (Rs.1,000)

	TIME	PRICE
CLEANSING VIRGIN COCONUT AND DEAD SEA SALT SCRUB	45 MIN	RS. 2,950
DETOXIFYING GREEN TEA SCRUB	45 MIN	RS. 2,950
MOISTURIZING ROSE CREAM SCRUB	45 MIN	RS. 2,950
WARMING SPICE SCRUB	45 MIN	RS. 2,950
SKIN LIGHTENING SCRUB	45 MIN	RS. 3,500
DETOX AND MOISTURE WITH BATH SALTS	45 MIN	RS. 3,500
OLIVE AND LAVENDAR SUGAR SCRUB	45 MIN	RS. 3,500



# TRADITIONAL TURKISH HAMMAM RITUAL

## PACKAGE INCLUDES

- Application of soap paste made with Virgin Coconut, Olive oil and Shea Butter to soften and nourish the skin
- Aromatic Steam
- Full Body Exfoliation using the Hammam Glove
- Full Body Wash with Soap Suds
- Hair wash with Jasmine Water
- Massage with Argan oil and essential oils of Rose and Geranium oil

TIME

120 MIN

PRICE

RS. 10,500

# HAIR AND SCALP CARE

## KEMARA RE-GROWTH TREATMENTS FOR HAIR LOSS

Rosemary Tonic Oil Treatment

TIME

45 MIN

PRICE

RS. 2,950

## KEMARA MOISTURE AND REPAIR TREATMENT FOR DRY AND STRUCTURALLY DAMAGED HAIR

Virgin Coconut with Avocado and Sandalwood Nourishing oil treatment

45 MIN

RS. 2,950

## DEEP HAIR MASK THERAPY

Kemara Argan Oil Treatment

45 MIN

RS. 3,250

## SCALP EXFOLIATION (SCRUB)

Follow with an Indian Head massage with nourishing oils for maximum effect

30 MIN

RS. 2,250

# HAND AND FOOT CARE

## AROMATHERAPY PEDICURE

Application of base and top coat included

## AROMATHERAPY FOOT FACIAL

With a moisturizing Avocado wrap

## AROMATHERAPY MANICURE

Application of Base and top coat included

## AROMATHERAPY HAND FACIAL

With a moisturizing Avocado wrap

### TIME

60 MIN

90 MIN

60 MIN

90 MIN

### PRICE

RS. 2,250

RS. 3,750

RS. 2,250

RS. 3,750

# BODY WRAPS

We recommend the use of the steam room and a body scrub prior to getting a wrap allowing the therapeutic ingredients to penetrate the skin as deeply as possible.

	<b>TIME</b>	<b>PRICE</b>
<b>DETOX</b> Inclusive of 15mts body brushing	75 MIN	RS. 6,500
<b>DEEP HYDRATION</b> Inclusive of 15mts body brushing	75 MIN	RS. 6,000
<b>CARE FOR SUNBURN</b>	75 MIN	RS. 6,000
<b>SKIN LIGHTENING WRAP</b>	75 MIN	RS. 6,000

# FACIALS

## ANTI-AGING SKIN FIRMING

COENZYME Q10, VITAMIN E & POMEGRANATE FACIAL

TIME

75 MIN

PRICE

RS. 6,250

BULGARIAN ROSE FACIAL

75 MIN

RS. 6,250

SKIN FIRMING MORINGA, REMODELING INTENSE OLIVE AND SPIRULINA  
PEEL OFF MASK

75 MIN

RS. 5,950

MAGIC OF GENTLE SKIN PEELS

75 MIN

RS. 6,250

OILY ACNE FACIAL

75 MIN

RS. 4,950

NOURISH AND MOISTURIZE (Sweet Almond Facial)

75 MIN

RS. 4,950

## PURE RADIANCE GREEN TEA FACIAL

TIME

75 MIN

PRICE

RS. 5,500

## SKIN LIGHTENING VITAMIN C FACIAL

(Ideal for sun burnt, pigmented and uneven skin)

75 MIN

RS. 5,500

## REFLEX PRESSURE POINT FACIAL MASSAGE

75 MIN

RS. 7,500

## MANUAL LYMPH DRAINAGE FACIAL MASSAGE

75 MIN

RS. 8,500

## FLASH FACIAL

45 MIN

RS. 3,950

45MIN

RS. 5,500

(Anti-Aging)

