

# WELCOME TO VEDIC ROOTS

OUR IN-HOUSE SPA







Choose from a  
plethora of spa  
treatments and  
indulge your  
senses as you let  
loose and unwind.



Dear Guest,

A warm welcome at our in-house spa and ayurvedic treatment centre – Vedic Roots. With our focus on 'Life in Balance', we have curated a wholesome and mindful collection of massages and Ayurveda rituals, ideal for rejuvenating your senses and soothing your soul. In our endeavour to provide experiences close to nature, this spa centre is built in such a manner that it offers a beautiful view of the holy Ganges passing by and the towering mountains, making your spa sessions soulful and invigorating.

Holistic treatment, long hours of relaxation and a calm aura are also offered here. Take your pick and let our professional masseuse do their work.





The word 'Ayurveda' is a combination of the Sanskrit words 'ayur' meaning life, and 'veda' meaning knowledge, translating to 'Knowledge of life'. A 5000-year-old system of healing, Ayurveda nurtures and aligns the functioning of mind, body and soul to give you a wholesome and holistic way of life.

With our fast-paced lives and constant exposure to junk and toxins, it becomes more important than ever to take time out for our body and give it a haven to unwind and detoxify. We at Raga understand this and have imbibed this ethos in our core principles.

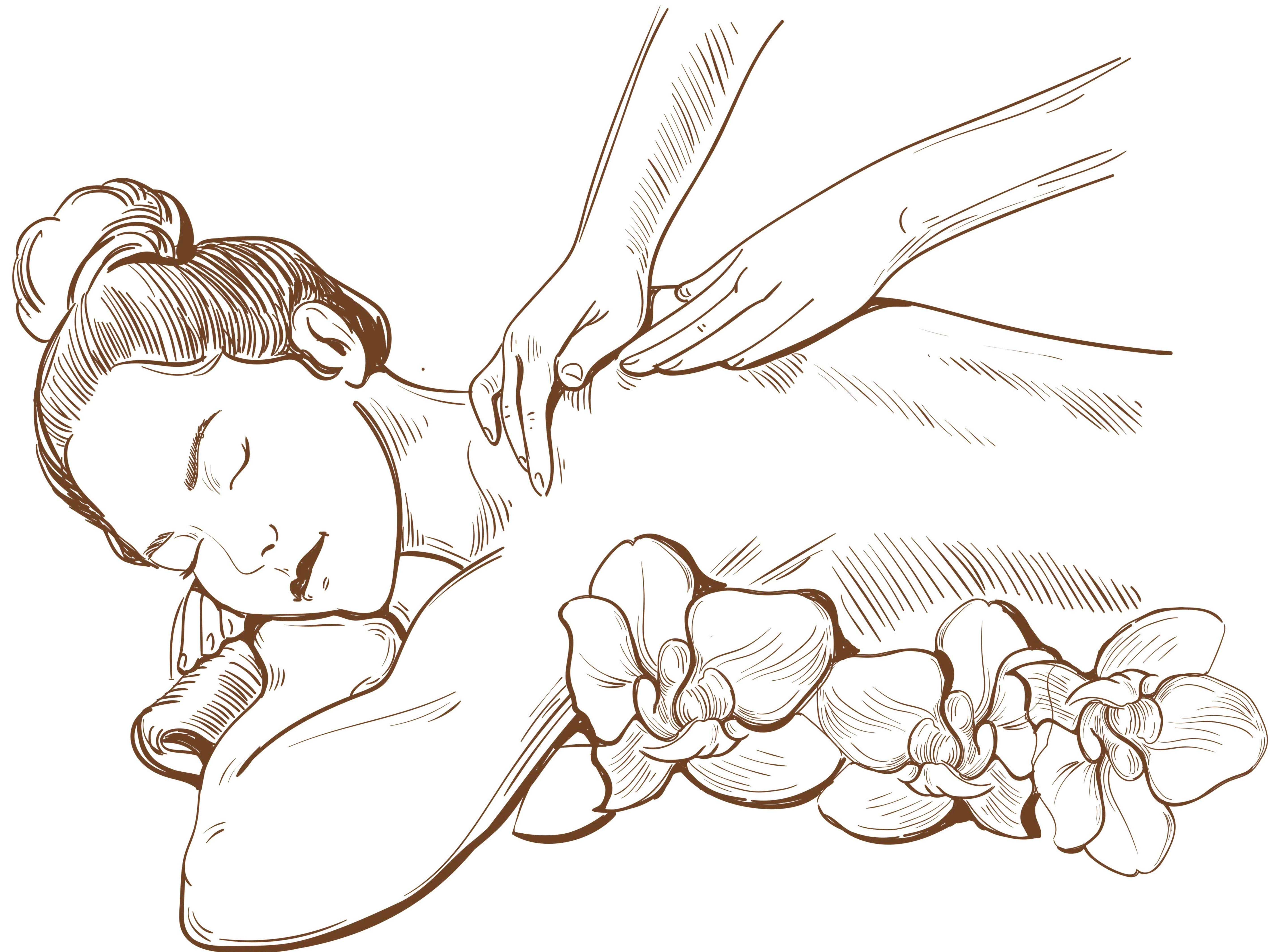
Mindfulness, nourishment and conscious living are all part of our ways. Living amidst nature, surrounded by lush greenery and the constant soothing musical flow of the Ganges, become your companions in this journey of going inwards.