# MAN'S SPA WORLD

## RENEW

### Package includes

- Aromatic Steam
- Dead Sea Salt scrub
- Energizer Juice
- Deep Tissue Full body massage
- Mankind facial

(Individual treatments can be taken as well)

## MAN ON THE GO

### Package includes

- Indian Head Massage
- Deep Tissue Massage

## UNWIND

### Package includes

- Head to toe Deep Tissue Massage
- 30 minutes Reflexology

## MANKIND FACIAL

## EXECUTIVE PEDICURE

## EXECUTIVE MANICURE

### TIME

225 MIN

135 MIN

135 MIN

75 MIN

60 MIN

60 MIN

### PRICE

RS. 15,480

RS. 9,900

RS. 9,200

RS. 4,950

RS. 2,500

RS. 2,500

# KEMARA SPA PROGRAMS

## HEALTHY LIFESTYLE PROGRAMS

### IDEAL WEIGHT MANAGMENT PROGRAME 7 DAY PACKAGE

#### 7 DAYS

Including Meals

Excluding Meals

Initial Consultation including Fitness and Nutrition

#### DAY 1

- Yoga/ Essentricks (optional 60 mts)
- Steam Room
- Dead Sea Salt Scrub
- Aromatic Detox Mud Wrap
- Body Contour Massage

#### DAY 2

- Yoga/ Essentricks (optional 60 mts)
- Manual Lymph Drainage

TIME

PRICE

RS. 94,435

RS. 76,410

225 MIN

60 MIN



### DAY 3

- Yoga/ Essentrics (optional 60 mts)
- Fat Burner

(Contouring Clay and Ayurveda Body Ritual enhanced with diuretic and fat burning oils of Sage, Hyssop, Juniper Berry and Geranium)

### DAY 4

- Dry body brushing
- Steam Room
- Aromatic mud wrap
- Dr Vodder Manual Lymph Drainage 60mts

### DAY 5

- Epsom Salt Aromatic Soak
- Body Brushing
- Signature Detox massage

### DAY 6

- Yoga/ Essentrics (optional 60 mts)
- Manual Lymph Drainage 60mts

### DAY 7

- Steam Room
- Detox Mud Wrap
- Detox Massage and Clinical Reflexology

TIME

120 MIN

125 MIN

150 MIN

60 MIN

170 MIN

PRICE



## SLEEP ENHANCEMENT WELLNESS PACKAGE

### 3 DAYS

Including Meals

Excluding Meals

### DAY 1

Yoga/ Essentrics (optional 60 mts)

Aromatherapy massage

Initial consultation

### DAY 2

Shirodhara with Indian Head Massage and Foot Massage

### DAY 3

Yoga/ Essentrics (optional 60 mts)

Aromatic Epsom Salt Soak

Indian Head Massage

Clinical Reflexology

TIME

PRICE

RS. 30,300

RS. 21,850

75 MIN

75 MIN

135 MIN



# DETOX AND CLEANSING PROGRAMS

## QUICK ONE DAY DETOX

Including Meals (1 Day Juice Cleanse or 1 day Detox Meal Plan)

Excluding Meals

- Essentrics (optional Rs 2,500 additional)
- Aromatic Steam
- Detox Juice
- Green Tea Scrub
- Detox Wrap
- Detox Aromatherapy Massage

## BASIC DETOX 3 DAYS

Including Meals (1 day Juice Cleanse with 2 day vegan meal plan)

Excluding Meals

### DAY 1

- Yoga/ Essentrics (optional 60 minutes)
- Aromatic Steam
- Dead Sea Salt Scrub
- Detox Juice
- Aromatic Detox Mud Wrap
- Body Contour Massage

TIME

155MIN

PRICE

RS. 18,790

RS. 15,545

RS. 55,815

RS. 47,365

155MIN

## DAY 2

- Yoga/ Essentrics (optional 60 minutes)
- Dry body brushing
- Steam
- Aromatic mud wrap
- Detox Juice
- Dr Vodder Manual Lymph Drainage

## DAY 3

- Yoga/ Essentrics (optional 60 minutes)
- Epsom Salt Aromatic Soak
- Detox Juice
- Signature Detox massage