With Ayurveda and modern massages, the idea is to take a breather and pause for some time. And at Raga, you also get the time to sit back, reflect and ruminate on life and ways of living as you become one with nature.

Go on this transcendental and experiential journey of healing yourself with us.



# A HOLISTIC APPROACH TO MINDFULNESS





# AYURVEDIC TREATMENTS





Taking a leaf from our sacred and ancient texts, you get a holistic and therapeutic ayurvedic treatment at Vedic Roots. A complete range of such rituals is aimed at enhancing specific aspects of mental, and physical well-being. Choose from a plethora of ayurvedic treatments depending on what you want.



## ABHYANGA

DURATION – 60 MINUTES, 15 MINUTES STEAM | INR 3500

Abhangya is a traditional and synchronized full body massage given by experienced Ayurveda therapist using Sesame oil. It aims to improve physical consistency, helps in detoxifying and induces a sense of relaxation, while normalizing blood pressure and eliminating impurities.

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## PIZHICHIL

DURATION – 90 MINUTES | INR 4000

An indulgent and rejuvenating experience circumventing the entire body, Pizhichil massage uses lukewarm herbal oils to induce a sense of calmness. The anointment is very slow and rhythmic, gently applying light pressure. Thus, Pizhichil strengthens immunity, lubricates the joints, liquefies toxins, increases flexibility and strengthens immunity.

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## KATI VASTI

DURATION – 40 MINUTES | INR 2350

Ideal for easing lower back pain, Kati Vasti uses a small circle of paste made from black gram or wheat flour which is strategically placed on the affected area. Slightly heated oil is then poured in the depression created by the ring of the paste. This results in relaxation of muscular tissues, alleviating pain and lubricating the discs.



# CHOORNASWEDAN

DURATION – 60 MINUTES | INR 3850

In Choornaswedan, a full body massage by dosha specific oils is followed by therapeutic sweating induced by the application of warmed herbal poultices. This massage is commonly known as “the bundle massage”. It increases circulation, speeds up the elimination of toxins, relieves muscle pain and stiffness, rheumatism, arthritis and sports injuries.

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# SHIRODHARA

DURATION – 60 MINUTES | INR 3750

In Sirodhara, lukewarm herbal oil is poured in an even stream on the forehead to pacify and revitalize the mind and the body. A treatment, this results in intense rejuvenation of the body and it also induces anti-aging effects. This massage is perfect for improving memory, normalizing sleep patterns and addressing other neurological disorders.

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# TAKRADAHARA

DURATION – 60 MINUTES | INR 3200

A soothing experience where cool and medicated buttermilk is poured on the forehead to bring relief for those suffering from insomnia, depression, genealogical, psychological and other stress related conditions.

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# UDWARTHANA

DURATION – 60 MINUTES | INR 2650

A deep, dry massage using herbal powders which stimulate the hair follicles assisting to break down the body's excess subcutaneous fat. This massage aims to address obesity and mobilizes toxins and is beneficial for firming and toning.



Choose from many spa rituals and indulge your senses as you let loose and unwind.  
Perfect for the synergy of mind, body and soul, these massages have been designed for providing the utmost R&R to our guests.





SPA

RITUALS



# AROMATHERAPY MASSAGE

DURATION – 60 MINUTES, 15 MINUTES STEAM | INR 3550

Emotional healing and well-being lie at the core of this massage. Thus, this massage is best suited for you if you are perennially exhausted and burnt out. It helps elevate your mood, reducing stress and anxiety or any symptoms of depression. Moreover, it relieves muscle tension and any other form of pain. In aromatherapy massage, soft and gentle pressure is applied with essential oil to punctuate its impact.

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# SWEDISH MASSAGE

DURATION – 60 MINUTES, 15 MINUTES STEAM | INR 3650

A relaxing and therapeutic massage where medium pressure is applied that works on the superficial layers of the muscles and ease tension. Long and gentle gliding strokes are used, which are highly beneficial for increasing oxygen circulation in the blood. This decreases muscle toxins and enhances flexibility.

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# DEEP TISSUE MASSAGE

DURATION – 60 MINUTES, 15 MINUTES STEAM | INR 3950

Like Swedish massage, deep tissue massage applies deeper pressure on the muscles. During this session, the masseuse will work out the knots from stressed and overworked muscles and connective tissues to reduce any immediate pain you might suffer. Chronic joint and muscle pains are also alleviated, hence promoting rapid healing by increasing the circulation of blood and decreasing any inflammation.



# BALINESE MASSAGE

DURATION – 75 MINUTES, 15 MINUTES STEAM | INR 4450

A full-body, deep-tissue and holistic treatment, traditional Balinese massage employs a combination of gentle stretches, acupressure, reflexology and aromatherapy to stimulate blood flow, oxygen and inner “chi” (energy) in your body. This brings a sense of well-being, calmness and deep relaxation to your mind and soul. Using a myriad of techniques, including skin rolling, kneading and stroking, the massage applies pressure-point simulation by infusing soothing aromas of essential oils.

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## HEAD AND NECK MASSAGE

DURATION – 30 MINUTES, 15 MINUTES STEAM | INR 2000

A traditional form of massage that works on your head, neck, hand, scalp and shoulder to unknot your entire body. Performed in the prone position, this massage relaxes and eases muscle tension while balancing chakras and eliminating toxins. This is achieved by stimulating blood in the lymphatic system, thus leaving you in a state of exalted tranquillity and calmness.

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## FOOT REFLEXOLOGY

DURATION – 45 MINUTES, 15 MINUTES STEAM | INR 2500

Reflexology helps in restoring and maintaining the natural body equilibrium. These gentle massages encourage the body to work naturally to restore its healthy balance.



AYURVEDIC  
BEAUTY  
TREATMENTS



Our specially curated range of ayurvedic facials brings a vibrant glow to your face and cleanse your skin from within. Removing all the toxins accumulated due to our constant city hustle, these facials are perfect for an hour of pampering your skin with the best oils and gentle strokes.

Please have a look at the options available at our spa.





# FACIALS

## MUKHA LEPAM

DURATION - 60 MINUTES | INR 2850

For centuries, Mukha Lepam has been a beauty ritual for Indian women. Traditional herbs are used to cleanse, exfoliate, tone and finally hydrate. A specialized dosha-specific herbal lepam or mask is applied to the face to bring out the beauty within.

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## KUMKUMADI FACIAL

DURATION - 60 MINUTES | INR 2950

Gift yourself the luxury of nature with this ethereal facial. A detoxifying and lightening facial regime that uses specially formulated scrub and magical kumkumadi oil to provide complete care. The facial oil is made with 25 Ayurvedic Herbs that were used to improve skin tone and minimize blemishes while hydrating it.

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## NAVRA FACIAL

DURATION - 60 MINUTES | INR 3250

A relaxing facial treatment where your face is massaged with a soothing Navara paste made of a type of rice rich in husk. This helps in healing chapped, blemished skin by removing dead cells and giving you a refreshing glow.



# BODY POLISHING

## AYURVEDIC SCRUBS – TURMERIC GLOW SCRUB

DURATION – 45 MINUTES, 15 MINUTES STEAM | INR 3000

A traditional and famous turmeric scrub taken straight out of our grandmother's kitchen, this facial uses gentle scrubbing strokes that give flawless, even-toned, glowing skin. A cream-based scrub with turmeric is used, which is known for its skin-lightening properties and is traditionally used in Ayurveda for Indian brides.

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## AYURVEDIC SCRUBS – NAWRA SCRUBS

DURATION – 60 MINUTES, 15 MINUTES STEAM | INR 3500

Navara rice is the best anti-ageing herb used in traditional scrubs. A distinct part of our Indian heritage, this facial uses this rice to improve blood circulation in the skin and cure nerve-related disorders. Exfoliating the skin and deep cleaning the pores results in a beautiful and youthful glow. This scrub heals the skin like a medicine sans the severe side effects.