## COMPREHENSIVE DETOX PROGRAM

### 7 DAY DETOX PLAN

Including 1 day Juice Cleanse with 6 day vegan meal plan  
Excluding Meals

## DAY 1

- Yoga/ Essentrics (optional 60 minutes)
- Steam
- Dead Sea Salt Scrub
- Aromatic Detox Mud Wrap
- Body Contour Massage

TIME

155 MIN

PRICE

135 MIN

RS. 104,470

RS. 86,445

155 MIN

## DAY 2

- Yoga/ Essentrics (optional 60 minutes)
- Dry body brushing
- Steam
- Aromatic mud wrap
- Dr Vodder Manual Lymph Drainage part 1

## DAY 3

- Yoga/ Essentrics (optional 60 minutes)
- Epsom Salt Aromatic Soak
- Signature Detox massage

## DAY 4

- Dr Vodder Manual Lymph Drainage part 2
- Detox Mud Wrap
- Indian Head Massage and Clinical Reflexology

## DAY 5

- Steam
- Green Tea Scrub
- Kemara Signature Detox massage

TIME

125 MIN

165 MIN

210 MIN

170 MIN

PRICE



## DAY 6

- Yoga/ Essentrics (optional 60 minutes)
- Dr Vodder Manual Lymph Drainage part 3
- Aromatic Epsom Salt Soak

## DAY 7

- Hot Stone Massage

TIME

90 MIN

PRICE

75 MIN

# STRESS & BURNOUT PROGRAMS

De-stress, Replenish & Boost Energy Levels. These programs are designed for people in need of the time and place to step back from their life and recover, balance, relax, renew their energy and replenish their spirit.

## ENERGIZER SPA PACKAGE

Especially designed to revive and invigorate.

- 1 day Juice cleanse / 1 day detox meal plan (optional)
- Yoga/ Essentrics (optional 60 minutes)
- Aromatic Steam Bath
- Dead Sea Salt Scrub
- Energizing Juice
- Energizer Massage  
choose from Aromatherapy or Deep Tissue

TIME

125 MIN

155 MIN

(Excluding meals)

PRICE

RS. 9,875

RS. 11,300

## RENEWAL THERAPY

1 day Juice cleanse / 1 day vegan meal plan (optional)

- Yoga/ Essentrics (optional 60 minutes)
- Relaxing Epsom Salt Soak
- Immune Booster Juice
- Indian Head Massage
- Relaxing Aromatherapy or Deep Tissue Massage

## RECOVER

1 day Juice cleanse / 1 day vegan meal plan (optional)

- Yoga/ Essentrics (optional 60 minutes)
- Aromatic Steam
- Moisturizing Rose Cream Scrub
- Energizer Juice
- Facial of choice
- Deep Tissue or Relaxing Full body massage

## BALANCE AND REVITALIZE

1 day Juice cleanse / 1 day vegan meal plan (optional)

- Aromatic Steam
- Frangipani Full Body Exfoliate
- Green Juice
- DAOYIN TAO Pressure Point shoulder, neck, face and scalp massage
- Foot Reflexology

## TIME

135 MIN

165 MIN

(Excluding meals)

185 MIN

200 MIN

(Excluding meals)

140 MIN

(Excluding meals)

## PRICE

RS. 10,635

RS. 12,775

RS. 13,915

RS. 14,395

RS. 10,395

# ACHES & PAINS

Soothing Rituals to relieve muscle stiffness, aches and pains

## PACKAGE 1

Aromatic Steam  
Deep Tissue Back .shoulder, neck and scalp massage  
Soothing Epson Dead Sea Salt, Ginger and Eucalyptus back pack  
Foot Reflexology

## PACKAGE 2

Epsom Salt Aromatic Soak  
Deep Tissue /Kemara Signature Massage

## PACKAGE 3

Aromatic Steam  
Remedial Massage

## PACKAGE 4

Aromatic Steam  
Warming Spice Exfoliate  
Choice of a Thai Sports Massage / Relaxing Aromatherapy Massage / Deep Tissue Sports Massage

### TIME

110 MIN

135 MIN

135 MIN

75 MIN

125 MIN

125 MIN

155 MIN

### PRICE

RS. 8,250

RS. 9,950

RS. 10,115

RS. 6,250

RS. 9,875

RS. 9,875

RS. 11,300



# INDULGE

## INDULGENT ESCAPES

Lie back and relax while we work our magic.

- Customized deeply relaxing Aromatherapy massage
- Facial selected specifically for your skin type
- Ultimate pedicure ritual

The perfect escape from everyday life. Choose from a range of complimentary Kemara smoothies while you enjoy your pedicure.

## PREGNANCY PAMPER

Designed for expecting mothers, you'll enjoy:

- Full body pregnancy massage that will soothe and relieve any aches and pains
- Luxuriant Stop and Relax Facial for a wonderful boost, and relaxation
- Complete your pampering with a Soothing Mint Foot Therapy followed by a File and Paint

## RETREAT FOR ONE

Enjoy a glass of a delightful Strawberry Smoothie, and indulgent Paleo Lava Cake as you relax and unwind in our aromatic Jacuzzi bath. Your spa escape will then conclude with a full body Aromatherapy Massage.

### TIME

195 MIN

### PRICE

RS. 13,725

135 MIN

RS. 10,285

105 MIN

RS. 9,475

# COUPLES PACKAGES

## BONDS OF LOVE

An intimate treatment enhancing the bonds of love. Immerse yourselves in exotic aphrodisiac fragrances, warm honey, sensual massages and nourishing facials. A package designed to keep alive the fairy tale of romance.

### Treatment includes:

- Aromatic Steam
- Jasmine Body Scrub
- Romantic Cacao Hot Chocolate with Mint and Sweet Orange
- Aromatic Hydrotherapy Spa
- Facial – Deep Cleanse/Nourish and Moisture
- Sensual Blend Aromatic Massage
  - Her : Rose geranium, Lavender, Sandalwood
  - Him : Cardamom, Bergamot, Black Pepper, Sandalwood

TIME

195 MIN  
(Per person)

PRICE

RS. 16,515



## BRIDE / BRIDEGROOM PACKAGES

### FOR THE BRIDE:

Look and feel your best on your special day. Indulge in the Kemara Creamy Rose and Lavender Skin Treatment.

#### Package Includes

- Aromatic Steam
- Rose Cream Scrub
- Avocado and Lavender Honey Wrap
- A calming Jasmine and Sandalwood head to toe massage

### FOR THE GROOM:

Rid yourself of wedding jitters, a spa package that leaves you relaxed and totally pampered

#### Package Includes

- Aromatic Steam,
- Invigorating Dead Sea Salt scrub
- Deep tissue massage
- 'Man Kind' Facial

TIME

PRICE

155 MIN

RS. 14,590

185 MIN

RS. 14,200

# OTHER PACKAGES

## IMMUNE BOOSTER SPA PACKAGE

Especially designed to kick start your immune system after a bout of flu or when generally feeling run down.

- Aromatic Steam
- Aromatherapy head to toe Massage with Immune Boosting Essential oils of Cinnamon Bark, Thyme, Bergamot and Lemon
- Foot Reflexology (30 minutes)

## AFTER FITNESS/SPORTS

### After an intense workout

- Protein Smoothie
- Aromatic Epsom Salt Soak
- Gentle aromatherapy massage to bring relief to aching muscles

### After a light workout

- Aromatic Steam Bath
- Hydrating Juice
- Deep Tissue Massage / Thai Sports Massage

TIME

125 MIN

PRICE

RS. 8,760

105 MIN

RS. 8,690

125 MIN

95 MIN

RS. 8,490

RS. 7,100

## FAT BURNER

- Contouring Clay and Ayurveda Body Ritual enhanced with diuretic and fat burning oils of Sage, Hyssop, Juniper Berry and Geranium
- Fat Burner Juice
- Aromatic Steam
- Invigorating exfoliation and specialized massage

## SKIN

### HYDRATE NOURISH AND MOISTURIZE

- Aromatic Steam
- Nourishing Fruit Juice
- Moisturizing Rose Cream Scrub
- Deeply Moisturizing Clay and Avocado wrap
- Hydrating Aromatherapy Massage

### DETOX AND MOISTURE

- Aromatic Steam
- Bath salt scrub
- (Epsom salt, Dead Sea Salt, Bentonite Clay with virgin coconut oil, sweet almond and pure plant extract of Frankincense and Lavender)
- Full body massage with African Shea butter, Bulgarian Rose and Geranium

TIME

120 MIN

PRICE

RS. 8,895

170 MIN

RS. 15,100

125 MIN

RS. 10,450

## SKIN LIGHTENING BODY FACIAL

Especially for pigmented sun burnt skin (Should not to be done if skin is red and inflamed, if so please discuss treatment plan with spa manager).