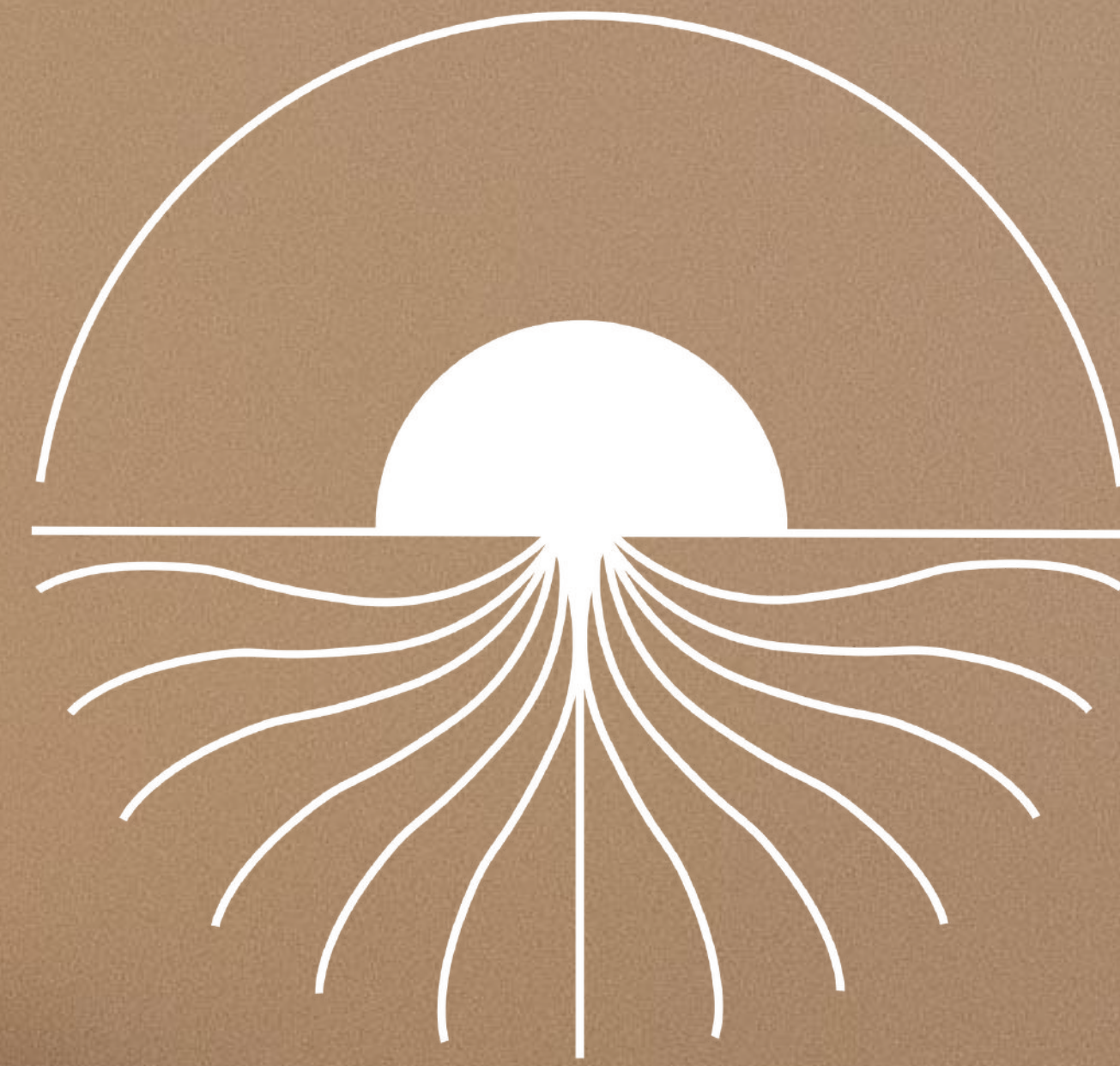


# NOTES

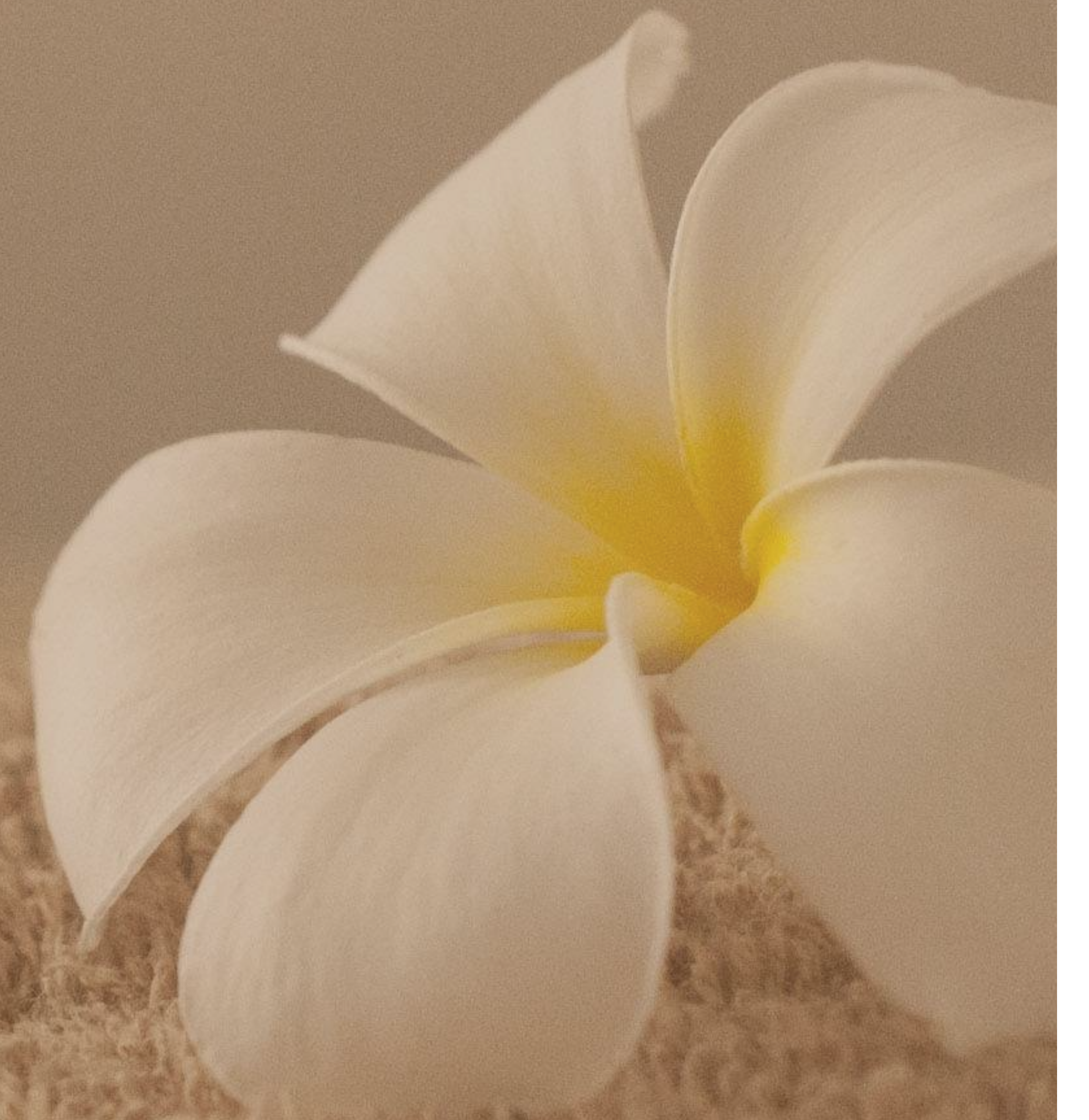
The background of the slide features a warm, golden-brown aesthetic. On the left, a thick, textured log of wood stands vertically. In the center, a large, glowing yellow candle is partially melted. In the foreground, two small glass bottles filled with golden oil sit on a rustic wooden surface. Two white plumeria flowers with yellow centers are scattered in the lower-left corner. The overall lighting is soft and warm, creating a relaxing and natural atmosphere.

- Each massage and treatment is offered by our in-house masseuse. They are experienced and use natural oils and ingredients to provide you with a revitalizing session. Thus, we request you book your choice of spa, facial or ayurvedic treatment, at least 12 hours before.
- Some treatments might require you to be on empty stomach, hence consult our masseuse for the same.
- All the prices are exclusive of GST.





VEDIC ROOTS



THANK YOU FOR VISITING