### Package includes:

- Cleanse & Steam
- Hydrating juice
- Lavender, Tea Tree and Peppermint Skin Lightening and Soothing Scrub
- Hydrating Avocado and Clay Body Mask
- Velvety Silk head to toe massage with warm aromatic body oils to hydrate, sooth the skin and lock in moisture

## BACK FACIAL

### The Package includes:

- Cleanse and steam
- Deep Cleansing Green Tea/ Dead Sea Salt Scrub
- A therapeutic purifying mask
- Relaxing neck, back and shoulder massage
- Energizer Juice

TIME

170 MIN

PRICE

RS. 16,100

110 MIN

RS. 7,450

# AYURVEDA-INSPIRED TREATMENTS

	TIME	PRICE
SHIRODHARA	75 MIN	RS. 6,950
SHIRODHARA TREATMENT WITH A FULL BODY MASSAGE	95 MIN	RS. 8,950
FULL BODY MASSAGE	75 MIN	RS. 5,950
HEAD, NECK AND ARMS	45 MIN	RS. 3,500
AYURVEDA FACIAL	75 MIN	RS. 4,950
<b>PADA MARDHANA</b> This intensive foot massage is designed to improve blood circulation and reduce swelling and soreness in the lower legs.	45 MIN	RS. 3,000

## **SPA INFORMATION**

For appointments before 8 a.m., please notify us by 6 p.m. the prior evening

Last appointment at 6.30 p.m.

### **Reservations**

We strongly recommend advance booking of spa treatments as our appointments do get booked up. Though we will try our best to accommodate your treatment should you arrive late for your scheduled appointment, we may shorten your session or reschedule to avoid inconvenience to the next guest.

### **Valuables**

While we look after your belongings to the best of our abilities, Kemara Spa will not be liable for any loss of your valuables. We strongly request you to leave your valuables safely in the spa locker and inform the manager on duty.

### **Cancellation**

We require cancellation notice 24 hours in advance and can reschedule your appointment subject to availability at the spa. Please note that any cancellation with less than 3 hours' notice will command a 50% cancellation fee. You will be charged the entire cost of a treatment in case of a 'no show' without any prior cancellation as mentioned above.



- Shaving is recommended few hours prior to your facial treatment.
- Shaving or waxing is to be avoided one day prior to body scrubs.
- Upgrade to a greater comfort by removing hearing aids, spectacles or contact lenses during treatments.
- Please note certain muds/oils used during some treatments may stain the skin or clothing.
- We request you to avoid vigorous activity for at least one hour after treatments for better results.
- Drink water before and after all treatments.

Guests with medical histories that include high blood pressure, heart conditions, who are pregnant or have any medical complications, are advised to consult their doctors before signing up for any spa treatments / services.

Please inform your spa manager of any medical conditions during the consultation.

At the Kemara Spa we adhere to strict policies and procedures to maximize safety, Kemara its employees and representatives will not be held liable or accountable for any incident experienced by any person entering the premises and/or undergoing spa treatments.

## SPA ETIQUETTE

To ensure a soothing and relaxing ambience for our guests at Kemara Spa and provide an experience par excellence, we humbly request you to abide by the following points:

Maintain a low tone of voice while speaking in the spa premises.

Switch off your mobile phones and electronic devices at all times.

Guests under the age of 16 years, unless accompanied by an adult, will not be allowed within the spa premises.

The Spa is an alcohol and smoke-free environment. Guests under the influence of alcohol, high energy drugs and medication will not be permitted to use the wet areas, or treatment facilities.

It is necessary to wear underwear/disposable underwear, which is provided by the spa for all body treatments.

The Spa Management at their discretion can ask a guest to leave the premises in case of non-adherence to spa etiquette.





kemara®

Natural & Organic

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